Can Cold Exposure Help Improve Your Long-Term Health?



Plus, David Meltzer and Wim Hof break down how belief can help make your goals a reality.

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On this episode of *The Playbook*, the "Iceman" Wim Hof, creator of the Wim Hof Method, provides his insights on:

- How he uses cold exposure to teach people to deal with the stresses in their lives [6:13].
- The 40-Day Quarantine Challenge he is putting on to help people optimize their cardiovascular systems while staying at home [7:42].

- Why believing in something turns you into an alchemist who can utilize the power of your own thought [13:10].

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