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Born 20 April 1959 (age 61)Sittard, Limburg, Netherlands: Occupation: Extreme athlete: Children: 6: Website: <https://www.wimhofmethod.com/>

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Our instrument for this week's fantastic voyage is Wim Hof — aka The Iceman. Dropping in for his second podcast appearance — his first being RRP 231 from June 2016 — Wim is a Dutch-born world record holder, adventurer, daredevil and human guinea pig best known for his preternatural ability to withstand extreme cold.

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