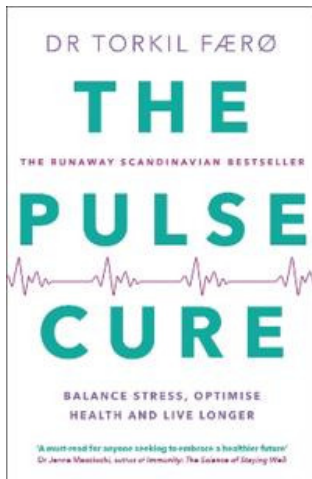


Torkil Færø

THE PULSE CURE

BALANCE STRESS, OPTIMISE HEALTH AND LIVE LONGER



Original title: *Pulskuren*

Stress riktig, sov bedre, yt mer og lev lenger

Publisher: Cappelen Damm, 2023

Category: Non Fiction

Pages: 208

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Bok365 Readers Favourite Book 2023

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The Pulse Cure was one of the best selling non fiction books in 2023 in Norway.

Do you want to know how you can gain more willpower, energy, and vitality? How much exercise, sleep, and food you need or can tolerate, and how you can prevent serious illness? With *The Pulse Cure* and a pulse monitor or mobile device as your guide, you can achieve all of this.

The key lies in measuring your heart rate variability, which indicates what is happening in your autonomic nervous system. Whether you are healthy but want to take a proactive approach to your health, or exhausted and want your energy back, Dr Færø's clear, upbeat guidance will help you to improve your health.

Groundbreaking ... bridges the gap between cutting-edge science and practical well-being. A must-read for anyone seeking to improve their resilience, reduce inflammation and embrace a healthier future.

Dr. Jenna Macciochi, author of *Immunity: The Science of Staying Well*

If you are looking for ways to increase your quality of life, then *The Pulse Cure* is exactly what you have been looking for.

Jennifer H. Carey, Author, mental health counsellor and Podcaster of *Illuminating the Stories that Bind Us*.

Torkil Færø

Torkil Færø is a general practitioner and emergency physician, documentary filmmaker, author, photographer, and globetrotter. His debut book, *The Pulse Cure*, became a national best seller and has been sold to 8 countries.

