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Torkil Færø

The Pulse Cure

SLEEP BETTER, PERFORM MORE, AND LIVE LONGER

o 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 Pulse Cure is for both those who are mildly ill and tired and want to regain their energy, and for those who are feeling well but want to experience more vitality and improve their willpower, endurance, presence, and everyday joy.

The key is heart rate variability or HRV. By getting to know your nervous system and your pulse, you will understand what drains your strength and makes you sick, and what provides energy, willpower, and vitality. You will sleep better, feel more refreshed and happy, and be more present here and now. Plus, you'll have a much better chance of living a healthy and vital life into old age.

In this book, the author guides you on a vital journey through your nervous system, where you are guaranteed to have some surprises along the way!

The Pulse Cure has been on the national best seller list for more than half a year, and still holds its place. The book has been reprinted in many editions.

Torkil Færø

Torkil Færø is a general practitioner and emergency physician, documentary filmmaker, author, photographer, and globetrotter. With over 25 years as a doctor, he has worked all over Norway, had tens of thousands of consultations, and gained a unique understanding of the illnesses that afflict us.



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