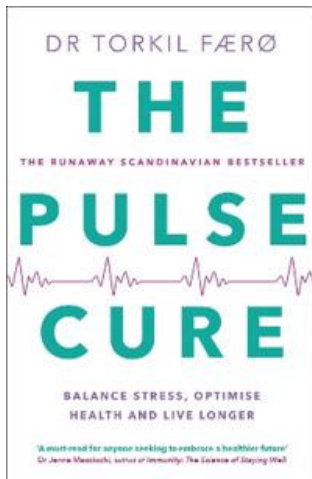


Torkil Færø

THE PULSE CURE

SLEEP BETTER, PERFORM MORE, AND LIVE LONGER



Original title: *Pulskuren*
Stress riktig, sov bedre, yt mer og lev lenger
 Publisher: Cappelen Damm, 2023
 Category: Non Fiction
 Pages: 208

AWARDS

Bok365 Readers Favourite Book 2023

RIGHTS SOLD TO

UK, Quercus
 US, Mobius
 Denmark, Turbine
 The Netherlands, Harper Collins
 Poland, Zysk
 Sweden, Akademius

The Pulse Cure was one of the best selling non fiction books in 2023 in Norway, and is still on the national best seller one year after publication.

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

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.

