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Stig vall Severinsen (born 1973, Aalborg, Denmark) is a four-time world champion freediver and holder of multiple Guinness World Records. He wrote Tr k Vejret

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Stig Severinsen Bio - Stig Severinsen is the creator of breatheology. He has two Guinness World Records for freediving

Stig vall severinsen (author of breatheology) -

Stig vall Severinsen is a four-time World Champion freediver and holder of two Guinness World Records. Freediving consists of diving deep or long while holding your

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Most of us breathe inefficiently. Life is often lived in the fast lane, and especially when we are stressed, we tend to use only the upper part of our lungs.