

WILD SWIMMING

BATHE FOR LIFE



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Wild swimming

Helena Kubicek Boye
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To feel alive more fully.

What is the true appeal of freezing outdoors bathing? Could it be that it offers the possibility to land inside oneself and find a moment to meet oneself on a deeper level? To feel brave, free and strong? To become intoxicated with the energy and endorphins which are released into the system? Regardless of which many of the voices in the book *Wild swimming* describe both the physical and mental gains of the practice. In common the stories share the joyful experience of bathing off beaches or from cliffs, in little forest lakes and by the pier near city environments.

In *Wild swimming* the winter bather and psychologist Helena Kubicek Boye describes what happens when we choose to ignore the instinctive rejection of the impulse to go swimming outdoors even during the winter. In a short review of the history of bathing Helena relates what happens in both the body and spirit when we bathe, the mental strategies you can apply to overcome the cold temperatures, a few thoughts regarding necessary equipment and how to quickly regain body heat after the swim. And remember: a cold bath strengthens life.

About the author



Helena Kubicek Boye is a registered psychologist, CBT-therapist, mindfulness instructor, sleep expert and writer of both factual texts and psychological thrillers. Helena is for the last three years a devoted wild swimmer and bathes all year round in the great outdoors. All the photographs in the book were taken by Gabriella Dahlman.