

## Manual Of Freediving

The Travel and Tropical Medicine Manual E-Book  
Catching the Spear-It!  
Basic SCUBA.  
Longer and Deeper  
FREEDIVING - The Guide to 20 Meters  
Specific Training for Freediving Deep, Static and Dynamic Apnea  
Spearfishing  
Bluewater Hunting and Freediving  
Training for the New Alpinism  
Pirate Hunters  
Spearfishing Manual  
Manual of Freediving  
Freediving 101  
Manual of Freediving  
Scuba Fundamental  
Freediving - The Guide for the First 10 Meters  
FREEDIVING-THE GD FOR THE 1ST  
One Breath  
One Breath  
Freediving - the Story of Stathis Hatzis  
Oxygen  
The Last of the Blue Water Hunters  
The Dive  
U S Navy Diving Manual  
Breatheology  
The Last Attempt  
Freediving  
The Character of a Leader  
Freediving  
Freedive!  
Free Diving Manual  
Deeply  
Blue Mind  
Neutral Buoyancy  
Soviet Manual of Scuba Diving  
Freediving Manual  
Breath  
Underwater Foraging - Freediving for Food  
Scuba Diving Safety  
Deep

## The Travel and Tropical Medicine Manual E-Book

### Catching the Spear-It!

One Breath is a gripping and powerful exploration of the strange and fascinating sport of freediving, and of the tragic, untimely death of America's greatest freediver. Competitive freediving—a sport built on diving as deep as possible on a single breath—tests the limits of human ability in the most hostile environment on earth. The unique and eclectic breed of individuals who freedive at the highest level regularly dive hundreds of feet below the ocean's surface, reaching such depths that their organs compress, light disappears, and one mistake could kill them. Even among freedivers, few have ever gone as deep as Nicholas Mevoli. A handsome young American with an unmatched talent for the sport, Nick was among freediving's brightest stars. He was also an extraordinary individual, one who rebelled against the vapid and commoditized society around him by relentlessly questing for something more meaningful and authentic, whatever the risks. So when Nick Mevoli arrived at Vertical Blue in 2013, the world's premier freediving competition, he was widely expected to challenge records and continue his meteoric rise to stardom. Instead, before the end of that fateful competition Nick Mevoli had died, a victim of the sport that had made him a star, and the very future of free diving was called into question. With unparalleled access and masterfully crafted prose, One Breath tells his unforgettable story, and of the sport which shaped and ultimately destroyed him.

### Basic SCUBA.

**LEARN THE POWER OF THE HUMAN MIND FROM THE WORLD'S GREATEST FREEDIVER** One of the most mesmerising books about the ocean you'll ever read New Zealander William Trubridge has reached depths never thought possible on the precipice of low oxygen. In a sport where failure usually means blacking out, it is a freediver's daily life to contend with suffocation, narcosis, hallucinations, lactic acidosis, compressed lungs, and immense water-column pressure - all while diving into depths of ink black ocean. Exquisitely written, Oxygen is a mind-altering and immersive coming-of-age story about a boy who grew up on a sailing boat, with the sea his classroom and playground. It is about fighting the trappings of life on land, and pushing the limits of human physiology, to become the world's greatest freediver.

### **Longer and Deeper**

A manual made for the experienced freediver who wants to complete new freediving skills that will allow him to reach 20 meters. The book follows the step by step instruction method to present all the open water skills for the deep freedive. Again, as in the first Guide to 10 Meters, we have tens of actual training photos that make it a serious collection of hundreds of deep freediving training pictures. This is the Freediving Guide for the 2nd Level - deep freediving, after the Freediving Guide to the First 10 meters (1st Level).

### **FREEDIVING - The Guide to 20 Meters**

Learn the secrets of spearfishing and underwater photography from some of the best freedivers around the world. National champion and world-record holder Terry Maas profiles twelve bluewater species from tuna to marlin, and sailfish to wahoo. Loaded with practical suggestions, this book is a must for anyone interested in freediving or spearfishing.

### **Specific Training for Freediving Deep, Static and Dynamic Apnea**

In Training for the New Alpinism, Steve House, world-class climber and Patagonia ambassador, and Scott Johnston, coach of U.S. National Champions and World Cup Nordic Skiers, translate training theory into practice to allow you to coach yourself to any mountaineering goal. Applying training practices from other endurance sports, House and Johnston demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance. They deliver detailed instruction on how to plan and execute training tailored to your individual circumstances. Whether you work as a banker or a mountain guide, live in the city or the country, are an ice climber, a mountaineer heading to Denali, or a veteran of 8,000-meter peaks, your understanding of how to achieve your goals grows exponentially as you work with this book. Chapters cover endurance and strength training theory and methodology, application and planning, nutrition, altitude, mental fitness, and assessing your goals and your strengths. Chapters are

augmented with inspiring essays by world-renowned climbers, including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd. Filled with photos, graphs, and illustrations.

### **Spearfishing**

### **Bluewater Hunting and Freediving**

### **Training for the New Alpinism**

A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In BLUE MIND, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. BLUE MIND not only illustrates the crucial importance of our connection to water-it provides a paradigm shifting "blueprint" for a better life on this Blue Marble we call home.

### **Pirate Hunters**

This textbook provides a method that allows freedivers and spearfishermen to identify a training path, aimed at optimizing their results. Detailed guidance is provided on how to structure the various stages of specific preparation for Static, Dynamic, Deep Freediving and Spearfishing. It contains innovative training strategies and new specific exercises and series that can be combined with the traditional ones. You can learn new ideas on how to organize the annual timetable of the training (sequences, orders, frequencies) when to increase the workload, how and when to finalize the specific workout, depending on the discipline. While Umberto Pelizzari shares his experience and his training methodologies and how these latter have evolved and adapted throughout the years. This manual is addressed to good level freedivers, spearfishermen and trainers, who are looking for answers about training and programs. Additionally it can be used by swimmers who want to train their own freediving skills in order to improve their performance. Over 250 pages with helpful pictures and explanatory tables that gather the result of years of experience of one of the worldwide greatest freedivers. Finally it includes interviews of some of the best freedivers in the world: Čolak, Lozano, Molchanov, Musimu, Nery, Nitsch, Petrovic,

Trubridge, Zecchini, Zuccari.

## Spearfishing Manual

NEW YORK TIMES BESTSELLER • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY CHICAGO TRIBUNE • A thrilling adventure of danger and deep-sea diving, historic mystery and suspense, by the author of *Shadow Divers* Finding and identifying a pirate ship is the hardest thing to do under the sea. But two men—John Chatterton and John Mattera—are willing to risk everything to find the Golden Fleece, the ship of the infamous pirate Joseph Bannister. At large during the Golden Age of Piracy in the seventeenth century, Bannister should have been immortalized in the lore of the sea—his exploits more notorious than Blackbeard’s, more daring than Kidd’s. But his story, and his ship, have been lost to time. If Chatterton and Mattera succeed, they will make history—it will be just the second time ever that a pirate ship has been discovered and positively identified. Soon, however, they realize that cutting-edge technology and a willingness to lose everything aren’t enough to track down Bannister’s ship. They must travel the globe in search of historic documents and accounts of the great pirate’s exploits, face down dangerous rivals, battle the tides of nations and governments and experts. But it’s only when they learn to think and act like pirates—like Bannister—that they become able to go where no pirate hunters have gone before. Fast-paced and filled with suspense, fascinating characters, history, and adventure, *Pirate Hunters* is an unputdownable story that goes deep to discover truths and souls long believed lost. Praise for *Pirate Hunters* “You won’t want to put [it] down.”—*Los Angeles Times* “An exceptional adventure . . . Highly recommended to readers who delight in adventure, suspense, and the thrill of discovering history at their fingertips.”—*Library Journal* (starred review) “A terrific read . . . The book gallops along at a blistering pace, shifting us deftly between the seventeenth century and the present day.”—*Diver* “Nonfiction with the trademarks of a novel: the plots and subplots, the tension and suspense . . . [Kurson has] found gold.”—*The Dallas Morning News* “Rollicking . . . a fascinating [story] about the world of pirates, piracy, and priceless treasures.”—*The Boston Globe* “[Kurson’s] narration is just as engrossing as the subject.”—*The Christian Science Monitor* “A wild ride [and an] extraordinary adventure . . . Kurson’s own enthusiasm, combined with his copious research and an eye for detail, makes for one of the most mind-blowing pirate stories of recent memory, one that even the staunchest landlubber will have a hard time putting down.”—*Publishers Weekly* (starred review) “The two contemporary pirate-ship seekers of Mr. Kurson’s narrative are as daring, intrepid, tough and talented as *Blood and Sparrow*—and Bannister. . . . As depicted by the author, they are real-life Hemingway heroes.”—*The Wall Street Journal* “[Kurson] takes his knowledge of the underwater world and applies it to the ‘Golden Age of Piracy’ . . . thrillingly detailing the highs and lows of chasing not just gold and silver but also history.”—*Booklist* “A great thriller full of tough guys and long odds . . . and: It’s all true.”—Lee Child From the Hardcover edition.

## Manual of Freediving

Prevent, evaluate, and manage diseases that can be acquired in tropical environments and foreign countries with The Travel and Tropical Medicine Manual. This pragmatic resource equips medical providers with the knowledge they need to offer effective aid, covering key topics in pre- and post-travel medicine, caring for immigrants and refugees, and working in low-resource settings. It's also the perfect source for travelers seeking quick, easy access to the latest travel medicine information. Dynamic images illustrate key concepts for an enhanced visual understanding. Evidence-based treatment recommendations enable you to manage diseases confidently. This eBook allows you to search all of the text, figures, images, and references from the book on a variety of devices. Highlights new evidence and content surrounding mental health and traveling. Covers emerging hot topics such as Ebola virus disease, viral hemorrhagic fevers, the role of point-of-care testing in travel medicine, and antibiotic-resistant bacteria in returning travelers and students traveling abroad. Includes an enhanced drug appendix in the back of the book.

### **Freediving 101**

### **Manual of Freediving**

If you do not yet scuba dive but are thinking of learning, then Scuba Fundamental - Start Diving the Right Way is for you. It takes you from the germ of the idea that you might like to try scuba diving up to the point where you have done around 20 dives. This is not your standard how-to scuba diving manual. It is very different. The purpose of Scuba Fundamental is not to teach you how to dive. A dive instructor will do that. But this book will make the learning process much easier. It will help you make the right choices and avoid the pitfalls that await new and uninformed divers coming into the sport. It will also set you well on the road to becoming a capable and competent lifelong diver. Scuba Fundamental tells you how to make sure you are prepared for a scuba diving course and what a good beginners course should entail. It tells you how to choose a good instructor, how to decide which operators to dive with after you have finished your course and what sort of dives you should be doing when you first start diving. You will learn the many ways in which diving will change your life and also acquire some extremely valuable advice on the etiquette involved in the sport. Throughout the book and especially in the chapter "It Happened to Me" you will be entertained, educated and encouraged by anecdotes from people who are now experienced divers but were once beginners too. There is also an entire section devoted to diving safety, much of which covers vitally important aspects of scuba diving that standard training manuals don't emphasise enough or even leave out completely. The book's message is: start scuba diving the right way and you will be relaxed and ready for the adventure. You will have more fun, make fewer mistakes and be confident in the fact that you are well informed, have made the best choices and have spent your money wisely. Scuba Fundamental is a unique, reliable and essential guide: one that you can trust completely and follow during this formative phase of your scuba diving life. "I wish I had had this book to read when I

learned to dive. I remember being totally confused." Robin Yao, Executive Editor, EZDIVE magazine "This is the book divers should give to friends when they say they want to learn to scuba dive." Ian Thomas, Scuba Instructor Trainer

### **Scuba Fundamental**

"Freediving - The Physiology" is a complete guide for the three levels of freediver training, the three levels of instructor training, and for the instructor trainer. The book works as a manual for everyone, introducing all readers to the greatest secrets of the human body's responses to freediving, from the new freediver to the doctors who look to expand their knowledge in freediving. A new freediver will find chapters on ear equalization, the diving reflex, the mechanism of apnea, the factors of breath-hold, the danger of shallow water blackout, advice on a special diet before and during the freediving day, and many more interesting subjects for a beginner in freediving. Experienced freedivers will enhance their knowledge of deep freediving, safety rules and rescue techniques, through subjects including the human diving responses, specialized advice on deep freediving lung equalization, advanced ear equalization methods, special factors and methods for increased apnea duration, safety rules on avoiding hyperventilation and a hypoxic state (hypoxia - blackout or LMC - loss of motor control), the rescue methods for the hypoxic diver, advice on thermal problems and hypothermia, a chapter about special diet methods for increased performances in freediving, as well as an abundance of knowledge crucial for expanding their performance underwater and correcting possible mistakes. Deep freedivers, instructors and doctors will all find everything there is to know about freediving physiology in this book! Extreme freediving has its place in every chapter of the book, covering aspects of great wonder and mystery to be researched, such as methods in reducing the brain's oxygen consumption during apnea, lung equalization and the diving reflex at great depths, gas narcosis in deep freediving, freediving decompression sickness, lung packing dangers and others.

### **Freediving - The Guide for the First 10 Meters**

Spearfishing: How to Get Started - This book is a MUST for anyone who is curious about the sport of spearfishing. It covers all of the basics by discussing safety considerations, costs, equipment, techniques and skills that are necessary to get started. It is designed specifically for the beginner and is packed full of knowledge that has been acquired through years of practice. You should not attempt this activity until you read this book. Learn from the experience of others so that your journey into spearfishing can be safe, rewarding and exciting.

### **FREEDIVING-THE GD FOR THE 1ST**

This book is not only an autobiography of Pelizzari, but also an incredible reflection on man's constant and irrepressible

urge to exceed the limits imposed on him by nature, to experience new sensations and to go deep within himself in search of a freedom that knows no boundaries. Captivating images accompany a vivid narrative of the records and adventures that defined Pelizzari's life and sporting career: from the beginnings in the pool, to the discovery of his own ability, the training, the teamwork, acquaintances with the historic figures of the underwater world – such as Mayol and Maiorca – as well as the simple folk of the seas who live their lives in contact with the water, the victories, world records, and freedives in seas all over the world, and the encounters with the magnificent sea creatures that inhabit them. Page after page, Pelizzari relives the experience of his inner journey in the depths of the sea.

### **One Breath**

Former CIA Director George Tenet calls Donald Alexander “a legendary American intelligence officer, a man of enormous competence, grace, and courage. His humility will never allow most to ever know what his service has meant to the Central Intelligence Agency or our country. Now he has given all of us a timeless gift—a book on leadership based on decades of experience, research, and reflection. He demystifies a subject many have written about with clear and direct language. His emphasis on old fashion values and selfless compassionate service should be mandatory reading for anyone entrusted with the care and development of young men and women, whether in government or a Silicon Valley start-up. This is a book that will challenge and inspire you to make a difference every day of your life.” True leadership requires strength of character and integrity—at whatever level you lead. This author brings a unique perspective to these leadership issues. Donald Alexander is the pen name of a senior executive officer in the US Intelligence Community. During a career spanning more than four decades, he has served multiple tours overseas in operational positions, commanding major elements both in the field and at Headquarters, experiences that spawned many of the ideas and principles set out in this book. Chief among these is the belief that leaders who conduct themselves with honor and to the highest standards of integrity are vital to America's business success, national security, and social well-being. The Character of a Leader is an invaluable handbook for the young leader and, at the same time, an insightful resource for established executives and managers.

### **One Breath**

The Cuban-born champion in the dangerous sport of freediving offers an intriguing inside look at the controversial and deadly sport while describing his life with his wife Audrey Mestre, a former French marine biology student who, in October 2002, died while trying to break the world freediving record held by her husband. Reprint. 20,000 first printing.

### **Freediving - the Story of Stathis Hatzis**

The beautiful locales, exotic plant and sea life, and relaxing environs of dive locations are even more peaceful when you are armed with the expertise and skill to stay safe in any situation. With self-rescues, buddy rescues, open-water resuscitation, and towing techniques, Scuba Diving Safety will become your most valuable diving companion. Covering a full range of underwater environments, as well as dangerous marine life, entanglements, and equipment failures, this vital resource is an essential reference for every underwater enthusiast. Do not rely on someone else--or chance--to keep you safe. Let Scuba Diving Safety help you prepare for the unexpected and provide the confidence to enjoy your underwater adventures to the fullest.

### **Oxygen**

THE LAST ATTEMPT by Carlos Serra While attempting to set a new world record in the extreme sport of freediving, Audrey dies. Something had gone terribly wrong and despite a massive media attention, many questions remained unanswered. Suspicion fell over her husband, the legendary freediver known as Pipin, prompting his business partner, Carlos Serra, a brother-like friend to Audrey, to promise an investigation to determine responsibilities, if any. But Pipin rejected the motion and that's when the struggle between Serra and Pipin began. THE LAST ATTEMPT is the result of that investigation, and with a surprising conclusion, it comprises the whole story as it actually occurred.

### **The Last of the Blue Water Hunters**

Stathis G. Hatzis was the head diver among Symi's and the Dodecanese's hundreds of free divers - sponge divers in the early 20th century. In 1913, he dived to a depth of 88 meters, for 4 minutes, in his attempt to locate and tie the anchor of the Italian battleship Regina Margherita which had been lost on the ocean floor. The book is the biography of Stathis Hatzis and follows Stathi in his three day adventure to find and secure the lost anchor, making a total of 16 record free dives from 50 to 88 meters depth. Stathis Hatzis' unique accomplishment was representative of the incredible abilities of this humble sponge diver, as well as his generation's, the last free divers - sponge divers, diving with the kampanelopetra, who disappeared along with a unique in the world tradition, which had endured uninterrupted until then, since the depths of antiquity. In the pages of this book, the adventures and legendary dives of Stathis Hatzis become the reason to chronicle the entire history of free diving in Greece, from its origins in ancient times to the late 20th century. Rare photos and documents reveal the achievements of an island population consisting of thousands of free divers and their families, who, with Symi and the Dodecanese as an epicentre, achieved greatness in the Aegean for centuries, thanks to the precious sponges gathered from the depths of the Mediterranean and traded in the markets of Europe and America.

### **The Dive**

Spearfishing is one of the most rewarding underwater sport activities today. Have you ever wanted to learn to spearfish but thought it might be too difficult? Does it seem like an overly complicated task, and not worth the time? With this Spearfishing Manual you can learn everything you need to know about this exciting sport, from how to get started, to what kind of gear to buy, to where to hunt, in less than a week. It can be difficult to learn a new sport, especially one that seems as complicated as spearfishing; however, in just few days, you will be able to pick out the right spearfishing gear and begin your adventure with the right spearfishing techniques. Why is this The Best Book on Spearfishing? \* While this book is designed primarily for beginners, there are also plenty of tips that can help even the most experienced spearfishing expert \* Great for if you just want a refresher on safety strategies or truly want to start with the basics \* Packaged in an easy read \* With only the most relevant and up-to-date information. If you love fish, but find fishing from a boat to be extremely boring and tedious, this is an excellent replacement. By combining the fun of snorkeling or scuba diving with the sport of fishing, you will be able to both experience the beauty of the ocean and use your new skill to catch fish. As you swim along beneath the surface, you can observe the beautiful coral and watch the colorful fish swim by while you wait for your target. In this book, you will learn: \* How to spearfish! \* The safest way to go about it. \* What kind of spearguns to buy, from the right brand to the right size for your hunting needs! \* What kinds of masks, snorkels, and fins you should buy? \* What are Good places to go spearfishing? \* and much more You will read about what is the proper preparation for spearfishing, and how deep your freediving will have to be in order to find your fish. In addition, this book contains all the information about how to actually spearfish, from the moment you get in the water, to spearing your first fish, to how to collect and preserve your kill. Whether you are looking to learn this exciting sport or want the best information about what kinds of spearfishing equipment to buy, look no further than this book. Grab your copy now to get started on your spearfishing adventure! Check Out What Others Are Saying "This authoritative book deserves more than the 5 star maximum that Amazon allows. Mike McGuire has been spear fishing all his life and has shared his experience with us to create a manual of great use to people who are taking up this sport, but also to people like me who have never speared a fish, but are passionately interested in diving and in fish. This book emphasizes safety, and I would urge any prospective spear fisher to read and carefully follow Mike's advice on safety. Mike covers fitness in great detail, including useful exercises to improve your fitness. He also gives his ideas about equipment. As Mike says, spear fishing has been done for thousands of years. At first this would have been a way of getting food, but as with many human activities it has developed into a sport. The book caused me to consider who the first spear fishers were. Although I referred to spear fishing as a human activity, the first spear fishers were almost certainly not human. Bonobos, a type of ape, will catch fish with their hands and have been observed to make and use very primitive spears. The first spear fishers were almost certainly an earlier near human creature." - Steve Challis (Australia)

## U S Navy Diving Manual

## Breatheology

Freediving is one of the fastest growing water sports Not only is it easy to learn to freedive, you can dive all over the world. No matter where you go, you can always find a place to practice your freediving training. While you used to have to take weeks and weeks of classes to learn to freedive properly, you can now learn how to hold your breath, diaphragmatic breathing, and the very best freediving techniques, in this one, fun to read, easy to understand book. What will you learn in this book? \* What freediving is.. \* How to avoid ear pressure when freediving? \* How to keep safe during the exercises? \* Different types of diving \* How you can start diving almost immediately! \* What kind of freediving gear or freediving fins to purchase. \* Where the best diving locations can be found. \* How to deal with the fear and anxiety you might encounter? \* How to train for Freediving? \* Breath holding and breathing techniques. Tips for holding breath longer underwater! \* Safety and preparedness. What a diving buddy should do in an emergency? \* And so much more..! While a class may seem like the best way to get into the freediving craze, in reality, you can learn everything you need to know from this book. It will teach you all about the different techniques, where to look for great freediving water, and even outline the best safety procedures. Like any sport that involves water, diving without scuba gear can be dangerous, but when you have the right gear and the right training, it is also the best way to see the beauty that the ocean holds. The main tenant of freediving is breath holding. In order to access to lower depths, you must train your body to hold its breath for longer and longer stretches of time. This does not come naturally to the human body, and to be able to hold your breath for more than a minute takes training and constant maintenance. This book will teach how to hone your body and your mind for this intense experience. Whether you are a novice looking to start this great sport, or an experienced freediver looking for a refresher on safety, techniques, and gear, there is no better book. Look no further for the very best in breathing techniques, freediving strategies, and safety tips. This sport is fun for all those who are willing to put the time and energy into learning the right methods and training their bodies. If you are ready to start learning an exciting new sport of freediving, grab your copy today! Check Out What Others Are Saying "This is by far the most well rounded free diving book I've ever read. I practiced for many years and then took some time off. I was really looking for a refresher course prior to a long overdue abalone dive. I really thought I knew it all from having so many years under my belt; I was wrong. I didn't know how much I still had to learn. I practiced the excercises in the book for about a week before my dive. I was nearly where I left off from my last dive years prior and within a month I plan to be on my A-game. Thanks to the author for providing such a detailed guide, it's opened up a whole new perspective on the sport that I grew up with! " - GrumpysGifts (USA) "This guide is one of the best written and detailed books on diving out there. For my personally holding my breath underwater was as hard as actual swimming so when I saw that there is a full chapter on how to master it, I knew I have to take this book. All the other tutorials and safety measures are well written so I am sure it will save a lot of lives. I recommend this book to anyone passionate about freediving. Five star for me !" - Vlad Buculei (Brno, Czech Republic)

## **The Last Attempt**

A Complete Manual for the 1st Level of Free Diving. An excerpt from the foreword of the book: The idea for the book gave birth to many treasures, but the moment had matured for all this practical experience -having by now personally taught hundreds of freedivers how to freedive to 10, 20 and 30 meters- to finally turn into a written guide on the technique of freediving. If I felt as if I was missing something twenty years ago, by now I possessed it in abundance: it was the actual experience in the water with newcomers, people who did not even know what a wetsuit was, and in the span of one week to enable them to comfortably dive to 10 meters, while even commenting afterwards on how easy freediving was! Yet freediving is of course far from easy. The satisfaction, however, of hearing them say it, is huge; when you have designed the training program and when you had been the trainer who managed to transform a person that until the previous day had not even once equalised pressure in his life, into an excellent freediver! As priceless is also the moment, familiar to every instructor, when your student succeeds on conquering a particular depth for the first time and surfaces with a genuine smile of deep joy and satisfaction on his accomplishment. This is ultimately the goal of this book: to accompany the new freediver into the sea and to help him, step by step, in building an excellent technique and achieving new goals in freediving, all the while giving him a smile of success! A book cannot of course replace training or an entire dive learning program. Today, however, our era might offer great training programs and excellent trainers, but no remarkable books - comprehensive technique guides - and I trust -as a writer- that this void will be filled today, with the publication of a unique book for the new freediver. Yannis Detorakis \*Freediver Instructor Trainer PADI \*Designer of Freediver, Advanced and Master Freediver PADI Courses - Distinctive Specialties (2004 - 2015)

## **Freediving**

### **The Character of a Leader**

An illustrated journey into the world of undersea diving captures humankind's fascination with the wonders of the undersea world and the dramatic growth of recreational sport diving, discussing the history of the sport and offering fascinating accounts of the author's own adventures around the world. Reprint.

## **Freediving**

An extraordinary account of the author's apprenticeship with free-diving pioneers who stalk powerful game fish.

## **Freedive!**

AN INSTANT NEW YORK TIMES BESTSELLER No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

## **Free Diving Manual**

The book is a complete guide, a manual for the 1st Level of freediving technique. The writer uses his thirty years of experience as an instructor and designer of freediving courses, but most of all, the 15 years during which he has certified more than 1.000 free divers in the 3 levels of diver training, and describes a step by step method for reaching the first 10 meters in freediving. The chapters of the book literally follow the new freediver through the series of steps he must take, from dressing up and entering the water, to his surface swimming and the adaptation of his senses inside the water, as well as all the buoyancy adjustments he will have to make at the surface and before each dive. The book presents the freedive as a nicely structured, logical chain of skills that are explained and presented through a large number of impressive underwater photos of actual diver training. Even the possible mistakes in performing the dive skills are analyzed and explained. The descent to the seabed covers the greater part of the book, and everything is presented in a step by step movement or skill, while the reader quickly finds himself participating in the dive and trying to make the right moves! Every step is explained in detail; for example, the methods of equalizing the ears and the different techniques in order to learn how to equalize and avoid a blocked ear. The ascent phase of the freedive is described in similar detail and presented through many actual training photos. The book covers the use of the buddy system in freediving, presenting the methods used for providing safety and communicating underwater. The methods of planning a freedive are analyzed in detail, both for the diver and for the buddy monitoring the dive. The organization of a day's series of freedives is also presented, as a

diver will have to learn how to create a daily plan of his different dives. The dangerous incidents in freediving are considered problems that block or delay the ascent, while rescue techniques and safety measures are also described. Dangerous situations, that every freediver should know how to avoid and how to handle as a rescuer, are covered in detail in the final chapter. As the writer says: "A book cannot of course replace training or an entire dive learning program. Today, however, our era might offer great training programs and excellent instructors, but no remarkable books - comprehensive technique guides. So the mission of this book is to accompany the new freediver into the sea and to help him, step by step, in building an excellent technique and achieving new goals in freediving, like his best trainer and dive buddy!"

### **Deeply**

### **Blue Mind**

Not everyone is fortunate enough to live in a tropical paradise and dive all day. Most freedivers and spearfishers need to resort to cross training to keep in shape. Cross training is training with techniques from other sports to improve your diving. There are many exercises we can do on land to keep in shape. And in contrast to diving, cross training can be done no matter where you are, all year long. Longer and Deeper will teach you the most efficient exercises, how to schedule workouts and recovery, and how to keep track of your training.

### **Neutral Buoyancy**

Have you ever wanted to connect with the ocean? Are you curious about holding your breath? Are you seeking a way to calm your mind? Freediving may be for you! This is when people explore the underwater world while holding their breath. Imagine you're swimming over a colorful coral reef, with no SCUBA gear, just complete freedom. The fish are calm, the water is clear, and your lungs are full. Freediving may seem like an extreme sport, but in reality it is incredibly peaceful. It is relaxing, spiritual, and Zen. Freedivers find themselves in states of presence and bliss. In this guide we discuss the ins and outs of this amazing sport. You could even say we go 'in-depth'. Learn to increase your breath hold time and explore deeper in the ocean. Freediving is all about technique and relaxation, this guide will help you master these practices. Learn about different freediving disciplines for a better understanding of competitive freediving. This knowledge will also help you branch out and try new things as a freediver. There is also information about rescue techniques and safety procedures. It is important to be a safety conscious freediver. It isn't an inherently dangerous sport, but a little information and practice can save a life. About the Expert Julie Shoults is passionate about freediving. This passion has taken her all over the world to freedive in remarkable places. She is a PADI SCUBA and Freediving Instructor. Julie is from Florida in the United States, but

now she is a world traveler. Julie started her freediving journey in the Middle East where she was working as a SCUBA Instructor. It is with a lot of patience and Vitamin Sea that she gradually improves her freediving practice. She has been freediving in the beautiful lakes of East Africa, with whale sharks, turtles, manta rays, and on countless coral reefs. At the time of publication she is living in Bali, Indonesia, where she can reach depths right from the shore! Her goal is to study science and continue traveling. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

### **Soviet Manual of Scuba Diving**

In this full colour, large format publication by master freediving instructor and expert marine forager Ian Donald, you will be taught in a step-by-step manner how to freedive, forage for marine foods, and spearfish, all with sustainability in mind.

### **Freediving Manual**

#### **Breath**

This is a translation of a scuba diving manual originally published by the publishing house of the U.S.S.R. Ministry of Defense. The manual contains information, practical recommendations and informative data on underwater exploration and repair of various types of scuba diving equipment; the technique of water safety and the execution of underwater work; medical precautions and specific illnesses of scuba divers; the method of instruction, including the technique of underwater swimming and the execution of light diving work, underwater hunting, photo- and cinematography. The manual was designated for divers of the Soviet Army and Navy and the transportation and commercial fleets. It is also of interest to a wide circle of readers interested in problems of the underwater sport.

### **Underwater Foraging - Freediving for Food**

Teaches how to become aware of your breathing and how to train it, you will be able to learn to breathe properly. Your body will immediately absorb more oxygen and after a short time you will have more energy and gain greater mental calmness. It covers how to: Advantages of efficient breathing. Gain more energy in your daily life Become better at managing stress Optimize your work and sport performances Avoid illnesses and get well faster Minimize chronic or transient pain Become happier and more positive Live a healthier and longer life.

### **Scuba Diving Safety**

New York Times Book Review Editors' Choice • An Amazon Best Science Book of 2014 • Scientific American Recommended Read "Fascinating, informative, exhilarating." —Wall Street Journal Deep is a voyage from the ocean's surface to its darkest trenches, the most mysterious places on Earth. Fascinated by the sport of freediving—in which competitors descend great depths on a single breath—James Nestor embeds with a gang of oceangoing extreme athletes and renegade researchers. He finds whales that communicate with other whales hundreds of miles away, sharks that swim in unerringly straight lines through pitch-black waters, and other strange phenomena. Most illuminating of all, he learns that these abilities are reflected in our own remarkable, and often hidden, potential—including echolocation, directional sense, and the profound bodily changes humans undergo when underwater. Along the way, Nestor unlocks his own freediving skills as he communes with the pioneers who are expanding our definition of what is possible in the natural world, and in ourselves. "A journey well worth taking." —David Epstein, New York Times Book Review "Nestor pulls us below the surface into a world far beyond imagining and opens our eyes to these unseen places." —Dallas Morning News "This is popular science writing at its best." —Christian Science Monitor

### **Deep**

[ROMANCE](#) [ACTION & ADVENTURE](#) [MYSTERY & THRILLER](#) [BIOGRAPHIES & HISTORY](#) [CHILDREN'S](#) [YOUNG ADULT](#) [FANTASY](#)  
[HISTORICAL FICTION](#) [HORROR](#) [LITERARY FICTION](#) [NON-FICTION](#) [SCIENCE FICTION](#)