



# ONE BREATH

Freediving, Death,  
and the Quest  
to Shatter  
Human Limits

ADAM SKOLNICK

# One Breath Freediving Death And The Quest To Shatter Human Limits

**Lonely Planet, Regis St Louis, Celeste  
Brash, Gregor Clark, Alex  
Egerton, Michael Grosberg, Anthony  
Ham, Anna Kaminski, Brian  
Kluepfel, Tom Masters, Carolyn  
McCarthy, Anja Mutic, Kevin  
Raub, Brendan Sainsbury, Adam  
Skolnick, Paul Smith, Andy  
Symington, Luke Waterson, Wendy  
Yanagihara, Isabel Albiston, Phillip  
Tang, Jade Bremner, Cathy Brown, Mark  
Johanson, Robert Balkovich, MaSovaida**

**Morgan**

## **One Breath Freediving Death And The Quest To Shatter Human Limits:**

*One Breath* Adam Skolnick, 2016-01-12 *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.

*Lonely Planet Indonesia* Lonely Planet, Loren Bell, Stuart Butler, Trent Holden, Anna Kaminski, Adam Skolnick, Iain Stewart, Ryan Ver Berkmoes, Hugh McNaughtan, 2016-06-01. 1 best-selling guide to Indonesia. Lonely Planet Indonesia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Take in a traditional gamelan performance, laze on hidden beaches, or hike volcanic peaks, all with your trusted travel companion. Get to the heart of Indonesia and begin your journey now. Inside Lonely Planet Indonesia Travel Guide: Colour maps and images throughout. Highlights and itineraries help you tailor your trip to your personal needs and interests. Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots. Essential info at your fingertips: hours of operation, phone numbers, websites, transit tips, prices. Honest reviews for all budgets: eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss. Cultural insights give you a richer, more rewarding travel experience. History, cuisine, environment, outdoor activities, responsible travel, and more. Over 60 maps. Covers Java, Bali, Nusa Tenggara, Maluku, Papua, Sumatra, Kalimantan, Sulawesi, and more. eBook Features: Best viewed on tablet devices and smartphones. Downloadable PDF and offline maps prevent roaming and data charges. Effortlessly navigate and jump between maps and reviews. Add notes to personalise your guidebook experience. Seamlessly flip between pages. Bookmarks and speedy search capabilities get you to key pages in a flash. Embedded links to recommendations, websites. Zoom in maps and images. Inbuilt dictionary for quick referencing. The Perfect Choice: Lonely Planet Indonesia, our most comprehensive guide to Indonesia, is perfect for both exploring top sights and taking roads less travelled. Looking for a guide focused on Bali or Lombok? Check out Lonely Planet Bali or Pocket Bali, a handy-sized guide focused on the can't-miss sights.

for a quick trip Authors Written and researched by Lonely Planet About Lonely Planet Since 1973 Lonely Planet has become the world's leading travel media company with guidebooks to every destination an award winning website mobile and digital travel products and a dedicated traveller community Lonely Planet covers must see spots but also enables curious travellers to get off beaten paths to understand more of the culture of the places in which they find themselves Source Nielsen BookScan Australia UK and USA Important Notice The digital edition of this book may not contain all of the images found in the physical edition

*A Critical Introduction to Sport Psychology* Aidan Moran, John Toner, 2025-09-24 This new fourth edition remains the only textbook in the field which provides a detailed overview of key theories concepts and findings within the discipline of sport psychology as well as a critical perspective that examines and challenges these core foundations Fully revised and updated the new edition covers topics affecting both participation and performance in sport including motivation anxiety emotional coping concentration mental imagery expertise and team cohesion In addition the book includes a range of helpful features that bring the science to life including critical thinking exercises suggestions for student projects boxes highlighting key advances in theory or practice and end of chapter summaries The final chapter examines some new horizons in sport psychology including embodied cognition and a comprehensive glossary is also included Sport is played with the body but often won in the mind that is the theory *A Critical Introduction to Sport Psychology* is the definitive textbook for anyone wishing to engage critically with this fascinating idea

**Lonely Planet Mongolia** Lonely Planet, Trent Holden, Adam Karlin, Michael Kohn, Adam Skolnick, Thomas O'Malley, 2018-07-01 Lonely Planet The world's number one travel guide publisher Lonely Planet's Mongolia is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Visit monasteries for a slice of Buddhist history and whispered mantras hike through the rugged mountains serene river valleys and fields of wildflowers in the Mongolian backcountry and travel by camel across the Gobi Desert in the footsteps of Marco Polo All with your trusted travel companion Get to the heart of Mongolia and begin your journey now Inside Lonely Planet's Mongolia Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sightseeing going out shopping hidden gems that most guidebooks miss Cultural insights provide a richer more rewarding travel experience covering history people music landscapes wildlife cuisine politics Covers Ulaanbaatar Central Mongolia Northern Mongolia Eastern Mongolia The Gobi Western Mongolia eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations websites Zoom in maps and images Inbuilt dictionary for quick referencing The Perfect Choice Lonely

Planet's Mongolia is our most comprehensive guide to the country and is designed to immerse you in the culture and help you discover the best sights and get off the beaten track About Lonely Planet Lonely Planet is a leading travel media company and the world's number one travel guidebook brand providing both inspiring and trustworthy information for every kind of traveller since 1973 Over the past four decades we've printed over 145 million guidebooks and grown a dedicated passionate global community of travellers You'll also find our content online and in mobile apps video 14 languages nine international magazines armchair and lifestyle books ebooks and more Lonely Planet guides are quite simply like no other New York Times Lonely Planet It's on everyone's bookshelves it's in every traveller's hands It's on mobile phones It's on the Internet It's everywhere and it's telling entire generations of people how to travel the world Fairfax Media Australia Source Nielsen BookScan Australia UK USA 5 2016 4 2017 Important Notice The digital edition of this book may not contain all of the images found in the physical edition

**Lonely Planet Trans-Siberian Railway** Lonely Planet, Simon Richmond, Mark Baker, Stuart Butler, Trent Holden, Adam Karlin, Michael Kohn, Tom Masters, Leonid Ragozin, Regis St Louis, 2018-04-01 Lonely Planet The world's leading travel guide publisher Lonely Planet Trans Siberian Railway is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Gaze through the window at the unfurling landscape as you pass glimpse Lake Baikal Russia's sacred sea or gawk at Moscow's Kremlin at one end of your journey and Beijing's Forbidden City at the other end all with your trusted travel companion Begin your journey now Inside Lonely Planet Trans Siberian Railway Travel Guide Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sight seeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience the history of the railway history of Siberian travel Russian culture cuisine Mongolian culture cuisine Chinese culture cuisine landscapes wildlife Covers Moscow St Petersburg Beijing the Trans Siberian Trans Mongolian Trans Manchurian and Baikal Amur Mainline routes and more eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations websites Zoom in maps and images Inbuilt dictionary for quick referencing The Perfect Choice Lonely Planet Trans Siberian Railway our most comprehensive guide to the Trans Siberian Railway is perfect for both exploring top sights and taking roads less travelled Looking for a guide focused on Russia or China Check out Lonely Planet's Russia or China for a comprehensive look at all that these countries have to offer About Lonely Planet Lonely Planet is a leading travel media company and the world's number one travel guidebook brand providing both inspiring and trustworthy information for every kind of traveller since

1973 Over the past four decades we've printed over 145 million guidebooks and grown a dedicated passionate global community of travellers You'll also find our content online on mobile video and in 14 languages 12 international magazines armchair and lifestyle books ebooks and more Important Notice The digital edition of this book may not contain all of the images found in the physical edition *Lonely Planet South America* Regis St Louis, 2022-10 Lonely Planet's South America is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Walk Patagonian glaciers dance the night away in Rio de Janeiro and explore Incan ruins all with your trusted travel companion Get to the heart of South America and begin your journey now Inside Lonely Planet's South America Travel Guide Up to date information all businesses were rechecked before publication to ensure they are still open after 2020's COVID 19 outbreak NEW top experiences feature a visually inspiring collection of destination's best experiences and where to have them What's NEW feature taps into cultural trends and helps you find fresh ideas and cool new areas Improved planning tools for family travelers where to go how to save money plus fun stuff just for kids Color maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation websites transit tips prices Honest reviews for all budgets eating sleeping sightseeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience history people music landscapes wildlife cuisine politics Over 168 maps Covers Argentina Bolivia Brazil Chile Colombia Ecuador French Guiana Guyana Paraguay Peru Suriname Uruguay Venezuela and more The Perfect Choice Lonely Planet's South America our most comprehensive guide to South America is perfect for both exploring top sights and taking roads less traveled About Lonely Planet Lonely Planet is a leading travel media company providing both inspiring and trustworthy information for every kind of traveler since 1973 Over the past four decades we've printed over 145 million guidebooks and phrasebooks for 120 languages and grown a dedicated passionate global community of travelers You'll also find our content online and in mobile apps videos 14 languages armchair and lifestyle books ebooks and more enabling you to explore every day Lonely Planet guides are quite simply like no other New York Times Lonely Planet It's on everyone's bookshelves it's in every traveler's hands It's on mobile phones It's on the Internet It's everywhere and it's telling entire generations of people how to travel the world Fairfax Media Australia

**Lonely Planet South America** Lonely Planet, Regis St Louis, Celeste Brash, Gregor Clark, Alex Egerton, Michael Grosberg, Anthony Ham, Anna Kaminski, Brian Kluepfel, Tom Masters, Carolyn McCarthy, Anja Mutic, Kevin Raub, Brendan Sainsbury, Adam Skolnick, Paul Smith, Andy Symington, Luke Waterson, Wendy Yanagihara, Isabel Albiston, Phillip Tang, Jade Bremner, Cathy Brown, Mark Johanson, Robert Balkovich, MaSovaida Morgan, 2019-10-01 Lonely Planet The world's number one travel guide publisher Lonely Planet's South America is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Trek past emerald terraces and steep peaks to Machu Picchu lose count

of wildlife species in the Amazon rainforest and party until the early hours in Rio de Janeiro all with your trusted travel companion Get to the heart of South America and begin your journey now Inside Lonely Planet's South America Recommendations with honest reviews eating sleeping sightseeing going out hidden gems that most guidebooks miss Highlights and 13 month itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Cultural insights provide a richer more rewarding travel experience history art literature cinema landscapes Colour maps and images throughout Covers Argentina Bolivia Brazil Chile Colombia Ecuador French Guiana Guyana Paraguay Peru Suriname Uruguay Venezuela and more The Perfect Choice Lonely Planet's South America is perfect for taking a longer multi country trip comprehensively connecting you with the cultures that you're experiencing from popular places to right off the beaten path Looking for just a few of the destinations included in this guide Check out the relevant in depth Lonely Planet destination guides About Lonely Planet Lonely Planet is a leading travel media company and the world's number one travel guidebook brand providing both inspiring and trustworthy information for every kind of traveller since 1973 Over the past four decades we've printed over 145 million guidebooks and grown a dedicated passionate global community of travellers You'll also find our content online and in mobile apps video 14 languages nine international magazines armchair and lifestyle books eBooks and more Lonely Planet guides are quite simply like no other New York Times Lonely Planet It's on everyone's bookshelves it's in every traveller's hands It's on mobile phones It's on the Internet It's everywhere and it's telling entire generations of people how to travel the world Fairfax Media Australia Source Nielsen BookScan Australia UK USA 5 2016 4 2017 eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations websites Zoom in maps and images Inbuilt dictionary for quick referencing Important Notice The digital edition of this book may not contain all of the images found in the physical edition

**In Oceans Deep** Bill Streever, 2019-07-02 In this masterful account in the spirit of Bill Bryson and Ian Frazier a longtime deep sea diver masterfully weaves together the science and history of Earth's last remaining frontier the sea In an age of unprecedented exploration and innovation our oceans remain largely unknown and endlessly fascinating full of mystery danger beauty and inspiration In Oceans Deep celebrates the daring pioneers who tested the limits of what the human body can endure under water free divers able to reach 300 feet on a single breath engineers and scientists who uncovered the secrets of decompression teenagers who built their own diving gear from discarded boilers and garden hoses in the 1930s saturation divers who lived under water for weeks at a time in the 1960s and the trailblazing men who voluntarily breathed experimental gases at pressures sufficient to trigger insanity Tracing both the little known history and



exciting future of how we travel and study the depths Streever s captivating journey includes seventeenth century leather hulled submarines their nuclear powered descendants a workshop where luxury submersibles are built for billionaire clients and robots capable of roving unsupervised between continents revolutionizing access to the ocean In this far flung trip to the wild night dark place of shipwrecks trapped submariners oil wells innovative technologies and people willing to risk their lives while challenging the deep we discover all the adventures our seas have to offer and why they are in such dire need of conservation

### **Psicología del deporte**

Aidan Moran,John Toner,2017-01-01

### **Oceano profondo**

Bill

Streever,2022-06-24T00:00:00+02:00 Esplorare la profondit degli oceani sempre stato uno dei grandi sogni della vicenda umana Per realizzarlo l uomo ha concepito nel corso dei secoli i pi svariati e bizzarri mezzi tecnologici e le tecniche di immersione pi raffinate Bill Streever in Oceano profondo celebra i protagonisti di questa avventura temeraria e ancora poco conosciuta I pionieri che hanno affrontato gli abissi alla ricerca dei limiti di resistenza del corpo umano gli ingegneri e gli scienziati illuminati che hanno indagato i segreti dell immersione e della decompressione i giovanissimi subacquei muniti di attrezzature rudimentali o i professionisti pronti a vivere sott acqua per intere settimane Attori e comparse di una grandiosa epopea tecnologica che dai sottomarini con scafo in pelle del diciassettesimo secolo porta ai colossali mezzi a propulsione nucleare dei nostri giorni e dalle campane di vetro ai sommergibili turistici fino ai robot capaci di vagare in completa autonomia tra i continenti Una sequenza di successi memorabili e di tremende disgrazie di sottomarini intrappolati in fondo all oceano pozzi petroliferi che esplodono tecnologie rivoluzionarie e rischi fisici spaventosi

### **Indonesia**

Ryan Ver

Berkmoes,Stuart Butler,Loren Bell,2016-11-28T00:00:00+01:00 L Indonesia rappresenta una delle pi belle avventure del mondo La sua bellezza varia come la sua gente potrete passare dalla pi dinamica vita sociale alla massima quiete di un idillio tropicale Ryan Ver Berkmoes autore Lonely Planet 288 escursioni in barca e 148 in bemo un incontro col tifone Vicente fotografie evocative e cartine facili da usare strumenti approfonditi per la pianificazione del viaggio La guida comprende Pianificare il viaggio Java Bali Nusa Tenggara Maluku Papua Sumatra Kalimantan Sulawesi Capire l Indonesia e Guida pratica

### **Mongolia**

Trent Holden,Adam Karlin,2019-01-09T14:12:00+01:00 La Mongolia una terra piena di avventura dove scoprire la cultura nomade ed esplorare vasti paesaggi dalla natura incontaminata In questa guida tour organizzati Il

Naadam terre selvagge e animali selvatici

**Na jeden nádech** Adam Skolnick,2017-01-01 Freediving smrt a touha poko it hranice lidsk ch mo nost Poutav a p sobiv nahl dnut do z kulis podivuhodn a fascinuj c sportovn discipl ny freedivingu a p b h tragick ho a p ed asn ho skonu nejv t ho freedivera Ameriky Sout en ve freedivingu i n dechov m pot p n sportovn discipl na v n jde o to potopit se do co mo n nejv t hloubky na jedno nadechnut testuje hranice lidsk ch schopnost p e t v jednom z nejnehostinn j ch prost ed na planet Unik tn a r znorod parta lid kte holduj tomuto sportu na vrcholov rovni se b n pot p des tky metr pod hladinu oce nu a dosahuj takov ch hloubek e se jim vnit n org ny deformuj tlakem ztr cej ve tm prostorovou orientaci a jedna jedin chybi ka by je mohla st t ivot Jen m lokter freediver se zat m potopil do takov hloubky jako Nicholas

Mevoli Nick byl v jímě mladý a přirozený talent, byl jediný, kdo měl v tehdy mnoha rekordy. A ze sluhou svého atraktivního vzhledu a měl se navíc stát i hvězdou. Kdy tedy v roce 2013 dorazil na světovou nejprestižnější soutěž v nedechovném potopě Vertical Blue, měl se v obecně za to, že jeho hvězdná kariéra bude pokračovat. Namísto toho se tato osudová soutěž stala jeho poslední a státní pochybnost padla i na samotnou budoucnost freedivingu. Ze sluhou jej nebyl val informovanosti a brilantnímu vypravěskému stylu se kníže. Na jeden nedech, da zachytit Mevoliho bolestný triumf. I na v konečném sledku tragické i v potopě, a z rove zmapovat všechny snahy vrcholových potop, dosahovat navzdory vzrůstajícímu riziku, a stále nových rekordů. V sledkem je mistrovské opus literatury, fakt, že je promluvit mocným hlasem o lidské touze po posouvání hranic, a to stojí co to stojí. Adam Skolnick psal pro The New York Times, Playboy, Outside, ESPN, com, BBC, com, Salon, com, Men's Health, Wired, Travel, Leisure, a mnohá další média a webových portálů. Byl i hlavním spisovatelem dráhy, navštívil patnáct zemí, a je autorem i spoluautorem více než pětadvaceti průvodců Lonely Planet. Jeho reportáž o smrti Nicholase Mevoliho, byl i soutěž Vertical Blue, obdržela dvě ocenění britské Asociace pro zlepšení kvality vědeckých služeb APSE. Přesobivý příběh o nebezpečném a krásném sportu, a jednom nezapomenutelném mladíkovi, i Skolnick se svým příběhem s válečkou pro svět, a tak s obdivuhodnou úřadnickou poctivostí. Bere si přitom na své, a do odlehlých končin, do podmořské, které v tichu, z nás nikdy nespát, a v nich jsou testovány samotné hranice lidské možnosti. Elizabeth Gilbertová, autorka světových bestsellerů, jí s meditovala, milovat, a V dobrou i ve zlou. Adam Skolnick napsal poutavou knihu, která se teprve jedním dechem. Pojednává o světě, který jen málokdo z nás navštívil, ale jen by měl, když z nás poznat Susan Caseyová, autorka bestselleru, blovy zubů. Kniha v nás rezonuje, ozvuky, které do divokých Jona Krakauera, na své portrét mladého muže, jen zahynul ve snaze, vstoupit, zasvěcen tomu, co miloval, chvatně a neodbytně, příběh, v něm se smírně vytváří beního spisovatele Neal Bascomb, autor bestselleru, Lov na Eichmann, a Skolnickovo, bádání, v něm, přiblíží, uje nebezpečí, v něm elitního klubu freediverů, jeho jednotlivé leny spojuje poetický argon, zápletku, skluz, viset na laně, volně, přiblíží, karty, stlačené, plíce. Podařilo se mu zachytit vzrušení a entuziasmus, obklopující rychle se rozvíjející sportovní disciplínu, je k sobě přitahuje, nebojcnou smíci outsider, jogína, a rebel, přitahovan, chvatně, klouzná, dolů, do, jasně, stá, le, temný, ho, sloupce, modré, i. Krásně napsaná kniha. Dkladně obeznámenost, s tím, matem Neal Thompson, americký novinář, a spisovatel. Vylíčen, chvatně, ho, i v potopě, ho, přiblíží, hu, Nicka Mevoliho, se Adam Skolnick stal prvním spisovatelem, jemu se podařilo proniknout k podstatě tohoto sportu, a zachytit jeho lení kouzlo. V sledkem je prvotní dobrodružný příběh, v něm, a hluboce zasvěcen psychologický portrét, mu, e, jeho, jeho, niterný, nutkání, přiblíží, la, podstoupit vrcholný test vytrvalosti. Tom Zoellner, autor knih, Obyčejnímu, a Vlak, Cestovní, po kolečkách, které utvářejí, dne, v světě. Kniha. Na jeden nedech, je poutavý, má, přiblíží, hem, tragický, ho, heroismu. V i v otopisu Nicka Mevoliho, Skolnick objasňuje, co to znamená, bít mladý, jak, v, fyzický, el, n, a nevinnost, stá, raj, hranici, mezi, odvahou, a bláznovstvím, inspirací, a lenstvím. Posouvání hranic, lidské, možnosti, bude, v, dý, obnovení, et, balancování, na, to, nejistě, dle, e, a. Na jeden nedech, brilantní, má, zpěs, sobem, osvituje, toto, snažení, a, l, sku, a, ztráta, s, t, m, spojen. J. C. Herzová, autorka knihy, Learning to Breathe, Fire, The Rise of CrossFit, and the Primal Future of Fitness. **One Breath** Adam Skolnick, 2016-01-12 BIOGRAPHY SPORT. 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.

**Oxygen** William Trubridge, 2017-11-22. The incredible underwater world of William Trubridge. A memoir of an aquatic affinity, the power of the subconscious mind, and testing the limits of human physiology. William Trubridge spent his childhood on a sailing boat, wakening to the sound of the sea. He set off for New Zealand from the UK with his family as an 18-month-old, spending the next ten years with the ocean as his school and his playground. He suffered a great deal of mental turmoil when eventually his family arrived in Hawke's Bay, where he had to stay on land to attend high school. Not long after finishing, William set off for the Bahamas to learn the art of freediving, a form of breath-hold diving without assistance. He's still there today, where he trains and teaches at Dean's Blue Hole, the deepest seawater sink hole in the world. Described as the greatest freediver of them all, William Trubridge is a 16-times world freediving record holder. He broke his own world record at Dean's Blue Hole in 2016, a dive he described as terrible; he feared he was going to black out before he reached the surface. In a sport where there are between 40 and 60 fatal accidents every year, it's not surprising William has had his fair share of close calls, one of which took from him his sense of taste. Freediving is one of the oldest and most intriguing relationships humans have with the ocean. It requires building a tolerance to oxygen deprivation and the feeling of suffocation, coping with immense water column pressure, increasing lung capacity by expanding diaphragm muscles, and stretching areas of the body seldom used. William has studied the techniques of sea mammals to test the limits of human physiology, and his experiments make for incredibly gripping reading. But this is not just a book about freediving; it is a book about one man's wonderment with the ocean, its creatures, and ecology. Exquisitely written, the book is a meditation on life and death, risk and mental toughness, dharma and discipline. There are also strong messages on overcoming life's adversity, whatever that may be, and how almost everyone's greatest adversary is actually, in the end, one's self.

**Last Breath** Peter Stark, 2002-02-05. Sudden extreme deaths have always fascinated us, and now more than ever, as athletes and travelers rise to the challenges of high-risk sports and journeys on the edge. In this spellbinding book, veteran travel and outdoor sports writer Peter Stark reenacts the dramas of what happens inside our bodies, our minds, and our souls when we push ourselves to the absolute limits of human endurance. Combining the adrenaline high of extreme sports with the startling facts of physiological reality, Stark narrates a series of outdoor adventure stories in which thrill can cross the line to mortal peril. Each death or brush with

death is at once a suspense story a cautionary tale and a medical thriller Stark describes in unforgettable detail exactly what goes through the mind of a cross country skier as his body temperature plummets apathy at ninety one degrees stupor at ninety He puts us inside the body of a doomed kayaker tumbling helplessly underwater for two minutes five minutes ten minutes He conjures up the physiology of a snowboarder frantically trying not to panic as he consumes the tiny pocket of air trapped around his face under thousands of pounds of snow These are among the dire situations that Stark transforms into harrowing accounts of how our bodies react to trauma how reflexes and instinct compel us to fight back and how why and when we let go of our will to live In an increasingly tamed and homogenized world risk is not only a means of escape but a path to spirituality As Peter Stark writes You must try to understand death intimately and prepare yourself for death in order to live a full and satisfying life In this fascinating informative book Stark reveals exactly what we re getting ourselves into when we choose to live and die at the extremes of endurance **Oxygen (16pt Large Print Edition)** William

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