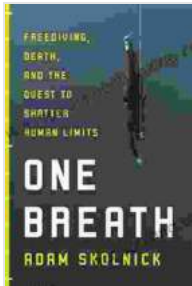


# Freediving: Death and the Quest to Shatter Human Limits



## One Breath: Freediving, Death, and the Quest to Shatter Human Limits by Adam Skolnick

★★★★☆ 4.5 out of 5

Language : English  
File size : 12698 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 313 pages



Freediving is one of the most extreme sports in the world. Divers descend to incredible depths on a single breath of air, pushing their bodies to the limit and risking death with every dive.

In *Freediving: Death and the Quest to Shatter Human Limits*, author James Nestor takes readers on a journey into the depths of the ocean and the human psyche, exploring the risks, rewards, and allure of this deadly pursuit.

Nestor introduces us to some of the world's most accomplished freedivers, including William Trubridge, who holds the world record for the deepest dive on a single breath of air (400 feet). We learn about the science behind

freediving, the techniques divers use to push their bodies to the limit, and the risks they face.

But *Freediving* is more than just a book about extreme sports. It is also a meditation on the nature of risk, the human desire to push beyond our limits, and the fragility of life.

Nestor writes with a clear and concise style, bringing the world of freediving to life for readers. He captures the beauty and wonder of the underwater world, but he also does not shy away from the risks and dangers involved.

*Freediving: Death and the Quest to Shatter Human Limits* is a gripping and thought-provoking book that will appeal to readers of adventure, science, and nature writing.

## Excerpt



***“The ocean is a vast and unforgiving place. It is a place of beauty and wonder, but it is also a place of danger. Freedivers know this better than anyone. They are the ones who venture into the depths of the ocean, armed with nothing but a single breath of air.***

***Freediving is one of the most extreme sports in the world. Divers descend to incredible depths on a single breath of air, pushing their bodies to the limit and risking death with every dive.***

***In Freediving: Death and the Quest to Shatter Human Limits, author James Nestor takes readers on a journey into the depths of the ocean and the human psyche, exploring the risks, rewards, and allure of this deadly pursuit.***

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## Reviews



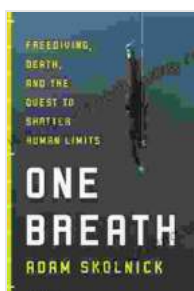
***"A fascinating and thought-provoking book that will appeal to readers of adventure, science, and nature writing." — Publishers Weekly***

***"Nestor's writing is clear and concise, bringing the world of freediving to life for readers. He captures the beauty and wonder of the underwater world, but he also does not shy away from the risks and dangers involved." —Kirkus Reviews***

***"A gripping and thought-provoking book that will stay with you long after you finish reading it." —Booklist"***

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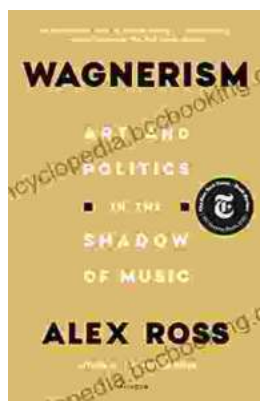
*Freediving: Death and the Quest to Shatter Human Limits* is available now at all major booksellers. Free Download your copy today and experience the thrill of the deep.



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