



## Deep: Freediving, Renegade Science and What the Ocean Tells Us About Ourselves

By James Nestor

Profile Books Ltd. Paperback. Book Condition: new. BRAND NEW, Deep: Freediving, Renegade Science and What the Ocean Tells Us About Ourselves, James Nestor, Covering a diving championship in Greece on a hot and sticky assignment for Outside magazine, James Nestor discovered free diving. He had stumbled on one of the most extreme sports in existence: a quest to extend the frontiers of human experience, in which divers descend without breathing equipment, for hundreds of feet below the water, for minutes after they should have died from lack of oxygen. Sometimes they emerge unconscious, or bleeding from the nose and ears, and sometimes they don't come up at all. The free divers were Nestor's way into an exhilarating and dangerous world of deep-sea pioneers, underwater athletes, scientists, spear fishermen, billionaires and ordinary men and women who are poised on the brink of some amazing discoveries about the ocean. Soon he was visiting the scientists who live 60ft underwater (and are permanently high on nitrous dioxide), swimming with the notorious man-eating sharks of Reunion and descending thousands of feet in a homemade submarine. And on the way down, he learnt about the amazing amphibious reflexes activated in the human body under deep-water...



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