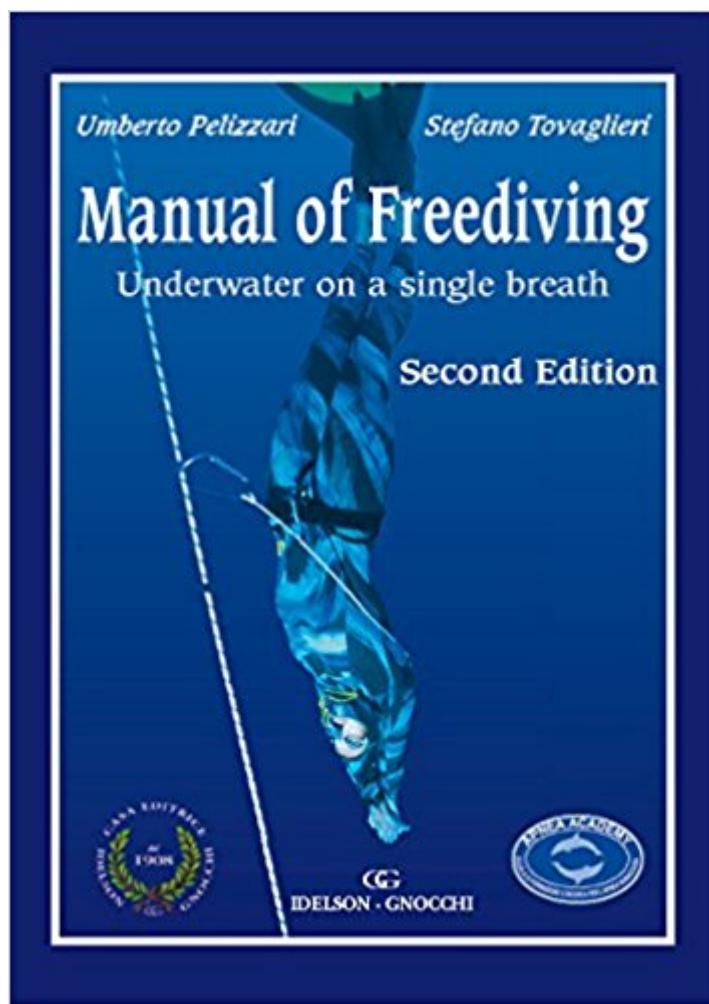


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Manual Of Freediving Underwater On A Single Breath Second Edition



Synopsis

The Manual of Freediving by Umberto Pelizzari is the number one best selling text on freediving, and only comprehensive manual for the beginner to intermediate freediver. Now updated with more than 500 pages and new sections.

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Customer Reviews

The Manual of Freediving by Umberto Pelizzari is the number one best selling text on freediving, and only comprehensive manual for the beginner to intermediate freediver. Now updated with more than 500 pages and new sections. William Trubridge --William Trubridge is a 15-time world record holder and current freediving world champion and founder of Vertical Blue.

UMBERTO PELIZZARI, the champion Italian freediver who broke 17 world records in all the disciplines. STEFANO TOVAGLIERI, an experienced Scuba and Apnea instructor as well as Sports graduate.

Informative and thorough. The five-star rating is deserved, but it's also the only book of its kind, which makes it the standard as of now. Being self-taught (which means novice), this manual has allowed me to refine some edges in my diving. Some parts I found to be superfluous and common sense. That's probably because I have some experience and do only one type of freediving, so those sections will likely be useful for others. I appreciated the format. As the title suggests, this is a manual, so it's easy to find what you're looking for and offers some decent illustrations.

Surprisingly thorough info on physiology, which I found interesting and comprehensive at just the right level. Worth picking up just for that, IMO. I didn't expect a history of the sport, but that was cool, too. And the translation from the Italian is hilarious at times. They use the word "neonate" over and over again when talking about newborn babies (in the context of their natural, effortless affinity for water, naturally). It's like Mr. Spock describing the human species... So it's educational at the level of "manual." Great. And it's entertaining if you are a word nerd or want to improve your scrabble skills or something. Odd bonus!

I love this book!! I've thought about trying free diving for a long time. I used to be a very competitive synchronized swimmer and have done just about every other water sport, including SCUBA. I didn't want to start with expensive lessons to understand the sport. This book is exactly what I was looking for!! It starts with a fascinating history of the sport, goes into pretty good detail of the physiology involved so you understand what you're doing, techniques, and training suggestions. This book is the perfect stepping stone to guide me into my new sport!! If you're interested in free diving, get this book!!

This book must be on the shelf of every serious freediver. In order to be successful in freediving one must focus on efficiency. This book provides a vast amount of information to help one become more efficient. Every move you make or don't make underwater will effect your bottom time and have an impact on how safe your dive is. Manual of Freediving goes into great detail teaching proper finning technique, a critical chapter since it is finning which most heavily influences your oxygen usage. There is information which at first might seem over explained. Manual of Freediving is though a textbook and a reference book. It is not a story. It is not specifically designed to entertain but rather to educate. The details about our physiology might seem at first ponderous but as you advance in the sport and begin to scrutinize every aspect to progress you will find yourself returning to those chapters. This is a fabulous reference book. Five stars all the way.

Even if you are not planning to dive at all, this book is very interesting, because it shows some unknown to most people sides of human body.

A real guide of free diving, descriptive, precise and with some interesting features that every person interested in the deep water state of art will love.

This manual is very comprehensive and contains a lot of useful information. However, the author's writing style is not exactly, "easy reading". He uses a lot of complex terms and descriptions that required my review, several times, before I could understand what he was saying.

Practical techniques combined with a nice history and the physiology of apnea. If you like to know how things work and want to go deeper (yikes, unintended pun) and know why thinks work, you'll enjoy this book. Page turner for me.

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