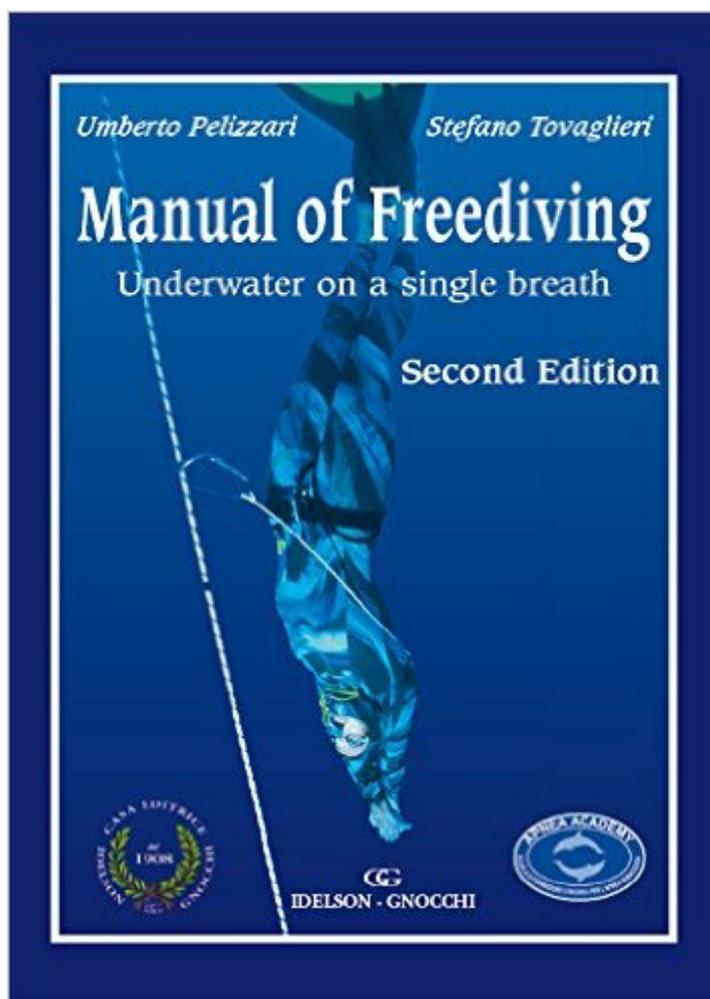


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# Manual Of Freediving Underwater On A Single Breath Second Edition



## 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.

## Book Information

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Best Sellers Rank: #81,289 in Books (See Top 100 in Books) #28 in [Books > Sports & Outdoors > Water Sports > Swimming](#) #28 in [Books > Sports & Outdoors > Outdoor Recreation > Scuba](#) #33 in [Books > Sports & Outdoors > Extreme Sports](#)

## Customer Reviews

Pelizzari created the best text ever published for the aspiring and advancing breath hold diver. I still have my dogeared copy of the first edition, and the information found on those pages enabled me to expand my personal freediving potential to new heights "or should that be depths? The new second edition includes all of the invaluable information in the first edition, along with more than 110 addition pages that reflect the latest research in dive physiology, as well as new training methods and in-water techniques that have evolved as the sport continues to grow and evolve. The text is masterfully translated from Italian by William Trubridge, who is himself a high-respected figure in the freediving community, and a current world record holder. I would unequivocally recommend this book to anyone who is interested in discovering or enhancing their aquatic potential, whether that means becoming more comfortable on a casual snorkeling trip, or training to set a personal depth record. Scuba divers will also find it useful, as many of the techniques and training routines may result in better air consumption when diving.

This second edition of Pelizzari's and Tovaglieri's "Manual of Freediving" is enhanced with updates in many chapters, including: explaining the bloodshift, excellent exercises for

equalization with real practical applicability, training advice on meditation and relaxation, logging of one's dives, diet advice, monofin exercises, expanded chapters on training for static apnea and many others. Many times when reading the book, I discovered answers to questions I have had for a long time, that had up to now, remained unanswered. The vast accumulated experience and knowledge of the authors on the beautiful subject of freediving make this book currently the most comprehensive one, on freediving today. It is highly recommended not only for beginners, but also for intermediate and advanced freedivers, and, like the first edition, it is the compulsory course literature for the Apnea Academy instructor course. This book should be in the bookshelf of every self-respected freediver.

Lots of new material...exercise section is really expanded.

Excellent book for the apnea enthusiast.

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