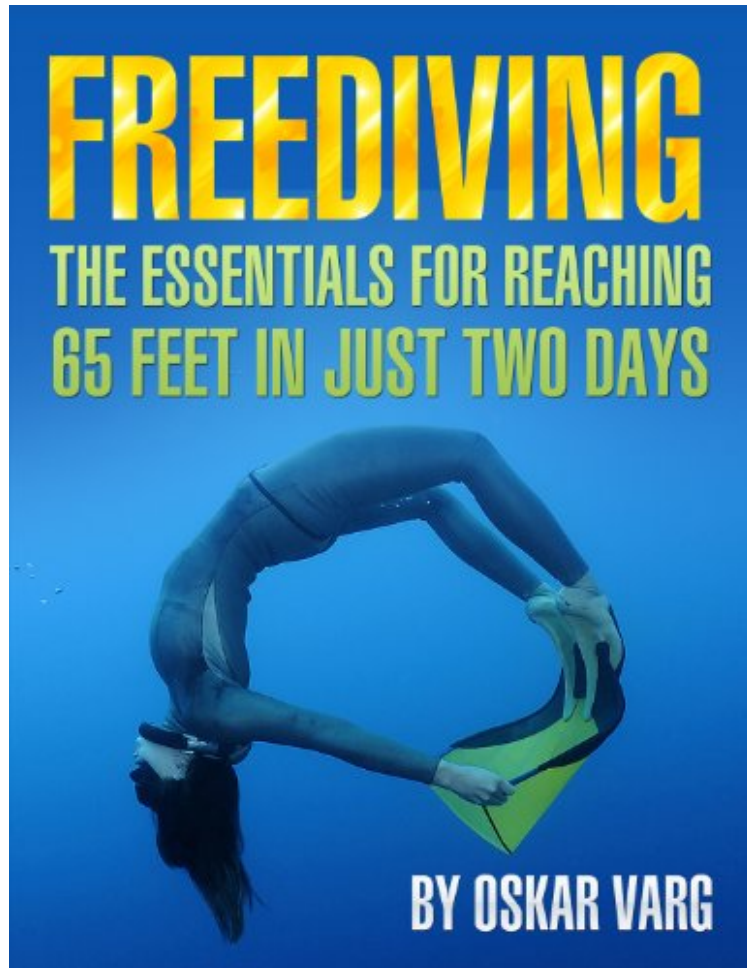


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## **Freediving - The Essentials for reaching 65 feet in just two days (English Edition)**

*Von Oskar Ege*

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**Von Oskar Ege : Freediving - The Essentials for reaching 65 feet in just two days (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Freediving - The Essentials for reaching 65 feet in just two days (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Introduces a newcomer to freedivingVon kanthandI will make it short :)Pro's:- easy and quick read that is easy to grasp for native and non-native english tongue's- not too formal; like a Friend telling you the informations- big focus on safety which is most important in wet practice- unique high focus on the practical side; applying the techniques; discussing necessary equipmentCon's:- it is ca. 22 pages on a desktop PC long and you will need more books if you want to get serious into training apnea- no advices to further sources of informationsBottom Line:In two sentences worth the price. Target group are those who haven't heard or read much about freediving and want to get an idea what

this beautiful sport is about. Why? Because It covers all important topics you have to touch as a person interested in freediving, and explains a technique each topic in detail. Tips are provided to have moderately quick success. Which is beginners friendly. But if you fall in love with this activity, and want to become better or good at it, you will need to look for more and other sources. E.g.: to look elsewhere for more or different breathing techniques, or for more relaxation techniques, and so on...0 von 0 Kunden fanden die folgende Rezension hilfreich. Strandlektre fr Zwischendurch Von Maleko R. Das Buch konnte mir als absolutem Anfänger einige Grundregeln des Freedivings vermitteln. Die gezeigten Übungen sind verständlich beschrieben und können sofort ausprobiert und umgesetzt werden. Der Autor geht auch auf Sicherheitsthemen ein, was meines Erachtens ein sehr wichtiger Punkt ist. Der Schreibstil ist eher einfach und erinnert an typische Internetratgeber. Auch sind mir einige Tippfehler aufgefallen. Dass hier kein lyrisches Meisterwerk erwartet werden darf, sollte jedoch klar sein. Der Fokus liegt klar auf praxisnahen Tipps, um die eigenen Fähigkeiten zu erweitern. Insgesamt hat mir das Buch einen (etwas zu) kurzen Einblick in das Thema verschafft und einige Grundübungen gezeigt. Eine tiefere Betrachtung des Freedivings wird aber in diesem kurzen Umfang nicht geboten.

Kurzbeschreibung Are you looking to improve or to begin learning about freediving? Do you wish to be able to stay submerged longer and be able to go deeper? Well if you are this is the book for you. In "Freediving - the Essentials for reaching 65 feet in just two days" you will not only learn how to simply reach 65 feet of depth but you'll also learn how to:- Hold your breath for over five minutes- Use the safest breathing techniques- Deal with the fear and anxiety you might encounter- Know how much extra weight you need in order to achieve perfect buoyancy- Train for freediving pro actively- Apply techniques to reduce friction- Stay safe using the buddy system and learning your own limits- Understand blackouts and learn to get out of them You deserve the best and it gets no better than this

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