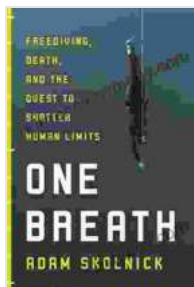


# Freediving: Death and the Quest to Shatter Human Limits

By Guillaume Néry

Freediving is a dangerous sport. There is no doubt about it. But it is also one of the most rewarding. Freediver Guillaume Néry has seen firsthand the dangers of the sport, but he has also seen its beauty. In his new book, "Freediving: Death and the Quest to Shatter Human Limits," Néry shares his experiences and insights on freediving, pushing the limits of human endurance, and the quest to understand the power of the mind and body.



## 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



Néry is one of the world's leading freedivers. He has set multiple world records and is known for his incredible depth dives. But he is also aware of the risks involved in freediving. In his book, he shares stories of close calls and accidents, as well as the deaths of fellow freedivers. But he also writes

about the beauty of the sport and the sense of accomplishment that comes from pushing one's limits.

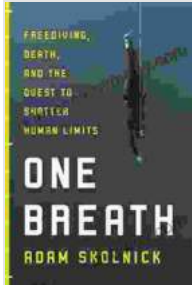
"Freediving is a sport that is both physically and mentally challenging," Néry writes. "It requires a combination of strength, endurance, and mental focus. But it is also a sport that can be incredibly rewarding. The feeling of being underwater, surrounded by nothing but the silence of the ocean, is unlike anything else. And the sense of accomplishment that comes from pushing your limits is something that can stay with you for a lifetime."

Néry's book is not just a memoir of his freediving career. It is also a meditation on the nature of risk and the human desire to push the limits. Néry writes about the dangers of freediving, but he also argues that it is a sport that can teach us a lot about ourselves. By facing our fears and pushing our limits, we can learn to become more resilient and more confident.

"Freediving is a sport that can teach us a lot about ourselves," Néry writes. "It can teach us about our limits, our fears, and our resilience. It can also teach us about the power of the mind and body. When we freedive, we are not just pushing our physical limits. We are also pushing our mental limits. We are learning to control our breath, our heart rate, and our minds. And we are learning to trust ourselves and our abilities."

Néry's book is a fascinating and inspiring look at the world of freediving. It is a book that will appeal to anyone who is interested in pushing the limits of human endurance or who is simply looking for a way to live a more adventurous life.

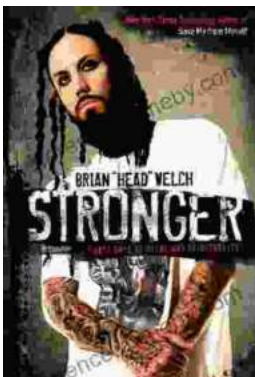
**Buy the Book**



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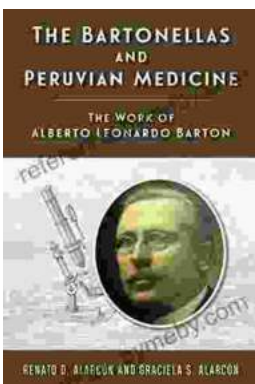
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