



One Breath: Freediving, Death, and the Quest to Shatter Human Limits

Adam Skolnick

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***One Breath* is a gripping and powerful exploration of the strange and fascinating sport of freediving, and of the tragic, untimely death of America's greatest freediver**

Competitive freediving—a sport built on diving as deep as possible on a single breath—tests the limits of human ability in the most hostile environment on earth. The unique and eclectic breed of individuals who freedive at the highest level regularly dive hundreds of feet below the ocean's surface, reaching such depths that their organs compress, light disappears, and one mistake could kill them.

Even among freedivers, few have ever gone as deep as Nicholas Mevoli. A handsome young American with an unmatched talent for the sport, Nick was among freediving's brightest stars. He was also an extraordinary individual, one who rebelled against the vapid and commoditized society around him by relentlessly questing for something more meaningful and authentic, whatever the risks. So when Nick Mevoli arrived at Vertical Blue in 2013, the world's premier freediving competition, he was widely expected to challenge records and continue his meteoric rise to stardom.

Instead, before the end of that fateful competition Nick Mevoli had died, a victim of the sport that had made him a star, and the very future of free diving was called into question. With unparalleled access and masterfully crafted prose, *One Breath* tells his unforgettable story, and of the sport which shaped and ultimately destroyed him.

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This One Breath: Freediving, Death, and the Quest to Shatter Human Limits book is just not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is definitely information inside this book incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. That One Breath: Freediving, Death, and the Quest to Shatter Human Limits without we understand teach the one who reading it become critical in thinking and analyzing. Don't be worry One Breath: Freediving, Death, and the Quest to Shatter Human Limits can bring if you are and not make your case space or bookshelves' become full because you can have it inside your lovely laptop even phone. This One Breath: Freediving, Death, and the Quest to Shatter Human Limits having fine arrangement in word along with layout, so you will not experience uninterested in reading.

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