This is the perfect underwater picture manual for anyone who wants to learn how to use the Olympus TG-6 camera to capture unique underwater pictures and videos! With nearly 100 color images and pictures of scuba divers, this book provides clear, step-by-step lessons to get you out there with your Olympus TG-6 camera to document your dives and your underwater adventures. This underwater photography masterclass covers everything you need to know about using your Olympus TG-6 camera. The book teaches you: - all special Olympus TG-6 settings specifically for underwater photography - how to assemble a working kit using this camera - "secret" recipes for all underwater situations and shooting genres: macro and super macro, wide angle, strobe and video light shooting, and video shooting. The book Underwater Pictures With Olympus TG-6: Manual &nd Practical Guide for Best Underwater Settings will be useful not only to scuba divers, but also to those who dive underwater without scuba gear: snorkeling enthusiasts, underwater hunters, and freedivers. Though written specifically for the Olympus TG-6 underwater camera, these tips and settings also apply to the Olympus TG-5 camera. The author, Alexey Zaytsev, is an ambassador for Olympus and a professional underwater photographer. He has extensive experience with Olympus cameras TG-4, TG-5, TG-6, as well as mirrorless cameras in the OM-D series. You can get this ebook for free with Amazon Kindle Unlimited! Page Up and Order Now!
Este no es un libro más sobre dietas y fitness, sino el resultado de una búsqueda obsesiva durante más de una década. Timothy Ferriss invirtió más de doscientos cincuenta mil dólares para probar consigo mismo cada moda, dieta, suplemento y entrenamiento que encontró para identificar las pocas cosas que realmente funcionan con el menor gasto de tiempo y esfuerzo. Más de cien expertos lo ayudaron en su busca, incluyendo médicos, científicos de la NASA, atletas olímpicos y especialistas clandestinos. Ahora, más de doscientos hombres y mujeres se entre dieciocho y setenta años han ensayado, durante los últimos tres años, las técnicas que propone este libro. De los centros de entrenamiento olímpico a los laboratorios clandestinos, de Silicon Valley a Suráfrica, Ferris manifiesta su obcecación por una cuestión fundamental: ¿qué cambios pequeños producen los mayores resultados? Este libro contiene las respuestas. Del gimnasio al dormitorio, todo está aquí.

Aale, die aus Sand entstehen; Schwalben, die unter Wasser Winterschlaf halten; und Bären, die gestaltlose Klumpen auf die Welt bringen, die erst von ihren Müttern in Form geleckt werden müssen. Die Geschichte wimmelt von abstrusen Behauptungen über Tiere, erfunden von den hellsten und einflussreichsten Köpfen ihrer Zeit. Diese Erklärungsversuche offenbaren nicht nur Interessantes über die Tiere, sondern auch über uns und die Dinge, an die wir glauben. Lucy Cooke deckt zahlreiche Mythen und Irrtümer auf, verrät faszinierende und höchst unterhaltsame Fakten, die sie gesammelt hat, während sie Hyänen hinterherjagte, Fledermäuse ausspionierte und betrunken Elche stalkte. Sie erklärt, warum Faultiere ihr Leben riskieren, wenn sie ihren Darm entleeren; Pinguine manchmal unter Depressionen leiden; und dass sogar die bizarrste Theorie einen wahren Kern haben kann.

Underwater wireless sensor networks (UWSN) are envisioned as an aquatic medium for a variety of applications including oceanographic data collection, disaster management or prevention, assisted navigation, attack protection, and pollution monitoring. Similar to terrestrial wireless sensor networks (WSN), UWSNs consist of sensor nodes that collect the information and pass it to a base station; however, researchers have to face many challenges in executing the network in an aquatic medium. Energy-Efficient Underwater Wireless Communications and Networking is a crucial reference source that covers existing and future possibilities of the area as well as the current challenges presented in the implementation of underwater sensor networks. While highlighting topics such as digital signal processing, underwater localization, and acoustic channel modeling, this publication is ideally designed for machine learning experts, IT specialists, government agencies, oceanic...
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engineers, communication experts, researchers, academicians, students, and environmental agencies concerned with optimized data flow in communication network, securing assets, and mitigating security attacks.

Over 1900 references to literature published mostly from 1962 through Sept., 1969. Covers journals, reports, monographs, symposia, patents, and a few Russian newspaper items. Most of the 1129 articles were from semi-popular journals. Alphabetical arrangement by author. Permutted subject index, author index.

Set in a Tyneside fishing village, Herring Girl moves effortlessly between 1898 and 2007 as twelve-year-old Ben finds himself the unlikely conduit for Annie, a herring girl who lived – and died – a century earlier. As Ben tries to unravel the puzzle of Annie’s death, he is drawn irresistibly into her long-vanished world. Bringing the startling story of Annie’s life and curious death vividly to life, this brilliantly realised historical mystery introduces a cast of unforgettable characters, and reveals how the secrets of our past are never too far away.

Prevent, evaluate, and manage diseases that can be acquired in tropical environments and foreign countries with The Travel and Tropical Medicine Manual. This pragmatic resource equips medical providers with the knowledge they need to offer effective aid, covering key topics in pre- and post-travel medicine, caring for immigrants and refugees, and working in low-resource settings. It's also the perfect source for travelers seeking quick, easy access to the latest travel medicine information. Dynamic images illustrate key concepts for an enhanced visual understanding. Evidence-based treatment recommendations enable you to manage diseases confidently. This eBook allows you to search all of the text, figures, images, and references from the book on a variety of devices. Highlights new evidence and content surrounding mental health and traveling. Covers emerging hot topics such as Ebola virus disease, viral hemorrhagic fevers, the role of point-of-care testing in travel medicine, and antibiotic-resistant bacteria in returning travelers and students traveling abroad. Includes an enhanced drug appendix in the back of the book.

The book is a complete guide, a manual for the 1st Level of freediving technique. The writer uses his thirty years of experience as an instructor and designer of freediving courses, but most of all, the 15 years during which he has certified more than 1.000 free divers in the 3 levels of diver training, and describes a step by step method for reaching the first 10 meters in freediving. The chapters of the book literally follow the new freediver through the series of steps he must take, from dressing up and entering the water, to his surface swimming and the adaptation of his senses inside the water, as well as all the buoyancy adjustments he will have to make at the surface and before each dive. The book presents the freedive as a nicely structured, logical chain of skills that are explained and presented through a large number of impressive underwater photos of actual diver training. Even the possible mistakes in performing the dive skills are analyzed and explained. The descent to the seabed covers the greater part of the book, and everything is presented in a step by step movement or skill, while the reader quickly finds himself participating in the dive and trying to make the right moves! Every step is explained in detail; for example, the methods of equalizing the ears and the different techniques in order to learn how to equalize and avoid a blocked ear. The ascent phase of the freedive is described in similar detail and presented through many actual training photos. The book covers the use of the buddy system in freediving, presenting the methods used for providing safety and communicating underwater. The methods of planning a freedive are analyzed in detail, both for the diver and for the buddy monitoring the dive. The organization of a day's series of freedives is also presented, as a diver will have to learn how to create a daily plan of his different dives. The dangerous incidents in freediving are considered problems that block or delay the ascent, while rescue techniques and safety measures are also described. Dangerous situations, that every freediver should know how to avoid and how to handle as a rescuer, are covered in detail in the final chapter. As the writer says: "A book cannot of course replace training or an entire dive learning program. Today, however, our era might offer great training programs and excellent instructors, but no remarkable books - comprehensive technique guides. So the mission of this book is to accompany the new freediver into the sea and to help him, step by step, in building an excellent technique and achieving new goals in freediving, like his best trainer and dive buddy!

Freediving is one of the fastest growing water sports Not only is it easy to learn to freedive, you can dive all over the world. No matter where you go, you can always find a place to practice your freediving training. While you used to have to take weeks and weeks of classes to learn to freedive properly, you can now learn how to hold your breath, diaphragmatic breathing, and the very best freediving techniques, in this one, fun to read, easy to
understand book. What will you learn in this book? * What freediving is.. * How to avoid ear pressure when freediving? * How to keep safe during the exercises? * Different types of diving * How you can start diving almost immediately! * What kind of freediving gear or freediving fins to purchase. * Where the best diving locations can be found. * How to deal with the fear and anxiety you might encounter? * How to train for Freediving? * Breath holding and breathing techniques. Tips for holding breath longer underwater! * Safety and preparedness. What a diving buddy should do in an emergency? * And so much more..! While a class may seem like the best way to get into the freediving craze, in reality, you can learn everything you need to know from this book. It will teach you all about the different techniques, where to look for great freediving water, and even outline the best safety procedures. Like any sport that involves water, diving without scuba gear can be dangerous, but when you have the right gear and the right training, it is also the best way to see the beauty that the ocean holds. The main tenant of freediving is breath holding. In order to access to lower depths, you must train your body to hold its breath for longer and longer stretches of time. This does not come naturally to the human body, and to be able to hold your breath for more than a minute takes training and constant maintenance. This book will teach how to hone your body and your mind for this intense experience. Whether you are a novice looking to start this great sport, or an experienced freediver looking for a refresher on safety, techniques, and gear, there is no better book. Look no further for the very best in breathing techniques, freediving strategies, and safety tips. This sport is fun for all those who are willing to put the time and energy into learning the right methods and training their bodies. If you are ready to start learning an exciting new sport of freediving, grab your copy today! Don't forget to claim a FREE Kindle version with your purchase of Paperback copy! Check Out What Others Are Saying "This is by far the most well rounded free diving book I've ever read. I practiced for many years and then took some time off. I was realy looking for a refresher course prior to a long overdue abalone dive. I really thought I knew it all from having so many years under my belt; I was wrong. I didn't know how much I still had to learn. I practiced the excercises in the book for about a week before my dive. I was nearly where I left off from my last dive years prior and within a month I plan to be on my A-game. Thanks to the author for providing such a detailed guide, it's opened up a whole new perspective on the sport that I grew up with! " - GrumpysGifts (USA) "This guide is one of the best written and detailed books on diving out there.For my personally holding my breath underwater was as hard as actual swimming so when I saw that there is a full chapter on how to master it, I knew I have to take this book. All the other tutorials and safety measures are well written so I am sure it will save a lot of lives.I recommend this book to anyone passioned about freediving. Five star for me !" - Vlad Buculei (Brno, Czech Republic)

Kevin Dawson considers how enslaved Africans carried aquatic skills—swimming, diving, boat making, even surfing—to the Americas. Undercurrents of Power not only chronicles the experiences of enslaved maritime workers, but also traverses the waters of the Atlantic repeatedly to trace and untangle cultural and social traditions.


In this work, Matt Edge offers an innovative approach to political philosophy. He invites the reader to consider the question of political justice from an empathic perspective - if you were asked to construct a theory of justice acceptable to members of a community you were not yourself a part of, how would you succeed in making your proposal acceptable? What tools would you rely on to construct such a theory, and why? Equally, what would make anyone qualified to write such a theory? Using empathy, this remarkable, natural, tool human beings possess for making moral and ethical decisions, and, thereby, placing yourself as someone on the receiving end of the very theory of justice you yourself are constructing, what would you come up with? What set of alterable human structures and systems would you deem acceptable, were you to find yourself in the position of a citizen living under such structures? Political Philosophy, Empathy and Political Justice offers a unique and compelling account of the type of free system required to pass an empathic examination at the heart of these, and related, questions, matters which define all human eras, in the constant search for political and social justice on our diverse planet.

We train because we are human and we become human because we train. This is the surprising and original conclusion of Anatomy of Performance Training, in which John Matthews shows how training is a very human response to the problems of having a body and living in the world. Using illustrative case-studies of professional practice, each chapter addresses a specific body part, offering a self-contained discussion of its symbolic and practical significance in the artistic, and commercial, activities of training. These anatomical case-studies are cross-referenced with other disciplines (such as sport, high diving, deep diving and artisan craft) to further expand our understanding of performance. Stand-alone chapters, ideal for reference, build towards an overall conclusion that the uniquely human practice of training is emerging as a new and pervasive ideology globally. Ideal for readers seeking to understand the relationship the body has with the theatre and training, or for teachers looking for a new, innovative approach to performance, Anatomy of Performance Training is an accessible, original contribution to the philosophy of training for performance.