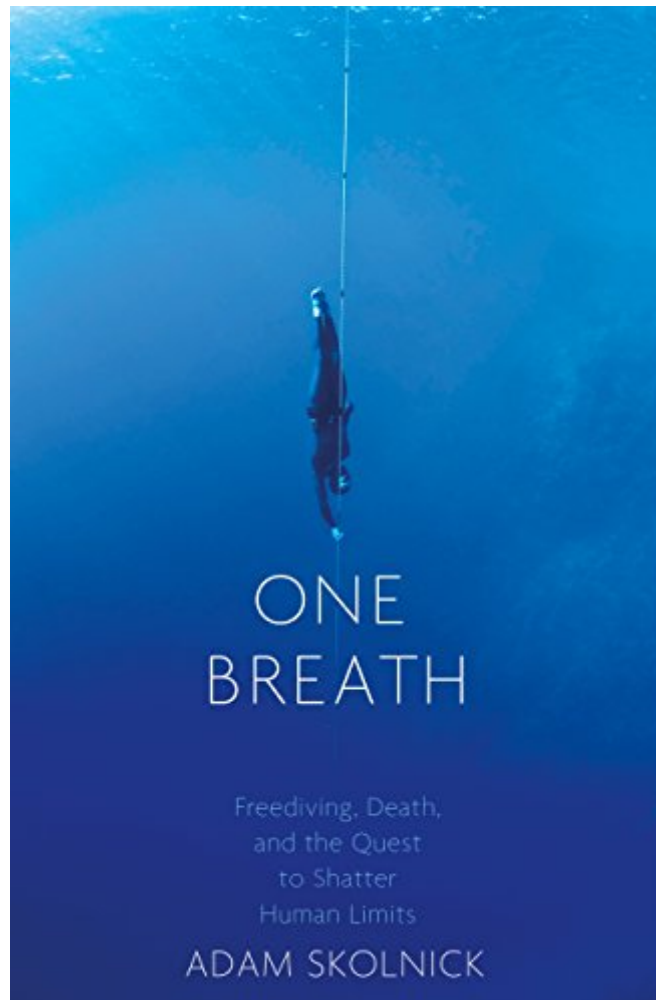




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One Breath: Freediving, Death, And The Quest To Shatter Human Limits



Synopsis

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.

Book Information

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Customer Reviews

Adam Skolnick takes us into the mysterious, little-known world of free diving and it's as compelling as travel to a unknown foreign land. The reader is taken down into the boundless blue to understand its wonder and its pull. It's a fast, good read. Above all, Skolnick writes with compassion and understanding for those driven to push the limits of the sport, even while its costs are found too great.

Other than knowing someone who recently started freediving, I knew absolutely nothing about the sport. The reviews encouraged me to try the book and I am thrilled that I did. The writing is excellent, the information enlightening, and the story kept me hooked to the end. No need to even be a swimmer! An excellent read.

Very well written book on a fascinating sport and a free spirit's journey and calling. I am a freediver as well and have been diving with a number of the people noted in this book. Based on my experiences, the author was pretty spot on with his portrayals.

Exquisite narrative. I'm not a diver, I knew nothing about this world going into this read, and I simply could not put this book down. The writer makes me feel like I'm right in the water with them. Nick Mevoli is such a compelling character. I was fascinated by what drove him to literally dive to such depths! I can't wait for this to become a movie. Adam Driver, Jake Gyllenhaal would be naturals to play this incredibly complex man.

This was an amazing book. Pretty easy read, but the author clearly did his research. I loved learning about free diving and the athletes: I want to catch a plane to Florida and go lobster diving. The book belongs in the same category as "Into the Wild": Adventure novel? Highly recommend it to folks who like books like that. Give it a try, you won't be disappointed.

A car accident between sad and inspiring. Loved this book for offering insight into the ability of the human spirit.

I didn't expect all that depth in this book. No doubt i have learned so much by reading it. love, passion and desire nevertheless the awareness of freediving are all main aspects of this book.Go ahead and purchase the book i assure you it while worth it.R.I.P Nicholas Mevoli always remembered.Jarrah Alsabah

Fantastic read and insight into the fascinating world of free diving! The best part is the inspiration to live life to the fullest that the author captures through Nick's too short life. If we all loved with an open heart and passion like Nick, the world would be a better place.

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