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James Nestor

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Interview with James Nestor This is a wide ranging, free flowing chat with James Nestor, the Author of Deep: Freediving, Renegade Science and What the Ocean Tells us About Ourselves. I found out...

James Nestor's 'Deep' - The New York Times

Published on Feb 15, 2017 Hold your breath and dive deep into the sea with world record freedivers Yasemin Dalkilic, David Lee and freediving trainer Rudi Castineyra as they explore how deep the...

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DEEP: Freediving, Renegade Science, and What the Ocean Tells Us about Ourselves (June 27, 2014 | Houghton Mifflin Harcourt/Eamon Dolan Books). mrjamesnestor.com

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James Nestor - Float Conference 2014

Deep is a voyage from the ocean's surface to its darkest trenches, the most mysterious places on Earth. Fascinated by the sport of freediving—in which competitors descend great depths on a single breath—James Nestor embeds with a gang of oceangoing extreme athletes and renegade researchers.

The Exhilarating Peace of Freediving | Guillaume Néry | TED Talks

James Nestor, author of "DEEP: Freediving, Renegade Science, and What the Ocean Tells Us about Ourselves," speaks at the 2014 Float Conference about how the human body reacts to freediving in great...

Deep by James Nestor (ebook)

— James Nestor, Deep: Freediving, Renegade Science, and What the Ocean Tells Us about Ourselves “Human blood has a chemical composition startlingly similar to seawater. An infant will reflexively breaststroke when placed underwater and can comfortably hold his breath for about forty seconds, longer than many adults.

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Amazon.com: Deep: Freediving, Renegade Science, and What ...

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Deep: Freediving, Renegade Science, and What the Ocean ...

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Deep Freediving Renegade Science And

In Deep, Nestor embeds with a gang of extreme athletes and renegade researchers who are transforming not only our knowledge of the planet and its creatures, but also our understanding of the human body and mind. Along the way, he takes us from the surface to the Atlantic's greatest depths, some 28,000 feet below sea level.

NSP:069 James Nestor | Deep Author | Freediver, Spearo & Journalist

In this breathtaking talk, world champion

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freediver Guillaume Néry takes us with him into the ocean's depths. Meter by meter, he explains the physical and emotional impact of water pressure ...

DEEP | JAMES NESTOR

The ocean's opacity makes James Nestor's mission in "Deep: Freediving, Renegade Science, and What the Ocean Tells Us About Ourselves" particularly ambitious: to see the sea, from surface ...

Deep: Freediving, Renegade Science, and What the Ocean ...

shortlisted for the 2015 pen/espn award for literary sports writing, james nestor's deep: freediving, renegade science, and what the ocean tells us about ourselves is a perfect blend of pop science, personal narrative, and compelling reporting. beginning at sea level and descending nearly 30,000 feet, nestor's book delves into the realm of ...

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