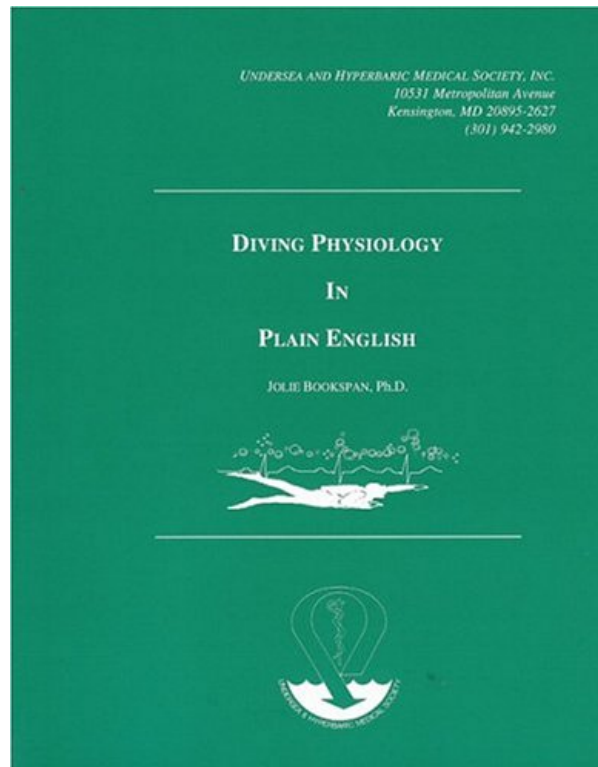


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This the OLD outdated edition - green cover. Make sure that you check with sellers to get the new Blue edition. New edition has BLUE cover with two divers. This book is for all scuba divers and those interested in diving, regardless of diving certification level or academic background. The purpose is to present the interesting concepts behind the physiology, so all can understand and enjoy.

Topics in each chapter were selected from questions divers ask most frequently. In non-technical language this book explains the mysterious terminology of decompression tables and computers, reasons for the interesting changes in your body underwater, effects of diving in cold water and in hot conditions, the interesting hows and whys behind diving maladies, how to get in shape for diving, and important nutrition topics for divers. Although most scuba books have sections only about women, this book includes issues for men divers, too. There is a large, annotated glossary at the end of the book. More than a handy reference of definitions, it includes word derivations, key concepts, and fun stories behind the people and information.

With the information in this book you will be better equipped to make sense of the many claims and counterclaims in diving physiology. You will be better prepared to understand more advanced training classes. You will have information to make informed decisions concerning decompression tables and computers, be a healthier, fitter diver, and avoid diving injuries. You'll even learn neat scuba knowledge tidbits just for fun.

- Sales Rank: #1450608 in Books
- Published on: 1997-12
- Ingredients: Example Ingredients
- Number of items: 1
- Binding: Paperback
- 246 pages

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At long last...

By Nick Nalepa

I was never satisfied with the basic explanations of the effects of pressure and depth on the body doled out in the standard course of instruction on Scuba. Finding a comprehensive treatment of the subject in terms everyone can understand became a personal mission. This is the book satisfied my quest for knowledge about the physiology of Scuba. A doctor explains what we know and do not know of the liquid realm's influence on the Scuba Diver in plain, straight talk. One amazing example is that we have no clue what causes decompression sickness or "the bends". We just know that it is correlated with absorbed nitrogen and that there are a number of models that can predict its onset using this factor. The book includes an excellent explanation of the algorithms used by dive computers to help us avoid this malady, and how they were developed. You will be a much more knowledgeable and aware diver, and therefore a better diver, for having read this book. Add to cart!

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Diving Physiology In Plain English

By A Customer

The book Diving Physiology In Plain English is without exaggeration the best book on diving I have ever read. Beginner, advanced, technical divers or even non-divers can all benefit from this book. My wife is a non-diver and she read this book with interest and ease. She no longer worries or is concerned about my technical diving. This book addresses the relative full gamete of physiological issues associated with scuba diving. It address issues such as; decompression tables and computers, technical diving, and considers gender related issues between men and women divers. My wife greatly appreciated the information related to

decompression sickness, oxygen toxicity, diving headaches, and lung injuries. In addition, I think is also a useful book for divers who are in need of refreshing their diving academics or for divers expanding into other areas of diving. The information in this book is crucial knowledge for any diver. It goes beyond what is learned in any of the certification courses, open diver through instructor. It is an overall informative, valuable, easy to read and enjoyable book. I wish more dive shops would stock it on their shelves.

5 of 5 people found the following review helpful.

Great, highly readable book!

By Monday Monkey

This book is absolutely packed with valuable information in an extremely readable format. I highly recommend it for both its' breadth and depth.

When I purchased my copy, I actually received it directly from Dr. Bookspan, the author. Jolie was wonderful to deal with and had a real passion for diving and writing.

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