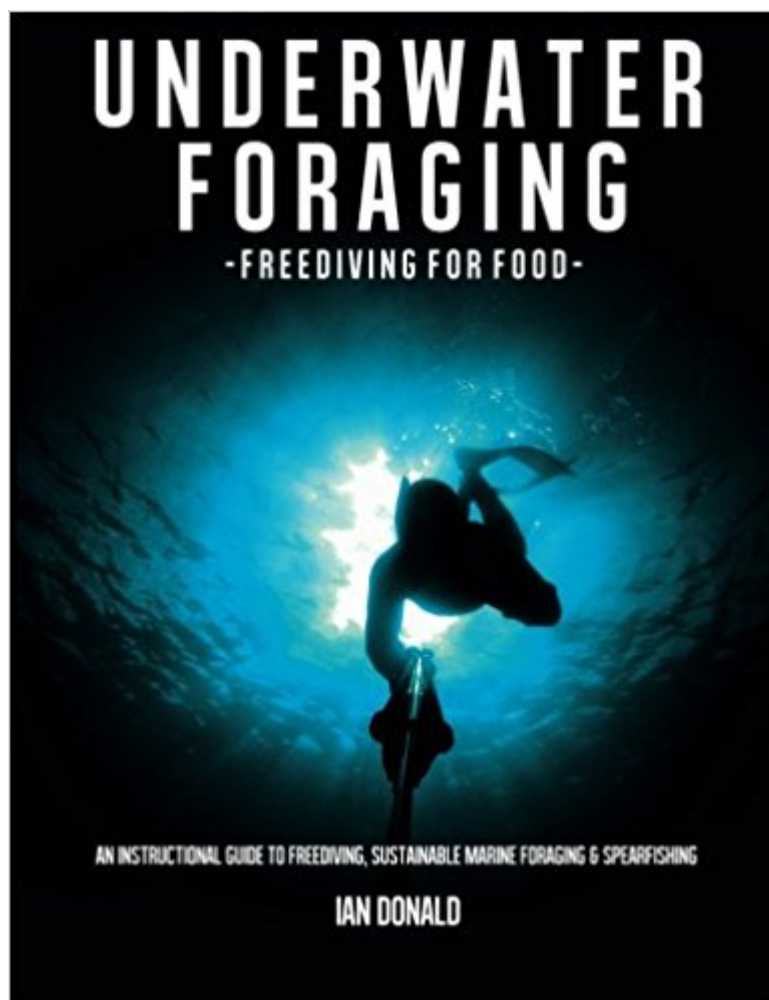




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# Underwater Foraging - Freediving For Food: An Instructional Guide To Freediving, Sustainable Marine Foraging And Spearfishing



## Synopsis

A book of three parts; Freediving manual, sustainable marine foraging guide and introduction to sustainable and ethical spearfishing. In this full colour, large format (8.5"x11") publication by master freediving instructor and expert marine forager Ian Donald, you will be taught in a step-by-step manner how to freedive, forage for marine foods and spearfish, all with sustainability in mind. DISCOVER the vast array of sustainable foods available from above and below the water and acquire the skills to collect them. Full colour photographs of seaweeds and other edible sea-shore plants, molluscs and crustaceans. LEARN the art of freediving, working through the skills in a logical manner, so you too can be a freediver, including: Equipment, breathing, relaxation, equalisation (basic and advanced), posture, movement, safety and many other skills. UNDERSTAND how to fish in the most sustainable way, with this introduction to spearfishing. Starting with the basics, including how to rig a gun, what gun to buy, how to shoot, where to hunt, and how to stay safe. Full colour photographs of sustainable fish with hunting instructions for each one. UNCOVER the truth behind our impact on the seas, and how by becoming an underwater forager, you can start to make a difference. Learn about freediving and foraging cultures of the past and present and how their part in underwater foraging history has influenced us. Written in plain English and avoiding confusing technical jargon wherever possible, let this book become your guide to the beautiful underwater realm of the breath-hold diver and forager. The marine life featured in this book are of predominately Northern Atlantic origin, but the freediving and foraging skills are universal.

## Book Information

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## Customer Reviews

Ian Donald is a Master freediving instructor and expert marine forager based in the United Kingdom. Ian is often called upon to give his opinions and expertise in all matters related to freediving and marine foraging. This has led to him being featured on several television programs related to the underwater world and having articles published in the printed and online press.

I bought this book primarily as a reference for freediving-- I don't spear, and am a freshwater diver. The book is divided into 2 primary sections: One on freediving, including history, the second on spear fishing and salt water foraging, including specific fish species, specific plant species, and some information on preparation and cooking. The first section is a reasonably thorough reference to the practice of freediving-- functional, clear and concise information on the entire process from gear to breathup to entry to recovery. There are useful sections on exercises and meditations to promote longer and more comfortable dives. Everything is well written and well illustrated. It is, however, a little light on specific methods for assisting a samba or black out, but there's certainly enough there to help ensure safe dives. (When it comes to specific safety methods and protocols, a live class is really the best choice.) While I don't spear, I still found the second half of the book, which is specific to salt water spear fishing, to be a very interesting read. Much of the text emphasizes a philosophy of sustainable living, not just in spearfishing, but in all things. This is a fun book on a lot of levels beyond the technical aspects of freediving and spearing, which makes the book interesting, not to mention pretty, even to non-divers.

I'm a few chapters into reading the book and I'm really enjoying it greatly so far. I've spearfished for a few years and wish I had read this book earlier. I like the concept of underwater foraging and sustainable fishing as presented in the book. It's inspired me to investigate recipes for invasive species in my area. I recommend the book to all fisherman, beginners and experienced.

You can find all the info online, very shallow dive in freediving, save your money for something better

Freediving, spearhunting, seaforaging bible! Written in an understandable way that can be easily referenced later on. Complete guide A-Z. I really enjoyed learning about history of underwater foraging; specifically the people and cultures of the past who relied on our oceans to survive. Excellent color photography as well. I recommend this to anyone, whether you are brand new to the world of freediving or a salty old veteran of the seas. Well done!

Nice book. Has only UK fish noted in it though. Good detail for beginners or people interested in free-diving/spearfishing. Good read!

Very comprehensive reference for free diving. The spearfishing part is a bit light on. Unfortunately all hunting tips are only related to fish species and creatures found in the UK.

This is a good book, but for the price I was hoping for more information, and more techniques for things such as breathe-ups. Also, this book was written in the UK, and much of the information is relevant to European waters. If I lived there, I believe it would warrant 4 stars.

Given his background and location this was a good effort and well researched. He presents some difficult concepts in a clear way. He is someone I would consider a dive partner.

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