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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.

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reflex to survive deep plunges, can be a boon for marine researchers, avers James Nestor. We meet a salty cast of them, such as the 'aquanauts' of Aquarius, a marine analogue of the International Space Station submerged off the Florida Keys.

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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

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of oceanic intrigue, exploring
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This man was a freediver, and his amphibious abilities inspired Nestor to seek out the secrets of this little-known discipline. In Deep, Nestor embeds with a gang of extreme athletes and renegade researchers who are transforming

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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.

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by James Nestor, you can find out.

The author takes us on a journey
that involves competitions,
learning to control his breathing, a
few sperm whales, and a
submarine.

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