

NEWS RELEASE

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Second Edition of *Solo Diving* Teaches Self-Sufficiency

During training, scuba divers are taught about the “buddy system”. The maxim is never dive alone! In the real world, however, many buddies are highly unreliable—they have unfamiliar equipment, may not have dived in a long time and may not be prepared physically and mentally. The 2nd Edition of *Solo Diving; The Art of Underwater Self-Sufficiency* by Robert von Maier, which exams the strengths and weaknesses of the buddy system, has just been released by Aqua Quest Publications.

Solo Diving begins with a hard look at the buddy system, and explains why some divers choose to dive alone. It then addresses what it takes to become a self-sufficient diver, which includes a section on self-evaluation. Diving physiology and the importance of fitness are stressed, and

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Solo Diving, 2nd Edition, Page 2-2-2

there is an excellent section on dive management guidelines which include dive planning rules, air management, air consumption, thermal protection, ascents and cold water/arduous dive considerations. Included is a discussion of the benefits and drawbacks of the various emergency breathing systems and how they affect self-rescue. The final section contains comments of well-known divers about solo diving.

The author Robert von Maier is an Instructor Trainer/Course Director who has made more than 5,000 dives and taught over 1,000 students. He has written and taught courses in deep diving, wreck diving, staged-decompression diving as well as underwater self-sufficiency.

Solo Diving is available at book stores, dive centers, on the internet, or directly from the publisher: Aqua Quest Publications, PO Box 700, Locust Valley, NY 11560-0700; Tel: (800) 933-8989, (516) 759-0476; Fax: (516) 759-4519. Retail price is \$12.95 plus \$4.00 P & H.

Specifications: 128 pages, 5-1/2 x 8-1/2 inches (upright), paper, 28 B&W photographs, charts, glossary, index, \$12.95. ISBN 1-881652-28-9

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