



# **Underwater foraging - Freediving for food: An instructional guide to freediving, sustainable marine foraging and spearfishing**

*Ian Donald*

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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.

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