

Shane Mauss.jpg

Daniel Pinchbeck, Sophia Rokhlin

A Good Trip Shane Mauss, 2016-01-01 Journal + Coloring book based on the one-hour comedy special by Shane Mauss. Illustrated by Ramin Nazer.

Artificial Intimacy Rob Brooks, 2021-11-19 What happens when the human brain, which evolved over eons, collides with twenty-first-century technology? Machines can now push psychological buttons, stimulating and sometimes exploiting the ways people make friends, gossip with neighbors, and grow intimate with lovers. Sex robots present the humanoid face of this technological revolution—yet although it is easy to gawk at their uncanniness, more familiar technologies based in artificial intelligence and virtual reality are insinuating themselves into human interactions. Digital lovers, virtual friends, and algorithmic matchmakers help us manage our feelings in a world of cognitive overload. Will these machines, fueled by masses of user data and powered by algorithms that learn all the time, transform the quality of human life? Artificial Intimacy offers an innovative perspective on the possibilities of the present and near future. The evolutionary biologist Rob Brooks explores the latest research on intimacy and desire to consider the interaction of new technologies and fundamental human behaviors. He details how existing artificial intelligences can already learn and exploit human social needs—and are getting better at what they do. Brooks combines an understanding of core human traits from evolutionary biology with analysis of how cultural, economic, and technological contexts shape the ways people express them. Beyond the technology, he asks what the implications of artificial intimacy will be for how we understand ourselves.

When Plants Dream Daniel Pinchbeck, Sophia Rokhlin, 2019-09-10 Ayahuasca is a powerful tool for transformation, that more and more Westerners are flocking to drink in a quest for greater self-knowledge, healing and reconnection with the natural world. This formerly esoteric, little-known brew is now a growth industry. But why? Ayahuasca is a psychoactive brew that has a long history of ritual use among indigenous groups of the Upper Amazon. Made from the ayahuasca vine and the leaves of a shrub, it is associated with healing in collective ceremonies and in more intimate contexts, generally under the direction of specialist – an ayahuasquero. These are experienced practitioners who guide the ceremony and the drinkers' experience. Ayahuasca has gained significant popularity these days in cities around the world. Why? What effect might ayahuasca be having on our culture? Does the brew, which seems to inspire environmental action, simplified lifestyles and more communitarian behaviour, act as an antidote to frenzied consumerist culture? In *When Plants Dream*, Pinchbeck and Rokhlin explore the economic, social, political, cultural and environmental impact that ayahuasca is having on society. Part 1 covers the background; what ayahuasca is, where it is found, and its cultural origins. Part 2 explores the role and practices of the ayahuasquero in both Amazonian and Western cultures. Part 3 examines the medicinal plants of the Amazon, looking particularly at the ingredients in ayahuasca and their therapeutic qualities, covering the most up-to-date biomedical research, psychedelic science and psychopharmacology. It also covers all the legal aspects of ayahuasca use. Lastly in Part 4 Pinchbeck and Rokhlin question the future of ayahuasca. *When Plants Dream* is the first book of its kind to look at the science and expanding culture of ayahuasca, from its historical use to its appropriation by the West and the impact it is having on cultures beyond the Amazon.

Quench Dana Cohen, Gina Bria, 2018-06-12 Based on breakthrough new science in the field of hydration, *Quench* debunks many popular myths about getting enough water and offers a revolutionary five-day jump start plan that shows how better hydration can reduce or eliminate ailments like chronic headaches, weight gain, gut pain, and even autoimmune conditions. Chronic headaches, brain fog, fatigue, weight gain, insomnia, gut pain, autoimmune conditions. We may think these and other all-too-common modern maladies are due to gluten intake or too much sugar or too little exercise. But there is another

missing piece to the health puzzle: Proper hydration. Yes, even in this era of Poland Spring many of us are dehydrated due to moisture-lacking diets, artificial environments, medications, and over-dependence on water as our only source of hydration. For this reason, that new diet or exercise plan may fail because our body doesn't have enough moisture to support it. Quench presents a wellness routine that can reverse all of that, based on breakthrough new science in the field of hydration. Readers will be surprised to learn that drinking too much water can flush out vital nutrients and electrolytes. Here is where gel water comes in: the water from plants (like cucumber, berries, aloe), which our bodies are designed to truly absorb right down to the cellular level. In fact, Ms. Bria's work as an anthropologist led her to the realization that desert people stay hydrated almost exclusively from what they eat, including gel plants like cactus. Based on groundbreaking science from the University of Washington's Pollack Water Lab and other research, Quench offers a five-day jump start plan: hydrating meal plans and the heart of the program, smoothies and elixirs using the most hydrating and nutrient-packed plants. Another unique feature of their approach is micro-movements -- small, simple movements you can make a few times a day that will move water through your fascia, the connective tissue responsible for hydrating our bodies. You will experience more energy, focus, and better digestion within five days . . . then move onto the lifetime plan for continued improvements, even elimination of symptoms.

The Secret Social Lives of Reptiles J. Sean Doody, Vladimir Dinets, Gordon M. Burghardt, 2021-06 Revealing the secrets of reptilian social relationships through original quantitative research, field studies, laboratory experiments, and careful analysis of the literature, *The Secret Social Lives of Reptiles* elevates these fascinating animals to key players in the science of behavioral ecology.

A (Very) Short History of Life on Earth Henry Gee, 2021-11-09 The Royal Society's Science Book of the Year [A]n exuberant romp through evolution, like a modern-day Willy Wonka of genetic space. Gee's grand tour enthusiastically details the narrative underlying life's erratic and often whimsical exploration of biological form and function." —Adrian Woolfson, *The Washington Post* In the tradition of Richard Dawkins, Bill Bryson, and Simon Winchester—An entertaining and uniquely informed narration of Life's life story. In the beginning, Earth was an inhospitably alien place—in constant chemical flux, covered with churning seas, crafting its landscape through incessant volcanic eruptions. Amid all this tumult and disaster, life began. The earliest living things were no more than membranes stretched across microscopic gaps in rocks, where boiling hot jets of mineral-rich water gushed out from cracks in the ocean floor. Although these membranes were leaky, the environment within them became different from the raging maelstrom beyond. These havens of order slowly refined the generation of energy, using it to form membrane-bound bubbles that were mostly-faithful copies of their parents—a foamy lather of soap-bubble cells standing as tiny clenched fists, defiant against the lifeless world. Life on this planet has continued in much the same way for millennia, adapting to literally every conceivable setback that living organisms could encounter and thriving, from these humblest beginnings to the thrilling and unlikely story of ourselves. In *A (Very) Short History of Life on Earth*, Henry Gee zips through the last 4.6 billion years with infectious enthusiasm and intellectual rigor. Drawing on the very latest scientific understanding and writing in a clear, accessible style, he tells an enlightening tale of survival and persistence that illuminates the delicate balance within which life has always existed.

Women of Visionary Art David Jay Brown, Rebecca Ann Hill, 2018-11-13 An exploration of the role that dreaming, psychedelic experiences, and mystical visions play in visionary art • Includes discussions with 18 well-known female artists, including Josephine Wall, Allyson Grey, Amanda Sage, Martina Hoffmann, Penny Slinger, and Carolyn Mary Kleefeld • Reveals how they have all been inspired by deep inner experiences and seek to

express non-ordinary visions of reality, reminiscent of shamanic trance states, lucid dreams, and spiritually transcendent experiences • Shows how visionary art often contains an abundance of feminine energy, helping us to heal ourselves and see that we are all connected Since early humans first painted from their mystic eye onto cave walls, artists have sought to share their sacred visions with the world. Created in every medium, from oil painting and sculpture to contemporary digital modeling, these visionary works of art give those who experience them a chance to “see the unseen,” realize wider modes of perception, and discover spiritual and mystical realms. In this full-color illustrated book, David Jay Brown and Rebecca Ann Hill examine the work and inspirations of eighteen of today’s leading female visionary artists, including Josephine Wall, Allyson Grey, Amanda Sage, Martina Hoffmann, Penny Slinger, and Carolyn Mary Kleefeld. They explore the creative process and the role that dreaming, psychedelic experiences, sexuality, and divine guidance play in the work of these women, alongside full-color examples of their art. They discuss the future of visionary art and reveal how these artists have all been informed and inspired by deep inner experiences and seek to express non-ordinary visions of reality, often reminiscent of those encountered in shamanic trance, lucid dreams, psychedelic states, spiritually transcendent experiences, and other altered states. Showing how visionary art often contains an abundance of feminine energy, helping us to heal ourselves and see that we are all connected, the authors explore with each artist what it is about being a woman that has most influenced their artwork. They also examine the connection between visionary art and spirituality, the influence of Nature and sacred geometry, and how this creative form is simultaneously ancient, futuristic, and timeless, providing an accessible doorway into the visionary realm.

The Cheating Cell Athena Aktipis, 2020-03-24 A fundamental and groundbreaking reassessment of how we view and manage cancer When we think of the forces driving cancer, we don’t necessarily think of evolution. But evolution and cancer are closely linked because the historical processes that created life also created cancer. The Cheating Cell delves into this extraordinary relationship, and shows that by understanding cancer’s evolutionary origins, researchers can come up with more effective, revolutionary treatments. Athena Aktipis goes back billions of years to explore when unicellular forms became multicellular organisms. Within these bodies of cooperating cells, cheating ones arose, overusing resources and replicating out of control, giving rise to cancer. Aktipis illustrates how evolution has paved the way for cancer’s ubiquity, and why it will exist as long as multicellular life does. Even so, she argues, this doesn’t mean we should give up on treating cancer—in fact, evolutionary approaches offer new and promising options for the disease’s prevention and treatments that aim at long-term management rather than simple eradication. Looking across species—from sponges and cacti to dogs and elephants—we are discovering new mechanisms of tumor suppression and the many ways that multicellular life-forms have evolved to keep cancer under control. By accepting that cancer is a part of our biological past, present, and future—and that we cannot win a war against evolution—treatments can become smarter, more strategic, and more humane. Unifying the latest research from biology, ecology, medicine, and social science, The Cheating Cell challenges us to rethink cancer’s fundamental nature and our relationship to it.

Good Chemistry Julie Holland, 2020-06-16 A psychiatrist and psychedelic researcher explores the science of connection—why we need it, how we’ve lost it, and how we might find it again. We are suffering from an epidemic of disconnection that antidepressants and social media can’t fix. This state of isolation puts us in “fight or flight mode,” deranging sleep, metabolism and libido. What’s worse, we’re paranoid of others. This kill-or-be-killed framework is not a way to live. But, when we feel safe and loved, we can rest, digest, and repair. We can heal. And it is only in this state of belonging that we can open up to connection with others. In this powerful book, Holland helps us to understand the science of

connection as revealed in human experiences from the spiritual to the psychedelic. The key is oxytocin—a neurotransmitter and hormone produced in our bodies that allows us to trust and bond. It fosters attachment between mothers and infants, romantic partners, friends, and even with our pets. There are many ways to reach this state of mental and physical wellbeing that modern medicine has overlooked. The implications for our happiness and health are profound. We can find oneness in meditation, in community, or in awe at the beauty around us. Another option: psychedelic medicines that can catalyze a connection with the self, with nature, or the cosmos. Good Chemistry points us on the right path to forging true and deeper attachments with our own souls, to one another, and even to our planet, helping us heal ourselves and our world.

Math Without Numbers Milo Beckman, 2022-01-11 An illustrated tour of the structures and patterns we call math. The only numbers in this book are the page numbers. Math Without Numbers is a vivid, conversational, and wholly original guide to the three main branches of abstract math—topology, analysis, and algebra—which turn out to be surprisingly easy to grasp. This book upends the conventional approach to math, inviting you to think creatively about shape and dimension, the infinite and infinitesimal, symmetries, proofs, and how these concepts all fit together. What awaits readers is a freewheeling tour of the inimitable joys and unsolved mysteries of this curiously powerful subject. Like the classic math allegory Flatland, first published over a century ago, or Douglas Hofstadter's Godel, Escher, Bach forty years ago, there has never been a math book quite like Math Without Numbers. So many popularizations of math have dwelt on numbers like pi or zero or infinity. This book goes well beyond to questions such as: How many shapes are there? Is anything bigger than infinity? And is math even true? Milo Beckman shows why math is mostly just pattern recognition and how it keeps on surprising us with unexpected, useful connections to the real world. The ambitions of this book take a special kind of author. An inventive, original thinker pursuing his calling with jubilant passion. A prodigy. Milo Beckman completed the graduate-level course sequence in mathematics at age sixteen, when he was a sophomore at Harvard; while writing this book, he was studying the philosophical foundations of physics at Columbia under Brian Greene, among others.

Laura's Ghost Courtenay Stallings, Sheryl Lee, 2020-10-20 In 1990, the groundbreaking television series Twin Peaks, co-created by David Lynch and Mark Frost, opened with a murder mystery when a beautiful homecoming queen, wrapped in plastic, washed up on a cold and rocky beach. Laura Palmer's character began as a plot device that triggered a small town to face its fractured self. But after three seasons and a film, Laura Palmer is no longer just a plot device. Instead of solely focusing on the murderer, like most traditional storytelling at the time, the audience gets to know the victim, a complex young woman who explores her sexuality and endures incredible abuse. *Laura's Ghost: Women Speak About Twin Peaks* is an examination of Laura Palmer's legacy on the 30th anniversary of Twin Peaks. Palmer's character was one of the few frank and horrific representations of sexual abuse victims which did not diminish the strength and complexity of the victim. Sheryl Lee, who played Laura Palmer, discusses the challenges of the role and how it has impacted herself as well as women she has met over the years, many of whom are survivors of sexual abuse. The role demanded Lee give all of her vulnerability as an actor to this role. This role is one she cannot escape, one with which she will forever be identified. It's a role that still haunts her today. For many women, this character represents them. Here was a woman who was not just a victim, but who was owning her sexuality as well—a woman coming into her own and discovering her sources of power. This book is a reckoning in which women from the show and community speak about grief, mischief, humor, sexuality, strength, weakness, wickedness, and survival.

ACT Daily Journal Diana Hill, Debbie Sorensen, 2021-05-01 Dramatically change your

life in just minutes a day with this powerful guided journal. When you are faced with life's challenges, it's easy to lose track of what's important, get stuck in your thoughts and emotions, and become bogged down by day-to-day problems. Even if you've made a commitment to live according to your core values, the 'real-world' has a way of driving a wedge between you and a deeper, more meaningful life. Now there's a flexible program for learning how to practice a popular, proven-effective therapy protocol on your schedule! With The ACT Daily Journal, you'll learn all about the six core processes of acceptance and commitment therapy (ACT)—including mindfulness, acceptance, and values-based living—and even learn about a seventh: self-compassion. If there was ever a time to adopt the ACT approach to living, it's now. By applying ACT to your life, you'll learn how to roll with life's punches, and stay in contact with the present moment, even when you have unpleasant thoughts, feelings, and bodily sensations. The gift of being present is becoming increasingly valuable in these uncertain times of conflict and chaos; it's never been so important to live flexibly, with more meaning, and with a deeper understanding of shared struggles and our inherent humanity. ACT is more than just a therapy—it's a framework for living well. It helps us accept. It teaches us to make a commitment to what we deeply care about. And it works best when practiced daily. Let this journal guide you toward what really matters to you.

Alien Information Theory Andrew R. Gallimore, 2019-04-16 A unique account of the hidden dimensions of our reality and its inhabitants, accessible using the psychedelic drug technology: N, N-dimethyltryptamine (DMT). Illustrated in full-colour, Gallimore explains how reality is structured from a fundamental code and how DMT modulates brain activity to access an astonishing hyperdimensional omniverse

Comedy Sex God Pete Holmes, 2019-05-14 Part autobiography, part philosophical inquiry, and part spiritual quest, Comedy Sex God is a hilarious, profound, and enlightening romp around the fertile mind of stand-up stand-out, podcast king, and HBO superstar Pete Holmes. Pete Holmes is a sold-out-every-night stand-up comedian with two HBO specials and the host of the hugely successful podcast You Made It Weird, and he was the creator-star of the hit HBO show Crashing. But it wasn't always roses for Pete. Growing up, Pete was raised an evangelical Christian, but his religion taught him that being "bad"—smoking, drinking, having doubts or premarital sex—would get him sent to an eternity in hell. So, terrified of the God he loved, Pete devoted his life to being "good," even marrying his first girlfriend at the age of twenty-two only to discover a few years later he was being cheated on. Thanks for nothing, God. Pete's failed attempt at a picture-perfect life forced him to reexamine his beliefs, but neither atheism, nor Christianity, nor copious bottles of Yellow Tail led him to enlightenment. Pete longed for a model of faith that served him and his newfound uncertainties about the universe, so he embarked on a soul-seeking journey that continues to this day. Through encounters with mind-altering substances, honing his craft in front of thousands of his comedy fans, and spending time with savants like Ram Dass, Pete forged a new life—both spiritually and personally. Beautifully written and often completely hilarious—imagine Dass's Be Here Now if penned by one of the funniest people alive—Comedy Sex God reveals a man at the top of his game and a seeker in search of the deeper meanings of life, love, and comedy.

Fart Sounds Zuri Irvin, 2016-08-23 This collection of interviews explores reasons why comedians become comedians and why jokes are funny. It's brought to you by writers, directors, producers and performers of: Bob's Burgers, Cartoon Network, Comedy Central, The Comedy Store, The Comedy Cellar, The Daily Show, Full Frontal, GIRLS, Hollywood Improv, Inside Amy Schumer, IFC, Jimmy Kimmel Live!, The Knitting Factory, The Late Show, The Laugh Factory, Last Comic Standing, Last Week Tonight, Maron, @midnight, MADtv, MTV, The New York Times, Second City, UCB, VICELAND, and more. Featuring: J.R. Havlan, Jena Friedman, Miles Kahn, Josh Gondelman, Jill Twiss, Jennie Sutton, Zack Bornstein,

Michael Brumm, Cory Cavin, Hallie Haas, Riley Soloner, Ariana Lenarsky, Ilana Gordon, Julie Marchiano, Morgan Evans, Caitlin Kunkel, Matt Fernandez, Michael Wolf, Cheyenne Grogan, Mary Houlihan, Julia Prescott, Jak Knight, Mike Benner, Yassir Lester, Amanda Rosenberg, Chelsea Davison, Mike Glazer, Jon Savitt, Alison Leiby, Brendan McLaughlin, Kenny Ducey, Reginal Thomas, Anne Victoria Clark, Allie Goertz, Mike Lawrence, Shane Mauss, Alison Zeidman, Janine Brito, Dan Wilbur, Will Miles, Kenny DeForest, Joe List, April Brucker, Rich Carucci, Stephen Spinola, Cyrus McQueen, Dave Anthony, Ted Alexandro, Chris Millhouse, Jono Zalay, Myq Kaplan, Dani Fernandez, Neel Nanda, Adam Newman, Jesus Trejo, Andrew Schulz, Joel Kim Booster, Adam Cozens, Sarah Tiana, Sam Morril, Josh Sneed, Jeff Dye and Yannis Pappas.

The Rose of Paracelsus William Leonard Pickard, 2022-08-16 A Harvard graduate student and researcher explores a global entheogen system, discovering their practices leading to cognitive enhancement and, arguably, the next human form. Revised Advance Reader Copy, 2017 From Cambridge to Moscow, Oxford to Zürich, Princeton to Mazar-i-Sharif and Bangkok, this journal of research interviews records the lifestyles within a most rare and elusive organization, one that has evolved special gifts: advanced capacities of thought, memory and perception.

The Humor Code Peter McGraw, Joel Warner, 2015-04-28 Part road-trip comedy and part social science experiment, a scientist and a journalist travel the globe to discover the secret behind what makes things funny, questioning countless experts, including Louis C.K., along the way.

Gory Details Erika Engelhaupt, 2021-03-02 Erika Engelhaupt, founding editor of National Geographic's Gory Details blog, explores oft-ignored but alluring facets of biology, anatomy, space exploration, nature, and more. Featuring reporting and interviews with leading researchers in the field, Gory Details illuminates the world's most intriguing real-world applications of science--

Shtick to Business Peter McGraw, 2020-04 What do comedians know about killing it in business? Just ask a behavioral economist who teaches MBAs by day and decodes comedy by night. Dr. Peter McGraw--a business school professor, professional speaker, and founder of the Humor Research Lab (aka HuRL)--translates the genius and madness of the world's funniest people into powerful prescriptions for professional success. Drawing on cutting-edge research, case studies, and his own comedy successes (and failures), Peter reveals surprising business lessons from the masters of comedy: What Bill Murray and Groucho Marx know about career management. Why Dave Chappelle and Joan Rivers are a blueprint for brand building. What Tina Fey and Amy Poehler can teach you about leadership and teamwork. How Jerry Seinfeld's daily rituals made him the wealthiest comic alive. The insights in Shtick to Business will help you improve innovation and outsmart the competition. You'll build new skills--enhanced creativity, better decision-making, and a marketing mindset--to launch a business, tackle tough management problems, and build a serious career. And you'll never have to tell a joke.

Objection Debra Lieberman, Carlton Patrick, 2018-07-03 Why do we consider incest wrong, even when it occurs between consenting adults unable to have children? Why are words that gross us out more likely to be deemed obscene and denied the protection of the First Amendment? In a world where a gruesome photograph can decisively influence a jury and homosexual behavior is still condemned by some as unnatural, it is worth asking: is our legal system really governed by the power of reason? Or do we allow a primitive human emotion, disgust, to guide us in our lawmaking? In *Objection*, psychologists Debra Lieberman and Carlton Patrick examine disgust and its impact on the legal system to show why the things that we find stomach-turning so often become the things that we render unlawful. Shedding light on the evolutionary and psychological origins of disgust, the authors reveal how ancient human intuitions about what is safe to eat or touch, or who

would make an advantageous mate, have become co-opted by moral systems designed to condemn behavior and identify groups of people ripe for marginalization. Over time these moral stances have made their way into legal codes, and disgust has thereby served as the impetus for laws against behaviors almost universally held to be disgusting (corpse desecration, bestiality) - and as the implicit justification for more controversial prohibitions (homosexuality, use of pornography). Written with a critical eye on current events, Lieberman and Patrick build a case for a more reasoned approach to lawmaking in a system that often confuses gross with wrong.

Shane Mauss.jpg Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Shane Mauss.jpg**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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sensory tray writing during this activity students will practice fine motor skills letter identification and letter formation fill a small tray with colorful material such as sprinkles or dyed rice students will select an abc elephant card and use their finger or other tools to draw that letter in the sensory tray

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web sessions will cover the use of nitrox for decompression diving diving within a maximum operating depth for a selected nitrox mix how to plan a dive using the bsac nitrox tables or a nitrox computer and the extra considerations when managing nitrox diving
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web bsac the sports diver nitrox workshop student workbook sports diver supplementary training nitrox workshop the workshop presents the nitrox related elements contained within the 2007 diver training programme bsac sports diver course
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web the british sub aqua club or bsac has been recognised since 1954 by uk

sport as the national governing body of recreational diving in the united kingdom the club was founded in 1953 and at its peak in the mid 1990s had over 50 000 members declining to over 30 000 in 2009 it is a diver training organization that operates through its associated **the sports diver student certification university of bath** - Aug 21 2023

web the sports diver nitrox workshop is designed to be delivered to sports divers or recognised equivalents and above who have either attended the ocean diver nitrox workshop or hold the bsac basic nitrox certification or recognised equivalent workshop overview

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web this is an introduction to the nitrox diver workshop with the primary aim of updating existing bsac divers already qualified as ocean diver or equivalent who have not covered the nitrox component within the revised diver training programme dtp
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web discovery diver learn to dive from the age of 10 ocean diver learn to dive from the age of 12

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web current bsac member bsac sports diver or equivalent nitrox diver or equivalent and depth

experience to 30 metres gold standard buoyancy from the buoyancy and trim workshop and be qualified as a bsac wreck diver or equivalent

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web the diving qualifications listed below are considered to be of a similar standard to those of bsac however the list is not definitive there are many diving qualifications issued by agencies all over the world if you can't find yours here

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web aims unless you have attended a skill development course in the use of nitrox you will not have access to breathing gases where the oxygen content is greater than air nitrox 21 the key aims of this workshop are to enable bsac ocean divers or similar to appreciate the benefits of diving on nitrox

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web this workshop brings divers who do not have a nitrox qualification to the same level as a bsac ocean diver it is suitable for pre 2007 ocean divers or those from other agencies who have not been taught to use nitrox course authorisation instructors must record completion of this workshop using the workshop attendance form
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web on this approximately
90 minute theory workshop
you will learn what nitrox is
discover the benefits of
diving on nitrox understand
any physiological and
equipment related

implications of using nitrox
learn how to plan a no stop

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web techniques are
explained in detail from
towing an unconscious diver
in the water to assisted
ascents and from rescuing
an injured diver from the

depths to landing him on
boat or beach the book also
covers rescue management
including the use of rescue
equipment and after care
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web aim the key objectives
of this workshop are to
further the learning of
qualified divers the
workshop extends the your
knowledge by expanding on
the implications of nitrox
diving as the maximum
operating depth is increased
to 35 metres

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web if you already have
some diving experience with
an entry level qualification
and want to take your
underwater adventures to
the next level sports diver is
your next step in bsac s
diver training programme
there are two routes to

becoming a sports diver
either from advanced ocean
diver or directly from ocean
diver

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