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By Mike McGuire

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Mike McGuire is the author of Freediving Manual (3.36 avg rating, 11 ratings, 0 reviews, published 2014), Spearfishing Manual - Insider Secrets of Spearf

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Learning Frenzel and BTV. I'm keen to hear how you're getting on with learning to I'm currently working through the instructions from the Freediving team

This is the biography page for James Wilson.

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Information for beginners about the basics of scuba diving and learning to scuba dive - all about what scuba diving is and what scuba divers do and how you can learn

These exercises are taken from the Manual of Freediving: If you want to learn to freedive, You can buy the Manual Of Freediving at Amazon.co.uk.

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