



Mental Diving Quickguides - Volume 1: Hand Signals (Mental Diving Quickguide series for relaxing and exciting scuba diving)

Silvia Breier

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Scuba diving is cool, exciting and relaxing; it is a lot of fun, and it allows us to experience wonderful encounters with nature. To help you enjoy scuba diving to the fullest and to feel at home in the water from the very beginning, the Mental-Diving-Quickguide series supports you even before the first stroke of your fins.

Volume 1 – Hand Signals - sums up the most important hand signals used in scuba diving. Dedicated especially to beginners this eBook covers the most important basic signals as well as special signals, used when you are in trouble under water. Finally it also includes a lot of signals for animals you can find during your dive.

Every hand signal is described in detail and illustrated with lots of photos for easier understanding.

Quotes:

Ute Frlec, Diving Instructor since 1991, PADI Platinum Course Director, among top 50 PADI Course Directors in the world:

“Especially for Diving Instructors it is extremely important to support their students within their first lessons. Main focus hereby is to offer them individual skills and techniques to become a self-reliant scuba diver. Therefore I am happy to integrate and recommend this eBook within all my future courses.”

About the Author:

Silvia Breier received a diploma as Mental-Trainer, Scuba Diving Instructor and lives in Vienna, Austria. She herself is a passionate scuba diver, having fun to share her knowledge and experience with her students.

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