Deco for Divers

A Diver's Guide to Decompression Theory and Physiology

Mark Powell

Foreword

This is a truly remarkable book which covers all the various theories of decompression and ascents for divers in a most readable and understanding manner. The elimination of the mathematics and jargon means that any diver should easily understand the basis for the diverse decompression procedure.

The author has been able to be very objective and not select any one of these many methods used by tables and dive computers as being necessarily the best. The ability to read and compare all of these in one place allows the diver to make up his or her own mind as to which is indeed the safest. Mark Powell is to be congratulated for writing this excellent book and making decompression and ascent so understandable for any diver. He shows an excellent understanding of the many different methods with clear explanations and figures.

As a technical diver, he uses many of these methods for safe ascents himself and the clarity of his presentation is far superior to the complex books and papers in this field today. There is no other comprehensive book on decompression to my knowledge which is so easy to read and understand by the average recreational or technical diver.

Every diver can benefit from this knowledge and I certainly recommend the International Divers Alert Network and Undersea and Hyperbaric Medical Society to include this title in their book lists.

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