

# Beating The Bends



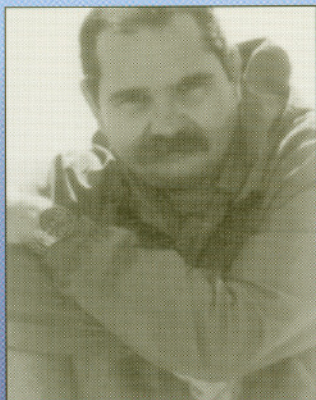
## The Diver's Guide to Avoiding Decompression Sickness

By Alex Brylske

**DIVERS** *ification*  
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Alex Brylske is Dive Training magazine's technical editor, and one of the leading experts in the field of recreational diver education. He is also a world renowned instructor trainer and the designer of many of diving's most popular and innovative educational programs. A prolific author — he has written or contributed to more than ten instructional texts and countless articles on diving—Alex is often called the “man who wrote the book” on diver training.

As a member of the American National Standards Institute (ANSI) Committee on Scuba Diving Instructional Standards and Safety, Alex has direct input into establishing recreational diver training standards in the U.S. A life-long educator, he holds a B.A. (with honors) in history and philosophy, and an M.A. in Instructional Technology Systems Design.

In a continual quest for peace and seclusion, Alex and his wife Deborah divide their time between living in the wilds of central Florida and mountains of northern Georgia. Together they operate Instructional Technologies, Inc.—a consulting company providing training and development services to the recreational scuba industry.

When not diving or writing, Alex and his wife are avid naturalists. In their adventures, they have explored terrestrial ecosystems as diverse as the wetlands of South Florida, the Alaskan tundra and the rain forests of Southeast Asia

ISBN: 0-941332-80-2



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**A COMPLETE LINE OF BOOKS FOR THE DIVER**

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