

About the Author



Author at 200 ft, Cayman Islands, Grand Cayman.
Photo taken by Robert Hew

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Although he dives both CCR and OC, his passion is in OC. Working as a technical instructor in a busy dive centre in the Caribbean, he gets to live his passion. He has dove OC in excess of 400 ft and loves to share his passion with all.

The thoughts expressed in this book are those of the author alone and not of any agency he is an instructor for. Although the author teaches and dives tri-mix and decompression, he is not a research scientist, the material in this book was sourced from various research papers, books, internet articles, e-mail and talks with doctors, research scientists and decompression specialists. The author's hope is to combine all that knowledge floating around into an understandable format for the reader.

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