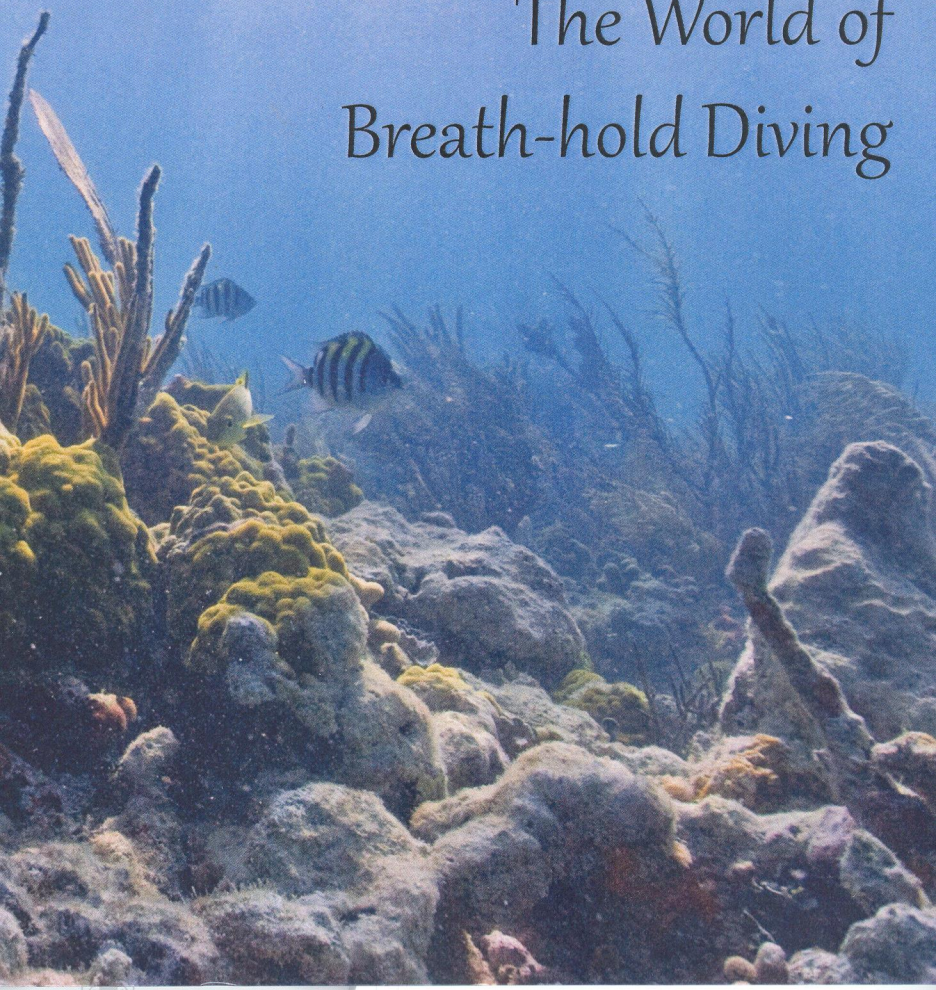


Michelle Kathryn Duklas

Without Air

The World of
Breath-hold Diving



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Without Air

Breath-hold divers compete in one of the most intense and dangerous conditions on the planet—underwater. Breath-hold divers take huge risks participating in their sport.

Stéphane Mifsud of France holds the record for the longest breath-hold dive. He held his breath for 11 minutes and 35 seconds. Irreversible brain damage normally sets in at six minutes and solidifies at eight to ten minutes. But Mifsud survived with no noticeable brain damage. This amazing feat truly show the accomplishments of humankind to explore the boundaries of our limitations. But does breath-hold diving pose any risks to the brain? Does the lack of oxygen cause brain damage?

—From Chapter 8 “Brain Damage”



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Michelle Kathryn Duklas was born in 1991 and raised in the suburbs of Toronto along with her two younger siblings. Michelle graduated in 2013 from the University of Toronto with a double major in Political Science and Professional Writing & Communication.

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