



## AnAmericanImmersion.com

Discover how an oil spill inspired a woman to undertake a quest to become the first woman to dive all 50 states and explore vivid underwater landscapes in this revealing book.

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### Book information

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5.375 x 8.375 x 0.55 inches (Softcover)

### Author bio



Jennifer Idol is the first woman to dive 50 states and author of *An American Immersion*. She's earned more than 27 certifications and has been diving for 20 years. Her photography and articles are published in *DIVER*, *Sport Diver*, *Alert Diver*, *SCUBA Diving*, *X-Ray Mag*, *Outdoor Oklahoma*, *Underwater Speleology*, *SCUBA & H2O Adventure*, and *Texas Aquatic Science*.

She is an accomplished designer with more than a decade of experience creating print, web, logo, and three-dimensional work for a variety of clients. The Lake Murray Wildlife Museum, Jacob's Well Natural Area, and Texas Association of REALTORS® feature her work in permanent installations. Her work is on exhibit at the People's Gallery in Austin City Hall for 2016.

# Press kit

AnAmericanImmersion.com/mediaKit.html

## About this book

Do you long for adventure?  
Do you wish you could travel?  
Do you have big dreams?

I applied rugged passion and dedication to complete a five-year journey in which I became the first woman to dive all 50 states. An American Immersion relives my journey. It shows what motivated my quest and how I transformed from a successful designer into a conservation artist to help the world around us. I overcame time and financial obstacles to illuminate our underwater resources through vivid photography.

In this book, you will:

- Find inspiration through curiosity
- Discover hidden beauty in U.S. waters
- Understand how I constructed my quest
- Experience my pursuit of self-exploration leading to unexpected adventure
- Learn how I overcame obstacles
- Follow a path leading to unexpected outcomes

The book is available for purchase  
*An American Immersion*: How the first woman to dive all 50 states was transformed by her quest.

Available through Amazon and BestPub.com

## Genre

Narrative nonfiction  
Art and architecture  
Arts & Photography  
Travel  
Sports & Outdoors  
Scuba diving  
Adventure  
Water sports  
Recreation

## Target audience

SCUBA divers, women, aquariums, dive resorts, dive shops, gift shops, major bookstores and resellers, outdoor and nature stores, science centers, and seaside resorts

## Reviews

“Big dreams often start with small steps. We can all learn from Jennifer Idol’s transformative journey, even if we never get near the water.”

–Chris Guillebeau

New York Times best-selling author of *Born for This* and *The \$100 Startup*

“Expeditions are rewarding in both the journey and the destination. Jennifer Idol describes the abundance of diving opportunities in the U.S. while discovering much greater truths about the environment and her passion to protect it for future generations. Her book is a beautiful montage of great images and captivating stories held together with life lessons and personal enlightenment. I highly recommend following her journey and then diving into your own local diving.”

–Jill Heinerth

Underwater explorer, IntoThePlanet.com

“It is always exciting to see women venturing where few others have gone before. With Jennifer’s accomplishment, she expands the status quo, leading other female divers to believe anything is possible with determination, dedication, training, and heart. It is inspiring to see female leaders like Jennifer within the dive industry leading the next generation of women into new territories inside this sport.”

–Amanda Cotton

Principal Photographer A Cotton Photo  
Founder and CEO Water Women, Inc.

“This is not about diving simply to check it off. It is about fulfilling a great idea and a wonderful quest and I recommend it highly. The photos are fabulous. The story is a fun read and an enjoyable way to learn about the value and variety of water in the USA.”

–Cathy Church

Underwater Photographer and Teacher

## Reviews

AN AMERICAN IMMERSION is a new American SCUBA Saga

“Saga: a modern heroic narrative resembling the Icelandic saga”

My recent travels led me to understand just how proud of their sagas the people of Iceland are, but I also discovered it was more than pride – it was important to them. Jennifer Idol has created a new American SCUBA saga. An American Immersion is a journal of adventure, commitment and endurance.

More than anything else it is the diversity of diving environments Jennifer presents that are important. Her message is clear. We must find, love and protect water where we find it. State-by-State, mile-by-mile, campsite-by-campsite she demonstrates a dedication to her cause. Her intent to present a quest that by design, was intended to grow into a larger goal. The goal “to raise the awareness for local waters” and in doing so discover America.

Along the way she is exposed to the country wide problem of invasive species and their threat to local habitats. She leaves us to ponder the consequences of the loss of biological diversity. Her eye for photography is tested by the need to turn the omnipresent array of garbage into visual art. Will local diving lead communities across this nation to start a dialog about zero waste? I can only hope the conversation leads to cultural sustainability and efforts to address the senseless over packaging of commercial goods?

Following Jennifer Idol as the years and the miles move by it becomes obvious that she deliberately chose a journal structure to document her adventure because of the way it would record her personal growth. Better diver, better photographer becomes the better observer/storyteller. In Jennifer’s words, “I transformed from a designer and underwater photographer into a conservation artist”.

Jennifer chooses to end her journey with a very uplifting message and spiritual question: “END – Make it happen!” when your done you have to ask yourself “Where will the next adventure lead?”

It is a great pleasure and privilege for me to review Jennifer Idol’s An American Immersion, her very personal adventure quest of diving all 50 of the United States of America. I am – “totally immersed.”

**–Ron Coley**

RonColeyBooks.com

## Q & A with Jennifer Idol

1. What was your favorite place to dive?

My favorite place to dive became Dutch Springs in Bethlehem, Pennsylvania. I met a remarkable community of divers who shared their historic diving equipment with me. People are surprised this quarry captivates me, but who I dive with is as important as what I see.

2. Why did you undertake this quest?

I flew over the Deepwater Horizon oil spill in the Gulf of Mexico in 2010 on a trip returning from Tobago. I knew the significance of this event and wanted to do what I could to make a difference for our local waters by illuminating as many diverse waters as possible through my underwater photography.

3. What was your most surprising dive?

Puget Sound was not only the most surprising dive on my journey, but also full of the renowned life in the Pacific Northwest. From wolf eels to giant octopus, the variety of life here was stunning. While cold water requires a dry suit to feel comfortable in the northern Pacific, the abundance of wildlife quickly made me forget the temperature. Both shore diving and charters are available to explore this underwater destination.

4. What was your coldest dive?

My coldest dives were in 38°F (3°C) water on the Stolt Dageles in New Jersey and under ice in Ohio.

5. How long did it take for you to complete the journey?

In 4 years, 6 months, and 2 days, I became the first woman to dive all 50 states on August 21, 2015.

6. What was your last state?

Michigan, the last state of my journey left an impression. Captain Jitka Hanakova with Shipwreck Explorers navigated me to my first wooden wrecks. These historic ships met catastrophe in the wild waters of Lake Huron and Lake Michigan.

7. How did you determine what order to dive?

I planned each dive from Austin in a way that would be accessible, trying not to leave the most distant states until the end.