



# An American Immersion

How the first woman to dive all 50 states was transformed by her quest

by Jennifer Idol

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.

## Genres

Narrative nonfiction, Art and architecture, Arts and photography, Travel, Sports and 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

## Softcover information

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Full-color photograph sections

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Page count: 232 pages

Full-color photographs

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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

## 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

## 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*.



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