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CRAIG FOSTER is an award-winning filmmaker and avid naturalist. He has received over sixty international awards, including the Golden Panda, the "Oscar" of natural history filmmaking. He grew up foraging and diving on the Cape Peninsula and for the past eight years has pledged to dive in the kelp forest 365 times a year. Craig has worked closely with some of the world's top kelp forest biologists, archaeologists, anthropologists and San rock art experts. He also spent many years studying with master San bushmen trackers in the Kalahari and it is from these experiences that he formed his underwater tracking method. This is his fourth book.

ROSS FRYLINCK has been exploring the South African coastline as a surfer and free-diver for most of his life. He started the *Wavescape Ocean Festival*, and has been pioneering ocean conservation and culture in South Africa for the past 15 years. He was once a commissioning editor for Cambridge University Press, and has been telling stories about the sea since his first school essay.

## SEA CHANGE

PRIMAL JOY AND THE ART  
 OF UNDERWATER TRACKING

CRAIG FOSTER & ROSS FRYLINCK

**Sea Change takes you on an evocative journey into the secret life of an almost unknown ecosystem; the beautiful kelp forest of Southern Africa. Craig and Ross spent eight years exploring this sea forest together, diving almost every day. This is the story of what they found in the wild, and how it has transformed their lives.**

- The most extensive collection of sea forest photography ever published, curated from a library of over 200 000 images
- New species discovered, and many amazing animal behaviours photographed for the first time, including those featured in the BBC's Blue Planet II
- A gripping, personal story about fathers and sons, and the healing power of wilderness
- The world's first underwater tracking method, featuring an illustrated mind map of Craig's underwater world
- a marriage of indigenous knowledge, marine biology and paleo-science
- Considers humanity's deepest connections to the ocean, and introduces a new theory on the world's first human divers
- Endorsed by leading scientists in the fields of anthropology, marine biology and wilderness psychology
- Part of a greater project which includes the feature documentary film, *My Octopus Teacher*

