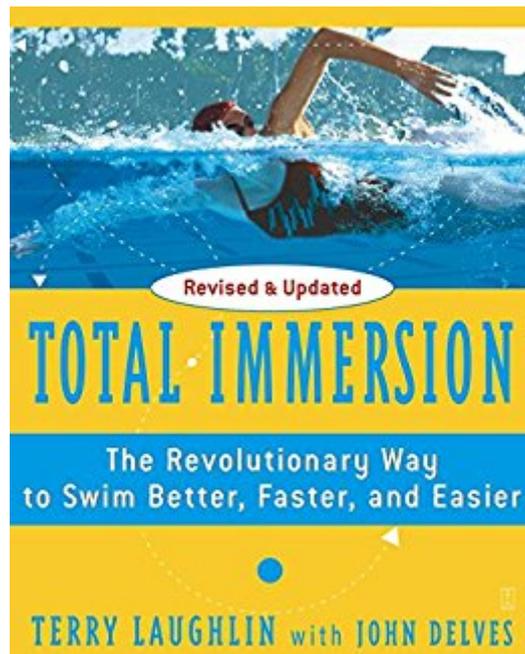


The book was found

Total Immersion: The Revolutionary Way To Swim Better, Faster, And Easier



Synopsis

Swim betterâ and enjoy every lapâ with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the worldâ™s #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether youâ™re an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that itâ™s mindful fluid movementâ not athletic abilityâ that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features: Â A thoughtfully choreographed series of skill drillsâ practiced in the mindful spirit of yogaâ that can help anyone swim more enjoyably Â A holistic approach to becoming one with the water and to developing a swimming style thatâ™s always comfortable Â Simple but thorough guidance on how to improve fitness and form Â A complementary land-and-water program for achieving a strong and supple body at any age Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.

Book Information

File Size: 4039 KB

Print Length: 324 pages

Publisher: Touchstone; Rev Upd Su edition (March 13, 2012)

Publication Date: March 13, 2012

Sold by:Â Simon and Schuster Digital Sales Inc

Language: English

ASIN: B006VHJ53Y

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #65,477 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Water Sports > Swimming #9 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #19 inÂ Books > Sports & Outdoors > Water Sports > Swimming

Customer Reviews

SHORT VERSION-This method is incredible and works.-Don't buy this book. Instead buy the updated version "Swimming made easy." It contains significantly improved drills.-To really make it easy to learn this method, the DVD is gold. A moving image is worth more than a thousand words in this instance. The DVD contains the same drills as the book "swimming made easy."LONG VERSIONFirst I have to point out that while this method is incredible, this particular book is not the one to get. Terry's book "Swimming made easy" contains almost identical material in the first several chapters but the drill portion has been improved dramatically. I originally bought this book and mastered the balancing drills but when I started working on the later drills I didn't understand how all the pieces fit together. With Terry's new drill sequence the drills naturally work you into a complete swimming stroke. In addition, "Swimming made easy" also includes drills for the backstroke, butterfly, and breast stroke."If you want to improve your stroke even faster, I highly recommend the DVD "Freestyle made easy." Being able to see the stroke in action and the resulting propulsion from body rotation makes it much easier to grasp the overall concept. A picture is worth a thousand words in this instance. I purchased the book and dvd at the same time and don't think I would have progressed as fast as I did without the dvd. If you can only buy one thing I would recommend the dvd. You can get a large portion of the conceptual information from the Total Immersion web site which has segments of the book free for download.Now for my story. I'm an aspiring triathlete with my first one scheduled in about 3 months. The open water swim had me a bit concerned.

[Download to continue reading...](#)

Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Extraordinary Swimming For Every Body - a Total Immersion instructional book Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) Lyric Pieces, Op. 12 and Poetic Tone-pictures, Op. 3: Easier Piano Pieces 11 (Easier Piano Pieces (ABRSM)) 25 Short Pieces from "L'Organiste": Easier

Piano Pieces 29 (Easier Piano Pieces (Abrsm)) Eighteen Little Preludes, Bwv 924-8, 930, 933-43 & 999: Easier Piano Pieces 18 (Easier Piano Pieces (ABRSM)) Swimming: Swimming Made Easy-Beginner and Expert Strategies For Becoming A Better Swimmer (Swimming, Swimmers Guide, Swim Strokes, Swimming Better) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Biology Coloring Workbook: An Easier and Better Way to Learn Biology (Coloring Workbooks) Championship Swimming: How to Improve Your Technique and Swim Faster in 30 Days or Less Reversing Asthma: Breathe Easier with This Revolutionary New Program The Foodsaver Sous Vide Cookbook: 101 Delicious Recipes With Instructions For Perfect Low-Temperature Immersion Cooking! (Sous Vide Gourmet Slow Cooking) Speed Reading: Seven Speed Reading Tactics To Read Faster, Improve Memory And Increase Profits (Speed Reading Techniques, Read Faster, Speed Reading For Professionals, Entrepreneurs) DIY: How to make solar cell panels easily with no experience!: Master Making Solar Panels Faster! (Master Solar Faster Book 1) Getting Pregnant Faster: How To Zero In On Ovulation For Faster Conception

[Dmca](#)