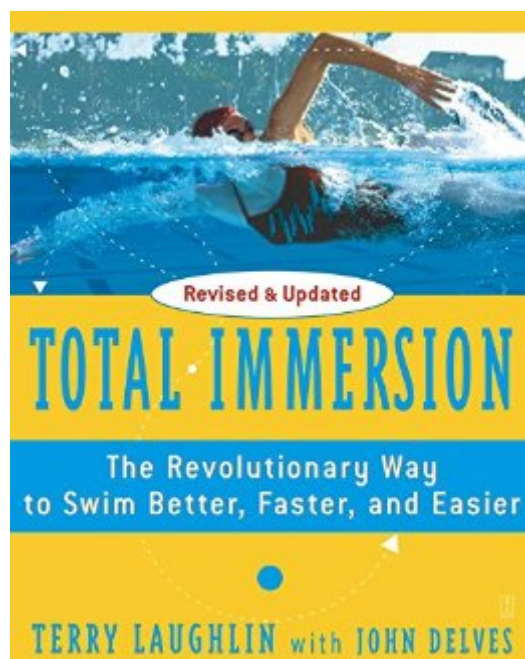


The book was found

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



Synopsis

Swim better and enjoy every lap 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 world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features:

- A thoughtfully choreographed series of skill drills practiced in the mindful spirit of yoga that can help anyone swim more enjoyably
- A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable
- Simple but thorough guidance on how to improve fitness and form
- 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

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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.

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