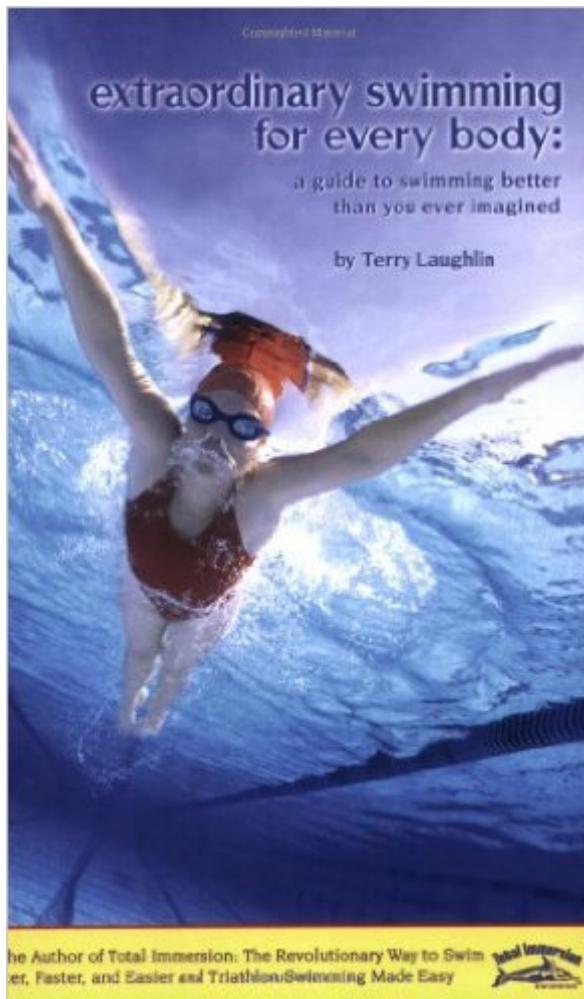


The book was found

Extraordinary Swimming For Every Body - A Total Immersion Instructional Book



Synopsis

A guide to swimming better than you ever imagined! If you've read any Total Immersion book, or have been practicing the TI method via DVD or coached instruction, this book will take you to the next level of understanding, effective practice and readiness to swim better than ever. Extraordinary Swimming for Every Body is for: (1) those who wish to advance beyond TI basics toward the highest levels of skill and mastery; (2) those interested in becoming complete swimmers; or (3) competitive swimmers of any age especially Masters swimmers. It includes our most up-to-date guidance on how to develop and train all four strokes. This book would also be the essential TI text for swimming coaches and teachers and those interested in becoming TI coaches. *All Four Strokes.

Book Information

Paperback: 169 pages

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Product Dimensions: 0.5 x 5.5 x 8.5 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (26 customer reviews)

Best Sellers Rank: #567,493 in Books (See Top 100 in Books) #66 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #177 inÂ Books > Sports & Outdoors > Water Sports > Swimming

Customer Reviews

As someone who was inspired by Terry Laughlin's first book, I highly recommend this one! I am a former competitive swimmer who now swims for fitness. I was becoming bored with conventional interval-type training, and was looking for new ways to change up my routine with flippers, hand paddles, etc. Terry describes technique training in a refreshing direct way that anyone who wishes to improve their swimming form can understand. I recommend this book to everyone who says to me, "You make swimming look so easy and effortless the way you glide through the water. I wish I could do that!" Finally, someone has articulated what I've intuitively known and was not able to teach or explain.

Built on previous TI books and added some extra hints and rectified what I felt were previous

ommisions and inconsistencies in the approach - excellent book that has given immediate results in the pool and given me renewed enthusiasm to improve

I learned a lot from this book about every stroke. It will be a constant reference and resource book for my triathlon training. Terry Laughlin has a way of making you want to go swimming just for the joy of it. His tips and techniques through drill swimming in a relaxed manner are wonderful for beginning swimmers and master swimmers looking to re-connect with the water. I highly recommend this book to anyone who wants to swim like a fish.

A friend told me about Total Immersion Swimming and I wanted to learn more about it. This is a great book in that it is easy to understand and covers the four basic strokes; freestyle, backstroke, breaststroke, and butterfly. I liked the book so much I have decided to start taking private lessons in the method. I am in my sixties and physically active and look to swimming as being a little less stressful on my body than running and biking. I recommend the book to anyone who wants to improve their endurance in swimming.

If you have not read any of the author's earlier works then this is a good place to start. Information presented is more concise and to the point. All the swimming styles are discussed as opposed to just the front crawl. The photos were much more helpful than the line drawings in the other books. A good book for those starting out on this system of swimming; very useful for those who have already embarked on the TI way of more efficient swimming. Definitely a good self help book for those who want to swim more efficiently (NB: I am not associated with TI in any commercial way)

I purchased this book AFTER buying various TI DVD's - and having the combined written technique recommendations made a huge difference in my swimming overnight. Now, don't get me wrong I'm not one of those people who magically can swim 3 miles after watching a dvd or reading the book - but it truly enhanced my ability to be weightless in the water, and thus improved my whole attitude about swimming. The book does a great job explaining why we "struggle" in the water, and some simple technique changes to fix that, which results in being less tired. I am all about being less tired - and THIS really works. I recommend a combination of this book, and the TI DVD for Perpetual Motion freestyle in 10 lessons -- and you won't be disappointed (unless you prefer to pay money for a coach to be in the water with you). The video is for the self coached mentality, and a person who has some discipline and passion to improve.

An outstanding book notable for it's insights, technical detail, observations and practical lessons. Well worth the price.

All of these reviews are accurate. The well written book breaks down swimming into a series of smaller skills and allows you to swim better easier for many many years to come. Moreover the mindful manner in which you are compelled to practice makes this a great metaphor on how you live outside of the pool as well. terry is talented as a swimmer, coach writer and as a visionary. Share this with him and you will be better for it .

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