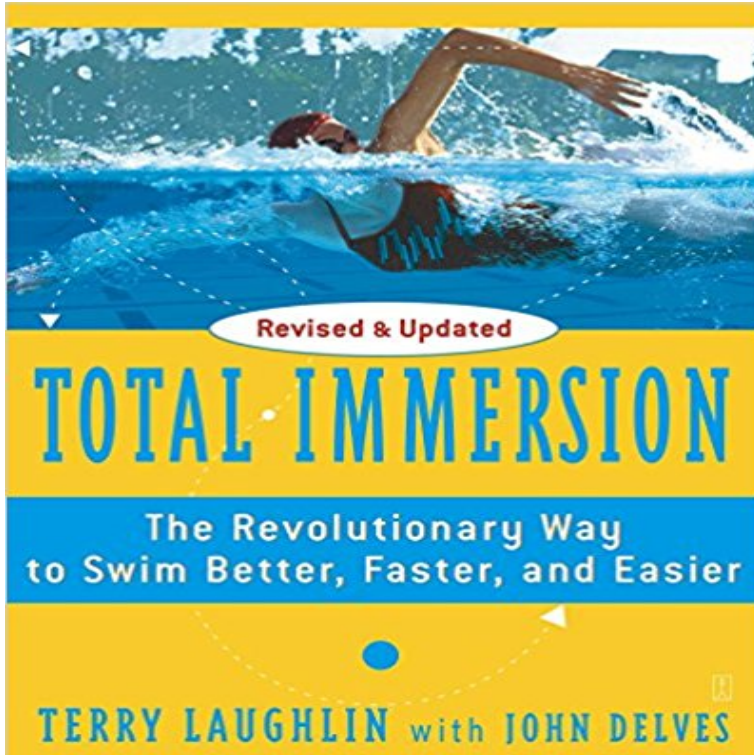


# Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier



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 its 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.

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