



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

By Terry Laughlin

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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.

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Editorial Review

Amazon.com Review

Masters swimmer and acclaimed coach Terry Laughlin has taught thousands to swim more efficiently in the workshops he has given across the United States. In his book Laughlin details simple, step-by-step drills emphasizing the importance of technique and an innovative workout regimen.

Review

Eddie Reese 1992, 1996, 2000, and 2004 United States Olympic Coach and Head Coach, University of Texas (six-time NCAA champions) The most valuable service a good coach provides is to sharpen your technique, not make you work harder. Terry Laughlin has done an outstanding job of simplifying that complex job, providing practical tools that will work for any coach or teacher.

David Marsh 1996, 2000, and 2004 United States Olympic Coach and Head Coach, Auburn University (2003 NCAA Men's and Women's champions) *Total Immersion* can help anyone learn to be a better swimmer, regardless of ability. Terry Laughlin makes an improved stroke simple for the novice, yet I've seen his methods work for elite swimmers, too.

About the Author

Terry Laughlin was a competitive swimmer in college and went on to coach college swim teams for 20 years. He is now the director of Total Immersion Adult Swim Camps and Clubs, which are held all over the world.

Users Review

From reader reviews:

Debra Rubino:

This Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier book is just not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this publication incredible fresh, you will get details which is getting deeper you actually read a lot of information you will get. This Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier without we comprehend teach the one who looking at it become critical in pondering and analyzing. Don't always be worry Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier can bring when you are and not make your carrier space or bookshelves' come to be full because you can have it in your lovely laptop even phone. This Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier having excellent arrangement in word along with layout, so you will not experience uninterested in reading.

Arthur Atwood:

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