



Swimming Made Easy: The Total Immersion Way for Any Swimmer to Achieve Fluency, Ease, and Speed in Any Stroke

Terry Laughlin

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Swimming Made Easy is guaranteed to help you swim better than ever in all four strokes. Refine your form and increase your pleasure with 10 lessons, illustrated with 150 surface and underwater photos. Ten chapters on self-coaching show you how to be your own best coach. A proven way to gain the knowledge to enjoy every stroke you ever take!

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