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'Total Immersion' opens up a whole new way of thinking and attitude towards the science of swimming. This book develops us to swim with greater ease and in doing so, with greater efficiency. In a very short period of time with this book, my stroke has lengthened considerably, I am beginning to glide gracefully through the water and my length times have improved dramatically.

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Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier: Author: Terry Laughlin: Contributor: John Delves: Edition: revised: Publisher: Simon and Schuster, 2012: ISBN: 1451688334, 9781451688337: Length: 320 pages: Subjects

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Total Immersion Summary Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier by Terry Laughlin Even though swimming is the closest thing to a perfect exercise you can name, too few people experience its full benefits.