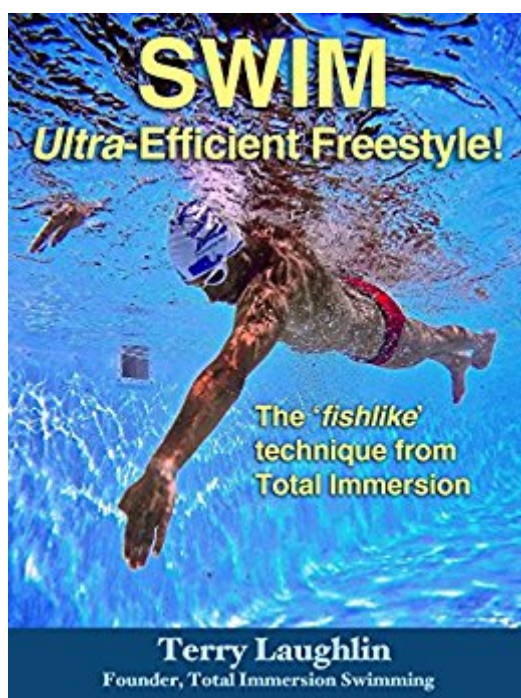


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# Swim Ultra-Efficient Freestyle!: The 'Fishlike' Techniques From Total Immersion



## Synopsis

Terry Laughlin is the world's most trusted expert on swimming technique. His first book *Total Immersion: The Revolutionary Way to Swim Better, Faster, and Easier* is the best-selling swimming book ever. His innovative Total Immersion methods have helped a million average swimmers around the world swim with a skill, confidence, and satisfaction unmatched by any other approach. Terry's latest book, *Swim Ultra-Efficient Freestyle*, is the clearest, simplest, and most comprehensive explanation ever published on swimming technique (and perhaps for any human-movement skill.) Whether you're a beginner or have swum for decades; whether you swim for health and relaxation or for endurance and speed; you'll find insights and instruction (visual aids too) on every page that will provide clear direction on how to swim smarter, better . . . faster. You'll learn about a path-breaking fishlike approach to swimming freestyle--the first major innovation in this technique in 100 years. These techniques evolved originally to help late-starting adults (the vast majority self-taught) progress rapidly from struggling to swim a short distance to covering long distances with striking ease and skill. They've subsequently been embraced by swimmers of all kinds--including the U.S. Navy Seals! TI techniques are the world's most efficient because of two critical innovations: 1. Adapting the balance, streamlined profiles, and integrated propulsion of fish and aquatic mammals to human anatomy; and 2. Distilling the skills and habits of World and Olympic champions that are learnable by anyone--and not dependent on special gifts or talents. With the TI Method, it doesn't take youth, strength, or athleticism to become the swimmer you always dreamed of being. [You'll read about Dr. Paul Lurie who took his first TI lesson at age 94; became a youtube sensation and swam a quarter mile in open water--at 95; and increased his speed 25% at 96. At 97, he swims 20 lengths every morning.]

## Book Information

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## Customer Reviews

I choose this book because the many positive reviews related to the TI System. After reading this book and now fully practicing the technical side of things. I'm starting to really feel the benefits in the water. Excellent read for all swimmers.

MUST BUY FOR ANYONE WANTING TO BETTER THE FREESTYLE

great way to learn

While reading this book and practising in the pool have improved my swimming endurance, I also find the video demo in Total Immersion's YouTube channel helpful.

This book seems very practical....haven't tried out the techniques as yet - will be applying these to beach training

Terry Laughlin's freestyle swimming technique of total immersion makes freestyle almost effortless. His teaching too is clear & so easy to follow. Five stars from me no doubt!

I read it... I tried it... It's really an effective way to enjoy swimming...

Clear useful drills, focus thoughts, illustrations. Clarifies, adds to previous TI books, videos, etc.

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