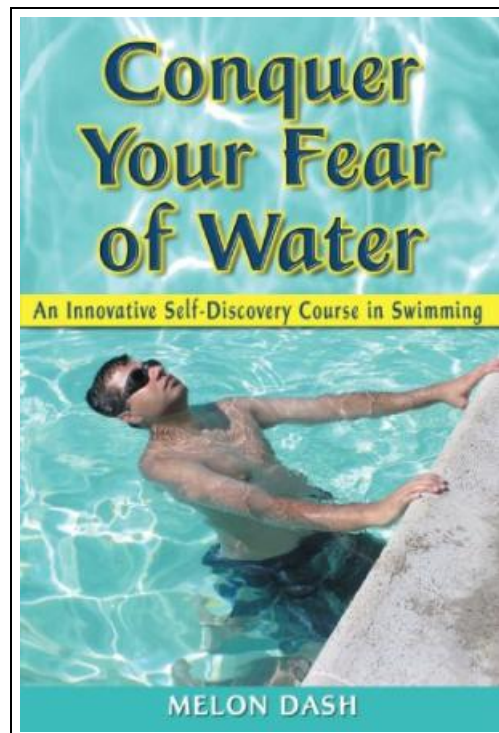


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CONQUER YOUR FEAR OF WATER: AN INNOVATIVE SELF-DISCOVERY COURSE IN SWIMMING (PAPERBACK)



AUTHORHOUSE, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you wish you could swim, have fun and exercise in water wherever you go? Get to the heart of the problem. Anyone can learn to swim once he or she overcomes fear. Overcoming fear requires understanding what being in complete control in water feels like. It requires understanding the steps of loss of control and the simple way to keep it. It is easy. Chances are, you've never heard of these steps. But everyone recognizes them when they see them in this book. They are universal steps. They are the universal steps of learning. You cannot fail to learn to swim using these steps. (You cannot fail to learn anything using these steps.) What is swimming? First, it's confidence in water. If you haven't learned strokes and breathing, chances are you don't feel safe. Feeling safe knowing how to remain in control and prevent panic is your next step. Once you master your safety, you can learn any stroke you desire because you're no longer focused on survival. Conquer Your Fear of Water advances these ideas: 1. Learning to swim requires comfort and confidence in water first. 2. Learning to swim to be reliable for your safety in water comes before learning strokes. 3. Learning to swim and learning strokes are two different processes. 4. Overcoming fear is a simple, fascinating personal process. 5. Overcoming fear and learning to swim is fun. 6. If you start at the beginning and skip no steps, you cannot fail to overcome fear and learn to swim. Every step you need is presented in the book. Formal strokes are not part of this book. Readers wrote: I really like that you...



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