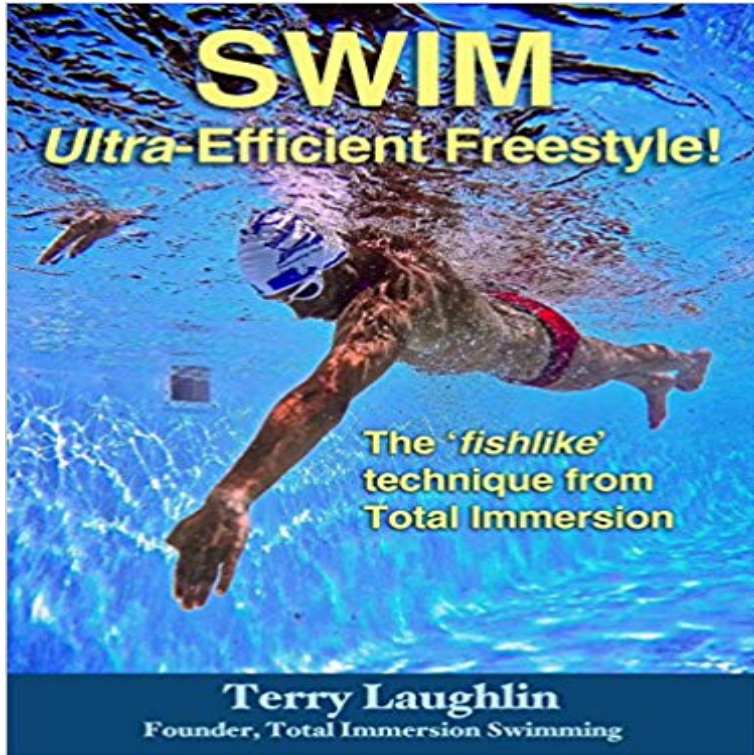


Swim Ultra-Efficient Freestyle!: The Fishlike Techniques From Total Immersion



Terry Laughlin is the worlds 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. Terrys 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 youre a beginner or have swum for decades; whether you swim for health and relaxation or for endurance and speed; youll find insights and instruction (visual aids too) on every page that will provide clear direction on how to swim smarter, better ... faster. Youll 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. Theyve subsequently been embraced by swimmers of all kindsincluding the U.S. Navy Seals! TI techniques are the worlds 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 doesnt take youth, strength, or athleticism to become the swimmer you always dreamed of being. [Youll read about Dr. Paul Lurie who took his first TI lesson at age 94; became a youtube sensationand swam a quarter mile in open water--at 95;

and increased his speed 25% at 96. At 97, he swims 20 lengths every morning.]

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