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Learn to Swim: Even if you are Terrified (Swimming Book 1)

Michele McGrath

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Learn to Swim: Even if you are Terrified (Swimming Book 1) Michele McGrath

Amazon Best-seller since May 2013.

A must for those who want to swim but are too scared to start.

A complete swimming course for the terrified beginner. Aimed at adult non-swimmers, it can also be used with children under supervision.

Please note that this book does not contain illustrations.

The author is a qualified Life Coach and Swimming Teacher who specialises in teaching terrified beginners. The first part of the book takes you through setting realistic goals, methods and making arrangements.

The course itself starts with water confidence in the privacy of your own home, followed by a series of gentle exercises in the swimming pool. You are firmly in the driving seat. The aim is for you to find the course do-able and enjoyable.

Fear has no place here, neither does blame or criticism.

The author teaches the elements of this course to junior school pupils and adults every week. She has observed how powerful empowering the learner actually is. She has been humbled by suddenly seeing students overcome their fears and taking off.

Please note: this book does not contain illustrations.

The book includes:

- Goal setting and preparation
- Water confidence
- Floating with and without swimming aids
- Swimming on your back
- Swimming on your front

??? Michele says "seeing the joy on a non-swimmer's face, when they complete their first width, is like drinking the finest champagne."

Non-Swimmers Should Not Pass Up This Book!”

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From reader reviews:

Percy Cole:

Playing with family within a park, coming to see the water world or hanging out with close friends is thing that usually you may have done when you have spare time, then why you don't try point that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Learn to Swim: Even if you are Terrified (Swimming Book 1), you may enjoy both. It is excellent combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

Tasha Banda:

Do you have something that that suits you such as book? The guide lovers usually prefer to pick book like comic, brief story and the biggest you are novel. Now, why not hoping Learn to Swim: Even if you are Terrified (Swimming Book 1) that give your enjoyment preference will be satisfied through reading this book. Reading practice all over the world can be said as the opportunity for people to know world a great deal better then how they react towards the world. It can't be said constantly that reading behavior only for the geeky particular person but for all of you who wants to end up being success person. So , for every you who want to start looking at as your good habit, you may pick Learn to Swim: Even if you are Terrified (Swimming Book 1) become your own personal starter.

Siobhan Wilcox:

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