



Conquer Your Fear of Water: An Innovative Self-Discovery Course in Swimming

Melon Dash

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Do you wish you could swim, have fun and exercise in water wherever you go? At Miracle Swimming, we know that anyone can learn to swim once they overcome their fear. What is swimming? First, it's confidence in water. If you haven't been able to learn strokes and proper breathing, chances are you don't feel safe. Feeling safe--knowing how to remain at ease and prevent panic--is your next step. Once you master your safety, you can learn any stroke because you're no longer focused on survival.

No matter where you are with your swimming today, it's exactly the right place to begin. By starting there and taking all of the steps in this book, you will move in water with ease and be able to stop and rest without needing the bottom or the side of the pool. This foolproof system was developed in 1983 by Miracle Swimming Institute / 21st Century Swimming Lessons, Inc. in Berkeley, California, which is now in Sarasota, Florida. It is now taught in 19 cities around the world and has set a new standard for teaching swimming.

Author Melon Dash, CEO of 21st Century Swimming Lessons, has been teaching this system for more than thirty years. She has coached beginners to become swimmers, snorkelers, SCUBA divers and triathletes by starting at the beginning and skipping no steps.

The information you need to feel safe in water is presented clearly in this book and covers these ideas:

1. Learning to swim equals comfort and confidence in water.
2. Learning to rely on your ability to stay safe in water comes before learning strokes.
3. Learning to swim and learning strokes are two different processes. This book is about learning to swim.
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.

Readers wrote: "I really like that you stress having fun first and being comfortable.... The book is full of fantastic advice. It's working for me. I now know I will not pass on my fear to my children. You will make a difference in millions of lives." --D.K.

"This book is very, very impressive and leaves no doubt in my mind why your system works. The book does a tremendous job of sharing your method. The concepts, the language, and the detailed steps... are easy to understand. You anticipate and explain in great detail a lot of the things that happen in the water that scare novices. Your book answered a lot of questions I have had, and explained a lot of what I have experienced in the water." --S.N.



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James Crist:

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