

The Joy Of Swimming A Celebration Of Our Love For Getting In The Water

Relentless Spirit Why We Swim Pools The Joy of Swimming Lido Fighting the Current Splash The Forever Swim Open Water At the Pond Watch Me Swim 21 Miles Swimming to Antarctica Underwater Babies Swimming with Seals Swimming Lessons Haunts of the Black Masseur Whatever You Are, Be a Good One Floating The Joy of Movement Swim I Found My Tribe Swimming for Total Fitness Swimming for Freedom The Three-Year Swim Club Froggy Learns to Swim Total Immersion Find Your Artistic Voice McElligot's Pool Contested Waters Water Babies Safe Starts in Swimming Swimming in a Pool of Peanut Butter The Memory Pool Let's Have a Swim Splash! The Night Swimmers Swimming for Sunlight Swimming in the Sink Grayson The Joy of Swimming

Relentless Spirit

'This book will help so many people' Positive Fertility An Outdoor Swimming Society Book of the Year 2018 After a decade of trying and failing to become a mother, Jessica Hepburn knew it was time to do something different. So she decided to swim twenty-one miles across the English Channel – no easy feat, especially for someone who couldn't swim very well. As the punishing training schedule commenced, Jessica learned you need to put on weight to stave off the cold. This gave her the idea to meet and eat with a collection of inspiring women, and ask them: does motherhood make you happy? From baronesses and professors to award-winners and record-breakers, each of the women had compelling truths to tell about fulfilment and the meaning of motherhood.

Why We Swim

Smell the chlorine, taste the hot chips and feel the burning concrete underfoot as you read these stories of Australian childhoods at the pool. Swimming is a central part of most Australian childhoods. We idealise beaches and surf, but for many kids the local pool – whether it's an ocean, tidal or a chlorinated pool – is where they pass summer days. Pools are places of imagination, daring, belonging, freedom, friendship and romance. For some they are places of hard-core swimming training. This delightful, nostalgic anthology brings together reflections and recollections about the swimming pools of childhood from a range of Australians of diverse ages and backgrounds, well known and not-so-famous, including Trent Dalton, Leah Purcell, Shane Gould, Bryan Brown and Merrick Watts. Evocative, funny and sometimes bittersweet, 28 people remember the pools that shaped their childhoods. Everyone who has ever dived into their local Olympic pool, bush waterhole or saltwater baths will want to submerge themselves in this beautiful book.

Pools

Can you swim? Lots of animals can swim too. All the animals in this book are good swimmers. They can swim fast.

The Joy of Swimming

Plunge into the water, accompany Antonio Argüelles on his Oceans Seven adventure, and, along the way, find out how to achieve your own dreams and goals. On August 3, 2017, Antonio Argüelles swam 35 kilometers from Northern Ireland to Scotland. When he arrived on the Scottish shore after a swim of nearly 14 hours through hypothermic currents wearing only a speedo, cap, and goggles, he became just the seventh person ever to conquer the Oceans Seven, an aquatic achievement on par with the Seven Summits. His feat made international news, in part because at 58 years old, he became the oldest athlete ever to complete the challenge. Despite all warnings and his own self-doubt, he endured stormy seas, 24-hour swims, venomous jellyfish blooms, and a host of other hazards to accomplish his dream. But no goal seized is an isolated incident, and Antonio's story is no exception. The Forever Swim is not only a tale of success; it is also the tale of how a hyperactive overweight boy would discover swimming, chase an Olympic dream, attend Stanford, and wade into the tangled web of Mexican politics. This is a story of risk, fear, confidence, failure, and loss. It shows how the ability to adapt, focus, and manage the mind enabled Antonio to overcome each setback that sought to take him down in and out of the water. The Forever Swim illuminates key strategies anyone can utilize to pursue their own goals and reminds us that no dream, however bold, is ever out of reach, as long as we are willing to chase it down with relentless discipline and joy.

Lido

Swimming is one of the best, most enjoyable, and most effective forms of exercise available, and this is the classic guide for beginners and expert swimmers alike, completely revised and updated for the '90s. B & W line drawings throughout. From the Trade Paperback edition.

Fighting the Current

In a masterful work of cultural history, Charles Sprawson, himself an obsessional swimmer and fluent diver, explores the meaning that different cultures have attached to water, and the search for the springs of classical antiquity. In nineteenth-century England bathing was thought to be an instrument of social and moral reform, while in Germany and America swimming came to signify escape. For the Japanese the swimmer became an expression of samurai pride and nationalism. Sprawson gives us fascinating glimpses of the great swimming heroes: Byron leaping dramatically into the surf at Shelley's beach funeral; Rupert Brooke swimming naked with Virginia Woolf, the dark water "smelling of mint and mud"; Hart Crane swallow-diving to his death in the Bay of Mexico; Edgar Allan Poe's lone and mysterious river-swims; Leander, Webb, Weissmuller, and a host of others. Informed by the literature of Swinburne, Goethe, Scott Fitzgerald, and Yukio Mishima; the films of Riefenstahl and Vigo; the Hollywood "swimming musicals" of the 1930s; and delving in and out of Olympic history, *Haunts of the Black Masseur* is an enthralling assessment of man—body submerged, self-absorbed. It is quite simply the best celebration of swimming ever written, even as it explores aspects of culture in a heretofore unimagined way.

Splash

Swim better—and enjoy every lap—with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features:

- A thoughtfully choreographed series of skill drills—practiced in the mindful spirit of yoga—that can help anyone swim more enjoyably
- A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable
- Simple but thorough guidance on how to improve fitness and form
- A complementary land-and-water program for achieving a strong and supple body at any age

Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.

The Forever Swim

Explores the nature and appeal of swimming, from the history of the strokes to aspects of modern Olympic competition, as well as the author's personal experiences and milestones in the sport.

Open Water

In 1926, Gertrude Ederle became the first female to swim the English Channel—and broke the existing record time in doing so. Although today she is considered a pioneer in women's swimming, women were swimming competitively 50 years earlier. This historical book details the early period of women's competitive swimming in the United States, from its beginnings in the nineteenth century through Ederle's astonishing accomplishment. Women and girls faced many obstacles to safe swimming opportunities, including restrictive beliefs about physical abilities, access to safe and clean water, bathing suits that impeded movement and became heavy in water, and opposition from official sporting organizations. The stories of these early swimmers plainly show how far female athletes have come.

At the Pond

Zzzziinnnggg splash! Everyone's favorite frog learns to swim! Frogs are supposed to be great swimmers. "Not me!" says Froggy, who's afraid of the water. But with a little encouragement, some practice, and the help of a silly song or two, Froggy becomes an expert frog-kicker! "Froggy's childlike dialogue and the sound words—'zook! Zik!'; 'flop flop . . . splash!' make this a wonderful read aloud." —School Library Journal An IRA/CBC Children's Choice A Junior Library Guild Selection

Watch Me Swim

Babies as you've never seen them before, from New York Times bestselling author and photographer Seth Casteel Seth Casteel's innovative underwater photography has won him fans around the world. Now Casteel has turned his camera toward the only subjects who could rival his bestselling portraits of dogs and puppies for sheer adorable delight: babies. In what he has called some of the most exciting shoots of his career, Casteel has found a remarkable new way to capture the wonder and freedom babies feel when they're underwater. Chubby-cheeked, curious, and mischievous, these tiny swimmers remind us all of the joy of discovery--and the irresistible beauty of babies.

21 Miles

A transformative, euphoric memoir about finding solace in the unexpected for readers of *H is for Hawk*, *It's Not Yet Dark*, and *When Breath Becomes Air*. Ruth's tribe are her lively children and her filmmaker and author husband Simon Fitzmaurice who has ALS and can only communicate with his eyes. Ruth's other "tribe" are the friends who gather at the cove in Greystones, Co. Wicklow, and regularly throw themselves into the freezing cold water, just for kicks. The Tragic Wives' Swimming Club, as they jokingly call themselves, meet to cope with the extreme challenges life puts in their way, not to mention the monster waves rolling over the horizon. Swimming is just one of the daily coping strategies as Ruth fights to preserve the strong but now silent connection with her husband. As she tells the story of their marriage, from diagnosis to their long-standing precarious situation, Ruth also charts her passion for swimming in the wild Irish Sea--culminating in a midnight swim under the full moon on her wedding anniversary. An invocation to all of us to love as hard as we can, and live even harder, *I Found My Tribe* is an urgent and uplifting letter to a husband, family, friends, the natural world, and the brightness of life.

Swimming to Antarctica

- At age fourteen, she swam twenty-six miles from Catalina Island to the California mainland.
- At ages fifteen and sixteen, she broke the men's and women's world records for swimming the English Channel—a thirty-three-mile crossing in nine hours, thirty-six minutes.
- At eighteen, she swam the twenty-mile Cook Strait between North and South Islands of New Zealand, was caught on a massive swell, found herself after five hours farther from the finish than when she started, and still completed the swim.
- She was the first to swim the Strait of Magellan, the most treacherous three-mile stretch of water in the world.
- The first to swim the Bering Strait—the channel that forms the boundary line between the United States and Russia—from Alaska to Siberia, thereby opening the U.S.-Soviet border for the first time in forty-eight years, swimming in thirty-eight-degree water in four-foot waves without a shark cage, wet suit, or lanolin grease.
- The first to swim the Cape of Good Hope (a shark emerged from the kelp, its jaws wide open, and was shot as it headed straight for her).

In this extraordinary book, the world's most extraordinary distance swimmer writes about her emotional and spiritual need to swim and about the almost mystical act of swimming itself. Lynne Cox trained hard from age nine, working with an Olympic coach, swimming five to twelve miles each day in the Pacific. At age eleven, she swam even when hail made the water "like cold tapioca pudding" and was told she would one day swim the

English Channel. Four years later—not yet out of high school—she broke the men’s and women’s world records for the Channel swim. In 1987, she swam the Bering Strait from America to the Soviet Union—a feat that, according to Gorbachev, helped diminish tensions between Russia and the United States. Lynne Cox’s relationship with the water is almost mystical: she describes swimming as flying, and remembers swimming at night through flocks of flying fish the size of mockingbirds, remembers being escorted by a pod of dolphins that came to her off New Zealand. She has a photographic memory of her swims. She tells us how she conceived of, planned, and trained for each, and re-creates for us the experience of swimming (almost) unswimmable bodies of water, including her most recent astonishing one-mile swim to Antarctica in thirty-two-degree water without a wet suit. She tells us how, through training and by taking advantage of her naturally plump physique, she is able to create more heat in the water than she loses. Lynne Cox has swum the Mediterranean, the three-mile Strait of Messina, under the ancient bridges of Kunning Lake, below the old summer palace of the emperor of China in Beijing. Breaking records no longer interests her. She writes about the ways in which these swims instead became vehicles for personal goals, how she sees herself as the lone swimmer among the waves, pitting her courage against the odds, drawn to dangerous places and treacherous waters that, since ancient times, have challenged sailors in ships.

Underwater Babies

This is a memoir of intense physical and personal experience, exploring how swimming with seals, gulls and orcas in the cold waters off Orkney provided Victoria Whitworth with an escape from a series of life crises and helped her to deal with intolerable loss. It is also a treasure chest of history and myth, local folklore and archaeological clues, giving us tantalising glimpses of Pictish and Viking men and women, those people lost to history, whose long-hidden secrets are sometimes yielded up by the land and sea.

Swimming with Seals

Splash provides the inspiration for anyone designing, or dreaming about, their own pool. This celebration of the style, design, and joy that pools bring to us brims with over 200 glamorous photographs. It is organized by swimming pool design--from glimmering infinity pools with a view of the ocean to dramatic cascading waterfall pools and those in lush garden settings. Ranging from beautifully landscaped backyards to dramatic beaches and tropical paradise surroundings, the stunning pool locales show creative examples of pools as architecture and organic forms. In the mix are seductive pools owned by such celebrities as Cher and Dianne Keaton and leading designers Bunny Williams and Carlyne Roehm, as well as masterpieces by famed architects Frank Lloyd Wright, Richard Neutra, and Luis Barragán. Splash concludes with a section on poolside elements, from tiled steps, patterned surfaces, and Jacuzzis to pool houses with outdoor showers, landscaping, furnishings, and much more. Every example evokes the enduring and irresistible appeal of the swimming pool.

Swimming Lessons

Haunts of the Black Masseur

Choose a stroke and get paddling through the human history of swimming! From man's first recorded dip into what's now the driest spot on earth to the splashing, sparkling pool party in your backyard, humans have been getting wet for 10,000 years. And for most of modern history, swimming has caused a ripple that touches us all--the heroes and the ordinary folk; the real and the mythic. *Splash!* dives into Egypt, winds through ancient Greece and Rome, flows mostly underground through the Dark and Middle Ages (at least in Europe), and then reemerges in the wake of the Renaissance before taking its final lap at today's Olympic games. Along the way, it kicks away the idea that swimming is just about moving through water, about speed or great feats of aquatic endurance, and shows you how much more it can be. Its history offers a multi-tiered tour through religion, fashion, architecture, sanitation and public health, colonialism, segregation and integration, sexism, sexiness, guts, glory, and much, much more. Unique and compelling, *Splash!* sweeps across the whole of humankind's swimming history--and just like jumping into a pool on a hot summer's day, it has fun along the way.

Whatever You Are, Be a Good One

From Lisa Congdon, bestselling author of *Whatever You Are, Be a Good One*, this lovely new book invites readers to dip into the many joys of swimming. Congdon brings her personal passion as a lifelong swimmer to this beautiful and thoughtful celebration of getting in the water. Hand-lettered inspirational quotes, watercolor portraits paired with real people's personal stories, illustrated collections of vintage objects—colorful swim caps, bathing suits through the ages, traditional pool signs—and much more evoke the beauty and inspiration of the subject. An emphasis on swimming as a way of life—taking the leap, going with the flow—makes this delightful volume one that will speak to serious swimmers, vacation paddlers, and anyone pondering their next high dive.

Floating

Instant New York Times Bestseller The debut collection of poetry from Lili Reinhart, the actress and outspoken advocate for mental health awareness and body positivity. I seem to be your new favorite novel. One that keeps you up at night, turning my pages. Fingers lingering on me so you don't lose your place. *Swimming Lessons* explores the euphoric beginnings of young love, battling anxiety and depression in the face of fame, and the inevitable heartbreak that stems from passion. Relatable yet deeply intimate, provocative yet comforting, bite-sized yet profound, Lili's poems reflect her trademark honesty and unique perspective. Accompanied by striking and evocative illustrations, *Swimming Lessons* reveals the depths of female experience, and is the work of a storyteller who is coming into her own.

The Joy of Movement

Tera Bradham was born to prove people wrong. The fastest swimmer her age in the United States by age ten, many believed “Tera the

Terror” was destined for the Olympics. Her fiercely competitive spirit and unmatched intensity knew no limits until Tera suffered a sudden, devastating shoulder injury that derailed her promising career. Although she trusted in God, she also wrestled with doubts of his goodness throughout subsequent years of misdiagnoses, chronic pain, and crippling disappointment. Her injury finally forced her to fully surrender to God. Then her miracle came, or so she thought. Her shoulder was successfully reconstructed, and after two more years of grueling recovery, Tera found the courage to swim again and pursue her dreams with renewed faith. *Swimming for Freedom* tells the story of Tera’s unconventional comeback and shows that through God, all things are possible. What started as an Olympic dream ended in her true miracle: the freedom of a life in Christ. Tera’s story will inspire you to rise up, dream again, and fight for his calling on your life.

Swim

An artist's unique voice is their calling card. It's what makes each of their works vital and particular. But developing such singular artistry requires effort and persistence. Bestselling author, artist, and illustrator Lisa Congdon brings her expertise to this guide to the process of artistic self-discovery. Featuring advice from Congdon herself and interviews with a roster of established artists, illustrators, and creatives, this one-of-a-kind book will show readers how to identify and nurture their own visual identity, navigate the influence of artists they admire, push through fear and insecurity, and appreciate the value of their personal journey.

I Found My Tribe

The New York Times bestselling inspirational story of impoverished children who transformed themselves into world-class swimmers. In 1937, a schoolteacher on the island of Maui challenged a group of poverty-stricken sugar plantation kids to swim upstream against the current of their circumstance. The goal? To become Olympians. They faced seemingly insurmountable obstacles. The children were Japanese-American and were malnourished and barefoot. They had no pool; they trained in the filthy irrigation ditches that snaked down from the mountains into the sugarcane fields. Their future was in those same fields, working alongside their parents in virtual slavery, known not by their names but by numbered tags that hung around their necks. Their teacher, Soichi Sakamoto, was an ordinary man whose swimming ability didn't extend much beyond treading water. In spite of everything, including the virulent anti-Japanese sentiment of the late 1930s, in their first year the children outraced Olympic athletes twice their size; in their second year, they were national and international champs, shattering American and world records and making headlines from L.A. to Nazi Germany. In their third year, they'd be declared the greatest swimmers in the world. But they'd also face their greatest obstacle: the dawning of a world war and the cancellation of the Games. Still, on the battlefield, they'd become the 20th century's most celebrated heroes, and in 1948, they'd have one last chance for Olympic glory. They were the Three-Year Swim Club. This is their story. *Includes Reading Group Guide*

Swimming for Total Fitness

Read Free The Joy Of Swimming A Celebration Of Our Love For Getting In The Water

The four-time Olympic Gold medalist and her parents trace the inspirational story of how she became both a legendary athlete and a happy and confident woman, achievements that were accomplished by doing things their own way and making the right choices for their family.

--Publisher's description.

Swimming for Freedom

A celebration of outdoor swimming – looking at the history, design and social aspect of pools. Few experiences can beat diving into a pool in the fresh air, swimming with blue skies above you. Whether it's a dip into a busy and bustling city pool on a sweltering summer day, or taking the plunge in icy waters, the lido provides a place of peace in a frenetic world. The book begins with a history of outdoor pools – their grand beginnings after the buttoned-up Victorian era, their falling popularity in the 20th century, and the newfound appreciation for the outdoor pool, or lido, and outdoor swimming in the 21st century. Journalist and architectural historian Christopher Beanland picks the very best of the outdoor pools around the world, including the Icebergs Pool on Bondi Beach, Australia; the 137m seawater pool in Vancouver, Canada; Siza's concrete sea pools in Porto, Portugal; the restored art deco pool in Saltdean, UK, and the pool at the Zollverein Coal Mines in Essen, Germany. The book also features lost lidos and the fascinating history behind the architecture of the pools, along with essays on swimming pools in art, and the importance of pools in Australia. In addition there are interviews with pool users around the globe about why they swim. The book is illustrated throughout with beautiful colour photography, as well as archive photography and advertising.

The Three-Year Swim Club

A Best Book of the Season: BuzzFeed * Bustle * San Francisco Chronicle "A fascinating and beautifully written love letter to water. I was enchanted by this book." —Rebecca Skloot, bestselling author of *The Immortal Life of Henrietta Lacks* An immersive, unforgettable, and eye-opening perspective on swimming—and on human behavior itself. We swim in freezing Arctic waters and piranha-infested rivers to test our limits. We swim for pleasure, for exercise, for healing. But humans, unlike other animals that are drawn to water, are not natural-born swimmers. We must be taught. Our evolutionary ancestors learned for survival; now, in the twenty-first century, swimming is one of the most popular activities in the world. *Why We Swim* is propelled by stories of Olympic champions, a Baghdad swim club that meets in Saddam Hussein's palace pool, modern-day Japanese samurai swimmers, and even an Icelandic fisherman who improbably survives a wintry six-hour swim after a shipwreck. New York Times contributor Bonnie Tsui, a swimmer herself, dives into the deep, from the San Francisco Bay to the South China Sea, investigating what about water—despite its dangers—seduces us and why we come back to it again and again.

Froggy Learns to Swim

"Swimming at night, to compare its slipperiness to that of a dream would be to ignore the work of staying afloat, the mesmerism brought on by the rhythm, the repetition of the strokes." Beneath the surface of Lake Michigan there are vast systems: crosscutting currents, sudden

drop-offs, depths of absolute darkness, shipwrecked bodies, hidden places. Peter Rock's stunning autobiographical novel begins in the '90s on the Door Peninsula of Wisconsin. The narrator, a recent college graduate, and a young widow, Mrs. Abel, swim together at night, making their way across miles of open water, navigating the currents and swells and carried by the rise and fall of the lake. The nature of these night swims, and of his relationship to Mrs. Abel, becomes increasingly mysterious to the narrator as the summer passes, until the night that Mrs. Abel disappears. Twenty years later, the narrator—now married with two daughters—tries to understand those months, his forgotten obsessions and dreams. Digging into old notebooks and letters, as well as clippings he's preserved on the "psychic photography" of Ted Serios and scribbled quotations from Rilke and Chekhov, the narrator rebuilds a world he's lost. He also looks for clues to the fate of Mrs. Abel, and begins once again to swim distances in dark water.

Total Immersion

Imagination runs wild in this Caldecott Honor-winning tale featuring Dr. Seuss's inimitable voice and hysterical illustrations. The first Seuss title to feature full-color art on every other page, this adventurous picture book tells of Marco—who first imagined an extraordinary parade in *And to Think That I Saw It on Mulberry Street*—as he daydreams of all the possibilities that await him while he fishes in McElligot's Pool. Optimistic and exciting, this tale is the perfect bait, and readers young and old will be hooked on this fish-tastic favorite.

Find Your Artistic Voice

Describes in simple language how children with ADHD live in and interact with the world. The writer is an executive at an agency for the differently abled who has four adopted sons with ADHD.

McElligot's Pool

A memoir from the open-water swimmer in which "we see Cox finding her way, writing about her transformative journey back toward health, and slowly moving toward the one aspect of her life that meant everything to her--freedom, mastery, transcendence--back to open waters, and the surprise that she never saw coming: falling in love"--Dust jacket flap.

Contested Waters

Dive deep into the world of swimming with open water swimmer and coach Mikael Rosén as he explores the sport through eight different perspectives. With topics ranging from the vigorous mental and physical demands of the sport to gender and race politics, no reader will be left treading water. Rosén also provides a look into the lives of professional swimmers such as Michael Phelps and Sarah Sjöström, sharing insights into what makes these greats super swimmers. Packed with interesting history, science, and trivia, as well as useful charts, maps,

sidebars, tips, and strategies—plus plenty of photos sprinkled throughout—this compendium is a must-have for any athlete or swimming fanatic.

Water Babies Safe Starts in Swimming

Combining personal reminiscence with reflections on the history of the place over the years and through the seasons, for the first time this collection brings together writers' impressions of the Pond.

Swimming in a Pool of Peanut Butter

From nineteenth-century public baths to today's private backyard havens, swimming pools have long been a provocative symbol of American life. In this social and cultural history of swimming pools in the United States, Jeff Wiltse relates how, over the years, pools have served as asylums for the urban poor, leisure resorts for the masses, and private clubs for middle-class suburbanites. As sites of race riots, shrinking swimsuits, and conspicuous leisure, swimming pools reflect many of the tensions and transformations that have given rise to modern America.

The Memory Pool

A quote book like no other, this thought-provoking collection compiles the timeless wisdom of great original minds— from Marie Curie to Stephen King, Joan of Arc to Jack Kerouac, Oscar Wilde to Harriet Tubman—brilliantly hand-lettered by beloved indie artist Lisa Congdon. Readers will find enlightening insights ("Wisdom begins in wonder"— Socrates), stirring calls to action ("Leap and the net will appear"—John Burroughs), and stimulating encouragements ("Be curious, not judgmental"—Walt Whitman) beautifully illuminated on every page. A delightful reminder to get out there and make the most of life, *Whatever You Are, Be a Good One* is perfect for recent graduates, creative thinkers, and anyone looking for a little inspiration.

Let's Have a Swim

The bestselling author of *The Willpower Instinct* introduces a surprising science-based book that doesn't tell us why we should exercise but instead shows us how to fall in love with movement. Exercise is health-enhancing and life-extending, yet many of us feel it's a chore. But, as Kelly McGonigal reveals, it doesn't have to be. Movement can and should be a source of joy. Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is a powerful antidote to the modern epidemics of depression, anxiety, and loneliness.

McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more, with examples that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence. The result is a revolutionary narrative that goes beyond familiar arguments in favor of exercise, to illustrate why movement is integral to both our happiness and our humanity. Readers will learn what they can do in their own lives and communities to harness the power of movement to create happiness, meaning, and connection.

Splash!

Grayson is Lynne Cox's first book since *Swimming to Antarctica* ("Riveting"—*Sports Illustrated*; "Pitch-perfect"—*Outside*). In it she tells the story of a miraculous ocean encounter that happened to her when she was seventeen and in training for a big swim (she had already swum the English Channel, twice, and the Catalina Channel). It was the dark of early morning; Lynne was in 55-degree water as smooth as black ice, two hundred yards offshore, outside the wave break. She was swimming her last half-mile back to the pier before heading home for breakfast when she became aware that something was swimming with her. The ocean was charged with energy as if a squall was moving in; thousands of baby anchovy darted through the water like lit sparklers, trying to evade something larger. Whatever it was, it felt large enough to be a white shark coursing beneath her body. It wasn't a shark. It became clear that it was a baby gray whale—following alongside Lynne for a mile or so. Lynne had been swimming for more than an hour; she needed to get out of the water to rest, but she realized that if she did, the young calf would follow her onto shore and die from collapsed lungs. The baby whale—eighteen feet long!—was migrating on a three-month trek to its feeding grounds in the Bering Sea, an eight-thousand-mile journey. It would have to be carried on its mother's back for much of that distance, and was dependent on its mother's milk for food—baby whales drink up to fifty gallons of milk a day. If Lynne didn't find the mother whale, the baby would suffer from dehydration and starve to death. Something so enormous—the mother whale was fifty feet long—suddenly seemed very small in the vast Pacific Ocean. How could Lynne possibly find her? This is the story—part mystery, part magical tale—of what happened . . .

The Night Swimmers

The British journalist explores self-healing in wild waters across the UK—from Yorkshire to Jura and Wales—in this "genuine and refreshing nature memoir" (*Kirkus Reviews*). Following the example of naturalist Roger Deakin in his classic memoir *Waterlog*, journalist Joe Minihane becomes obsessed with wild swimming and its restorative qualities. Putting one arm over the other, sometimes resting on his back, he begins to confront his personal demons while rekindling old friendships and forging new ones. Through Minihane's thoughtful description, the act of swimming becomes both strange and beautiful as the wild water puts him in touch with nature and himself. From Hampstead to Yorkshire, from Dorset to Jura, from the Isles of Scilly to Wales, *Floating* is a love letter to different wild stretches of water. But it also captures

Minihane's struggle to understand his life and move forward. Steeped in the anti-authoritarian and naturalistic spirit of Roger Deakin, Minihane celebrates the joy of taking time out to feel better.

Swimming for Sunlight

The Joy of Swimming is a collection of over 200 fun and inspirational quotes on the greatness of swimming. Swimming is one of the best exercises for all ages. The great sensation of the water on one's skin, the wonderfulness of floating and feeling weightlessness, the health and fitness benefits of the activity--all of this is captured inside The Joy of Swimming. Whether it was in a pool, a lazy river, or in the ocean, it's hard to forget the process of learning how to swim. And when you succeed, that thrill of accomplishment is undeniable. Savor the thrill of swimming for fun, for a race, or for exercise. The Joy of Swimming is the perfect gift for all swimmers.

Swimming in the Sink

Grayson

When recently divorced Katie Ellis and her rescue dog Bark move back in with Katie's grandmother in Florida, she becomes swept up in a reunion of her grandmother's troupe of underwater performers—finding hope and renewal in unexpected places, in this sweet novel perfect for fans of Kristan Higgins and Claire Cook. Aspiring costume designer Katie gave up everything in her divorce to gain custody of her fearful, faithful rescue dog, Barkimedes. While she figures out what to do next, she heads back to Florida to live with her grandmother, Nan. But Katie quickly learns there's a lot she doesn't know about Nan—like the fact that in her youth Nan was a mermaid performer in a roadside attraction show, swimming and dancing underwater with a close-knit cast of talented women. Although most of the mermaids have since lost touch, Katie helps Nan search for her old friends on Facebook, sparking hopes for a reunion show. Katie is up for making some fabulous costumes, but first, she has to contend with her crippling fear of water. As Katie's college love Luca, a documentary filmmaker, enters the fray, Katie struggles to balance her hopes with her anxiety, and begins to realize just how much Bark's fears are connected to her own, in this thoughtful, charming novel about hope after loss and friendships that span generations.

The Joy of Swimming

A celebratory ode to the joy and enduring allure of the swimming pool, and a gorgeous photography book to accompany poolside daydreaming. Glamorous, seductive, and fun, made for lounging, frolicking, splashing, dipping, diving, floating, and escaping, swimming pools are symbols of both sport and leisure and conjure images of well-oiled bodies, colorful bikinis, and glimmering blue waters on hot summer days. Muse to writers, artists, photographers, and filmmakers, the swimming pool's careless opulence is splashed across the pages

Read Free The Joy Of Swimming A Celebration Of Our Love For Getting In The Water

of this book in gorgeous images by contemporary photographers. In her second book for Rizzoli, curator, writer, and avid swimmer Lou Stoppard offers the promise of sunshine and the seduction of youth in her edit of some of the best contemporary swimming-pool photography. Organized by theme, from the glamour of the poolside party to the simple, meditative pleasure of being in the water, the selected photographs are as inspiring as they are moving. Photographers whose images are featured in this book include Sølve Sundsbø, Glen Luchford, Stephen Shore, Mert & Marcus, Diana Markosian, Martin Parr, Martine Franck, Alex Webb, Alice Hawkins, and Nick Knight. This is the perfect gift purchase for photography fans, swimmers, and lovers of leisure.

Read Free The Joy Of Swimming A Celebration Of Our Love For Getting In The Water

[Read More About The Joy Of Swimming A Celebration Of Our Love For Getting In The Water](#)

[Arts & Photography](#)

[Biographies & Memoirs](#)

[Business & Money](#)

[Children's Books](#)

[Christian Books & Bibles](#)

[Comics & Graphic Novels](#)

[Computers & Technology](#)

[Cookbooks, Food & Wine](#)

[Crafts, Hobbies & Home](#)

[Education & Teaching](#)

[Engineering & Transportation](#)

[Health, Fitness & Dieting](#)

[History](#)

[Humor & Entertainment](#)

[Law](#)

[LGBTQ+ Books](#)

[Literature & Fiction](#)

[Medical Books](#)

[Mystery, Thriller & Suspense](#)

[Parenting & Relationships](#)

[Politics & Social Sciences](#)

[Reference](#)

[Religion & Spirituality](#)

[Romance](#)

[Science & Math](#)

[Science Fiction & Fantasy](#)

[Self-Help](#)

[Sports & Outdoors](#)

[Teen & Young Adult](#)

[Test Preparation](#)

[Travel](#)