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## Learning To Swim When You're Scared: How To Overcome A Fear Of Water (Paperback)

By Katie Smith

Helen McKenna, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. A step by step journey that will help you face your fears and move beyond them. Are you an adult who has always wanted to learn to swim but are simply too scared to try? Are you tired of sitting on the sidelines or the sand while your friends and family enjoy the pool or the ocean? Or have you just decided that NOW is the time to finally learn to swim so you can cross it off your Bucket List? If so, Learning to Swim When You're Scared is just the book to help you! Created specifically for adults who want to swim but lack the confidence to do so it focuses on the steps you need to undertake with simple, positive language and helpful illustrations. If you're looking for a short cut or the previously unpublished "secrets" to becoming a proficient swimmer then keep looking. Learning To Swim When You're Scared doesn't make unrealistic promises or offer a guarantee of success. Rather it gives you the tools you need to make it happen. There are many reasons why people are afraid of learning to swim - some are...


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