

Swim Why We Love The Water Lynn Sherr

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Swim Why We Love The

Swim: Why We Love the Water. Swim is a celebration of swimming and the effect it has on our lives. It's an inquiry into why we swim—the lure, the hold, the timeless magic of being in the water. It's a look at how swimming has changed over the millennia, how this ancient activity is becoming more social than solitary today.

Swim: Why We Love the Water by Lynn Sherr

Swimming is one of our oldest pastimes, one of our most crucial life-skills and most popular sports. Many books exist about swimming technique, training, events and challenges. But "Swim" is the only book I've ever read that gathers together everything we love about swimming in one volume. It's all here.

"Swim: Why We Love the Water" by Lynn Sherr - The ...

Swim: Why We Love the Water. 1,365 likes. Renowned broadcast journalist and author Lynn Sherr explores the culture, history, challenges, and pleasures of...

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Lynn Sherr - Why We Love The Water. For more than three hundred years, the breaststroke was effectively the only way Europeans and Americans swam across any body of water. Sherr writes of the British Swimming Society's 1844 invitation to a group of Ojibwa Indians to share their expertise in the front crawl.

Lynn Sherr - Why We Love The Water | SwimTrek

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Excerpt of Lynn Sherr's 'Swim: Why We Love the Water' In her new book, Swim: Why We Love the Water, Lynn Sherr reports that the benefits of regular swimming extend even to your mental health.

Swimming to Health? Excerpt of Lynn Sherr's 'Swim: Why We ...

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Swim: Why We Love the Water - oprah.com

I never knew I had such a strong passion for swimming until this summer. I spent more than 100 hours in the pool this summer and made some of the best memories of my life.

What Is It About Swimming That We Love? An Essay By ...

"Swimming is the closest thing to a superpower that I have. Whenever I swim it's almost as if I'm flying on top of the water. As to why I go to the pool every day, here's the thing- yes ...

Why Do You Swim? - Swimming News | Swimming World

Swim: Why We Love the Water [Lynn Sherr] on Amazon.com. *FREE* shipping on qualifying offers. Swim is a celebration of swimming and the effect it has on our lives. It's an inquiry into why we swim—the lure

Swim: Why We Love the Water Paperback - amazon.com

5. Swimming teaches the value of setting & attaining goals – swimming is a team sport that also emphasizes personal best achievement through time improvement as a way to advance the team. We hope these reasons to love swimming will inspire you to get matched up with a local swim team now!

5 Reasons to Love Swimming - The benefits of joining a ...

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Books similar to Swim: Why We Love the Water

Swimming is a love/hate relationship, but at the end of the day we all know why we swim. We swim because the passion we have for the sport and the people who surround us.

Why Do We Swim? - swimswam.com

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Lynn Sherr, Swim Why we Love the Water

In Swim: Why We Love the Water, longtime ABC News correspondent Lynn Sherr investigates the lure and lore of swimming. Sherr covers the history of the strokes and the secret of buoyancy, the ...

Lynn Sherr, author of Swim: Why We Love the Water ...

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Therefore, it seems appropriate to offer a brief recap of the reasons why everyone can benefit from swimming as a primary, secondary or alternative form of physical fitness to complement their existing routine. 1. Heart Helper Swimming provides unparalleled cardiovascular conditioning, provided you practice consistently and with good technique.

9 Good Reasons Why You Should Get in the Pool | ACTIVE

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