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Oxygen for the Swimmer

By Alexandria Mangas

Xulon Press. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 8.3in. x 5.4in. x 0.4in. Oxygen for the Swimmer provides that extra breath of encouragement to head you back to the lane for one more lap. Whether you are a breaststroker, backstroker, freestyler, or butterflyer, and whether you are 6 or 106, you'll find the stories in this book insightful and inspiring. Oxygen for the Swimmer is definitely a breath of encouragement. Sheila Taormina, Olympic Gold Medalist in swimming, World Champion in the triathlon, and World Cup Standings leader in the pentathlon. Oxygen for the Swimmer is full of life stories that talk about victories, struggles, defeats, relationships, values, lessons learned, and how your faith grows through these experiences. Swimming is a reflection of life in many ways. You learn who you are, you learn what is important, and you learn that you are never really alone. I recommend this book to everyone. You will find it both entertaining and uplifting. Kurt Hass, Franklin College Swim and Dive Team Coach, seven-time winner of the Indiana High School Coach of the Year. Oxygen for the swimmer reminded me why I swim - to give glory to God! It was a great encouragement....



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Reviews

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