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Swimming Studies is a collection of autobiographical sketches that explore the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager, to meditative swims in pools and oceans as an adult, Leanne Shapton contemplates the sport that has shaped her life.

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Swimming Studies: Shapton, Leanne: 9780399174841: Amazon ...

"Swimming Studies" is a brilliantly original, meditative memoir that explores the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager to enjoying pools and beaches

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around the world as an adult, Leanne Shapton offers a fascinating glimpse into the private, often solitary, realm of swimming.

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Swimming Studies is a collection of autobiographical sketches that explore

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the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager, to meditative swims in pools and oceans as an adult, Leanne Shapton contemplates the sport that has shaped her life. Her spare and elegant writing reveals an intimate narrative of suburban adolescence, spent

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underwater in a discipline that continues to inspire Shapton's work as an artist and author, while her ...

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Swimming Studies expresses what it's like to be haunted by the person one used to be, and the search for how that

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person exists in the present. Leanne Shapton writes with such curiosity, ruefulness, intelligence, and grace.

Amazon.com: Swimming Studies eBook: Shapton, Leanne ...

Swimming Studies is a meditative work that explores what it is like to move from a world of competition and discipline to

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one of recreation and introspection. Giving a fascinating glimpse into the private realms of swimming, and drawing, Shapton tells an intimate story of suburban adolescence, family ties, and the solitary underwater moments that now ground her artistic habits.

Swimming Studies — Leanne

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Shapton

With “Swimming Studies” she’s composed a volume that is less a proper memoir than a collection of flickering sketches. It leaps from her training for the Olympic trials and becomes a treatise on...

‘Swimming Studies,’ by Leanne

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Shapton - The New York Times

The more you swim, eat right and avoid tobacco, the longer you'll live, according to two studies of more than 355,000 people. You may add as many as 10 years to your life, says heart disease researcher Jeremiah Stamler, M.D., of Northwestern University in Chicago.

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Swimmers live longer, study says | ACTIVE

Swimming is an activity that burns lots of calories, is easy on the joints, supports your weight, builds muscular strength and endurance. It also improves cardiovascular fitness, cools you off and refreshes you in summer, and is one that you can do safely into

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old age.

Swimming: Learn the Benefits of This Exercise

Swimming is an efficient way to burn calories. A 160-pound person burns approximately 423 calories an hour while swimming laps at a low or moderate pace. That same person may

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burn up to 715...

12 Benefits of Swimming: Weight Loss, Health, and More

Swimming is a great aerobic workout for people with most types of arthritis. It can take the load off your joints and help prevent injuries. It is also a good choice if you have low back pain. Warm...

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Health Benefits of Swimming - WebMD

Two new studies from the Cooper Clinic in Dallas highlight the health benefits of swimming. One study compared blood pressure, cholesterol levels, maximum energy output, and other measures of cardiovascular health across nearly

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46,000 male and female walkers, runners, swimmers, and couch potatoes.

Take the plunge for your heart - Harvard Health

Not only does swimming help alleviate asthma symptoms, studies have shown that it can actually improve the overall condition of the lungs. In a recent study,

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a group of children that completed a six-week swimming program saw improvements in symptom severity, snoring, mouth-breathing, and hospitalization and ER visits.

10 Amazing Benefits of Swimming You Never Knew

In addition to building cardiovascular

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strength, swimming can increase lung capacity and improve control over breathing. While the humid air of indoor pools may also help to improve asthma...

15 benefits of swimming: Weight loss and physical and ...

Swimming Studies sets out, through a

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fusion of words and pictures, to capture a bittersweet part of the writer's past as completely as a scent trapped in a bottle. The book is beautiful as both a story and an object. It's about being very, very good at something, when you want to be great.

Swimming Studies: Amazon.co.uk:

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Shapton, Leanne ...

"Swimming Studies" is the kind of book that makes you appreciate swimming, specifically the grueling routine every swimmer goes through. And while it is a memoir on Shapton's swimming experience, there's much more to it than just a pool and water.

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Swimming Studies by Leanne Shapton | LibraryThing

Swimming Studies is a collection of autobiographical sketches that explore the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager, to meditative swims in pools and oceans as an adult, Leanne Shapton

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contemplates the sport that has shaped her life.

Swimming Studies | IndieBound.org

Most human babies demonstrate an innate swimming or diving reflex from birth until the age of approximately six months. However, babies this young cannot actually swim, due to their lack

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of body features and strength. Other mammals also demonstrate this phenomenon (see mammalian diving reflex).

Infant swimming - Wikipedia

Approximately 36% of children ages 7-17 years and 15% of adults swam at least six times per year in the U.S. in

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2009. But with swimming pools come threats of disease or drowning. According to 2012 data, ten people reportedly die every day from unintentional drowning.

Swimming Pools Market Research Reports & Swimming Pools ...

Higher levels of body fat and saltier

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water both lower the relative density of the body and increase its buoyancy. Since the human body is only slightly less dense than water, water supports the weight of the body during swimming. As a result, swimming is “low-impact” compared to land activities such as running.

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