

**Total Immersion Pool Primer For Freestyle And
Backstroke : The TI Way By Terry Laughlin**

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Terry Laughlin is the author of Total Immersion (3.98 avg rating, 835 ratings, 106 reviews, published 1996), Triathlon Swimming Made Easy

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Total Immersion (TI) in pool and open water Total Immersion Founder Terry Laughlin (Limited Time - February - June 2013)

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Easy freestyle

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