

Swimming Studies

Swimming Studies Penguin

Pop music surrounds us - in our cars, over supermarket speakers, even when we are laid out at the dentist - but how often do we really hear what's playing? Switched on Pop is the book based on the eponymous podcast that has been hailed by NPR, Rolling Stone, The Guardian, and Entertainment Weekly for its witty and accessible analysis of Top 40 hits. Through close studies of sixteen modern classics, musicologist Nate Sloan and songwriter Charlie Harding shift pop from the background to the foreground, illuminating the essential musical concepts behind two decades of chart-topping songs. In 1939, Aaron Copland published *What to Listen for in Music*, the bestseller that made classical music approachable for generations of listeners. Eighty years later, Nate and Charlie update Copland's idea for a new audience and repertoire: 21st century pop, from Britney to Beyoncé, Outkast to Kendrick Lamar. Despite the importance of pop music in contemporary culture, most discourse only revolves around lyrics and celebrity. Switched on Pop gives readers the tools they need to interpret our modern soundtrack. Each chapter investigates a different song and artist, revealing musical insights such as how a single melodic motif follows Taylor Swift through every genre that she samples, André 3000 uses metric manipulation to get listeners to "shake it like a Polaroid picture," or Luis Fonsi and Daddy Yankee create harmonic ambiguity in "Despacito" that mirrors the patterns of global migration. Replete with engaging discussions and eye-catching illustrations, Switched on Pop brings to life the musical qualities that catapult songs into the pop pantheon. Readers will find themselves listening to familiar tracks in new ways and not just those from the Top 40. The timeless concepts that Nate and Charlie define can be applied to any musical style. From fanatics to skeptics, teenagers to octogenarians, non-musicians to professional composers, every music lover will discover something ear-opening in Switched on Pop.

Combining personal reminiscence with reflections on the history of the place over the years and through the seasons, for the first time this collection brings together writers' impressions of the Pond.

2017 Amelia Bloomer List, Early Readers Nonfiction Before Eugenie Clark's groundbreaking research, most people thought sharks were vicious, blood-thirsty killers. From the first time she saw a shark in an aquarium, Japanese-American Eugenie was enthralled. Instead of frightening and ferocious eating machines, she saw sleek, graceful fish gliding through the water. After she became a scientist—an unexpected career path for a woman in the 1940s—she began taking research dives and training sharks, earning her the nickname "The Shark Lady."

With the First Swimming Treatise in English, 1595

The Complete Book of Swimming

Collaborative Approaches to Watershed Management

Switched on Pop

A Memoir

Reimagining Jewish Tradition in the Twenty-first Century :
Essays in Honor of Chaim Seidler-Feller

Cool Swimming looks at the relationship between cold water swimming and general well-being. It presents the results of research with over 300 participants in the UK Cold Water Swimming Championships 2013. There is also an overview of current academic research, a history of cold water therapy and tips on swimming safely. Members of South London Swimming Club have been swimming year round since soon after Tooting Bec Lido opened in 1906. Because there used to be so many older swimmers, the belief grew that cold water was the key to a longer and healthier life. Then someone pointed out that only survivors live to tell the story and if you swim during winter you probably have a pretty strong constitution. But even in Roman times, they were talking about the health benefits of a cold dip. We reprint the article Cold Cures and Warm Hearts (page 31) from the March 2002 edition of Positive Health Magazine. It sketches out the history of cold water therapy and highlights some of the reported benefits for conditions ranging from multiple sclerosis through to arthritis and the common cold. In recent times, a number of formal academic research reports have also identified positive outcomes from cold water swimming (Academic Studies page 22). A study in Finland found that winter swimming in moderation seems to improve general well-being. Another in Germany suggests it can help create more 'brown fat' which makes it easier for the body to burn off 'body fat deposits' and reduce risk of heart disease. But until recently no-one had really asked the swimmers. As founders and organisers of the biennial UK Cold Water Swimming Championships, South London Swimming Club (SLSC) decided to dive in and poll competitors on the whys and wherefores. Some 300 participants at the 2013

championships took part. Their views provide an interesting addition to the limited body of writing on this subject.

The all-purpose guide to swimming, for beginners and experts alike, that will help make you fitter, faster, more efficient, and more knowledgeable about this wonderful sport. The Complete Book of Swimming is written for those folks who want to become physically fit and stay physically for the rest of their lives; for folks who are seeking to enhance their lives. There are chapters on the different strokes that provide the “how-to” information people need to get started. Equally important are the chapters that answer such questions as Why should I swim? Why swimming and not some other sport? How can swimming improve my health? How can it enhance my life? How will I become a better person—more vital, more competent, vigorous, sexy . . . alive by swimming? Praise for The Complete Book of Swimming “Phil Witten not only explains the ‘how to’ of swimming in clear, easy-to-understand language, but he also explains the ‘why’ of swimming: why swimming can make you healthier, happier, and sexier, and can make you feel younger. If The Complete Book of Swimming doesn’t convince you that swimming is the best thing you could possibly do for your health, then nothing will.”—Mark Spitz “Finally a book has been written that will put swimming on the map for the general public. Phil Witten combines a storyteller’s gift for creating excitement with scientific knowledge and personal experience. The Complete Book of Swimming is a must read for swimmers (and coaches) at every level, and for anyone interested in lifelong fitness and health.”—Skip Kennedy, Olympic coaching staff, men’s swimming; men’s swimming coach, Stanford University (NCAA champions) “Dr. Whitten has written the perfect all-purpose guide. It’s a useful tool for both experienced swimmers who want to improve, and for rookies who aren’t sure where to begin. The Complete Book of Swimming is an invaluable source for all aging baby boomers.”—Karen Allen, USA Today “Passion arouses passion, and Dr. Whitten surely cannot fail to persuade aspiring swimmers of all ages and abilities that the sport of swimming is the way to a healthier, happier existence. This is a splendid invitation to beginners, while offering a clearer insight to those who have already donned their suits and goggles. The writing is instructive and entertaining, and the illustrations depict the very latest techniques used in the pool.”—Craig Lord, The Times (London)

Nothing beats a natural swimming hole for cooling off on a scorching summer day in Texas. Cold, clear spring water, big old shade trees, and a quiet stretch of beach or lawn offer the perfect excuse to pack a cooler and head out with family and friends to the nearest natural oasis. Whether you're looking for a quick getaway or an unforgettable summer vacation, let The Swimming Holes of Texas be your guide. Julie Wernersbach and Carolyn Tracy highlight one hundred natural swimming spots across the

entire state. The book is organized by geographic regions, so you can quickly find local places to swim--or plan a trip to a more distant spot you'd like to explore. Each swimming hole is illustrated with an inviting color photo and a description of what it's like to swim there, as well as the site's history, ecology, and conservation. The authors include all the pertinent info about admission fees and hours, parking, and on-site amenities such as showers and restrooms. They also offer tips for planning your trips and lists of the swimming holes that are most welcoming to families and pets. So when the temperature tops 100 and there's nothing but traffic in sight, take a detour down the backroads and swim, sunbathe, revel, and relax in the swimming holes of Texas.

From nineteenth-century public baths to today's private backyard havens, swimming pools have long been a provocative symbol of American life. In this social and cultural history of swimming pools in the United States, Jeff Wiltse relates how, over the years, pools have served as asylums for the urban poor, leisure resorts for the masses, and private clubs for middle-class suburbanites. As sites of race riots, shrinking swimsuits, and conspicuous leisure, swimming pools reflect many of the tensions and transformations that have given rise to modern America.

Swimming with Dolphins

Lounging, Diving, Floating, Dreaming: Picturing Life at the Swimming Pool

Epidemiologic Studies of Virus Transmission in Swimming Waters

The Untold Story of Maui's Sugar Ditch Kids and Their Quest for Olympic Glory

Contested Waters

Swimming Pool

The New American Swimming Pool

Memoirs.

Provides a summary of the fluid dynamics of the locomotion of living organisms. Describes biological phenomena in detail from the swimming of bacteria and fish to the flying of insects and birds.

There is evidence that a distinct pattern of alcohol consumption is emerging across the world and is a cause for concern because of its relationship with a range of health and social problems. Its visibility, particularly its high involvement of young people, makes this not only an issue for public safety and order in many countries, but also a highly contentious and politicized subject. This book examines the rapid and heavy drinking behavior by young people, described in a number of countries, positioning it within its appropriate social, historical and cultural contexts. The book argues in favor of a new term, "extreme drinking," to fully encapsulate the many facets of this behavior, taking into account the underlying motivations for the heavy, excessive and unrestrained drinking patterns of many young people. It also acknowledges the drinking process itself and accommodates greater focus on outcomes that are

likely to follow. In many ways, "extreme drinking" is not so far removed from other "extreme" behaviors, such as extreme sports - all offer a challenge, their pursuit is motivated by an expectation of pleasure, and they are, by design, not without risk to those who engage in them, others around them and society as a whole. Edited by Marjana Martinic and Fiona Measham, *Swimming with Crocodiles* is the ninth volume in the ICAP Book Series on Alcohol in Society. The authors discuss the factors that motivate extreme drinking, address the developmental, cultural and historical contexts that have surrounded it, and offer a new approach to addressing this behavior through prevention and policy. The centerpiece of the book is a series of focus groups conducted with young people in Brazil, China, Italy, Nigeria, Russia, South Africa, and the United Kingdom, which examine their views on extreme drinking, motivations behind it and the cultural similarities and differences that exist, conferring at once risk and protective factors.

A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In *BLUE MIND*, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. *BLUE MIND* not only illustrates the crucial importance of our connection to water-it provides a paradigm shifting "blueprint" for a better life on this Blue Marble we call home.

African American Girls and Science Education

A Social History of Swimming Pools in America

American Sherlock

Swimming Against the Stream

Fighting the Current

Swim

Early British Swimming, 55 BC-AD 1719

Explores the nature and appeal of swimming, from the history of the strokes to aspects of modern Olympic competition, as well as the author's personal experiences and milestones in the sport.

A gripping historical true crime narrative that "reads like the best of Conan Doyle himself" (Karen Abbott, author of *The Ghosts of Eden Park*), *American Sherlock* recounts the riveting true story of the birth of modern criminal investigation.

Berkeley, California, 1933. In a lab filled with curiosities--beakers, microscopes, Bunsen burners, and hundreds upon hundreds of books--sat an investigator who would go on to crack at least two thousand cases in his forty-year career. Known as the "American Sherlock Holmes," Edward Oscar Heinrich was one of America's greatest--and first--forensic scientists, with an uncanny knack for finding clues, establishing evidence, and deducing answers with a skill that seemed almost

supernatural. Heinrich was one of the nation's first expert witnesses, working in a time when the turmoil of Prohibition led to sensationalized crime reporting and only a small, systematic study of evidence. However with his brilliance, and commanding presence in both the courtroom and at crime scenes, Heinrich spearheaded the invention of a myriad of new forensic tools that police still use today, including blood spatter analysis, ballistics, lie-detector tests, and the use of fingerprints as courtroom evidence. His work, though not without its serious--some would say fatal--flaws, changed the course of American criminal investigation. Based on years of research and thousands of never-before-published primary source materials, *American Sherlock* captures the life of the man who pioneered the science our legal system now relies upon--as well as the limits of those techniques and the very human experts who wield them.

Following African American women who "swim against the tide" in the white male science education system.

Combines the voices of scholars and practitioners in analysing Buddhist women's history. 26 articles document the lives of women who have set in motion changes within Buddhist societies, with analyses of issues such as gender, ethnicity, authority, and class that affect the lives of women in traditional Buddhist cultures and, increasingly, the west.

Cool Swimming

A Novel from Life

Swimming Studies

The Daring Discoveries of Eugenie Clark

The Storied Landscapes of Ancient Greece

A Celebration of Our Love for Getting in the Water

The Rise of American Women's Swimming, 1870–1926

A memoir from the open-water swimmer in which "we see Cox finding her way, writing about her transformative journey back toward health, and slowly moving toward the one aspect of her life that meant everything to her--freedom, mastery, transcendence--back to open waters, and the surprise that she never saw coming: falling in love"--Dust jacket flap. The dramatic story of the four courageous female swimmers who captivated the world in the summer of 1926. Despite the tensions of a world still recovering from World War I, during the summer of 1926, the story that enthralled the public revolved around four young American swimmers-Gertrude Ederle, Mille Gade, Lillian Cannon, and Clarabelle Barrett-who battled the weather, each other, and considerable odds to become the first woman to conquer the brutal waters of the English Channel. The popular East Coast tabloids from New York to Boston engaged in rivalries nearly as competitive as the swimmers themselves; each backed a favorite and made certain their girl-in bathing attire-was plastered across their daily editions. Just as Seabiscuit, the little horse with the big heart, would bring the nation to a near standstill when he battled his rival War Admiral in 1938, this quartet of women held the attention of millions of people on both sides of the Atlantic for an entire summer. Gavin Mortimer uses primary sources, diaries, interviews with

relatives, and contemporary reports to paint an unforgettable portrait of a competition that changed the way the world looked at women, both in sport and society. More than an underdog story, *The Great Swim* is a tale of perseverance, strength, and sheer force of will. A portrait of an era that is as evocative as *Cinderella Man*, this is a memorable story of America and Americans in the 1920s.

The New York Times bestselling inspirational story of impoverished children who transformed themselves into world-class swimmers. In 1937, a schoolteacher on the island of Maui challenged a group of poverty-stricken sugar plantation kids to swim upstream against the current of their circumstance. The goal? To become Olympians. They faced seemingly insurmountable obstacles. The children were Japanese-American and were malnourished and barefoot. They had no pool; they trained in the filthy irrigation ditches that snaked down from the mountains into the sugarcane fields. Their future was in those same fields, working alongside their parents in virtual slavery, known not by their names but by numbered tags that hung around their necks. Their teacher, Soichi Sakamoto, was an ordinary man whose swimming ability didn't extend much beyond treading water. In spite of everything, including the virulent anti-Japanese sentiment of the late 1930s, in their first year the children outraced Olympic athletes twice their size; in their second year, they were national and international champs, shattering American and world records and making headlines from L.A. to Nazi Germany. In their third year, they'd be declared the greatest swimmers in the world. But they'd also face their greatest obstacle: the dawning of a world war and the cancellation of the Games. Still, on the battlefield, they'd become the 20th century's most celebrated heroes, and in 1948, they'd have one last chance for Olympic glory. They were the Three-Year Swim Club. This is their story. *Includes Reading Group Guide*

Choose a stroke and get paddling through the human history of swimming! From man's first recorded dip into what's now the driest spot on earth to the splashing, sparkling pool party in your backyard, humans have been getting wet for 10,000 years. And for most of modern history, swimming has caused a ripple that touches us all--the heroes and the ordinary folk; the real and the mythic. *Splash!* dives into Egypt, winds through ancient Greece and Rome, flows mostly underground through the Dark and Middle Ages (at least in Europe), and then reemerges in the wake of the Renaissance before taking its final lap at today's Olympic games. Along the way, it kicks away the idea that swimming is just about moving through water, about speed or great feats of aquatic endurance, and shows you how much more it can be. Its history offers a multi-tiered tour through religion, fashion, architecture, sanitation and public health, colonialism, segregation and integration, sexism, sexiness, guts, glory, and much, much more. Unique and compelling, *Splash!* sweeps across the whole of humankind's swimming history--and just like jumping into a pool on a hot summer's day, it has fun along the way.

10,000 Years of Swimming

Innovations in Design and Construction : 40 Case Studies

Poems

The Swimming Holes of Texas

The Three-Year Swim Club

***Important Artifacts and Personal Property from the Collection of Lenore Doolan and Harold Morris, Including Books, Street Fashion, and Jewelry
A Quick Dip Into Cold Water Swimming and Physical and Mental Well-being***

In recent years, water resource management in the United States has begun a shift away from top-down, government agency-directed decision processes toward a collaborative approach of negotiation and problem solving. Rather than focusing on specific pollution sources or specific areas within a watershed, this new process considers the watershed as a whole, seeking solutions to an interrelated set of social, economic, and environmental problems. Decision making involves face-to-face negotiations among a variety of stakeholders, including federal, state, and local agencies, landowners, environmentalists, industries, and researchers. Swimming Upstream analyzes the collaborative approach by providing a historical overview of watershed management in the United States and a normative and empirical conceptual framework for understanding and evaluating the process. The bulk of the book looks at a variety of collaborative watershed planning projects across the country. It first examines the applications of relatively short-term collaborative strategies in Oklahoma and Texas, exploring issues of trust and legitimacy. It then analyzes factors affecting the success of relatively long-term collaborative partnerships in the National Estuary Program and in 76 watersheds in Washington and California. Bringing analytical rigor to a field that has been dominated by practitioners' descriptive accounts, Swimming Upstream makes a vital contribution to public policy, public administration, and environmental management.

Before 1970, scientific research in swimming was poor and anecdotal, and the improvements of performance were linked firstly to the swimmer's experience and, secondly, as a result of permanent research for speed. Before and after the Second World War, scientific studies were conducted by pioneers and marked the beginning of research in stroke mechanics and swimming physiology exercise. This book reviews research on the body of knowledge available for the improvement of sports coaching and training practice in swimming, which seems to be relevant, numerous, and diversified enough to help swimming coaches bridge the gap between theory and practice.

Swimming against the Current comprises essays celebrating the achievements of Rabbi Chaim Seidler-Feller. These articles, like the honoree, challenge intellectual convention and accepted wisdom, focusing on four categories: Bible and Talmud, Jewish Thought and Theology, Modern Jewish History and Sociology, and

Zionism and Jewish Politics.

Polybius boldly declared that 'now that all places have become accessible by land or sea, it is no longer appropriate to use poets and writers of myth as witnesses of the unknown' (4.40.2). And yet, in reality, the significance of myth did not diminish as the borders of the known world expanded. Storytelling was always an inextricable part of how the ancient Greeks understood their environment; mythic maps existed alongside new, more concrete, methods of charting the contours of the earth. Specific landscape features acted as repositories of myth and spurred their retelling; myths, in turn, shaped and gave sense to natural and built environments, and were crucial to the conceptual resonances of places both unknown and known. This volume brings together contributions from leading scholars of Greek myth, literature, history, and archaeology to examine the myriad intricate ways in which ancient Greek myth interacted with the physical and conceptual landscapes of antiquity. The diverse range of approaches and topics highlights in particular the plurality and pervasiveness of such interactions. The collection as a whole sheds new light on the central importance of storytelling in Greek conceptions of space.

Let's Go Swimming! (Hello, Hedgehog)

Splash!

Swimming with Sharks

Swimming in the Sink

Swimming Against the Tide

From Science to Performance

The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do

A love story told in the form of an auction catalog. Auction catalogs can tell you a lot about a person -- their passions and vanities, peccadilloes and aesthetics; their flush years and lean. Think of the collections of Jacqueline Kennedy Onassis, Truman Capote, the Duke and Duchess of Windsor. In Leanne Shapton's marvelously inventive and invented auction catalog, the 325 lots up for auction are what remain from the relationship between Lenore Doolan and Harold Morris (who aren't real people, but might as well be). Through photographs of the couple's personal effects -- the usual auction items (jewelry, fine art, and rare furniture) and the seemingly worthless (pajamas, Post-it notes, worn paperbacks) -- the story of a failed love affair vividly (and cleverly) emerges. From first meeting to final separation, the progress and rituals of intimacy are revealed through the couple's accumulated relics and memorabilia. And a love story, in all its tenderness and

struggle, emerges from the evidence that has been left behind, laid out for us to appraise and appreciate. In an earlier work, *Was She Pretty?*, Shapton, a talented artist and illustrator, subtly explored the seemingly simple yet powerfully complicated nature of sexual jealousy. In *Important Artifacts and Personal Property from the Collection of Lenore Doolan and Harold Morris*—a very different yet equally original book—she invites us to contemplate what is truly valuable, and to consider the art we make of our private lives.

After two decades in the study and practice of medicine, Sarah Seidelmann took a three month sabbatical to search for a way to feel good again. Having witnessed human suffering early in her career and within her own family, she longed for a way to address more than just the physical needs of her patients and to live in a lighter, more conscious way. *Swimming with Elephants* tells the eccentric, sometimes poignant, and occasionally hilarious experience of a working mother undergoing a bewildering vocational shift from physician to shamanic healer. During that tumultuous period of answering her call, Sarah met an elephant who would become an important spirit companion on her journey, had bones thrown for her by a shaman in South Africa, and traveled to India for an ancient Hindu pilgrimage, where she received the blessing she had been longing for. Ultimately, she discovered an entirely different way of healing, one that she had always aspired to, and that enabled her to help those who are suffering.

In 1857 Everard Digby, an extrovert Cambridge scholar, published the first scientific treatise on swimming - and one of the first on any modern sport. Six months later he was expelled from his college, and dies in obscurity as a country parson. Nicholas Orme rehabilitates Digby as a great pioneer of the history of sport. The book opens with a detailed history of swimming in Britain from the Romans to the sixteenth century, which is followed by an account of Digby's life and work and its impact on swimming down to the eighteenth century. The book also includes the first modern edition of Digby's treatise, in the English version of 1595, with the 43 original illustrations. *Swimming, Not Drowning* is a memoir in verse that takes the reader on the poet's journey through her struggles with an anxiety disorder that often leads to depression. The first part, "Deep Water," explores the author's childhood, family, personality, fears, disappointments, the generalized public unfamiliarity with mental illness, and other factors conducive to the onset of depression. The second part, "Drowning," depicts what it feels like to be trapped in the disabling claws of the depression monster. The last part, "Swimming," is a testament of

hope, reassuring the reader that with patience, understanding, and support, everybody can learn how to "swim" the deep waters without drowning.

Myths on the Map

Why We Love the Water

Swimming Upstream

Mechanics of Swimming and Flying

World Book of Swimming

Swimming Against the Current

The Whale in My Swimming Pool

A young boy discovers a whale in his pool and tries everything he can think of to get it out.

A brief biography of Hawaiian Duke Kahanamoku, five-time Olympic swimming champion from the early 1900s who is also considered worldwide as the 'father of modern surfing'.

Say goodbye to the kidney-shaped and rectangular pools that have dotted the suburban landscape over the past few decades. This fascinating guide provides 40 dazzling case studies of what's hot and what's not in swimming pool design today. 300 illustrations, 270 in color.

*From Lisa Congdon, bestselling author of *Whatever You Are, Be a Good One*, this lovely new book invites readers to dip into the many joys of swimming. Congdon brings her personal passion as a lifelong swimmer to this beautiful and thoughtful celebration of getting in the water. Hand-lettered inspirational quotes, watercolor portraits paired with real people's personal stories, illustrated collections of vintage objects—colorful swim caps, bathing suits through the ages, traditional pool signs—and much more evoke the beauty and inspiration of the subject. An emphasis on swimming as a way of life—taking the leap, going with the flow—makes this delightful volume one that will speak to serious swimmers, vacation paddlers, and anyone pondering their next high dive.*

How Popular Music Works, and Why It Matters

Swimming at the Hampstead Ladies' Pond

At the Pond

Swimming with Elephants

Murder, Forensics, and the Birth of American CSI

Blue Mind

The Great Swim

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, Shapton contemplates the sport that has shaped her life.

In 1926, Gertrude Ederle became the first female to swim the English Channel—and broke the existing record time in doing so. Although today she is considered a pioneer in women's swimming, women were swimming competitively 50 years earlier. This historical book details the early period of women's competitive swimming in the United States, from its beginnings in the nineteenth century through Ederle's astonishing accomplishment. Women and girls faced many obstacles to safe swimming opportunities, including restrictive beliefs about physical abilities, access to safe and clean water, bathing suits that impeded

movement and became heavy in water, and opposition from official sporting organizations. The stories of these early swimmers plainly show how far female athletes have come.

Chosen as one of fifteen remarkable books by women that are shaping the way we read and write in the 21st century by the book critics of *The New York Times* "Funny...odd, original, and nearly unclassifiable...unlike any novel I can think of."—David Haglund, *The New York Times Book Review* "Brutally honest and stylistically inventive, cerebral, and sexy."—*San Francisco Chronicle* Named a Book of the Year by *The New York Times Book Review*, *The New Yorker*, *San Francisco Chronicle*, *Salon*, *Flavorpill*, *The New Republic*, *The New York Observer*, *The Huffington Post* A raw, startling, genre-defying novel of friendship, sex, and love in the new millennium—a compulsive read that's like "spending a day with your new best friend" (Bookforum) Reeling from a failed marriage, Sheila, a twentysomething playwright, finds herself unsure of how to live and create. When Margaux, a talented painter and free spirit, and Israel, a sexy and depraved artist, enter her life, Sheila hopes that through close—sometimes too close—observation of her new friend, her new lover, and herself, she might regain her footing in art and life. Using transcribed conversations, real emails, plus heavy doses of fiction, the brilliant and always innovative Sheila Heti crafts a work that is part literary novel, part self-help manual, and part bawdy confessional. It's a totally shameless and dynamic exploration into the way we live now, which breathes fresh wisdom into the eternal questions: What is the sincerest way to love? What kind of person should you be? A celebratory ode to the joy and enduring allure of the swimming pool, and a gorgeous photography book to accompany poolside daydreaming. Glamorous, seductive, and fun, made for lounging, frolicking, splashing, dipping, diving, floating, and escaping, swimming pools are symbols of both sport and leisure and conjure images of well-oiled bodies, colorful bikinis, and glimmering blue waters on hot summer days. Muse to writers, artists, photographers, and filmmakers, the swimming pool's careless opulence is splashed across the pages of this book in gorgeous images by contemporary photographers. In her second book for Rizzoli, curator, writer, and avid swimmer Lou Stoppard offers the promise of sunshine and the seduction of youth in her edit of some of the best contemporary swimming-pool photography. Organized by theme, from the glamour of the poolside party to the simple, meditative pleasure of being in the water, the selected photographs are as inspiring as they are moving. Photographers whose images are featured in this book include Sølve Sundsbø, Glen Luchford, Stephen Shore, Mert & Marcus, Diana Markosian, Martin Parr, Martine Franck, Alex Webb, Alice Hawkins, and Nick Knight. This is the perfect gift purchase for photography fans, swimmers, and lovers of leisure.

Pools

The Culture of Extreme Drinking

Swimming, Not Drowning

How Should a Person Be?

The Life of Duke Kahanamoku

Swimming with Crocodiles

Innovative Buddhist Women

Sterile, geometric beauty of old pools, many built in the Socialist era, set the tone for these photographs.

It's a hot day and Hedgehog wants to cool off! He knows just what to do-go swimming! He and Harry go swimming and play games in the pond. But Harry is not ready to swim underwater just yet... Can Hedgehog help his friend face his fear?

A young girl and her mother go to the beach, wait for the dolphins to arrive, then swim, glide, laugh, and swim with them until it is time to go home. Includes facts about dolphins and their encounters with people.

Winner of the 2012 National Book Critics Circle Award, *Autobiography 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 around the world as an adult, Leanne Shapton offers a fascinating glimpse into the private, often solitary, realm of swimming. Her spare and elegant writing reveals an intimate narrative of suburban adolescence, spent underwater in a discipline that continues to inspire Shapton's work as an artist and author. Her illustrations throughout the book offer an intuitive perspective on the landscapes and imagery of the sport. Shapton's emphasis is on the smaller moments of athletic pursuit rather than its triumphs. For the accomplished athlete, aspiring amateur, or habitual practicer, this remarkable work of written and visual sketches propels the reader through a beautifully personal and universally appealing exercise in reflection.

Surfer of the Century

The Joy of Swimming

My Unexpected Pilgrimage from Physician to Healer