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Vintage Books, United States, 2013. Paperback Condition: New. Language: English . Brand New Book Lynne Cox has set open water swimming records across the world, and now she has focused her decades-long experience and expertise into this definitive guide to swimming. Cox methodically addresses what is needed to succeed at and enjoy open water swimming, including choosing the right bathing suit and sunscreen; surviving in dangerous weather conditions, currents, and waves; confronting various marine organisms; treating ailments, such as being...

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- Authored by Dr Lynne Cox
- Released at 2013



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