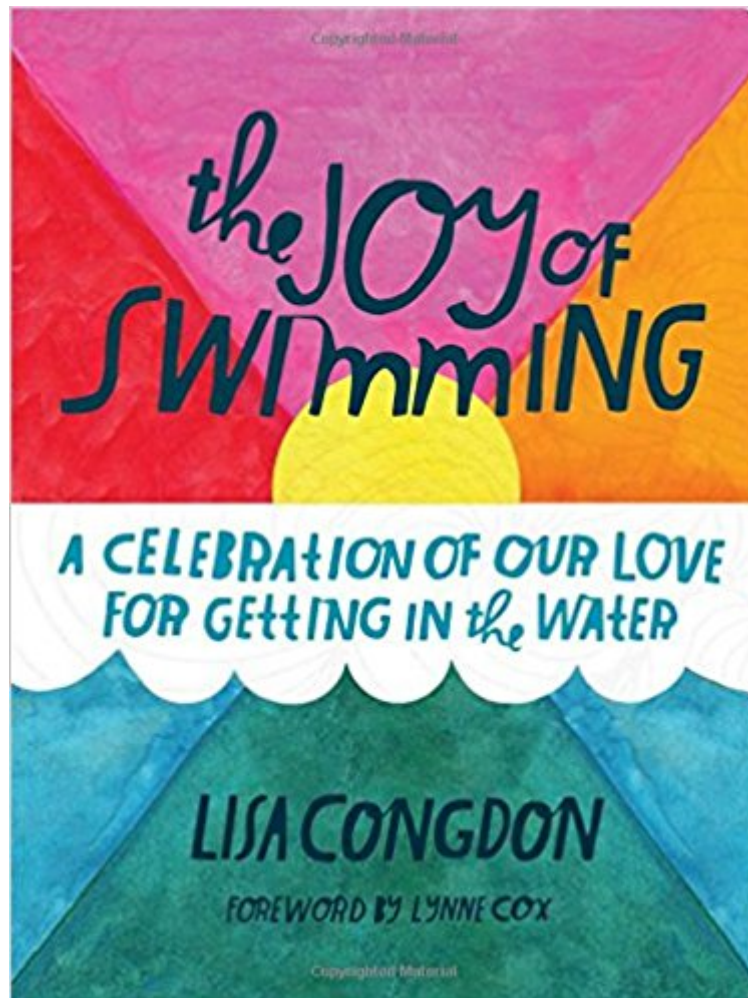




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# The Joy Of Swimming: A Celebration Of Our Love For Getting In The Water



## Synopsis

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.

## Book Information

Paperback: 144 pages

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Product Dimensions: 6.1 x 0.5 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 14 customer reviews

Best Sellers Rank: #548,392 in Books (See Top 100 in Books) #124 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #1363 in Books > Sports & Outdoors > Water Sports #5938 in Books > Self-Help > Motivational

## Customer Reviews

“A loving homage to aquatic bliss.” “Brain Pickings” “This jam-packed paperback, as beautiful as it is informative, deserves a spot on every swimming lover’s coffee table. Congdon’s wild water colors splash across cheery illustrated spreads accentuated by hand-detailed literary quotes about water. | One can’t help but feel revitalized after being immersed in Lisa Congdon’s Joy.” “Swimming World” “It’s hard not to smile when flipping through *The Joy of Swimming*. The bright, cheerful colors and playful illustrations in this slim softcover book capture the feeling of splashing in the pool on a sunny summer’s day.” “Swimmer Magazine” “For a summer read that goes down like a cool drink of H<sub>2</sub>O, thumb through *The Joy of Swimming* by Lisa Congdon. Congdon’s pretty illustrations (watercolors, no less) bring to life vignettes of everyday swimmers, the science of swimming, a visual history of women’s

swimsuits, fun facts about freestyle, and more. You'll be inspired not only to page-turn poolside, but also to dive right in. • "Shape

Lisa Congdon is an artist, illustrator, author, and avid swimmer. She lives in Portland, Oregon. Lynne Cox is a record-breaking long-distance swimmer and bestselling author. She lives in Southern California.

I bought this as a gift to my colleague who is very into swimming and we both work / live in Portland (where the author lives) - he loves it. The book tells us some fun & interesting facts about swimming & history of swimming, great drawing & hand-writing.

Love this stunning, beautiful and informative book about swimming and illustrations also by Lisa Congdon. Love, love, love all her illustrations! So VERY talented! Always brings a smile to my face. I also bought another one for a gift. Brought back memories to me when I was young and my love of swimming.

Not as exciting as I thought

This book is so fun! I'll be using it this summer as a gift for those friends who absolutely love the water. Little text, lots of great graphics.

I love this book. Makes a terrific gift for the swimmers in your life

Beautifully illustrated book for water love birds :-)

All of Lisa's books are incredibly beautiful and thoughtful. This striking book does not disappoint. Lisa's gorgeous paintings, collages and lettering invite readers to immerse themselves in the many joys of swimming. You'll find an illustrated collection of vintage swimsuits, a chart of the average human's swimming speed, vintage pool signs, hand-lettered quotes about swimming and dozens of watercolor portraits paired with personal stories about swimmers. This is a must have book for anyone who loves to submerge themselves in the pool and in a good art/handlettering book.

Fabulous! So creative and lovely, like all of Lisa's work. My favorite parts are the detailed description of city swimming pools in Paris and of course the illustrations of swim fashions through the years. I got this for my daughter as she just finished an intensive swimming course. It'll be such a keepsake! This book is a treasure whether you adore swimming or not. Gorgeous.

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