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Alexandra Heminsley won a legion of fans with her effervescent *Running Like a Girl*, her manifesto-cum-memoir for anyone who has looked on with sadness at their running shoes lying discarded in the hall.. Now Heminsley weaves the same magic in *Leap In*, her spellbinding account of challenging our basic fears of the water and rediscovering an almost

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In some places, leap day has been known as “Bachelors’ Day” for the same reason. A man was expected to pay a penalty, such as a gown or money, if he refused a marriage proposal from a woman on Leap Day. In many European countries, especially in the upper classes

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Plus, as a woman who started swimming at age 40, it was very helpful to hear the author's real life explanation of things like getting on a wetsuit, why she wears flip flops at the pool, and how she felt

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wearing a swimsuit to the pool the first few times. I would recommend this book to any adult who is new to swimming.

Leap In A Woman Some

Leap In by @hemmograms was a wonderfully comforting and inspiring read.. Part One was the tale of how the

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author became a swimmer with some important life lessons along the way. I saw myself in many of her fears and even technique and I cheered for her along the way, delighted to see the outcome of one particular story when I found her Instagram account. .

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