

For Immediate Release:

June 18, 2020

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A book to end triathlon swimming fear

A new book, *Conquer Your Fear of the Triathlon Swim* was released June 4, 2020 by co-authors Melon Dash of Sarasota, FL and Ali Meeks of Decatur, Alabama, longtime competitive swimmers, triathletes and swimming coaches. The book takes a novel approach to becoming confident and safe racing in open water: mindfulness.

Whereas many publications present methods to manage or avoid this common fear, the authors present a step-by-step method to conquer fear and replace it with confidence and peace of mind. These mindfulness methods have been used to teach beginning adults with fear of water for nearly four decades and are now applied to the challenge of triathlon.

The book is available in paperback, audiobook and e-book.

It is available at the authors' websites and on Amazon.