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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.

**Leap In: A Woman, Some Waves,**

*Page 6/28*

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## **Leap In: A Woman, Some Waves, and the Will to Swim ...**

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: Heminsley, Alexandra:  
9781681777726: Amazon.com ...**

In some places, leap day has been known as “Bachelors’ Day” for the same reason. A man was expected to pay a

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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 of society, ...

## **Leap Day Customs & Traditions - Time and Date**

Book review: Leap In: A Woman, Some



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Heminsley (Running like a Girl), books ...

## **Nonfiction Book Review: Leap In: A Woman, Some Waves, and ...**

February 29th is the day women can ask men to marry them, but can leap year

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love last? ... In truth, this terrible film shone a light on some troubling themes around a woman's right to propose.

## **Leap year proposals: ladies pop the question**

This is supposedly the origin of an Irish tradition which says that any man refusing a woman's leap day proposal

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must give the woman a silk gown.

Random facts about leap years: Leap days are needed to keep our calendar in alignment with the Earth's revolutions around the Sun. Because a complete orbit around the sun takes slightly longer ...

**Why do women propose in a leap**

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Leap In: A Woman, Some Waves And The Will to Swim by Alexandra Heminsley is published by Hutchinson. (hardback, £12.99). Follow Alex and Victoria on Twitter and sign up to our newsletter at the bottom of the page. Interested in a taster? Read this extract from the opening chapter below.

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## **Shelf Help: Leap In: a woman, some waves and the will to swim**

Get this from a library! Leap in : a woman, some waves, and the will to swim. [Alexandra Heminsley; HighBridge Audio (Firm)] -- "It's a meditative act," they said. But it was far from meditative for Alexandra Heminsley when yet

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another wave slammed into her face. It was survival. When she laced up her shoes in Running Like a ...

## **Leap in : a woman, some waves, and the will to swim ...**

Yet Leap In seems like an uneasy hybrid. The first part concerns Heminsley's story while the second consists of a swimming



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handbook, providing a history of swimming, tips on gear, and answers to ...

## **Book review: Leap In: A Woman, Some Waves, and the Will to ...**

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Book ... and marathon swimming is the only sport where men and women do not race in separate categories. ... and techniques to master than running had and that some of what she had developed as a runner would work against her in the water.

**Leap In: A Woman, Some Waves,**

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But after some convincing on Saint Brigid's part, he agreed to the leap day rule, allowing women to propose every four years. And Bachelor's Day on Feb. 29 makes it punishable if you say no to that proposal. But if the man says no to the woman's proposal on Leap Day, there are some consequences.

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