



Buoyant: How Water and Willpower Helped Wella to Channel Aaron and Hayley Peirsol

Laura Cottam Sajbel

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Buoyant: How Water and Willpower Helped Wella to Channel Aaron and Hayley Peirsol narrates how Wella Hartig stumbled into the healing power of exercise and ultimately guided her children from single-parent welfare circumstances into remarkable athletic careers--resulting in seven Olympic medals for Aaron and world-class distance records for Hayley. Discovering as a young adult that intense exercise grounded her, despite Adhd and anxieties, Wella enrolled her two children in swimming. Despite some serious emotional and financial challenges, Wella managed to instill strong morals and compassion in her children. Buoyant offers guidance to other parents navigating competitive sports and touches upon cutting-edge neuroscience that related exercise to mental well-being. It is a clear lesson that we have the power to change our own lives.

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