

# Swimming To Antarctica Tales Of A Long Distance Swimmer

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[Chasing Water](#) Anthony Ervin  
2016-03-14 The Olympic swimmer reveals the wild and challenging journey that took place between two gold medals: “Inspiring, humorous, and often profound.”—People Magazine Anthony Ervin is an

Olympic swimmer who won the gold at nineteen—and that may be one of the least interesting things about him. An athlete of Jewish and African-American descent who is also a practicing Buddhist, he auctioned off the medal he won in Sydney to help raise funds

for victims of the 2004 tsunami. He had grown up battling Tourette's syndrome, and later struggled with suicidal depression, drinking and drugs, and a period of homelessness. This blend of memoir and biography, written by Ervin in collaboration with trainer Constantine Markides, is part spiritual quest, part self-destructive bender involving Zen temples, fast motorcycles, tattoo parlors, and rock 'n' roll bands—revealing the journey that preceded his remarkable 2016 Olympic comeback as the oldest individual gold medal winner in swimming. Winner of the 2018 Buck Dawson Author Award presented by the International Swimming Hall of Fame “Gripping...Readers will understand the psyche and life of elite athletes as never before.”—Library Journal “A celebrated Olympian recounts how he rose to the top of his sport, crashed, and found redemption...The author never flinches at revealing his less-than-perfect past, and the humility he demonstrates at coming to terms with his own

egotism and personal shortcomings makes the book frequently compelling. A provocative and refreshingly honest redemption memoir.”—Kirkus Reviews  
Swell Jenny Landreth 2017-07-03 A funny and bold account of how women fought their way into the water, and of what they did once they got there

Elizabeth, Queen of the Seas Lynne Cox 2014 Describes how an elephant seal made a home in New Zealand's narrow Avon River and loved to stretch out across a two-lane road, requiring volunteers to tow her farther out to sea after she kept returning repeatedly.  
*The Morning Star* Karl Ove Knausgaard 2021-09-28 A New York Times Notable Book One of NPR's Best Books of 2021 “Knausgaard is among the finest writers alive.” —Dwight Garner, New York Times The international bestseller from the author of the renowned My Struggle series, *The Morning Star* is an astonishing, ambitious, and rich novel about what we don't understand, and

our attempts to make sense of our world nonetheless One long night in August, Arne and Tove are staying with their children in their summer house in southern Norway. Their friend Egil has his own place nearby. Kathrine, a priest, is flying home from a Bible seminar, questioning her marriage. Journalist Jostein is out drinking for the night, while his wife, Turid, a nurse at a psychiatric care unit, is on a night shift when one of her patients escapes. Above them all, a huge star suddenly appears blazing in the sky. It brings with it a mysterious sense of foreboding. Strange things start to happen as nine lives come together under the star. Hundreds of crabs amass on the road as Arne drives at night; Jostein receives a call about a death metal band found brutally murdered in a Satanic ritual; Kathrine conducts a funeral service for a man she met at the airport - but is he actually dead? The Morning Star is about life in all its mundanity and drama, the strangeness that permeates

our world, and the darkness in us all. Karl Ove Knausgaard's astonishing new novel, his first after the My Struggle cycle, goes to the utmost limits of freedom and chaos, to what happens when forces beyond our comprehension are unleashed and the realms of the living and the dead collide. The Day the Whale Came Lynne Cox 2007-09-19 The real-life story of how the world's most famous female long-distance swimmer encountered a grey whale separated from its mother - and how she helped to reunite them. Lynne Cox is the author of 'Swimming to Antarctica', a memoir of her life as a swimmer. From the age of fourteen she has been breaking records for long-distance swimming, culminating in a mile-long swim in Antarctica, in zero degree-temperature water. When Lynne was 17, and on a training swim off the California mainland, she found herself swimming with a grey whale that had lost its mother. For the next seven hours, she swam with the whale - through

pods of dolphin, and schools of sun-fish, between the pilings of a pier, and out to the base of an oil-rig, diving down as deeply as Lynne was able to, losing sight of the whale for minutes only to have it return and listen to its strange clicking and singing - in an increasingly desperate attempt to locate its mother. The whale was too young to survive by itself, and Lynne's account of the hours she spent swimming with it, and of the moment when they finally found its mother is remarkable.

Heartwarming, beautifully-written, atmospheric and sparkling with descriptions of the ocean and the behavior of the magnificent creatures that live in it, 'The Day the Whale Came' is an unforgettable story of human resilience and natural wonder.

*In the Water They Can't See*

*You Cry* Amanda Beard

2013-04-16 "A seven-time Olympic medalist describes her battles with depression, eating disorders and substance abuse in spite of her successful career, recounting how she hid

her struggles from her loved ones before seeking help and finding renewal in the birth of her son. 75,000 first printing." *No Horizon Is So Far* Liv Arnesen 2019-03-19 The extraordinary story of the first two women to cross Antarctica The fascinating chronicle of Liv Arnesen and Ann Bancroft's dramatic journey as the first two women to cross Antarctica, *No Horizon Is So Far* follows the explorers from the planning of their expedition through their brutal trek from the Norwegian sector all the way to McMurdo Station as they walked, skied, and ice-sailed for almost three months in temperatures reaching as low as -35°F, all while towing their 250-pound supply sledges across 1,700 miles of ice full of dangerous crevasses. Through website transmissions and satellite phone calls, Ann and Liv, two former schoolteachers, were able to broadcast their expedition to more than three million students in sixty-five countries to teach geography, science, and the importance of following your dreams.

**Find a Way** Diana Nyad  
2016-06-28 "On September 2, 2013, at the age of 64, Diana Nyad emerged onto the shores of Key West after completing a 110 mile, 53 hour, record-breaking swim through shark-infested waters from Cuba to Florida. Her memoir shows why, at 64 she was able to achieve what she couldn't at 30 and how her repeated failures contributed to her success"--  
Provided by publisher.

Swimming to Antarctica; Tales of a Long-Distance Swimmer  
Lynn Cox 2009-07-01 A novel for secondary school English classes with great writing and important themes.

Lessons from the Water Katie Blair 2020-09-20 "Lessons from the Water" tells the story of ultramarathon swimmer Katie Blair, a wild little girl from Germany whose inability to sit still took her on a series of adventures around the world: from the Ironman Hawaii to Colorado mountain lakes, swims around Key West and Manhattan Island, crossings of the Catalina, English and Molokai channels, and from the

lakes of Vermont to Tampa Bay and the Irish Sea. Not only does she take readers along to some of the world's most prestigious endurance sports events, she also shares the life lessons learned along the way. Her life shows that our exceptional accomplishments are often accompanied and fueled by exceptional pain. To live vividly and ferociously means to open yourself up to the possibility of failure, devastation and to truly face our deepest fears, or as Katie calls them, our "dark passengers." As an endurance athlete of 30 years, a survivor of a life-threatening eating disorder, a mother, psychotherapist, citizen of the world and lover of nature, Katie wants to share this message of encouragement: In a world that is all too removed from our natural struggle for survival, it is our connection with nature and our acceptance of the high and low tides of life that make us truly human.

**At the Mountains of Madness** H. P. Lovecraft

2018-06-07 'To that flash of semi-vision can be traced a full half of the horror which has ever since haunted us' An expedition to Antarctica goes horribly wrong as a group of explorers stumbles upon some mysterious ancient ruins, with devastating consequences. At the Mountains of Madness ranks among Lovecraft's most terrifying novellas, and is a firm favourite among fans of classic horror. The Penguin English Library - collectable general readers' editions of the best fiction in English, from the eighteenth century to the end of the Second World War.

The Stowaway Laurie Gwen Shapiro 2018-01-16 The spectacular, true story of a scrappy teenager from New York's Lower East Side who stowed away on the most remarkable feat of science and daring of the Jazz Age, *The Stowaway* is "a thrilling adventure that captures not only the making of a man but of a nation" (David Grann, bestselling author of *Killers of the Flower Moon*). It was 1928: a time of illicit booze, of Gatsby

and Babe Ruth, of freewheeling fun. The Great War was over and American optimism was higher than the stock market. What better moment to launch an expedition to Antarctica, the planet's final frontier? Everyone wanted in on the adventure. Rockefellers and Vanderbilts begged to be taken along as mess boys, and newspapers across the globe covered the planning's every stage. And then, the night before the expedition's flagship set off, Billy Gawronski—a mischievous, first-generation New York City high schooler, desperate to escape a dreary future in the family upholstery business—jumped into the Hudson River and snuck aboard. Could he get away with it? From the soda shops of New York's Lower East Side to the dance halls of sultry Francophone Tahiti, all the way to Antarctica's blinding white and deadly freeze, author Laurie Gwen Shapiro "narrates this period piece with gusto" (Los Angeles Times), taking readers on the "novelistic" (The New Yorker) and

unforgettable voyage of a plucky young stowaway who became a Roaring Twenties celebrity, a mascot for an up-by-your bootstraps era.

**The White Darkness** David Grann 2018-10-30 By the #1 New York Times bestselling author of Killers of the Flower Moon, a powerful true story of adventure and obsession in the Antarctic, lavishly illustrated with color photographs Henry Worsley was a devoted husband and father and a decorated British special forces officer who believed in honor and sacrifice. He was also a man obsessed. He spent his life idolizing Ernest Shackleton, the nineteenth-century polar explorer, who tried to become the first person to reach the South Pole, and later sought to cross Antarctica on foot. Shackleton never completed his journeys, but he repeatedly rescued his men from certain death, and emerged as one of the greatest leaders in history. Worsley felt an overpowering connection to those expeditions. He was related to one of Shackleton's men, Frank

Worsley, and spent a fortune collecting artifacts from their epic treks across the continent. He modeled his military command on Shackleton's legendary skills and was determined to measure his own powers of endurance against them. He would succeed where Shackleton had failed, in the most brutal landscape in the world. In 2008, Worsley set out across Antarctica with two other descendants of Shackleton's crew, battling the freezing, desolate landscape, life-threatening physical exhaustion, and hidden crevasses. Yet when he returned home he felt compelled to go back. On November 13, 2015, at age 55, Worsley bid farewell to his family and embarked on his most perilous quest: to walk across Antarctica alone. David Grann tells Worsley's remarkable story with the intensity and power that have led him to be called "simply the best narrative nonfiction writer working today." Illustrated with more than fifty stunning photographs from Worsley's

and Shackleton's journeys, *The White Darkness* is both a gorgeous keepsake volume and a spellbinding story of courage, love, and a man pushing himself to the extremes of human capacity.

[The Taking of Jemima Boone](#)  
Matthew Pearl 2021-10-05 "A rousing tale of frontier daring and ingenuity, better than legend on every front." — Pulitzer Prize-winning author Stacy Schiff A Goodreads Most Anticipated Book In his first work of narrative nonfiction, Matthew Pearl, bestselling author of acclaimed novel *The Dante Club*, explores the little-known true story of the kidnapping of legendary pioneer Daniel Boone's daughter and the dramatic aftermath that rippled across the nation. On a quiet midsummer day in 1776, weeks after the signing of the Declaration of Independence, thirteen-year-old Jemima Boone and her friends Betsy and Fanny Callaway disappear near the Kentucky settlement of Boonesboro, the echoes of their faraway screams lingering on

the air. A Cherokee-Shawnee raiding party has taken the girls as the latest salvo in the blood feud between American Indians and the colonial settlers who have decimated native lands and resources. Hanging Maw, the raiders' leader, recognizes one of the captives as Jemima Boone, daughter of Kentucky's most influential pioneers, and realizes she could be a valuable pawn in the battle to drive the colonists out of the contested Kentucky territory for good. With Daniel Boone and his posse in pursuit, Hanging Maw devises a plan that could ultimately bring greater peace both to the tribes and the colonists. But after the girls find clever ways to create a trail of clues, the raiding party is ambushed by Boone and the rescuers in a battle with reverberations that nobody could predict. As Matthew Pearl reveals, the exciting story of Jemima Boone's kidnapping vividly illuminates the early days of America's westward expansion, and the violent and tragic clashes across cultural

lines that ensue. In this enthralling narrative in the tradition of Candice Millard and David Grann, Matthew Pearl unearths a forgotten and dramatic series of events from early in the Revolutionary War that opens a window into America's transition from colony to nation, with the heavy moral costs incurred amid shocking new alliances and betrayals.

Most Dope Paul Cantor  
2022-01-18 The first biography of rapper Mac Miller, the Pittsburgh cult favorite-turned-rap superstar who touched the lives of millions before tragically passing away at the age of twenty-six Malcolm James McCormick was born on January 19, 1992. He began making music at a young age and by fifteen was already releasing mixtapes. One of the first true viral superstars, his early records earned him a rabid legion of die-hard fans—as well as a few noteworthy detractors. But despite his undeniable success, Miller was plagued by

struggles with substance abuse and depression, both of which fueled his raw and genre-defying music yet ultimately led to his demise. Through detailed reporting and interviews with dozens of Miller's confidants, Paul Cantor brings you to leafy Pittsburgh, seductive Los Angeles, and frenzied New York, where you will meet Miller's collaborators, producers, business partners, best friends, and even his roommates. Traveling deep into Miller's inner circle, behind the curtain, the velvet ropes, and studio doors, *Most Dope* tells the story of a passionate, gifted young man who achieved his life's ambition, only to be undone by his personal demons. *Most Dope* is part love letter, part cautionary tale, never shying away from the raw, visceral way Mac Miller lived his life.

**Swimming to the Top of the Tide** Patricia Hanlon  
2021-06-08 "Like Wendell Berry and Rachel Carson, Hanlon is a true poet-ecologist, sharing in exquisitely resonant

prose her patient observations of nature's most intimate details. As she and her husband, through summer and snow, swim their local creeks and estuaries, we marvel at the timeless yet fragile terrain of both marshlands and marriage. This is the book to awaken all of us, right now, to how our coastline is changing and what it means for our future." —Julia Glass, author of *Three Junes* and *A House Among the Trees* "Written with a swimmer's spirit, a naturalist's eye, and an ecologist's heart, this book took me to places I have never been. I loved it!" —Lynne Cox, author of *Swimming to Antarctica* and *Swimming in the Sink* The Great Marsh is the largest continuous stretch of salt marsh in New England, extending from Cape Ann to New Hampshire. Patricia Hanlon and her husband built their home and raised their children alongside it. But it is not until the children are grown that they begin to swim the tidal estuary daily. Immersing herself, she experiences, with all her

senses in all seasons, the vigor of a place where the two ecosystems of fresh and salt water mix, merge, and create new life. In *Swimming to the Top of the Tide*, Hanlon lyrically charts her explorations, at once intimate and scientific. Noting the disruptions caused by human intervention, she bears witness to the vitality of the watersheds, their essential role in the natural world, and the responsibility of those who love them to contribute to their sustainability. Patricia Hanlon is a visual artist who paints the beautiful ecosystem of New England's Great Marsh and is involved in the watershed organizations of Greater Boston. *Swimming to the Top of the Tide* is her first book.

**Diary of a Preacher's Daughter** Lynne Cox

2002-11-01 This textbook is a development of Financial Reporting by Alexander and Britton, and is designed to meet the emerging demand for coverage of international accounting standards (IASs) and the globalization of

accounting in advanced courses. It is predicated on an IAS framework but the European directives, especially as regards detailed formats having no direct equivalent in IASs, are discussed in detail. The European context and, in the case of important markets, the national context is recognised and contrasted with the international approach. Important non-European influences, especially those from the US, are also included in order to provide a genuinely wide-ranging appreciation of the implications of accounting internationalism. Part 1 contains coverage of the theoretical underpinnings of financial reporting in an international context. It also describes the international, European and domestic regulatory framework of accounting. Part 2 starts by analysing the legal background of the concept of capital and profit.

**Total Immersion** Terry Laughlin 2012-03-13 Swim better—and enjoy every lap—with Total Immersion, a

guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features: · A thoughtfully choreographed series of skill drills—practiced in the mindful spirit of yoga—that can help anyone swim more enjoyably · A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable · Simple but thorough guidance on how to improve fitness and form · A complementary land-and-water program for achieving a strong and supple body at any age Based on more

than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities. Holly's Day at the Pool Benson Shum 2017-04-25

"NOOOOOOO! I don't want to go to the pool. What if . . . the water is too cold?" says Holly. Holly the hippo imagines the worst: icebergs and icy water, penguins and seals! Her imagination bursts at every turn, making it harder and harder for her to step foot in the pool. Until she get the chance to be a hero. Holly may be scared, but she is a very brave girl.

*Where To, Little Wombat?*  
Charles Fuge 2022-07-06 Little Wombat decides one day that his burrow is too boring, so he sets off in search of the ideal home. But is it closer than he thinks? Another delightful story in the internationally acclaimed bestselling Little Wombat series. Little Wombat is tired of living in his burrow, and so sets out to see what kind of

homes his other friends live in. Koala, Frog, and Mole invite him to live with them, but wombats can't climb trees or walk on lily pads or live under rocks with the ants - none of these homes seem to be quite right for a little wombat! It's only once he gets back to his own burrow that Little Wombat realises there really is nowhere like it. There's even room to have a sleepover with all of his friends! A comforting story for little ones about how there's no place like home.

*Open Water Swimming Manual*  
Lynne Cox 2013-07-30 Lynne Cox has set open water swimming records across the world, and now she has focused her decades-long experience and expertise into this definitive guide to swimming. Open Water Swimming Manual provides a wealth of knowledge for all swimmers, from seasoned triathletes and expert swimmers to beginners exploring open water swimming for the first time. Cox methodically addresses what is needed to succeed at

and enjoy open water swimming, including choosing the right bathing suit and sunscreen; surviving in dangerous weather conditions, currents, and waves; confronting various marine organisms; treating ailments, such as being stung or bitten, and much more. Cox calls upon Navy SEAL training materials and instructors' knowledge of open water swimming and safety procedures to guide her research. In addition, first-hand anecdotes from SEAL specialists and stories of Cox's own experiences serve as both warnings and proper practices to adopt. Open Water Swimming Manual is the first manual of its kind to make use of oceanography, marine biology, and to weave in stories about the successes and failures of other athletes, giving us a deeper, broader understanding of this exhilarating and fast growing sport.

*Grayson Lynne Cox 2008*

Describes the author's encounter with a baby gray whale that had become

separated from its mother off the southern California coast, and relates her efforts to reunite it with its mother.

Swimming to Antarctica Lynne Cox 2006

At 14, Lynne Cox swam 26 miles from Catalina Island to the California mainland; at 15 and 16, she broke the men's and women's world records for swimming the English Channel - a 33-mile crossing; at 18, she swam the 20-mile Cook Strait between North and South Islands of New Zealand; she was the first to swim the Strait of Magellan, the most treacherous 3-mile stretch of water in the world; she was first to swim the Bering Strait from Alaska to Siberia, thereby opening the U.S.-Soviet border for the first time in 48 years; and the first to swim the Cape of Good Hope (a shark emerged from the kelp, its jaws wide open, and was shot as it headed straight for her). And finally she is the first person to have swum a mile in 0 degree water in Antarctica. Lynne Cox writes about swimming the way Saint-Exupery wrote about flying,

and one sees how swimming, like flying, can stretch the wings of the spirit. A thrilling, modest, vivid and lyrical, account of an inspiring life.

**Oceans Seven** Martin

Schauhuber 2021-09-27 If you had to swim through hell seven times, wouldn't you try to get it done quickly? Attila Mányoki made it his life's mission to complete the Oceans Seven - and break the world record while doing so. This crowning jewel of marathon swimming comprises seven of the most dangerous channels in the world, tormenting swimmers who dare to cross them with freezing water, deadly wildlife, and massive waves. In this book, Mányoki takes you on his journey from his beginnings as a short kid with asthma through decades of painful struggles and unlikely successes, all the way to a night spent on life support. He relives the day a Greek stranger gave him the most valuable of life lessons, explains his secrets to enduring excruciating pain and opens up on how he faced the

sea that had almost killed him for one final showdown.

*The Joy of Swimming* Lisa

Congdon 2016-04-19 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. *Swimming Studies* Leanne Shapton 2012-07-05 Winner of the 2012 National Book Critics

Circle Award, Autobiography Swimming Studies is a brilliantly original, meditative memoir that explores the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager to enjoying pools and beaches around the world as an adult, Leanne Shapton offers a fascinating glimpse into the private, often solitary, realm of swimming. Her spare and elegant writing reveals an intimate narrative of suburban adolescence, spent underwater in a discipline that continues to inspire Shapton's work as an artist and author. Her illustrations throughout the book offer an intuitive perspective on the landscapes and imagery of the sport. Shapton's emphasis is on the smaller moments of athletic pursuit rather than its triumphs. For the accomplished athlete, aspiring amateur, or habitual practitioner, this remarkable work of written and visual sketches propels the reader through a beautifully personal and universally appealing exercise

in reflection.

*Haunts of the Black Masseur*

Charles Sprawson 2012-08-29

In a masterful work of cultural history, Charles Sprawson, himself an obsessional swimmer and fluent diver, explores the meaning that different cultures have attached to water, and the search for the springs of classical antiquity. In nineteenth-century England bathing was thought to be an instrument of social and moral reform, while in Germany and America swimming came to signify escape. For the Japanese the swimmer became an expression of samurai pride and nationalism. Sprawson gives us fascinating glimpses of the great swimming heroes: Byron leaping dramatically into the surf at Shelley's beach funeral; Rupert Brooke swimming naked with Virginia Woolf, the dark water "smelling of mint and mud"; Hart Crane swallow-diving to his death in the Bay of Mexico; Edgar Allan Poe's lone and mysterious river-swims; Leander, Webb, Weissmuller,

and a host of others. Informed by the literature of Swinburne, Goethe, Scott Fitzgerald, and Yukio Mishima; the films of Riefenstahl and Vigo; the Hollywood “swimming musicals” of the 1930s; and delving in and out of Olympic history, *Haunts of the Black Masseur* is an enthralling assessment of man—body submerged, self-absorbed. It is quite simply the best celebration of swimming ever written, even as it explores aspects of culture in a heretofore unimagined way.

**Young Woman and the Sea**

Glenn Stout 2009 In 1926, a plucky American teenager named Trudy Ederle captured the imagination of the world when she became the first woman to swim the English Channel. Stout offers the dramatic and inspiring story of Ederle's pursuit of a goal no one believed possible, and the price she paid.

**Except Antarctica**

Todd Sturgell 2021-07-06 Featuring a rogue group of cheeky animals who love nothing more than a challenge and a

flustered, helpless narrator, this meta-leaning and hilarious picture book about animal habitats on every continent will have kids (and their adults!) laughing every time they pick it up. Turtles are found on every continent EXCEPT Antarctica. But not for long! When a David Attenborough-esque narrator explains that turtles are found everywhere except Antarctica, one determined turtle sets out to prove him wrong. After recruiting other non-Antarctic animals along the way—much to the narrator's dismay—the turtle and his adventurous friends travel through fields, forests, and cross an entire ocean to reach their goal. But what exactly do they do once they get there? Perfect for anyone who's ever gone a little too far to prove a point, this nature-documentary-gone-wrong is a gleefully funny lesson in determination and the beauty of having a contingency plan

*Swimming to Antarctica* Lynne Cox 2009-09-09 NATIONAL BESTSELLER • In this extraordinary book, the world's

most extraordinary distance swimmer writes about her emotional and spiritual need to swim and about the almost mystical act of swimming itself. Lynne Cox trained hard from age nine, working with an Olympic coach, swimming five to twelve miles each day in the Pacific. At age eleven, she swam even when hail made the water “like cold tapioca pudding” and was told she would one day swim the English Channel. Four years later—not yet out of high school—she broke the men’s and women’s world records for the Channel swim. In 1987, she swam the Bering Strait from America to the Soviet Union—a feat that, according to Gorbachev, helped diminish tensions between Russia and the United States. Lynne Cox’s relationship with the water is almost mystical: she describes swimming as flying, and remembers swimming at night through flocks of flying fish the size of mockingbirds, remembers being escorted by a pod of dolphins that came to her off New Zealand. She has a

photographic memory of her swims. She tells us how she conceived of, planned, and trained for each, and re-creates for us the experience of swimming (almost) unswimmable bodies of water, including her most recent astonishing one-mile swim to Antarctica in thirty-two-degree water without a wet suit. She tells us how, through training and by taking advantage of her naturally plump physique, she is able to create more heat in the water than she loses. Lynne Cox has swum the Mediterranean, the three-mile Strait of Messina, under the ancient bridges of Kunning Lake, below the old summer palace of the emperor of China in Beijing. Breaking records no longer interests her. She writes about the ways in which these swims instead became vehicles for personal goals, how she sees herself as the lone swimmer among the waves, pitting her courage against the odds, drawn to dangerous places and treacherous waters that, since ancient times, have challenged sailors in ships.

## **A Ring of Endless Light**

Madeleine L'Engle 2008-09-02

In book four of the award-winning Austin Family Chronicles young adult series from Madeleine L'Engle, author of *A Wrinkle in Time*, Vicky Austin experiences the difficulties and joys of growing up. "This wasn't the first time that I'd come close to death, but it was the first time I'd been involved in this part of it, this strange, terrible saying goodbye to someone you've loved." These are Vicky Austin's thoughts as she stands near Commander Rodney's grave while her grandfather, who himself is dying of cancer, recites the funeral service. Watching his condition deteriorate over that long summer is almost more than she can bear. Then, in the midst of her struggle, she finds herself the center of attention for three young men. Leo, Commander Rodney's son, turns to her as an old friend seeking comfort but longing for romance. Zachary, whose attempted suicide inadvertently caused

Commander Rodney's death, sees her as the one sane and normal person who can give some meaning to his life. And Adam, a serious young student working at the nearby marine-biology station, discovers Vicky, his friend's little sister, incipient telepathic powers that can help him with his experiments in dolphin communications. Vicky finds solace and brief moments of peace in her poetry, but life goes on around her, and the strain intensifies as she confronts matters of love and of death, of dependence and of responsibility, universal concerns that we all must face. The inevitable crisis comes and Vicky must rely on openness, sensitivity, and the love of others to overcome her private grief. Once again, Madeleine L'Engle has written a story that revels in the drama of vividly portrayed characters and events of the spiritual and moral dimensions of common human experiences. *A Ring of Endless Light* is a 1981 Newbery Honor Book. Books by Madeleine L'Engle A

Wrinkle in Time Quintet A  
Wrinkle in Time A Wind in the  
Door A Swiftly Tilting Planet  
Many Waters An Acceptable  
Time A Wrinkle in Time: The  
Graphic Novel by Madeleine  
L'Engle; adapted & illustrated  
by Hope Larson Intergalactic  
P.S. 3 by Madeleine L'Engle;  
illustrated by Hope Larson: A  
standalone story set in the  
world of A Wrinkle in Time.  
The Austin Family Chronicles  
Meet the Austins (Volume 1)  
The Moon by Night (Volume 2)  
The Young Unicorns (Volume  
3) A Ring of Endless Light  
(Volume 4) A Newbery Honor  
book! Troubling a Star (Volume  
5) The Polly O'Keefe books The  
Arm of the Starfish Dragons in  
the Waters A House Like a  
Lotus And Both Were Young  
Camilla The Joys of Love  
**Swimming to Antarctica**  
Lynne Cox 2005-03 A noted  
long-distance swimmer with a  
love for cold water describes  
her record-breaking English  
Channel crossing, her 1987  
swim across the Bering Strait,  
and exploits in the Straits of  
Magellan, Lake Baikal, and  
Antarctica.

**Grayson Lynne Cox**  
2011-05-04 Part mystery, part  
magical tale, this is the story of  
a miraculous ocean encounter  
that happened to the  
adventurer, swimmer, and  
bestselling author when she  
was seventeen and in training  
for a big swim. It was the dark  
of early morning; Lynne was in  
55-degree water as smooth as  
black ice, two hundred yards  
offshore, outside the wave  
break. She was swimming her  
last half-mile back to the pier  
before heading home for  
breakfast when she became  
aware that something was  
swimming with her. The ocean  
was charged with energy as if a  
squall was moving in;  
thousands of baby anchovy  
darted through the water like  
lit sparklers, trying to evade  
something larger. Whatever it  
was, it felt large enough to be a  
white shark coursing beneath  
her body. It wasn't a shark. It  
became clear that it was a baby  
gray whale—following  
alongside Lynne for a mile or  
so. Lynne had been swimming  
for more than an hour; she  
needed to get out of the water

to rest, but she realized that if she did, the young calf would follow her onto shore and die from collapsed lungs. The baby whale—eighteen feet long!—was migrating on a three-month trek to its feeding grounds in the Bering Sea, an eight-thousand-mile journey. It would have to be carried on its mother's back for much of that distance, and was dependent on its mother's milk for food—baby whales drink up to fifty gallons of milk a day. If Lynne didn't find the mother whale, the baby would suffer from dehydration and starve to death. Something so enormous—the mother whale was fifty feet long—suddenly seemed very small in the vast Pacific Ocean. How could Lynne possibly find her?

**Nine Ways to Cross a River**  
Akiko Busch 2008-12-10 From Thoreau to Edward Abbey to Annie Dillard, American writers have looked at nature and described the sublime and transcendent. Now comes Akiko Busch, who finds multitudes of meaning in the practice of swimming across

ivers. The notion that rivers divide us is old and venerated, but they also limn our identities and mark the passage of time; they anchor communities and connect one to another. And, in the hands of writer and swimmer Akiko Busch, they are living archives of human behavior and natural changes. After a transformative swim across the Hudson just before September 11, Busch undertook to explore eight of America's great waterways: the Hudson (twice), the Delaware, the Connecticut, the Susquehanna, the Monongahela, the Mississippi, the Ohio, and the Current. She observes each river's goings-on and reflects on its history (human and natural) and possible futures. Some of the rivers have rebounded from past industrial misuse; others still struggle with pollution and waste. The swims are also opportunities to muse on the ordinary passages faced by most of us—the death of a parent, raising children, becoming older—and the ways in which the rhythms and

patterns of the natural world can offer reassurance, ballast and inspiration. A deeply moving exploration of the themes of renewal and reclamation at midlife, *Nine Ways to Cross a River* is a book to be treasured and given to friends.

### **The Tail of Emily Windsnap**

Liz Kessler 2010-05-11 A young girl learns she's half mermaid and plunges into a scheme to reunite with her father in this entrancing, satisfying tale that beckons readers far below the waves. For as long as she can remember, twelve-year-old Emily Windsnap has lived on a boat. And, oddly enough, for just as long, her mother has seemed anxious to keep Emily away from the water. But when Mom finally agrees to let her take swimming lessons, Emily makes a startling discovery — about her own identity, the mysterious father she's never met, and the thrilling possibilities and perils shimmering deep below the water's surface. With a sure sense of suspense and richly imaginative details, first-time

author Liz Kessler lures us into a glorious undersea world where mermaids study shipwrecks at school and Neptune rules with an iron trident — an enchanting fantasy about family secrets, loyal friendship, and the convention-defying power of love.

*The Hungry Ocean* Linda Greenlaw 2001-08-01 The term fisherwoman does not exactly roll trippingly off the tongue, and Linda Greenlaw, the world's only female swordfish boat captain, isn't flattered when people insist on calling her one. "I am a woman. I am a fisherman. . . . I am not a fisherwoman, fisherlady, or fishergirl. If anything else, I am a thirty-seven-year-old tomboy. It's a word I have never outgrown." Greenlaw also happens to be one of the most successful fishermen in the Grand Banks commercial fleet, though until the publication of Sebastian Junger's *The Perfect Storm*, "nobody cared." Greenlaw's boat, the Hannah Boden, was the sister ship to the doomed *Andrea Gail*, which

disappeared in the mother of all storms in 1991 and became the focus of Junger's book. The Hungry Ocean, Greenlaw's account of a monthlong swordfishing trip over 1,000 nautical miles out to sea, tells the story of what happens when things go right--proving, in the process, that every successful voyage is a study in narrowly averted disaster. There is the weather, the constant danger of mechanical failure, the perils of controlling five sleep-, women-, and booze-deprived young fishermen in close quarters, not to mention the threat of a bad fishing run: "If we don't catch fish, we don't get paid, period. In short, there is no labor union." Greenlaw's straightforward, uncluttered prose underscores the qualities that make her a good captain, regardless of gender: fairness, physical and mental endurance, obsessive attention to detail. But, ultimately, Greenlaw proves that the love of fishing--in all of its grueling, isolating, suspenseful glory--is a matter of the heart and blood, not the mind. "I knew

that the ocean had stories to tell me, all I needed to do was listen." --Svenja Soldovieri  
**Swimming Anatomy** Ian A. McLeod 2009-10-22 See how to achieve stronger starts, more explosive turns, and faster times! Swimming Anatomy will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke. Swimming Anatomy includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. Swimming Anatomy goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition. Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance. You'll also learn how exercises can be modified to target specific areas,

improve your form in the water, and minimize common swimming injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you are training for a 50-meter freestyle race or the open-water stage of a triathlon, *Swimming Anatomy* will ensure you enter the water prepared to achieve every performance goal.

### The Three-Year Swim Club

Julie Checkoway 2015-10-27

The New York Times

bestselling inspirational story of impoverished children who transformed themselves into world-class swimmers. In 1937, a schoolteacher on the island of Maui challenged a group of poverty-stricken sugar plantation kids to swim upstream against the current of their circumstance. The goal? To become Olympians. They faced seemingly insurmountable obstacles. The children were Japanese-American and were malnourished and barefoot. They had no pool; they trained

in the filthy irrigation ditches that snaked down from the mountains into the sugarcane fields. Their future was in those same fields, working alongside their parents in virtual slavery, known not by their names but by numbered tags that hung around their necks. Their teacher, Soichi Sakamoto, was an ordinary man whose swimming ability didn't extend much beyond treading water. In spite of everything, including the virulent anti-Japanese sentiment of the late 1930s, in their first year the children outraced Olympic athletes twice their size; in their second year, they were national and international champs, shattering American and world records and making headlines from L.A. to Nazi Germany. In their third year, they'd be declared the greatest swimmers in the world. But they'd also face their greatest obstacle: the dawning of a world war and the cancellation of the Games. Still, on the battlefield, they'd become the 20th century's most celebrated heroes, and in 1948, they'd

have one last chance for Olympic glory. They were the Three-Year Swim Club. This is their story. \*Includes Reading Group Guide\*

*South with the Sun* Lynne Cox  
2011-09-13 Lynne Cox, adventurer, swimmer, and bestselling author gives us a full-scale account of the life and expeditions of Roald Amundsen, "the last of the Vikings," who left his mark on the Heroic Era as one of the most successful polar explorers ever. A powerfully built man more than six feet tall, Amundsen's career of adventure began at the age of fifteen (he was born in Norway in 1872 to a family of merchant sea captains and rich ship owners); twenty-five years later he was the first man to reach both the North and South Poles. We see Amundsen, in 1903-06, the first to travel the Northwest Passage between the Atlantic and Pacific Oceans, in his small ship *Gjøa*, a seventy-foot refitted former herring boat powered by sails and a thirteen-horsepower engine, making his way

through the entire length of the treacherous ice bound route, between the northern Canadian mainland and Canada's Arctic islands, from Greenland across Baffin Bay, between the Canadian islands, across the top of Alaska into the Bering Strait. The dangerous journey took three years to complete, as Amundsen, his crew, and six sled dogs waited while the frozen sea around them thawed sufficiently to allow for navigation. We see him journey toward the North Pole in Fridtjof Nansen's famous *Fram*, until word reached his expedition party of Robert Peary's successful arrival at the North Pole. Amundsen then set out on a secret expedition to the Antarctic, and we follow him through his heroic capture of the South Pole. Cox makes clear why Amundsen succeeded in his quests where other adventurer-explorers failed, and how his methodical preparation and willingness to take calculated risks revealed both the spirit of the man and the way to complete one

triumphant journey after another. Crucial to Amundsen's success in reaching the South Pole was his use of carefully selected sled dogs. Amundsen's canine crew members—he called them “our children”—had been superbly equipped by centuries of natural selection for survival in the Arctic. “The dogs,” he wrote, “are the most important thing for us. The whole outcome of the expedition depends on them.” On December 14, 1911, Roald Amundsen and four others, 102 days and more than 1,880 miles later, stood at the South Pole, a full month before Robert Scott. Lynne Cox

describes reading about Amundsen as a young girl and how because of his exploits was inspired to follow her dreams. We see how she unwittingly set out in Amundsen's path, swimming in open waters off Antarctica, then Greenland (always without a wetsuit), first as a challenge to her own abilities and then later as a way to understand Amundsen's life and the lessons learned from his vision, imagination, and daring. South with the Sun—inspiring, wondrous, and true—is a bold adventure story of bold ambitious dreams.

**A Swim in the Sea** Sue Whiting 2015-03-01