

Online Library Turning: A Swimming Memoir

Turning: A Swimming Memoir

'The thing to remember about this story is that every word is true. If I never told it to a soul, and this book did not exist, it would not cease to be true. I don't mind at all if you forget this. The important thing is that I don't.'

'Remarkable' Observer 'A joy to read' Daily Telegraph 'Soaringly beautiful' Sunday Times Magazine 'Genuine and persuasive' Guardian Alexandra Heminsley thought she could swim. She really did. It may have been because she could run. It may have been because she

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wanted to swim; or perhaps because she only ever did ten minutes of breaststroke at a time. But, as she learned one day while flailing around in the sea, she really couldn't. Believing that a life lived fully isn't one with the most money earned, the most stuff bought or the most races won, but one with the most experiences, experienced the most fully, she decided to conquer her fear of the water. From the ignominy of getting into a wetsuit to the triumph of swimming from Kefalonia to Ithaca, in becoming a swimmer, Alexandra learns to appreciate her body and still her mind. As it

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turns out, the water is never as frightening once you're in, and really, everything is better when you remember to exhale.

In her sharply observed and ultimately redemptive memoir, Catherine McCall paints a vivid and sometimes heartbreaking portrait of growing up in a complicated Southern family, whose perfect façade hides crippling imperfections. There are two parents, three children, and five ghosts in the McCall family. With their preppie clothes and country-club smiles, the McCalls look like all the other East End Louisville families. No one knows there are problems, that an

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internal gash the size of the Ohio river is flooding the family. All Cathy and her siblings can do is promise to stick together no matter what—and swim. But even though they are fast, the McCall kids can't outdistance their father's destructive habits and their mother's worry. As her family reaches a breaking point and an unexpected love blooms, thirteen-year-old Cathy finds she must keep secrets of her own. Though the love in this family is strong, Cathy must discover if it's tenacious enough to withstand the truth. Candid, captivating, and infused with compassion, *Lifeguarding* affirms the flexible

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strength of love itself; how family bonds must often bend to the point of breaking . . . and beyond.

A new wave of passion has emerged for open water swimming, but it is a British tradition that has deep roots. Susie Parr takes a chronological look at the social history of swimming from the earliest Roman written accounts, stories of Viking invaders, medieval and Elizabethan literature, medicinal seabathing in 18th century and the rise of Georgian and Regency watering holes such as Brighton. She follows the line of literary swimmers from Shelley to Murdoch and

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charts the boom of the British seaside resort in a fascinating and hugely enjoyable journey.

The ponds of Hampstead Heath are small oases; fragments of wild nature nestled in the heart of north-west London. For the best part of his life Al Alvarez – poet, critic, novelist, rock-climber and poker player – has swum in them almost daily. An athlete in his youth, Alvarez, now in his eighties, chronicles what it is to grow old with humour and fierce honesty – from his relentlessly nagging ankle which makes daily life a struggle, to infuriating bureaucratic battles with the

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council to keep his disabled person's Blue Badge, the devastating effects of a stroke, and the salvation he finds in the three Ss – Swimming, Sex and Sleep. As Alvarez swims in the ponds he considers how it feels when you begin to miss that person you used to be – to miss yourself. Swimming is his own private form of protest against the onslaught of time; proof to others, and himself, that he's not yet beaten. By turns funny, poetic and indignant, Pondlife is a meditation on love, the importance of life's small pleasures and, above all, a lesson in not going gently in to that good night.

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****Winner of the William Hill 2018 Sports Book of the Year Award** A Sunday Times Book of the Year and Telegraph Best Book of 2018 'Extraordinary' Clare Balding The poignant, life-affirming story of a determined boy, a visionary coach, and how the dream of a record-breaking Channel swim became reality Eltham, South London. 1984: the hot fug of the swimming pool and the slow splashing of a boy learning to swim but not yet wanting to take his foot off the bottom. Fast-forward four years. Photographers and family wait on the shingle beach as a boy in a bright orange hat and grease-smearred goggles swims the last**

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few metres from France to England. He has been in the water for twelve agonizing hours, encouraged at each stroke by his coach, John Bullet, who has become a second father. This is the story of a remarkable friendship between a coach and a boy, and a love letter to the intensity and freedom of childhood. A memoir from the open-water swimmer in which "we see Cox finding her way, writing about her transformative journey back toward health, and slowly moving toward the one aspect of her life that meant everything to her--freedom, mastery, transcendence--back to open waters, and the surprise that she never

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saw coming: falling in love"--Dust jacket flap.

Australians know Libby Trickett as one of our golden girls of swimming. Winner of multiple Olympic gold medals and setter of world records, Libby wasn't just a champion, she was Australia's girl next door, the humble superstar from suburban Brisbane with the infectious grin and sunny nature. Yet what we saw on the surface - the confidence, competitiveness and warmth that were her hallmarks - belied the very private battles she fought in her own head. Beneath the incredible achievements and that trademark

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smile, Libby suffered from crippling depression. During her swimming career she managed to keep her demons more or less at bay, but when an injury forced her to retire in 2013 Libby was suddenly thrust into an unfamiliar world. With few, if any, qualifications to handle it, her self-doubts began to overwhelm her. The birth of her first baby added further complications to her fragile mental health, and she suffered intense postnatal depression. When she finally recognised the depression for what it was, and sought help for it, it was a major turning point in her life. Libby's memoir is

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an extraordinarily candid, revealing and inspiring account of both her public life as one of our greatest swimming champions, and her struggle to overcome her mental health challenges.

[A Swimmer's Journal](#)

[Learning to Swim](#)

[Beneath the Surface](#)

[The Swimmer as Hero](#)

[The Story of Swimming](#)

[One Untamed and Courageous Life](#)

[Lessons from Swimming Berlin's Lakes](#)

[Find a Way](#)

[Floating](#)

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Swimming Lessons

A Swim-on Part in the Goldfish Bowl

Golden Girl

A series of poems convey the feelings of a young girl whose sense of joy and security at the family's summer house is shattered when an older boy who lives nearby sexually abuses her.

An outrageous, hilarious, and touching memoir by the youngest of nine children in a hardscrabble, beyond-eccentric Maine family. With everything happening on Helen Peppe's backwoods Maine farm, life was wild--and not just for the animals. Sibling rivalry, rock-bottom poverty, feral male chauvinism, sex in the hayloft: everything seemed--and was--out of control. In telling her wayward

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family tale, Peppe manages deadpan humor, an unerring eye for the absurd, and poignant compassion for her utterly overwhelmed parents. While her feisty resilience and candor will inevitably remind readers of Jeannette Walls or Mary Karr, Peppe's wry insight and moments of tenderness with family and animals are entirely her own. As Richard Hoffman, the author of Half the House: A Memoir puts it: "Pigs Can't Swim is an unruly, joyous troublemaker of a book."

Combining personal reminiscence with reflections on the history of the place over the years and through the seasons, for the first time this collection brings together writers' impressions of the Pond.

Through the heat of summer to the frozen depths of winter,

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Lee traces her journey swimming through 52 lakes in a single year, swimming through fear and heartbreak to find her place in the world Jessica J. Lee swims through all four seasons and especially loves the winter. "I long for the ice. The sharp cut of freezing water on my feet. The immeasurable black of the lake at its coldest. Swimming then means cold, and pain, and elation." At the age of twenty-eight, Jessica, who grew up in Canada and lived in England, finds herself in Berlin. Alone. Lonely, with lowered spirits thanks to some family history and a broken heart, she is there, ostensibly, to write a thesis. And though that is what she does daily, what increasingly occupies her is swimming. So she makes a decision that she believes will win her back her confidence and independence: she will

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swim fifty-two of the lakes around Berlin, no matter what the weather or season. She is aware that this particular landscape is not without its own ghosts and history. This is the story of a beautiful obsession: of the thrill of a still, turquoise lake, of cracking the ice before submerging, of floating under blue skies, of tangled weeds and murkiness, of cool, fresh, spring swimming--of facing past fears of near-drowning and of breaking free. When she completes her year of swimming, Jessica finds she has new strength, and she has also found friends and has gained some understanding of how the landscape both haunts and holds us. This book is for everyone who loves swimming, who wishes they could push themselves beyond caution, who understands the deep pleasure of using the body's strength,

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who knows what it is to abandon all thought and float home to the surface.

"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."

Powers details his frantic search for his twin brother Tim who disappears from Manhattan one weekend while in his late 20s. He falls in with two eccentric traveling companions who guide him on the last leg of his quest, driving through the night to the one final place where Tim might be.

In No Limits, Michael Phelps - perhaps the greatest Olympic competitor the world has ever seen - will show us the

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secrets to his remarkable success, from training to execution. Behind his tally of Olympic gold medals - more than any athlete throughout history - lies a consistent approach to competition, a determination to win, mental preparation, and a straightforward passion for his sport. One of his mottos is 'Performance is Reality', and it typifies his attitude about swimming. No Limits goes behind the scenes to explore the hard work, sacrifice, and dedication that catapulted Phelps into the international spotlight. Phelps will share remarkable anecdotes about family, his coach, his passion for the sport, and the wisdom that he has gained from unexpected challenges and obstacles. Highlighting memorable races and valuable lessons from throughout his career, Phelps offers candid insight into the

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mind and experiences of a world champion. No Limits will inspire anyone to follow their passion straight to the finish line.

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

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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

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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 Waterbiography The Sunday Times SPORT BOOK OF THE YEAR 2017](#)

[A Woman, Some Waves, and the Will to Swim](#)
[Swimming to Antarctica](#)

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[A Swimming Memoir](#)

[Swimming for Freedom](#)

[How Natalie Coughlin Fought Back, Challenged Conventional Wisdom, and Became America's Olympic Champion](#)

[A Memoir of a Shape-Shifting City](#)

[One Woman's Swim to Sobriety](#)

[The Will to Succeed](#)

[Swell](#)

[A Memoir](#)

[A Memoir of Secrets, Swimming, and the South](#)

For swimming champion Nancy Stearns Bercaw, the pool was a natural habitat. But on land, she could never shake the feeling of being a

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fish out of water. Starting at age two, Nancy devoted her life to swimming, even qualifying for the 1988 Olympic Trials in the fifty-meter freestyle event. But nearly two decades later, when she hung up her cap and goggles, she was confronted with a different kind of challenge: learning who she was out of the lanes. In this honest, intimate memoir, Nancy reflects on her years wandering the globe, where tragic events and a lost sense of self escalate her dependence on booze. Thirty-three years after her first sip of alcohol, the swimmer comes to a stunning realization while living with her husband and son in Abu

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Dhabi—she's drowning in the desert. Nancy looks to the Bedouin people for the strength to conquer one final opponent: alcohol addiction.

Explores the metaphor of swimming lessons as instructions for life, from how to enter the water to swimming in the ocean.

Elegant and concise, this childhood memoir of Andy Grove, one of the pioneers of Silicon Valley, begins in Budapest, Hungary where the author was born into a secular Jewish family in 1936. As a small child, Andris Grof was told, "Jesus Christ was killed by the Jews, and because of that, all of the Jews will be

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thrown into the Danube.” Grof’s school years were marked by such anti-semitism and interrupted first by the Nazi occupation and then by the post-war Communist regime. He was a good student who excelled at chemistry which he was studying at the University of Budapest when the Hungarian uprising of 1956 persuaded him to “swim across” the border and emigrate to the West. Grove provides an interesting sketch of a boy’s coming of age in a deeply dangerous 20th century Budapest under the control of Nazis and then Communists and concludes the memoir with an account of his escape and eventual resumption

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of his studies at the City College of New York. "Haunting and inspirational. It should be required reading in schools." – Tom Brokaw
"A poignant memoir... a moving reminder of the meaning of America and the grit and courage of a remarkable young man who became one of America's phenomenal success stories." – Henry Kissinger
"This honest and riveting account gives a fascinating insight into the man who wrote Only the Paranoid Survive." – George Soros
"Andy Grove is a tremendous role model, and his book sheds light on his amazing journey. I would choose him as my doubles partner any day!" – Monica Seles

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“Combines a unique and often harrowing personal experience with the virtues of fiction at its most engrossing – vivid scenes, sharply delineated characters, and an utterly compelling narrative... a wonderful reading experience.” – Richard North

Patterson “A poignant tale leading to human courage and hope.” – Elie Wiesel “Grove, the founder and chairman of Intel Corporation, does not whine about his hardships. Instead he recalls ordinary events and matter-of-factly juxtaposes these against the turmoil of midcentury Hungary, creating a subtle though compelling commentary on the power to

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endure.” – Diane Scharper, *The New York Times*
“Swimming Across tells the childhood stories [Grove] has guarded since first entering the public eye four decades ago... [It] is driven not by executives battling for money and power, but the experiences – some mundane, some extraordinary – of a nonobservant Jewish boy growing up in Hungary through a fascist regime, a Nazi invasion and a Soviet occupation.” – Chris Gaither, *The New York Times* “ The intelligence, dedication and ingenuity that earned him fame and fortune (he was *Time*’s Man of the Year in 1997) are evident early on... Grove’s story stands

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smartly amid inspirational literature by self-made Americans” – Publishers Weekly “A tight, simply told, extremely intimate memoir... a polished, solid portrait of a particular time and place.” – Kirkus “[A] moving and inspiring memoir... Grove’s account of life in Hungary in the 1950s is a vivid picture of a tumultuous period in world history.” –

Booklist

Her mother, who wrote vivid versions of old Irish folk tales, once said of the Irish Civil War: 'In those days... fear kept you from sleeping, but also from getting fat or bored.' Her father was Director of Publicity

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for the IRA during that savage conflict. He made bombs. A brilliant writer, his first book of stories was banned and he was summoned by his old IRA comrades to be court-martialled for writing it. He became one of Ireland's most celebrated writers and a radical dissident during the 1940s, challenging Church and State for their betrayal of the people's needs. His affairs with Elizabeth Bowen and many other women were betrayals of a more intimate kind. This was the backdrop to Julia O'Faolain's childhood. Her life is filled with great characters: Frank O'Connor, Paul Henry,

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Garret Fitzgerald, Hubert Butler, Patrick Kavanagh and Richard Ellman; and later, in their villas outside Florence, Harold Acton and Violet Trefusis, along with a cast of prim communists and raffish reactionary aristocrats. This is a book about being an outsider looking in, a trespasser in Ireland and in other countries - France, Italy in the late 1950s, the West Coast during the turbulent sixties - and also in other lives, the permanent temptation of the creative writer.

"A memoir for our times." -Michael Stipe "A coming-of-age drama captured through poetic

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prose and convincing honesty.” –Kirkus Reviews “I swim for every chance to get wasted—after every meet, every weekend, every travel trip. This is what I look forward to and what I tell no one: the burn of it down my throat, to my soul curled up in my lungs, the sharpest pain all over it—it seizes and stretches, becoming alive again, and is the only thing that makes sense.” At fifteen, Casey Legler is already one of the fastest swimmers in the world. She is also an alcoholic, isolated from her family, and incapable of forming lasting connections with those around her. Driven to compete at the

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highest levels, sent far away from home to train with the best coaches and teams, she finds herself increasingly alone and alienated, living a life of cheap hotels and chlorine-worn skin, anonymous sexual encounters and escalating drug use. Even at what should be a moment of triumph—competing at age sixteen in the 1996 Olympics—she is an outsider looking in, procuring drugs for Olympians she hardly knows, and losing her race after setting a new world record in the qualifying heats. After submitting to years of numbing training in France and the United States, Casey can see no way out of the

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sinister loneliness that has swelled and festered inside her. Yet wondrously, when it is almost too late, she discovers a small light within herself, and senses a point of calm within the whirlwind of her life. In searing, evocative, visceral prose, Casey gives language to loneliness in this startling story of survival, defiance, and of the embers that still burn when everything else in us goes dark.

A funny and bold account of how women fought their way into the water, and of what they did once they got there

Prepare to peek into the mind of a champion,

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known as the most decorated Olympian of all time with 28 medals, including 23 gold, with this newly updated edition of Michael Phelps's autobiography, *Beneath the Surface*. In this candid memoir, Phelps talks openly about his battle with attention deficit disorder, the trauma of his parents' divorce, and the challenges that come with being thrust into the limelight. Readers worldwide will relive all the heart-stopping glory as Phelps completes his journey from the youngest man to ever set a world swimming record in 2001, to an Olympic powerhouse in 2008, to surpassing the greatest athlete of

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ancient Greece, Leonidas of Rhodes, with 13 triumphs in 2016. Athletes and fans alike will be fascinated by insights into Phelps's training, mental preparation, and behind-the-scenes perspective on international athletic competitions. A chronicle of Phelps's evolution from awkward teenager to record-breaking powerhouse, *Beneath the Surface* is a must-read for any sports fan.

This is a memoir of intense physical and personal experience, exploring how swimming with seals, gulls and orcas in the cold waters off Orkney provided Victoria Whitworth with an escape from a series of life crises

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and helped her to deal with intolerable loss. It is also a treasure chest of history and myth, local folklore and archaeological clues, giving us tantalising glimpses of Pictish and Viking men and women, those people lost to history, whose long-hidden secrets are sometimes yielded up by the land and sea.

[Swimming In A Sea Of Death](#)

[A Year in the Water](#)

[Turning](#)

[Swimming Across](#)

[Leap In](#)

[Pondlife](#)

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[Swimming with My Father](#)

[Life Lessons from the Pool, from Diving in to Treading Water](#)

[Swimming at the Hampstead Ladies' Pond](#)

[Lifeguarding](#)

[Swimming with Seals](#)

[My Story](#)

An Olympic medalist recounts the events of her career, describing her successes at the U.S. Nationals at the age of fifteen, the shoulder injury that hampered her swimming style, and her training under University of California coach Teri McKeever.

Carol Thatcher has one of the most famous surnames in the world. The daughter of former Prime Minister Baroness Thatcher, Carol is a national treasure with a unique story to tell. Her remarkable

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mixture of bravery, honesty and humour won her a place in the nation's hearts on ITV's I'm a Celebrity, Get Me Out of Here...! when millions of viewers voted her the second 'Queen of the Jungle'. In this candid memoir, she tells us about what it was like to grow up as the 'Milk Snatcher's' daughter, sister of the infamous Mark, living a life she describes as a 'swim-on part in the goldfish bowl'. Her tales of behind-the-scenes at Number 10, her extraordinary travels, and dinners with world leaders, are both rivetingly funny and refreshingly revealing. This Ebook does not contain pictures.

*****SHORTLISTED FOR THE RSL ENCORE AWARD 2018*****

The second novel from the author of Our Endless Numbered Days, which won the 2015 Desmond Elliott Prize and was a 2016 Richard and Judy Book Club Pick. 'Gil Coleman looked down from the

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window and saw his dead wife standing on the pavement below.' Gil's wife, Ingrid has been missing, presumed drowned, for twelve years. A possible sighting brings their children, Nan and Flora, home. Together they begin to confront the mystery of their mother. Is Ingrid dead? Or did she leave? And do the letters hidden within Gil's books hold the answer to the truth behind his marriage, a truth hidden from everyone including his own children? 'Thrilling, transporting, delicately realised and held together by a sophisticated sense of suspense...more than matches the power of Fuller's debut... Powerful, pleasing and pleasurable.' Sunday Times

'Exquisitely written and wonderfully readable - There are tears, laughter and filial tenderness on every page of Tim Jeal's perfect gem of a book.' Val Hennessy, Daily Mail An exquisite and moving portrait of a deeply eccentric father. Tim Jeal's beautifully nuanced

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memoir is by turns lyrical, poignant and gloriously funny. 'Jeal's prose is so sprightly, his interweaving of time-schemes so skilful, and his 'ordinary' story so touching that his book feels completely fresh - At its heart is an unusually engrossing account of parental oddity, marital resilience and filial complexity.' Andrew Motion, Guardian 'This is a marvellous book: funny, vivid, immensely touching and beautifully constructed.' John Preston, Evening Standard 'A pleasure to read: unpretentious, moving, full of jokes but also unobtrusively wise.' Anne Chisholm, Sunday Telegraph 'Lovely, lively, passionate... a celebration of nature's ability to inspire healing and joy' Robert MacFarlane In the breaststrokes of Roger Deakin's *Waterlog*, this is the story of one man's search for himself across the breadth of Britain's wild waters. Joe Minihane became obsessed with wild swimming and the way it soothed his

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anxiety, developing a new-found passion by following the example of naturalist Deakin in his own swimming memoir. While fighting the currents - sometimes treading water Minihane swims to explore, to forget, to find the path back to himself through nature, and in the water under an open sky he finally begins to find his peace. Floating is a remarkable memoir about a love of swimming and a deep appreciation for the British countryside: it captures Minihane's struggle to understand himself, and the healing properties of wild stretches of water. From Hampstead to Yorkshire, Dorset to Jura, the Isles of Scilly to Wales, Minihane uses *Waterlog* to trace his own path by diving right in.

Memoirs.

Roger Deakin set out in 1996 to swim through the British Isles. The result a uniquely personal view of an island race and a people with a

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deep affinity for water. From the sea, from rock pools, from rivers and streams, tarns, lakes, lochs, ponds, lidos, swimming pools and spas, from fens, dykes, moats, aqueducts, waterfalls, flooded quarries, even canals, Deakin gains a fascinating perspective on modern Britain. Detained by water bailiffs in Winchester, intercepted in the Fowey estuary by coastguards, mistaken for a suicide on Camber sands, confronting the Corryvreckan whirlpool in the Hebrides, he discovers just how much of an outsider the native swimmer is to his landlocked, fully-dressed fellow citizens. Encompassing cultural history, autobiography, travel writing and natural history, *Waterlog* is a personal journey, a bold assertion of the native swimmer's right to roam, and an unforgettable celebration of the magic of water.

Winner of the Cross Sports International Autobiography of the Year

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award In the 1970s, Diana Nyad was widely regarded as the greatest long-distance swimmer in the world and set many world records, such as circling Manhattan Island and crossing the 102.5 miles between the Bahamas and Florida. But one record continually eluded her: becoming the first woman to swim between Cuba and the Florida Keys without a shark cage. Finally, in September 2013, after four failed attempts and at the age of sixty-four, Diana completed the crossing after two days and two nights of continuous swimming - 53 consecutive hours, 110 miles. Millions of people watched her and cried and cheered and were dazzled and amazed by her tenacity and courage. Her memoir, *Find a Way*, is a dramatic, page-turning account of the epic endurance quest that led to that moment, and is also a galvanizing call to live life boldly, in-the-moment, fearlessly, passionately, with no regrets. What makes this

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book special is that it not only recounts an astonishing and hard won triumph, though it does tell the story of an extraordinary and improbable victory. What makes this book, and Nyad herself, so incredible is the fact of her monumental courage in the face of failure. Nyad failed, and failed, and failed, and failed, but never gave up, and this memoir shows her unwavering belief in the face of overwhelming odds. It is about perseverance, tenacity and commitment on an epic scale.

[A Son's Memoir](#)

[No Limits](#)

[A Social History of Bathing in Britain](#)

[London Made Us](#)

[A True Story of Faith, Hope, and Victory](#)

[Dryland](#)

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[Trespassers](#)

[Waterlog](#)

[In the Water They Can't See You Cry](#)

[At Swim](#)

[A Boy in the Water](#)

[A Return to Waterlog](#)

In spring 2004, Susan Sontag was diagnosed with the incurable blood cancer. She had a huge appetite for experience, and a wild, extravagant desire to live. Rieff writes movingly about being by her side during that last year and at her death, and about his own contradictory emotions: his guilt both for not consoling her enough, and for somehow colluding with her in her belief that she could beat the disease. Drawing

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on Sontag's journals and letters, which Rieff read after her death, and on the writings about the deaths of other great thinkers, *Swimming in a Sea of Death* provides a vivid portrait of Sontag in the last year of her life and a haunting meditation on mortality.

A new re-issue of the cult swimming classic, a beautiful read filled with detailed description and powerful prose. WITH A NEW INTRODUCTION BY AMY LIPTROT ' A luminously romantic history of swimming ' Guardian Haunts of the Black Masseur is a dazzling introduction to the great swimming heroes, from Byron leaping into the surf at Shelley's funeral to Hart Crane diving to his death in the Bay of Mexico. Bursting with anecdotes, Charles Sprawson leads us

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into a watery world populated by lithe demi-gods – a world that has obsessed humans from the ancient Greeks and Romans, to Yeats, Woolf, Fitzgerald and Hockney. Original, enticing and dripping with references to literature, film, art and Olympic history, this cult swimming classic pays sparkling tribute to water and the cultural meanings we attach to it.

‘ This splendid and wholly original book is as zestful as a plunge in champagne ’ Iris Murdoch

Sea swimming is the great leveller; we ’ re all the same in a pair of togs. No one minds who you are or what you ’ ve done; the question is ‘ are you getting in? ’ Popular for centuries, sea swimming has had a recent surge in interest, with a growing community now taking the plunge. Brendan Mac

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Evilly and Michael O ' Reilly, enthusiastic members of this bathing fraternity, chart their adventures in forty-three of Ireland ' s most enticing places to swim. Along the way, they meet artists who come to the sea for inspiration and distance swimmers undertaking marathon sea swims. Their conversations with local dippers touch on the history and lore of these stunning locations and confirm Ireland ' s vibrant sea-swimming culture. Part guidebook, part travelogue, part analysis of our relationship with the sea, *At Swim* explores the thrills, fears and joys of sea swimming.

Tera Bradham was born to prove people wrong. The fastest swimmer her age in the United States by age ten, many believed " Tera the Terror " was destined for the Olympics.

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Her fiercely competitive spirit and unmatched intensity knew no limits until Tera suffered a sudden, devastating shoulder injury that derailed her promising career. Although she trusted in God, she also wrestled with doubts of his goodness throughout subsequent years of misdiagnoses, chronic pain, and crippling disappointment. Her injury finally forced her to fully surrender to God. Then her miracle came, or so she thought. Her shoulder was successfully reconstructed, and after two more years of grueling recovery, Tera found the courage to swim again and pursue her dreams with renewed faith. *Swimming for Freedom* tells the story of Tera's unconventional comeback and shows that through God, all things are possible. What started as an Olympic dream ended

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in her true miracle: the freedom of a life in Christ. Tera ' s story will inspire you to rise up, dream again, and fight for his calling on your life.

‘ London is a giant kaleidoscope, which is forever turning. Take your eye off it for more than a moment and you ’ re lost. ’ Robert Elms has seen his beloved city change beyond all imagining. London in his lifetime has morphed from a piratical, bomb-scarred playground, to a swish cosmopolitan metropolis. Motorways driven through lost communities, accents changing, skyscrapers appearing. Yet still it remains to him the greatest place on earth. Elms takes us back through time and place to myriad Londons. He is our guide through a place that has seen scientific experiments conducted in

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subterranean lairs and a small community declare itself an independent nation; a place his great-great-grandfather made the Elms ' home over a century ago and a city that has borne witness to world-changing events.

'The water slips over me like cool silk. The intimacy of touch uninhibited, rising around my legs, over my waist, up to my collarbone. When I throw back my head and relax, the lake runs into my ears. The sound of it is a muffled roar, the vibration of the body amplified by water, every sound felt as if in slow motion . . .' Summer swimming . . . but Jessica Lee - Canadian, Chinese and British - swims through all four seasons and especially loves the winter. 'I long for the ice. The sharp cut of freezing water on my feet. The immeasurable

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black of the lake at its coldest. Swimming then means cold, and pain, and elation.' At the age of twenty-eight, Jessica Lee, who grew up in Canada and lived in London, finds herself in Berlin. Alone. Lonely, with lowered spirits thanks to some family history and a broken heart, she is there, ostensibly, to write a thesis. And though that is what she does daily, what increasingly occupies her is swimming. So she makes a decision that she believes will win her back her confidence and independence: she will swim fifty-two of the lakes around Berlin, no matter what the weather or season. She is aware that this particular landscape is not without its own ghosts and history. This is the story of a beautiful obsession: of the thrill of a still, turquoise lake, of cracking the ice before submerging, of

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floating under blue skies, of tangled weeds and murkiness, of cool, fresh, spring swimming - of facing past fears of near drowning and of breaking free. When she completes her year of swimming Jessica finds she has new strength, and she has also found friends and has gained some understanding of how the landscape both haunts and holds us. This book is for everyone who loves swimming, who wishes they could push themselves beyond caution, who understands the deep pleasure of using their body's strength, who knows what it is to allow oneself to abandon all thought and float home to the surface.

I have learned many words for 'island': isle, atoll, eyot, islet, or skerry. They exist in archipelagos or alone, and always, by

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definition, I have understood them by their relation to water. But the Chinese word for island knows nothing of water. For a civilisation grown inland from the sea, the vastness of mountains was a better analogue: (dao, 'island') built from the relationship between earth and sky. Between tectonic plates and conflicting cultures, Taiwan is an island of extremes: high mountains, exposed flatlands, thick forests. After unearthing a hidden memoir of her grandfather's life, written on the cusp of his total memory loss, Jessica J Lee hunts his story, in parallel with exploring Taiwan, hoping to understand the quakes that brought her family from China, to Taiwan and Canada, and the ways in which our human stories are interlaced with geographical forces. Part-nature writing, part-biography, Two

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Trees Make a Forest traces the natural and human stories that shaped an island and a family.

[Two Trees Make a Forest](#)

[Haunts of the Black Masseur](#)

[Godspeed](#)

[Tales of a Long-Distance Swimmer](#)

[Swimming Studies](#)

[At the Pond](#)

[On Memory, Migration and Taiwan](#)

[Swimming in the Sink](#)

[The History of Swimming](#)

[Pigs Can't Swim](#)

[All at Sea](#)