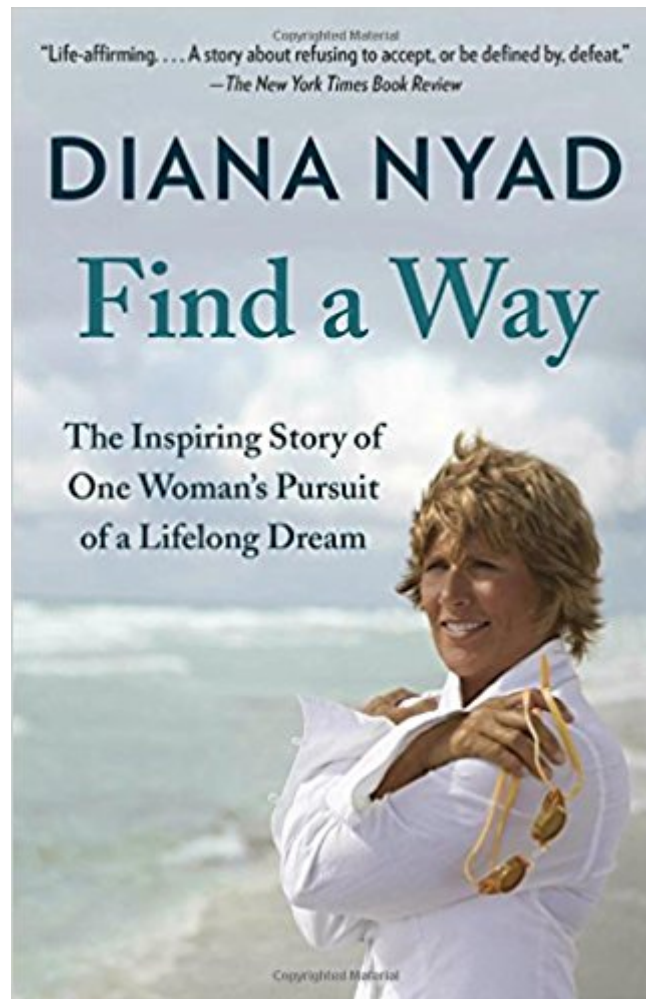


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# Find A Way: The Inspiring Story Of One Woman's Pursuit Of A Lifelong Dream



## Synopsis

Hillary Clinton said that *Find a Way* would stay with her through the general election: "When you're facing big challenges in your life, you can think about Diana Nyad getting attacked by the lethal sting of box jellyfishes. And nearly anything else seems doable in comparison." When Diana Nyad arrived on the shore of Key West after fifty-three hours of grueling swimming across an epic ocean, she not only set a world record "becoming the first person to swim the shark-infested waters between Cuba and Florida with no cage for protection" she also succeeded in fulfilling a dream she first chased at age twenty-eight and at long last achieved when she was sixty-four. Now, in a riveting memoir, Diana shares a spirited account of what it takes to face one's fears, engage one's passions, and never ever give up. For no matter what life may throw at you, or how many times you may have experienced defeat, it is always possible "as long as you commit to living life to the nth degree, no regrets" to "find a way."

## Book Information

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## Customer Reviews

I was astounded when I first heard about Diana Nyad and her swim from Cuba to Key West. I remember watching as she walked onto the shore, destroying records and setting a new benchmark for the word endurance. Proving that age is not a factor, Ms Nyad instantly became an inspiration for me and reminded me of the power of the human spirit. Once I read this story, well, how little I really knew. Reading "Find A Way," you will get a hardcore, no holds barred, raw look at the life of a woman who is not afraid to speak her mind and display her talents on the world stage. I, as many others I am sure, had no idea of the personal tragedies Ms Nyad has endured throughout her life.

Besides being the new definition of endurance, she is the cornerstone of what it means to never quit and never let life dictate what you will be. Ms Nyad was a victim who never played the role of the victim. She used adversity (and anger) to conquer every goal she set forth. She had access to every excuse in the book and the thought of using any of them never crossed her mind. While I am an endurance athlete (ultra-runner/triathlete) I feel that I could never use that term to identify myself if I was standing in the same room with Diana Nyad. No, I have a long way and many hundreds of hundreds of miles to go before I will be in a class to even carry her goggles. This woman is a far superior role model than any so called "sports star" on any field or court today. I am humbled by her story and am honored that she would tell us her tale in such raw detail. If you think this is just a book about swimming, you are in for a pleasant (if sometimes disturbing) surprise. This is a book about life. Real life. Raw life. The life of Diana Nyad. Are you ready to "Find a Way?"

In my perception, "Find a Way" by Diana Nyad might be described as a "perfect storm" of a book. It has all the elements that I look for: superlative narrative style; a gripping, vital, vivid, and completely engaging story; total honesty and authenticity. Clearly, no "mystery" as such is involved; Nyad herself is a well-known person, indeed a celebrity, and her accomplishments are available to anyone who has any access to the news or social media, not to mention Google. Also available are the details of the challenge to the validity of her achievement by a group of other long-distance swimmers

(<http://www.businessinsider.com/diana-nyad-cheating-conspiracy-theory-2013-9>) which Nyad meets head-on in the conclusion of this book. Finally, this is a beautifully-told perspective on Diana's loves, friendships, and worldview. Although she characterizes herself as an atheist, she acknowledges profound belief in the ascendancy of the human spirit and the awesomeness of the universe. She concludes her story with the assertion: "The quest of the Cuba Swim squared up my value system. It ushered me down a grueling path toward becoming a person I can truly admire. I am not defined by transient fame, nor by childhood sexual abuse, nor by world records. I don't wake up each morning a woman, a senior citizen, a lesbian, a Democrat, a human rights advocate, an atheist, a pacifist, an animal lover, an environmentalist. I may be all of these things, although above all I'm just a person who cherishes a bold journey. A person who refuses to let this one wild and precious life slip quietly by." While I will never meet Diana Nyad personally, I have been deeply enriched by the story she has shared.

At 64 years old, Diana Nyad completed the impossible - the swim from Florida to Cuba and back.

Impressive indeed. But when you toss in the fact she hadn't been swimming in 30 years, the fact that she tried when she was younger and failed - it's mind boggling. M's Nyad gives the account of her swim in "Find A Way". But there is also so much more in this book - M's Nyad's determination to live her life to the fullest and on her terms is infectious. Not that I'd even take that kind of swim in my life, but there are other things I need to be reminded I can still do. One of the most interesting aspects of this book is though I know how it ends, it can still produce anxiety in me. The first chapter, "Crisis" is similar to be tossed into an ice cold pond. The danger is real and palpable. The sheer determination of M's Nyad to swim past the pain is beyond me to comprehend. I get a bee sting or trip over something and I am ready to call it a day. I've been stung by jellyfish and that hurts like hell. And that's just a regular sort of jellyfish, not one that can paralyze a person. M's Nyad doesn't overdramatize the danger or constantly say how great and wonderful she is for doing this excursion. Many sports heroes seem to do to make themselves larger than life. One of the most important statements M's Nyad makes is that swimming isn't solitary, it takes a team. I realized she meant swimming through life, not just the actual swimming in water. I enjoyed this book greatly. I believe if you are the least bit interested in life, you will want to read this book. It is inspiring.

After watching her 15 minute talk at the TED conference "In the pitch-black night, stung by jellyfish, choking on salt water, singing to herself, hallucinating â | Diana Nyad just kept on swimming. And that's how she finally achieved her lifetime goal as an athlete: an extreme 100-mile swim from Cuba to Florida â " at age 64." I was hooked and ordered the book. What totally blew me away when she reached for goal 2 years ago was that she had not swum competitively in 30 years - simply amazing. What she tells the reader now is what she endured as a child and young adult, experiences that have emotionally crippled many children - a strong woman.

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