



## Swimming in the Sink: A Memoir (Paperback)

By Dr Lynne Cox

VINTAGE, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. In this stunning memoir of life after loss, open-water swimming legend and bestselling author of Grayson Lynne Cox tells of facing the one challenge that no amount of training could prepare her for. A celebrated athlete who set swimming records around the world, Lynne Cox achieved astonishing feats of strength and endurance. She was the first to swim the frigid waters of the Bering Strait, the Strait of Magellan, and the coast of Antarctica, and she was the fastest to swim the English Channel. But it is a different kind of struggle that pushes her to the brink. In a short period of time, Lynne loses her father, and then her mother, and then Cody, her beloved Labrador retriever. Soon after, Lynne herself is diagnosed with a life-threatening heart condition that leaves her unable to swim and barely able to walk. But against all odds, and with the support of her friends and family, Lynne begins the slow pull toward recovery, reaching always for the open waters that give her the freedom and mastery that mean everything to her. What follows is a beautifully poignant meditation on loss...



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