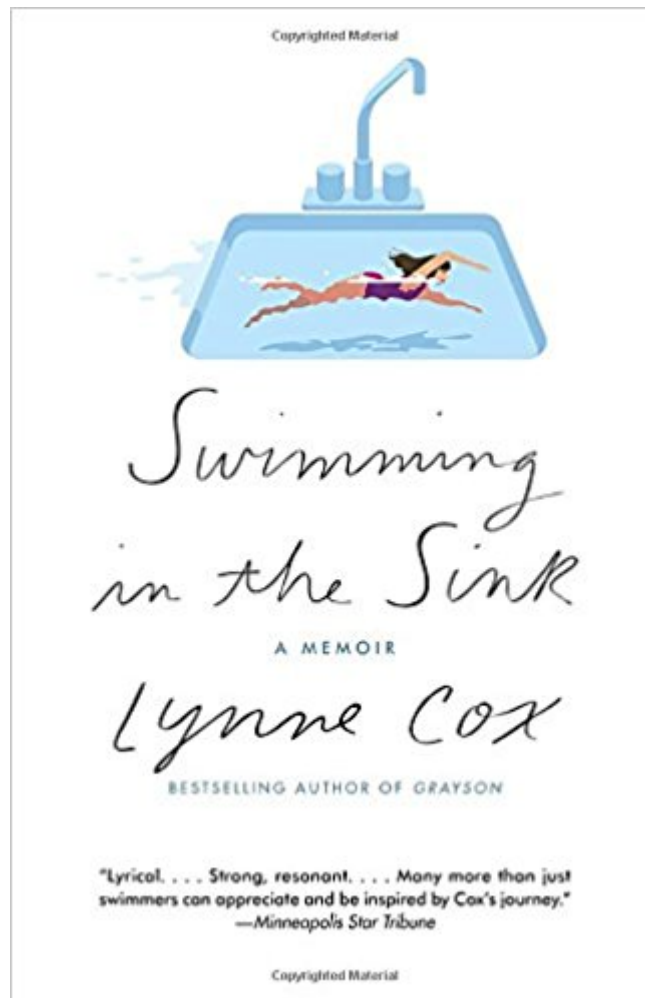




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# Swimming In The Sink: A Memoir



## Synopsis

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 and an exhilarating celebration of life as, to Lynne's surprise, she begins to find, within the unfamiliar space of vulnerability, the greatest treasures—like falling in love.

## Book Information

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## Customer Reviews

Praise for Lynne Cox and *Swimming in the Sink* "Lyrical. . . . Strong, resonant. . . . Many more than just swimmers can appreciate and be inspired by Cox's journey." "Star Tribune (Minneapolis)" "Fascinating." "The Washington Post" "Lynne Cox is a master of storytelling." "Jane Goodall" "Told in straightforward language straight from the heart,

Cox's story is a celebration of mindful living and a reminder that few things are ever permanently out of reach. • "Kirkus Reviews" Rhapsodic. . . . In her efforts to recover, [Cox] brings both the unique perspective of an athlete who spent a lifetime exploring her physical limits and the determination of someone who braved painful research into the body's ability to survive the cold. Her journey here proves the strength of her heart. • "Booklist" (starred review) "Cox writes with grace and sensitivity. What an amazing woman. • "The Philadelphia Inquirer" "Lynne Cox is a unique phenomenon: a champion swimmer who can write about it. • "Anne Rice, author of *Called Out of Darkness* "Inspiring and engaging. . . . The book is a reminder that even the strongest and most solitary among us require the support of friends and family. • "Library Journal" (starred review) "Lynne Cox's heart beats with magical new powers as she swims through the most personal challenge of her dazzling career. This lyrical book is an ode to water, to guts, and "yippee! "to love. Dive in, now, for a most glorious adventure. • "Lynn Sherr, author of *Swim: Why We Love the Water* "Intimate. . . . This satisfying journey through a world-class athlete's heart-centered crisis is a warm tale of recovery and even finding love. • "Publishers Weekly

LYNNE COX has held open-water swimming records all over the world, including two for the fastest crossing of the English Channel. She is best known for her swim across the Bering Strait from the United States to the Soviet Union on August 7, 1987. Cox has been inducted into the International Swimming Hall of Fame and has completed more than sixty challenging swims around the world. Her articles have appeared in many publications, among them *The New Yorker*, *The New York Times*, and the *Los Angeles Times Magazine*. She lives in Long Beach, California. [www.lynnecox.com](http://www.lynnecox.com)

Thank you, thank you, thank you, Lynne Cox, for your book, *Swimming in the Sink*. This cuts right to the heart of what it means to be human and vulnerable and strong and courageous. Your struggle to heal from aFib and deal with the grief of your parents' and your dog Cody's passing is so honestly, humanely described that it brings me to tears...and laughter too, as you retain your vitality of spirit and humor. Having gone through the loss of my parents, I know that pain, know the grieving process. As a runner and swimmer, I know how well that training has served me in difficult times--and yet at the same time how hard it is to let go and acknowledge vulnerability when we want to focus on our strength. You do that with such sensitivity and grace!

I like the way that Lynne Cox describes herself and her journey in her very introspective manner. Her cold water swim journey seem almost superhuman to me like she was just born to swim. I've followed her career for a long time and have always been in such awe of her. I think it's great that she shares her frailties with us. Her book was a great companion to another book I read by an open water swimmer, Mile Humphrey who humorously explains the struggle to achieve his open water goal as well as his failures in achieving them.

Amazing story of overcoming overwhelming odds, in the past her life has been about doing swims no one has ever done, against all odds, this story is about life and death, rediscovering joy and passion in life not just recovering but exceeding all expectations of the medical world. An inspiring story that we all can learn from when the pain and hardships in life overwhelm us, Lynne's story proves that there is always hope through love. Love this book ! Love Lynne, she is an encouraging angel!

I've read every book written by Lynne Cox, a world class swimmer and a world class person. This is her inspirational account of overcoming the odds in the face of personal and health struggles. It's full of lots of insights we can all learn from. I couldn't put it down, and will probably read it again soon. I highly recommend this book to anyone and everyone.

I liked it very much. The ending should not have stopped her story. Lynn should have written a couple of more chapters about her life today with her new beau. Love her books.

It was illuminating to read about the "Broken Heart" syndrome vindicating the wisdom of poets and philosophers over the ages concerning the link between the heart and life's events that can literally and figuratively "break your heart." Paul J. Kiell, M.D..

Anyone who has read SWIMMING TO ANTARCTICA will be cheering for Lynne as she confronts a daunting new challenge. She's a world-class athlete every step of the way. And reading her first-person description when she is in the water is the golden nugget.

I thought Lynne was a hero after reading Swimming to Antarctica. After reading Swimming in the Sink, I think she is a whole hearted hero, able to share true humility through healing.

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