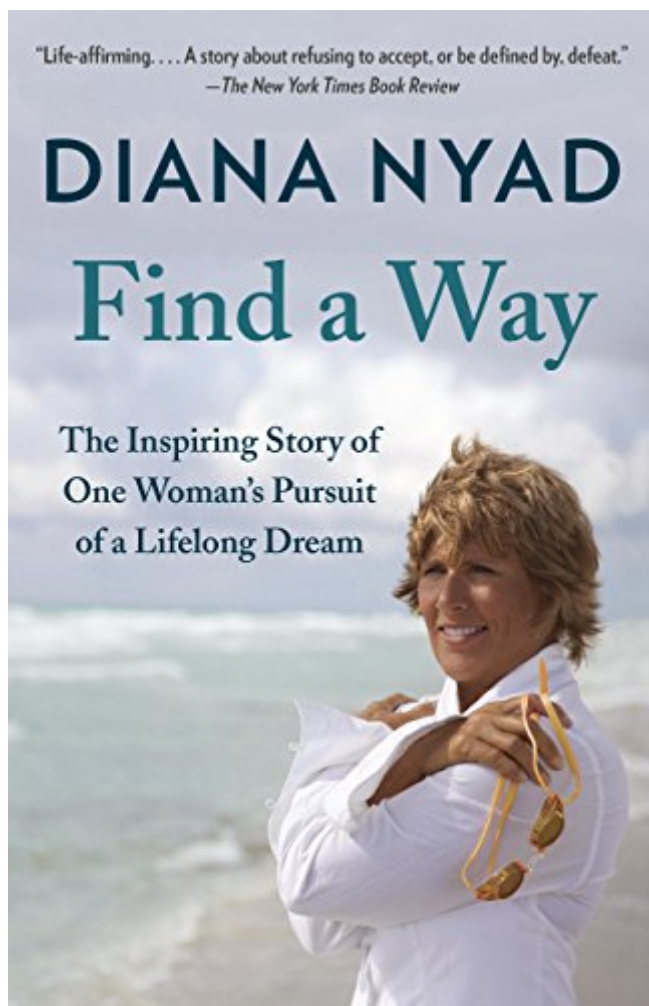




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# Find A Way



## 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." On September 2, 2013, at the age of sixty-four, Diana Nyad emerged onto the sands of Key West after swimming 111 miles, nation to nation, Cuba to Florida, in an epic feat of both endurance and human will, in fifty-three hours. Diana carried three poignant messages on her way across this stretch of shark-infested waters, and she spoke them to the crowd in her moment of final triumph: 1. "Never, ever give up." 2. "You're never too old to chase your dreams." 3. "It looks like a solitary sport, but it's a Team." Millions of people around the world cheered this maverick on, moved by her undeniable tenacity to be the first to make the historic crossing without the aid of a shark cage. At the end of her magnificent journey, after thirty-five years and four crushing failures, the public found hope in Diana's perseverance. They were inspired by her mantra "find a way" that led her to realize a dream in her sixties that had eluded her as a young champion in peak form. In *Find a Way*, Diana engages us with a unique, passionate story of this heroic adventure and the extraordinary life experiences that have served to carve her unwavering spirit. Diana was a world champion in her twenties, setting the record for swimming around Manhattan Island, along with other ocean-swim achievements, all of which rendered her a star at the time. Back then, she made the first attempt at the Mount Everest of swims, the Cuba Swim, but after forty-two hours and seventy-nine miles she was blown desperately off course. Her dream unfulfilled, she didn't swim another stroke for three decades. Why, at sixty-four, was she able to achieve what she could not at thirty? How did her dramatic failures push her to success? What inner resources did Diana draw on during her long days and nights of training, and how did the power of the human spirit trump both the limitations of the body and the forces of nature across this vast, dangerous wilderness? This is the gripping story of an athlete, of a hero, of a bold mind. This is a galvanizing meditation on facing fears, engaging in our lives full throttle, and living each day with no regrets. From the Hardcover edition.

## Book Information

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## Customer Reviews

"Find a Way" by Diana Nyad was our book club book for July 2016. This is the story behind ultramarathon swimmer Diana Nyad's dream of swimming from Cuba to Key West. There is a lot to admire in Ms. Nyad's struggle to become the first person to swim from Havana to Key West, without a shark cage. Her first attempts were in her late 20s, then after a 30 year hiatus from swimming, she began training again at age 60, culminating in a successful swim at age 64. The fact that she could accomplish such a feat, swimming 110.86 miles in open water battling currents, jelly fish and more for 52 + hours is truly amazing, but what makes this book a good book for discussion, is the deeper backstory. Why was she so driven? How much did the horrors of her young life factor into her determination? Was this a dream or an obsession? She could never have accomplished it without the support of so many loyal and equally dedicated friends and teammates - but at what cost to them? I would give this book 2-3 stars for it's uneven writing style - the editing could have been better. I had a hard time starting it but I gave it 4 stars because there are truly so many issues to discuss and a lot of interesting information on the dangers and complexity of attempting such a swim. I learned a lot about the Gulf Stream for sure. Personally, while admiring her accomplishments, I did not find Ms. Nyad likable but much can be forgiven someone who has suffered greatly...and then there is the controversy in the swimming community surrounding her last swim... I would recommend this book; the reader may have mixed feelings about Ms. Nyad, but hers is a story worth reading.

Absolutely superior in every way. Ms. Nyad is an excellent writer and storyteller whose tale combines adventure, heroism, and motivational psychology all in one. What sets this book apart from the narrative exploits of other elite athletes is that she evocatively recreates the mental as well as physical strength she called up in her struggle to "never, ever give up." This is the best book of 2015.

There is no way that I will ever make another excuse about chasing my dreams again. Wow! This remarkable woman overcame so much adversity as a child and still was a world class swimmer into her mid 60s. To swim nonstop for 110 miles and surviving box fish bites and so many other obstacles is simply amazing. I'm so glad I read this book and know her story; I am a better person because of it.

This is an awesome story. As a person who completed his first ironman triathlon at age 60 and who has done crazy things for a long time - including a 500 mile bike race, the Spenco 500, in the 1980s and the Mont Tremblant Ironman 35 years later - I found her story very compelling. The intensity and persistence she demonstrated in training and executing 4 failed attempts over 30 years to achieve this goal before finally achieving it in 2013 (in 55 hours of continuous swimming) is nothing short of astounding. I particularly liked that she didn't do it for the adulation of others, but for herself alone. It's about her, her goals, her dedication, her achievement and her own life's journey. The writing is only so-so, but the story is amazing. Highly recommended.

Gosh, it's hard to write a long book like this one about 4 failed swim attempts before the 5th successful one! However, Diana Nyad made it extremely interesting giving very honest revelations about her childhood - how she was sexually molested by both her father and her swim instructor - experiences which tainted her life both in adulthood and beyond. She finally overcame it in later life and made some lifelong friends and allies. who helped her in her quest to swim from Cuba to the Florida Keys. She's one tough lady, both mentally and physically, and that's for sure, to overcome all those obstacles, some of which nearly killed her and finally became the first person to swim that ocean non stop. 110.86 miles. 52 hours, 54 minutes, 18 seconds. And to anyone who thinks you're too old at 60? Well she swam this at age 64!

I enjoyed Diana Nyad's story and hearing her read it was extra special. The energy in her voice hints at the determination it took to complete her 111 mile swim. She was tested in brutal ways and

she still prevailed. Her perseverance is inspiring. How could she do it? She offers some clues in the training log added at the back of the book. It demonstrates the long-term preparation that Diana accomplished before her success.

I'd give it 6 stars if I could. Anyone who is an open water (or even long distance pool) swimmer or anyone who has ever had to persevere to obtain a goal can relate to this memoir. Honestly, everyone should read this book. It's such an incredible story. From the first chapter you're hooked, dying to know if she's going to make it. The writing is good and, for me, really brought me into the moments, drawing on my not quite similar but not dissimilar experiences. I'll be in Key West later this year and hope to go to her spot.

The accomplishment of swimming all the way from Cuba to Florida is, indeed, remarkable. Some parts of this book were interesting but mostly the book was tedious. After about half way through, I found myself just quickly scanning each page before turning to the next. I only finished reading because it was my book club's choice this month. Maybe this would be a better read if it had been a biography rather than an autobiography.

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