

Turning A Swimming Memoir

A lyrical novel set against the backdrop of China's Cultural Revolution that follows a father's quest to reunite his family before his precocious daughter's momentous birthday, which Garth Greenwell calls "one of the most beautiful debuts I've read in years." How many times in life can we start over without losing ourselves? In the summer of 1986 in a small Chinese village, ten-year-old Junie receives a momentous letter from her parents, who had left for America years ago: her father promises to return home and collect her by her twelfth birthday. But Junie's growing determination to stay put in the idyllic countryside with her beloved grandparents threatens to derail her family's shared future. What Junie doesn't know is that her parents, Momo and Cassia, are newly estranged from one another in their adopted country, each holding close private tragedies and histories from the tumultuous years of their youth during China's Cultural Revolution. While Momo grapples anew with his deferred musical ambitions and dreams for Junie's future in America, Cassia finally begins to wrestle with a shocking act of brutality from years ago. In order for Momo to fulfill his promise, he must make one last desperate attempt to reunite all three members of the family before Junie's birthday—even if it means bringing painful family secrets to light. "A beautifully written, poignant exploration of family, art, culture, immigration, and most of all, love." (Jean Kwok, New York Times bestselling author of Searching for Sylvie Lee) Swimming Back to Trout River weaves together the stories of Junie, Momo, Cassia, and Dawn—a talented violinist from Momo's past—while depicting their heartbreak and resilience, tenderly revealing the hope, compromises, and abiding ingenuity that make up the lives of immigrants.

THE SUNDAY TIMES TOP TEN BESTSELLER WINNER OF THE 2016 WAINWRIGHT PRIZE SHORTLISTED FOR THE 2017 ONDAATJE PRIZE SHORTLISTED FOR THE 2016 WELLCOME PRIZE At the age of thirty, Amy Liptrot finds herself washed up back home on Orkney. Standing unstable on the island, she tries to come to terms with the addiction that has swallowed the last decade of her life. As she spends her mornings swimming in the bracingly cold sea, her days tracking Orkney's wildlife, and her nights searching the sky for the Merry Dancers, Amy discovers how the wild can restore life and renew hope.

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 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.

This "stunning journey through a country that is home to exhilarating natural wonders, and a scarring colonial past . . . makes breathtakingly clear the connection between nature and humanity, and offers a singular portrait of the complexities inherent to our ideas of identity, family, and love" (Refinery29). A chance discovery of letters written by her immigrant grandfather leads Jessica J. Lee to her ancestral homeland, Taiwan. There, she seeks his story while growing closer to the land he knew. Lee hikes mountains home to Formosan flamecrests, birds found nowhere else on earth, and swims in a lake of drowned cedars. She bikes flatlands where spoonbills alight by fish farms, and learns about a tree whose fruit can float in the ocean for years, awaiting landfall. Throughout, Lee unearths surprising parallels between the natural and human stories that have shaped her family and their beloved island. Joyously attentive to the natural world, Lee also turns a critical gaze upon colonialist explorers who mapped the land and named plants, relying on and often effacing the labor and knowledge of local communities. Two Trees Make a Forest is a genre-shattering book encompassing history, travel, nature, and memoir, an extraordinary narrative showing how geographical forces are interlaced with our family stories.

A Woman, Some Waves, and the Will to Swim

The Survivor of the Stanford Sexual Assault Case Tells Her Story

A Swimming Memoir

Swimming at the Hampstead Ladies' Pond

Swimming in the Sink

Life Lessons from the Pool, from Diving in to Treading Water

Swimming for Freedom

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

BACK IN PRINT! "A rollicking good read that, as the Irish say, would make a dead man laugh." Philadelphia Inquirer Malachy McCourt was already famous as an actor, saloon-keeper, and late-night television personality when Angela's Ashes was published. Brother Frank's book introduced the incorrigible, indomitable young Malachy to a worldwide audience that was charmed, and clamored for more. Frank's book was a hard act to follow, but Malachy's delightful memoir, which picked up where Angela's Ashes left off, won critical acclaim and commercial success. Born in Brooklyn, and raised in the lanes of Limerick, Malachy returned to New York in 1952, at age 20. After stints in the Air Force and as a longshoreman, he parlayed his gifts of gab and conviviality into an ownership position at Malachy's ' the first singles' bar ' located around the corner from the Barbizon Hotel for young women, whose glamorous residents frequently repaired to Malachy's for a tipple and flirt. Malachy's madcap, manic life ricocheted from higher highs to lower lows as he tried selling Bibles at the beach on Fire Island and smuggling gold in Zurich. He entertained a voracious public on the stage as a member of the Irish Players and was a semi-regular on the Tonight Show with Jack Paar. In these years, he was almost always drunk, almost always chasing (or being chased) by women. His gifts for language and storytelling are so well honed that when you read A Monk Swimming, "You'll laugh uncontrollably . . . You're in the grip of a master raconteur" (Houston Chronicle). Now the last of the McCourts of Limerick, Malachy reflects on the tumultuous events of the twenty-five years since he wrote A MONK SWIMMING in his Afterword. "Read it and weep: they don't make lives like this anymore." -The Irish Voice

NEW YORK TIMES BESTSELLER • From the Booker Prize–winning author of Lincoln in the Bardo and Tenth of December comes a literary master class on what makes great stories work and what they can tell us about ourselves—and our world today. LONGLISTED FOR THE PEN/DIAMONSTEIN-SPIELVOGEL AWARD • ONE OF THE BEST BOOKS OF THE YEAR: The Washington Post, NPR, Time, San Francisco Chronicle, Esquire, Milwaukee Journal Sentinel, Town & Country, The Rumpus, Electric Lit, Thrillist, BookPage • “[A] worship song to writers and readers.” —Oprah Daily For the last twenty years, George Saunders has been teaching a class on the Russian short story to his MFA students at Syracuse University. In A Swim in a Pond in the Rain, he shares a version of that class with us, offering some of what he and his students have discovered together over the years. Paired with iconic short stories by Chekhov, Turgenev, Tolstoy, and Gogol, the seven essays in this book are intended for anyone interested in how fiction works and why it ’s more relevant than ever in these turbulent times. In his introduction, Saunders writes, “ We ’ re going to enter seven fastidiously constructed scale models of the world, made for a specific purpose that our time maybe doesn’ t fully endorse but that these writers accepted implicitly as the aim of art—namely, to ask the big questions, questions like, How are we supposed to be living down here? What were we put here to accomplish? What should we value? What is truth, anyway, and how might we recognize it?” He approaches the stories technically yet accessibly, and through them explains how narrative functions; why we stay immersed in a story and why we resist it; and the bedrock virtues a writer must foster. The process of writing, Saunders reminds us, is a technical craft, but also a way of training oneself to see the world with new openness and curiosity. A Swim in a Pond in the Rain is a deep exploration not just of how great writing works but of how the mind itself works while reading, and of how the reading and writing of stories make genuine connection possible.

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

A Biographer's Life

At the Pond

The History of Swimming

Leap In

Turning

The Story of Swimming

How Natalie Coughlin Fought Back, Challenged Conventional Wisdom, and Became America's Olympic Champion

Winner of the Cross Sports International Autobiography of the Year 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 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.

Nineteenth-century scientist David Starr Jordan built one of the most important fish specimen collections ever seen, until the 1906 San Francisco earthquake shattered his life's work.

'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 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 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.

'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 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

A Boy in the Water

In the Water They Can't See You Cry

Swimming with Seals

Find a Way

Swimming In A Sea Of Death

A Story of Loss, Love, and the Hidden Order of Life

Godspeed

For swimming champion Nancy Stearns Bercaw, the pool was a natural habitat. But on land, she could never shake the feeling of being a 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 Dhabi—she’s drowning in the desert. Nancy looks to the Bedouin people for the strength to conquer one final opponent: alcohol addiction.

'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 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 turns out, the water is never as frightening once you're in, and really, everything is better when you remember to exhale. What Hemmo's readers are saying: 'This book is funny, engaging, entertaining, informative, suspenseful, motivating, and inspiring... I've never read anything quite like it' - Nina on Goodreads, 5 stars 'Just like Running Like a Girl, this was an absolute joy to read. A beautifully written story of swimming, family and being a woman' - Violet on Amazon, 5 stars 'Fantastic book... Entertaining - often laugh-out-loud funny - and full of really useful advice' - J. Edwards on Amazon, 5 stars 'A fabulous book that's beautifully written' - Nik on Goodreads, 5 stars 'I can't recommend this book enough! I absolutely love Alexandra Heminsley's writing, her attitude towards exercise and her passion for swimming' - Sarah on Goodreads, 5 stars 'an inspirational and encouraging read' - Stephanie on Goodreads, 5 stars 'the author's enthusiasm is contagious... one cannot help but yearn to join in. ... A thoroughly inspiring book with a likeable narrator unafraid to share her personal life' - Eleanor on Goodreads, 5 stars 'This is a delightful book, a pleasure to read...

Unbelievably well written, it flows like the water she loves' - Bobby on Amazon, 5 stars

A Sunday Times Top 10 Bestseller As one of the best biographers of her generation, Claire Tomalin has written about great novelists and poets to huge success: now, she turns to look at her own life. This enthralling memoir follows her through triumph and tragedy in about equal measure, from the disastrous marriage of her parents and the often difficult wartime childhood that followed, to her own marriage to the brilliant young journalist Nicholas Tomalin. When he was killed on assignment as a war correspondent she was left to bring up their four children - and at the same time make her own career. She writes of the intense joys of a fascinating progression as she became one of the most successful literary editors in London before discovering her true vocation as a biographer, alongside overwhelming grief at the loss of a child. Writing with the élan and insight which characterize her biographies, Claire Tomalin sets her own life in a wider cultural and political context, vividly and frankly portraying the social pressures on a woman in the Fifties and Sixties, and showing 'how it was for a European girl growing up in mid-twentieth-century England ... carried along by conflicting desires to have children and a worthwhile working life.'

'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 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.

A Son's Memoir

Swimming in Search of the Meaning of Motherhood

One Woman's Swim to Sobriety

Swimming Lessons

A Waterbiography The Sunday Times SPORT BOOK OF THE YEAR 2017

A Social History of Bathing in Britain

Swimming Across

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

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 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.

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.

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.

The Glass Castle

Swimming Back to Trout River

Waterlog

Dryland

Why Fish Don't Exist

Swimming with Maya

A Memoir of Secrets, Swimming, and the South

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 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 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.

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

I seem to be your new favorite novel. One that keeps you up at night, turning my pages. Fingers lingering on me so you don ' t lose your place.

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 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.

Two Trees Make a Forest

Tales of a Long-Distance Swimmer

One Untamed and Courageous Life

Swimming with My Father

Swimming Studies

Floating

In Which Four Russians Give a Master Class on Writing, Reading, and Life

'This book will help so many people' Positive Fertility An Outdoor Swimming Society Book of the Year 2018 After a decade of trying and failing to become a mother, Jessica Hepburn knew it was time to do something different. So she decided to swim twenty-one miles across the English Channel – no easy feat, especially for someone who couldn't swim very well. As the punishing training schedule commenced, Jessica learned you need to put on weight to stave off the cold. This gave her the idea to meet and eat with a collection of inspiring women, and ask them: does motherhood make you happy? From baronesses and professors to award-winners and record-breakers, each of the women had compelling truths to tell about fulfilment and the meaning of motherhood.

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

Memoirs.

'The water slips over me like cool silk. The intimacy of touch uninhibited, rising around my legs, over my waist, my breasts, 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 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 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.

Swimming to Antarctica

21 Miles

A Mother's Story

A Swimmer's Journal

In Search of My Family's Past Among Taiwan's Mountains and Coasts

Beneath the Surface

A Swimmer's Journey Through Britain

'A fascinating story full of innocence, achievement, ambition and trust' Ellen MacArthur '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 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.

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. 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 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.

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 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.

"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."

Swimming Lessons: Poems

Pondlife

A Swim in a Pond in the Rain

Golden Girl

A Return to Waterlog

The Outrun

Swell

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 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 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 wroteOnly 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 “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 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 wasTime’s Man of the Year in 1997) are evident early on... Grove’s story stands 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

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.

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

THE NEW YORK TIMES BESTSELLING MEMOIR 'Incredibly moving and haunting' Roxane Gay 'I read this book cover to cover and it stunned me' Jia Tolentino 'Powerful, honest and necessary' Marian Keyes 'To girls everywhere, I am with you. On nights when you feel alone, I am with you. When people doubt you or dismiss you, I am with you. I fought every day for you. So never stop fighting, I believe you.' Chanel Miller's story changed our world forever. In 2016 Brock Turner was sentenced to just six months in jail after he was caught sexually assaulting her on Stanford's campus. His light sentencing, and Chanel's victim impact statement, which was read by eleven million people in four days, sparked international outrage and action. Know My Name is an intimate, profoundly moving memoir that exposes a patriarchal culture biased to protect perpetrators, a criminal justice system designed to fail the most vulnerable, and ultimately shines with the courage required to move through suffering and live a full and beautiful life. Entwining pain, resilience, and humour, this breath-taking memoir will stand as a modern classic. 'I could not put this phenomenal book down' Glennon Doyle, bestselling author of UNTAMED 'To read Know My Name inspires hope' Guardian 'A searing, beautiful book' Sunday Times 'Know My Name marks the debut of a gifted young writer. Miller's words are purpose. They are maps. And she is a treasure who has prevailed' New York Times

A Life of My Own

A Memoir

A Novel

A True Story of Faith, Hope, and Victory

Know My Name

Lifeguarding

A Monk Swimming

'The water slips over me like cool silk. The intimacy of touch uninhibited, rising around my legs, over my waist, my breasts, 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 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 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.

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 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 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 Kunming 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.*

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

"I really do not know how to greet this man, so I simply extend my hand. He takes it and then pulls me into an embrace that lasts several long moments. As my head rests against his jacket I find myself weeping, and through that sound, I hear the steady beat of Maya's heart in his chest," writes Eleanor Vincent in this moving story about love, loss, and renewal. Maya, Eleanor's elder daughter, was a high-spirited and gifted young woman. At age nineteen, she mounted a horse bareback on a dare, and in a crushing cantilever fall, was left in a coma from which she never recovered. Eleanor's life was turned upside down as she struggled to make the painful decision about Maya's fate. Ultimately, Eleanor chose to donate Maya's organs. Maya's heart was given to a man with a young family who needed a new heart to live. As time went by, Eleanor contacted and struck up a friendship with the heart recipient family. Swimming with Maya is about the unique and complicated relationship between mothers and daughters. It also explores how through organ donation, a relationship can continue to exist beyond the grave, changing many lives. In vivid language, Eleanor Vincent illuminates how courage, radical generosity, and letting go can heal a devastating loss. Book jacket.