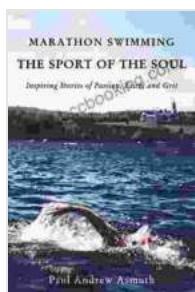


Marathon Swimming: The Sport of the Soul

Marathon swimming is not just a sport. It's a journey of endurance, inspiration, and personal transformation.

In this captivating book, award-winning author and marathon swimmer Diana Nyad shares her extraordinary journey of swimming 111 miles from Cuba to Florida without a shark cage. Her gripping account of this historic swim is interwoven with the stories of other marathon swimmers, both past and present, who have pushed their limits in the open water.

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Marathon Swimming The Sport of the Soul: Inspiring Stories of Passion, Faith, and Grit by Paul Andrew Asmuth

★★★★☆ 4.9 out of 5

Language : English
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About the Author

Diana Nyad is an award-winning author, journalist, and marathon swimmer. In 2013, she became the first person to swim from Cuba to Florida without a shark cage. She is the author of several books, including *Find a Way: The Inspiring Story of Diana Nyad's Swim to Cuba and Other Adventures of*

the Heart. Nyad is a passionate advocate for ocean conservation and the power of the human spirit.

Additional Information

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- **Pages:** 288
- **Genre:** Sports Memoir, Adventure, Inspiration

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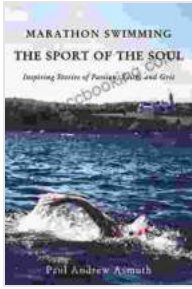
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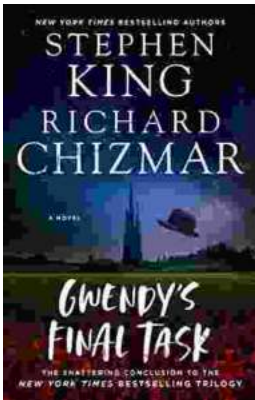
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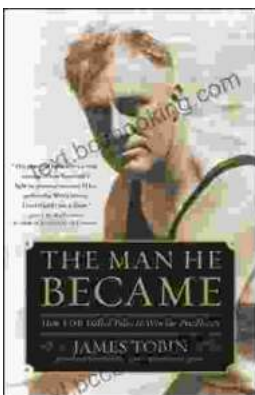


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