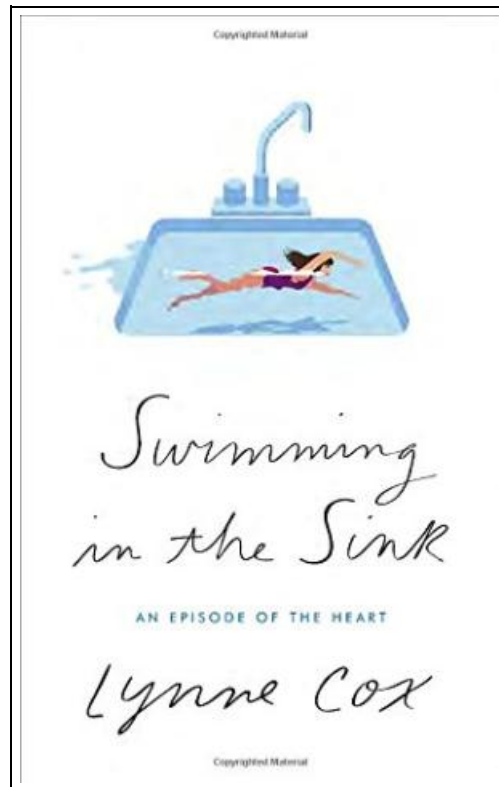


Swimming in the Sink: An Episode of the Heart (Hardback)



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Reviews

It is really an awesome ebook that we actually have actually study. It can be loaded with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mr. Coleman Ortiz)

SWIMMING IN THE SINK: AN EPISODE OF THE HEART (HARDBACK)

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Knopf Publishing Group, 2016. Hardback. Condition: New. Language: English . Brand New Book. From inspired and inspiring open-water swimmer and supreme athlete, able to endure cold water temperatures that would kill others, author of *Swimming to Antarctica* (Riveting --Sports Illustrated) and *Grayson* (Moving, mystical --People)--a powerful book about super athleticism and human frailty, about invincibility and the sudden (mind-altering) repercussions of illness, and about the triumph of spirit, surrender, and love. Lynne Cox is an elite athlete who broke many world records, among them swimming the English Channel at fifteen, being the first woman to swim across Cook Strait (eighteen miles), and being the first to swim off Antarctica in 32-degree water--for twenty-five minutes!--all without a wetsuit. And that s where *Swimming in the Sink* begins--at a laboratory at the University of London, with Cox s hand in ice-cold water, hooked up to thermocouples and probes, with three scientists trying to make sense of her extraordinary human capabilities. The test results paved the way for new medical and life-saving practices. As an athlete, Cox had put her heart into everything she d ever accomplished. In turn her heart gave her great physical strength and endurance. In the midst of becoming the embodiment of a supreme endurance athlete, Cox took care of her elderly parents, both of whom passed away in quick succession, followed by the death of her beloved Labrador retriever, leaving Lynne in shock from loss and loneliness and soon literally suffering from the debilitating effects of a broken heart. On the edge of a precipice, Cox was diagnosed with atrial fibrillation (AFib). As the prognosis went from bad to worse, Cox was in fear of living out a lesser life as an invalid with a pacemaker and a defibrillator and the real possibility of her own...

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