



Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2012

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KCRW's Unfictional

Posted by Xtreme Dream Team on Feb 8, 2012 in Slider, Uncategorized | 0 comments

The Womb: KCRW's Unfictional

ow it changes us. Long distance swimmer Diana Nyad talks about the experience of swimming non-top for days at a time. Not only is her body punished by the hours of swimming, her mind is is profoundly affected by long periods of sensory deprivation. Her mind free associates and hallucinates. she sings the same song thousands of...

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Xtreme Dream 2012: Jellyfish Armor

Posted by Xtreme Dream Team on Feb 7, 2012 in Blog, Slider | 11 comments

Jellyfish Armor

oulders, muscles and my mind are all prepared for the 60 to 70 hours to make it across. My world-class team of experts are ready for the challenge. The only missing piece to this Xtreme Dream is ending protection from the deadly jellyfish out there. There are swimsuit makers working hard on solving this problem. Here's a few suits that might do the job. The jellyfish are a conundrum we have not yet solved, but...

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Diana's Tweets



- @4fallenofficers That was a pretty intense landing. Were there any injuries? 06:33:36 PM February 17, 2012 from HootSuitein reply to 4FallenOfficers
- @2bakerbaker Join my Xtreme Dream Facebook family too! <http://t.co/do8EwpYK> 06:27:20 PM February 17, 2012 from HootSuitein reply to 2BakerBaker
- @pastamarie Wow that must be an amazing experience. Share photos! 06:22:15 PM February 17, 2012 from HootSuitein reply to pastamarie
- @dcvanden I had a blast last night, thank you for attending! I certainly will keep you posted on the swim. 06:21:19 PM February 17, 2012 from HootSuitein reply to dcvanden
- @mitziing13 Aloha! I'm very excited as well! 06:17:59 PM February 17, 2012 from HootSuitein reply to mitziing13

The Story with Dick Gordon

There's a new interview with me running on most NPR stations as of today. The show is called The Story. The host is Dick Gordon. As is true with most NPR programming, The Story allows some breathing room. I spoke with Dick for some 45 minutes. He was very curious, prompted new thoughts from me, and was bold enough to suggest that the Cuba Dream is likely "unreachable". Dick may be the first call when I make it all the way across come summer. The interview is edited down and posted on The Story site today. The link below. Enjoy. The Longest Swim - The...

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Quiet Observation

Posted by Xtreme Dream Team on Feb 1, 2012 in Blog, Slider | 0 comments

Quiet Observation

I was out walking the other day and saw this woman set up with her easel, happily painting the landscape of arroyo and mountains in the distance. A friend encouraged me years ago to occasionally get out paper and pen or paints and try to quietly draw or paint the surroundings. It's become so easy for us to snap photos....and it's genius to quickly capture moments with our phones. But my friend taught me the value of trying to recreate a scene with a brush because it's just amazing how more intently you observe an orange tree or a winding country road or a man's hat when...

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Meaningful Dialogue About Tim Tebow

Posted by Xtreme Dream Team on Jan 30, 2012 in Blog, Slider | 25 comments

Meaningful Dialogue About Tim Tebow

Well, why should I be surprised that any topic on religion would draw some outrage, some controversy? I have read all your comments from my blog post very carefully and take a lot of your salient points with intellectual response, rather than emotional bias. I have admitted to feeling offended by Tebow's on-field prayers and I guess a number of you have felt the same way. But the arguments for freedom of expression, for applauding this young man's positive life and world-view, make me sit back and think. The conversation is rich. It's at the heart of the national zeitgeist...

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is more than a swimmer.
of hope to us all
that we can dream big, live life
large, and look back at all of it with
no regrets whatsoever."

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- Xtreme Dream 2012: Jellyfish
- The Story with Dick Gordon
- Quiet Observation
- Meaningful Dialogue About Tim Tebow

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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian