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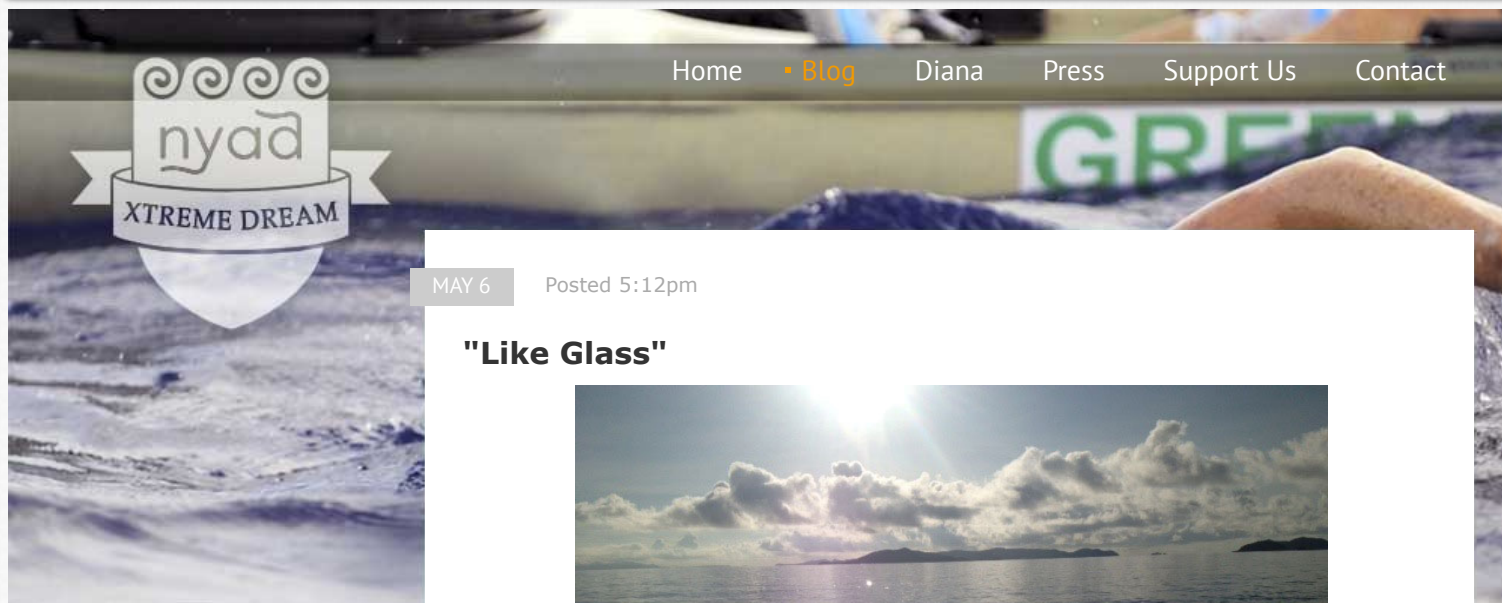
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Posted 5:12pm

"Like Glass"



They say the trade winds here in the Virgin Islands simply do not stop. When you're on land, they're delicious, wafting in daydreams from distant lands, keeping you cool under the most brutal sun.

But for a swimmer, it's darn rough out there in all directions. Yet on our second training swim here, the winds lay down. Here's our start at dawn, along the North coast of St John, like glass.

I can only imagine what the early explorers felt when they first arrived here, paradise islands at every point of the horizon. Deep turquoise seas and Rembrandt clouds enrapturing at every point of view.

I don't often feel utter joy on these long sessions. Just too much hard work. But I felt joy this day. And the crew said it was a day of eye candy Nature high for them as well.

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P.S. Have you signed up for my [7 Day Reboot](#)? Hop in! It's Free!



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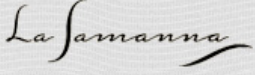
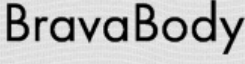
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Built and designed by Brass Nine Design