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Roz Savage Part 2

Posted by Xtreme Dream Team on Oct 10, 2011 in Blog | 4 comments

We have not been able to archive the video associated with this YouTube page.



Roz Savage and Diana Nyad in conversation, Part 2

On October 4, 2011, Roz Savage became the first woman to row across the "Big Three" oceans of the world — the Atlantic, Pacific, and Indian. Upon reaching dry land, she made a call to Diana to reflect on her experience pursuing her "Xtreme Dream."

Click on the image below to watch Part 1.

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Diana's Tweets



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- A new year calls for new beginnings, what do you have planned for 2012? [about 19 hours ago](#) from [HootSuite](#)
- A winner is made of effort, motivation, perseverance and the courage to always push ONWARD. <http://t.co/T7oweNYy> How do you vision 2012? 02:20:06 PM December 30, 2011 from [HootSuite](#)
- [@wwdr1ve](#) Thanks for the RT. What's your Xtreme Dream for 2012? 08:32:27 PM December 29, 2011 from [HootSuite](#)in reply to [WWDr1ve](#)

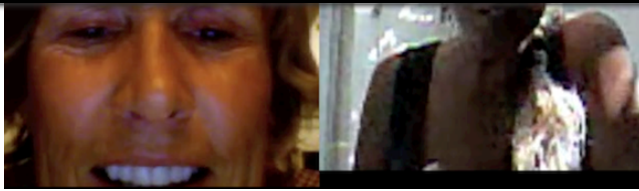
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About this capture



4 Comments



Janet Oberholtzer

October 10, 2011

Love seeing this interview ... both of you inspire me to keep doing what I love, to keep pushing myself (not for punishment, but to see how far I can go) and to not be scared to look inside myself and ask the tough questions.

Thanks to both of you!!

Reply



Swimming Vacation

October 10, 2011

2 very inspirational women. go diana go roz! water is all around us!

Reply



Candace Lyle Hogan

October 10, 2011

Diana, in discussion with Roz, you give an evocative description of the meditative state of mind—"metronomic trance"—you go into while swimming. I'm reminded of how comforting the sound of your steady swim strokes were on the swim; especially following periods of duress, it was as if your gift to us was this soothing, steady sound. I wonder if there are any sound tapes of it; perhaps you could make a tape for us dry-landers who would like to use it for meditation; I'd sure buy one. For me, the sound evokes the imagery, the altered state, you speak of. BTW, have you ever tried to recreate that state you speak of, outside of the water?

Reply



jean golden

October 12, 2011

Candace, your comment reminded me of a poem by Pablo Neruda, that I often use as a motivation to meditate...

"I wish we were not so single-minded about keeping our lives moving, and for once could do nothing, perhaps a huge silence might interrupt this sadness of never understanding ourselves and of threatening ourselves with death."

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About this capture

Inspired by [Diana Nyad and Roz Savage](#) | [Janet Oberholtzer](#) - [...] interview continues with video 2, video 3 and video [...]

Leave a Comment

Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She's a beacon 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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