

http://diananyad.com/dianas-reflections-3-weeks-later/

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Diana's Reflections, 3 Weeks Later

Posted by Xtreme Dream Team on Aug 30, 2011 in Blog | 15 comments

Diana reflects on her swim 3 weeks later:

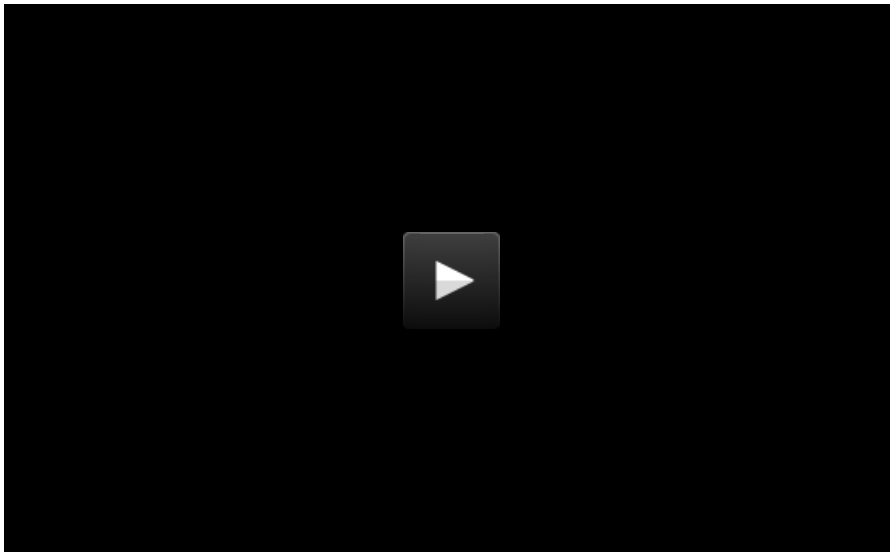
The ultimate preparation, physically and mentally

Her shoulder pain

The allergic reaction to foreign medication

The rough seas

Feeling "proud as a human being, cheated as a swimmer athlete."



Archives

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Diana's Tweets



- @rozavague achieved a new World Record: First Woman To Row Three Oceans! Check out our conversation about her story! <http://ow.ly/6PI7X> about 14 hours ago from HootSuite
- RT @adzproz: 10 Most Quoted Tweets About Steve Jobs: It was an outpouring of grief on a scale that Twitter has seldom.. <http://t.co/4PcVWWsx> 08:45:08 PM October 06, 2011 from HootSuite
- If you missed this earlier, check out my conversation with @rozsavage. Such an incredible and inspiring story! <http://ow.ly/6PkI7> 08:05:07 PM October 06, 2011 from HootSuite
- Time is so precious, and what U do with it determines the imprint U leave in this world. Steve Jobs surely left a legacy. <http://ow.ly/6PK8j> 07:33:55 PM October 06, 2011 from HootSuite
- Going 2 B an amazing honor 2 B a part of the closing festivities of this year's

15 Comments



debbie jarnagin-stearns

August 30, 2011

Diana, learn from those mistakes you mentioned and try again if you can please!

Reply

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GEOfest hosted by [@geosocietyphila](#)

<http://ow.ly/6PxQU> 04:42:38 PM

October 06, 2011 from [HootSuite](#)

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About this capture



Gracie May

August 30, 2011

YOU Are such a HUGE inspiration. I cannot even express all the ways you have motivated people and especially me. I just wanted to say Thank You.

The Impossible is never Impossible.

-Gracie May

Reply



Beatriz E Morales

August 30, 2011

Your goal was from point A to point B. Gods plan was for you was from point A to point B, and at the 29th hour; you reached Gods point B. You are very inspirational.... 29hours of swimming!! I would like to suggest that instead of a "mental trick", try total mental silence (Eckhart Tolle) "now".

Reply



Rhea

August 30, 2011

Thanks for this peek into your inner world. Love your approach to life. Long Live, Diana! (I met you briefly in the pool on a Turks and Caicos Olivia trip a few years ago.)

Reply



Alex de Cordoba

August 30, 2011

Stephen Hawking! Neil Young! What else was on your mental playlist? I love it!

Reply



Dharm Kaur

August 30, 2011

Hi, Diana

I love your videos and your real-ness. You are a genuine Teacher. What you described in this video is the Human Condition! You have inspired me and many, many thousands of others to FEEL the reality of life on Earth. How beautiful it is to need help, to ask for help and then to get help! We love helping each other.

You have shown us that Life is the Journey, not the destination. Trying, failing, winning, pain, no pain, getting what you want, and not getting it....we're all in it TOGETHER. I'm with Frank Sinatra "That's Life!"

Dharm Kaur Khalsa

Reply



Marilyn

August 30, 2011

Diana, you have to mourn that "cheated as a swimmer athlete" feeling and let it

go. Hang on to the "proud as a human being" forever. Although you are a mortal;
to me, you are a Goddess.

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Reply



Jen Waldron

August 30, 2011

You may feel cheated as a swimmer but not as a human, you are such a trooper,
an inspiration to so many, a teacher; you have touched so many humans around
the world. You are so special. Don't feel too cheated as a swimmer... so many
don't even get to do what you what have done, don't get to feel that feeling in the
salt water; feel that struggle; that pain, that makes you know you did all you could
do.... you have truly touched us all. Just carry on and be thankful you did your
swim and you did it well. You are one special woman! You got me swimming an
extra 10 laps for the health of the world.... you just keep being you!!! xoxo

Reply



Name

August 30, 2011

Wow – unusual shoulder pain, asthmatic reaction to foreign meds. You may have
been cheated in your goals for the swim, but maybe you've been saved for
something better. You're an inspiration, don't ever forget that. All the best. Thank
you, Diana!

Reply



Laurie March, @EvangelistaLA

August 31, 2011

You are magical. You are inspiration embodied! I am sure you are frustrated but
you have dreamed so big... keep going! Whatever is next for you is just as
special as where you were three weeks ago.

You kind of blow my mind!

xo.

Laurie

ps. we met when you spoke to 200+ women at our Smarty Event. Every single
person in the room was completely captivated!

Reply



PJ Maddox

September 3, 2011

WTG Diana!

You are looking great. I am so glad. I know it must have been heartbreaking to
have to stop in the face of all you had been through, when giving up is not in your
character.

But I am happy, even delighted to see in your sparkle shining through that you are
not daunted. Women everywhere are pulling for you, especially the rest of us "old

broads". lol

We will all be watching for your next triumphs. There will be many more.

Love and Light.

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Reply



Mary Stan

September 7, 2011

Thank you again for the honesty and admitting to feeling cheated. So often we glide over the hurt to get to the "I'm okay" place. Acknowledging the sadness is freedom and courageous. I carry you with me always.

Reply



Amanda

September 16, 2011

You are such an inspiration to me. Amazing.

Reply



tiagi lambert

September 23, 2011

if anyone can do it, and the thrid time time, it will be you, you inspire all of us..you are still my inspiration..you are courageous and beautiful..

Reply



Katie Oglesby

September 23, 2011

I am an ultrarunner and a masters swimmer. I could so relate to your mental tricks and being disappointed that you didn't get to use them. You've just started your "do-over" and I'm sending you all my positive energy. I will be thinking about you, Diana. No matter what happens, you are a top-notch person, not to mention an amazing athlete! Everything about you oozes positivity. I love that.

Reply

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Name

Mail (will not be published)

Website

Your message...

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