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Off Camera at the Today Show

Posted by Xtreme Dream Team on Aug 17, 2011 in [Blog](#) | [1 comment](#)



Diana and Natalie Morales of the Today Show

Photo by Candace Lyle Hogan

Shortly before being interviewed by Natalie Morales on the Today show this morning, waiting in the Green Room, Diana is congratulated by Harriet Cole, the life coach featured on the program. Here is some of their conversation:

Harriet Cole: "I appreciate what you did and how you did it. You went about planning the swim as safely as you could, not recklessly. You were clear about what you wanted to do and you did your best, what more can you ask of yourself. Most things don't work out for most of us—the big things—so the way we handle things is all we have. And you handle things beautifully."

Diana Nyad: "The whole point of it for me was to learn to live without regret. Getting ready for the swim, all that training I put into it, has wiped out any second thoughts I might have had about the past. I

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Diana's Tweets



- [@saragepp](#) Aww thank you and I am so excited for dedication to surfboarding, You will do great! Aim high and never loose sight of your goals! [about 10 hours ago](#) from [HootSuitein reply to saragepp](#)
- [@lavishpearlrock](#) Thank you. Cant wait to hear about your upcoming adventures :) [about 10 hours ago](#) from [HootSuitein reply to lavishpearlrock](#)
- [@jrexaggregations](#) Thank you! [about 10 hours ago](#) from [HootSuitein reply to JRExaggregations](#)
- [@worldtravelmom](#) YES! So happy for you. Thank you so much for watching the documentary! Have a favorite part? [about 11 hours ago](#) from [HootSuitein reply to WorldTravelMom](#)
- To my followers and supporters~Live ur dreams & Get high on everyday life! Thank U all 4 watching my [@CNNbrk](#)

realize that putting that kind of effort into every day feels wonderful. Whatever comes of it by the end of the day, nobody can take away from us what we put into it."

documentary <http://ow.ly/6yIP0> about 11 hours ago from HootSuite

—©Candace Lyle Hogan reporting, 8-17-11

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One Comment



jean golden

August 18, 2011

All of it so true. Thanks for the report, Candace. Glad you were there.

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Dream
a is more than a swimmer.
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."

- Diana's Reaction to the Documentary
- Bonnie Stoll head handler of the Xtreme Dream
- 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party
- Bridget's Story

- CandaceLyle on Don't Miss Dr. Sanjay Gupta's documentary, "Diana Nyad Xtreme Dream"
- CandaceLyle on Thank You.
- CandaceLyle on 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party
- Martha Sullivan on 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party
- CandaceLyle on 'Diana Nyad: Xtreme Dream' Documentary Virtual Viewing Party

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