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## Swimming Out of Water

By Catherine Garceau

Morgan James Publishing llc, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Most people who knew Catherine Garceau during the early years of this century were struck by just how much she had going for her. The tall blonde with a body to kill for had won a Bronze medal at the 2000 Olympic Games as part of Canada s synchronized swimming team. But no one knew that Catherine, having lost her main outlet for her obsession with perfection, was floundering in her post-Olympic life. Performing in Las Vegas and building a career in business and marketing weren t fulfilling. In fact, part of her felt she was losing it all: her athletic body, her high-achieving mind and most humiliating, her image of excellence. Now, in *Swimming Out of Water*, Garceau goes beneath the surface of her life. From the lens of a life-changing experience she had while hiking in the Red Rock National Park outside Las Vegas. Stuck on a cliff, alone, for twenty-four hours, she flashes back to moments of fear, failure, loss, triumph, and breakthrough, which all decorated her journey with valuable lessons. Written in the journal she...

### Reviews

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