

# Diana Nyad

## Quotes

*Dream, Sports, Inspirational, Swimming, Body, Pain, Mom, Inspiring, Goal, Sleep, Character, Perseverance, Painful, Book, Achieve, Water, Believe, Deadline, Burnout, Don't Give Up*

I am overwhelmed by the strength of my body and the power of my mind. For one moment, just one second, I feel immortal.

~Diana Nyad

This journey has always been about reaching your own other shore no matter what it is, and that dream continues.

~Diana Nyad

You're never too old to chase your dream.

~Diana Nyad

If you want to touch the other shore badly enough, barring an impossible situation, you will. If your desire is diluted for any reason, you'll never make it.

~Diana Nyad

I wanted to teach myself some life lessons at the age of 60 and one of them was that you don't give up.

~Diana Nyad

A lot of athletes have this sort of invincibility: [The jellyfish] should worry about me. I don't worry about them. I'll just swim right through them.

~Diana Nyad

I am willing to put myself through anything; temporary pain or discomfort means nothing to me as long as I can see that the experience will take me to a new level.

~Diana Nyad

Swimming is probably the ultimate of burnout sports.

~Diana Nyad

The spirit is larger than the body. The body is pathetic compared to what we have inside us

~Diana Nyad

But for each of us, isn't life about determining your own finish line?

~Diana Nyad

My mom just died. We blink and another decade passes. I don't want to reach the end of my life and regret not having given my days everything in me to make them worthwhile.

~Diana Nyad

Every human being on this planet has their pain and their heartache and it's up to all of us to find our way back to the light.

~Diana Nyad

When you achieve your Dreams It's not so much what you get, It's who you become.

~Diana Nyad

I am interested in the unknown, and the only path to the unknown is through breaking barriers, an often painful process.

~Diana Nyad

The integrity and self-esteem gained from winning the battle against extremity are the richest treasures in my life

~Diana Nyad

There is... nothing greater than touching the shore after crossing some great body of water knowing that I've done it with my own two arms and legs.

~Diana Nyad

I think I'm going to my grave without swimming from Cuba to Florida.

~Diana Nyad

I have an uncompromising relationship with my goals.

~Diana Nyad

The mantra I used was 'find a way.'

~Diana Nyad

This is a lifelong dream of mine and I'm very very glad to be with you.

~Diana Nyad

From age eleven to age sixteen I lived a spartan life without the usual adolescent uncertainty. I wanted to be the best swimmer in the world, and there was nothing else.

~Diana Nyad

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