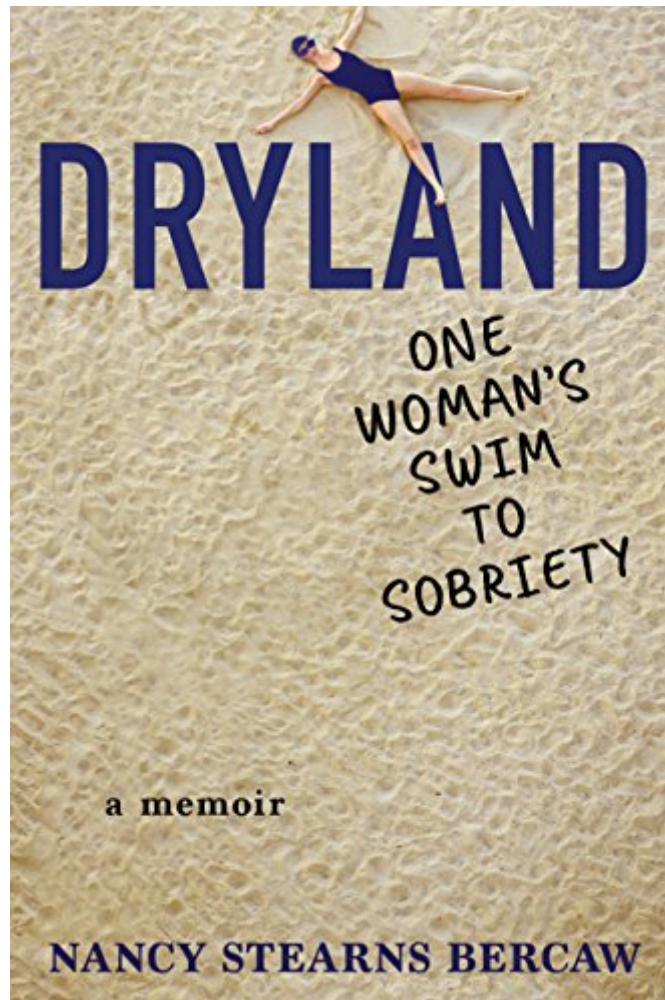




**Ebook Directory**  
the best source of ebook

The book was found

# Dryland: One Woman's Swim To Sobriety



## Synopsis

For swimming champion Nancy Stearns Bercaw, the pool was a natural habitat. But on land, she could never shake the feeling of being a fish out of water. Starting at age two, Nancy devoted her life to swimming, even qualifying for the 1988 Olympic Trials in the fifty-meter freestyle event. But nearly two decades later, when she hung up her cap and goggles, she was confronted with a different kind of challenge: learning who she was out of the lanes. In this honest, intimate memoir, Nancy reflects on her years wandering the globe, where tragic events and a lost sense of self escalate her dependence on booze. Thirty-three years after her first sip of alcohol, the swimmer comes to a stunning realization while living with her husband and son in Abu Dhabi—she’s drowning in the desert. Nancy looks to the Bedouin people for the strength to conquer one final opponent: alcohol addiction.

## Book Information

File Size: 3969 KB

Print Length: 258 pages

Publisher: Grand Harbor Press (April 18, 2017)

Publication Date: April 18, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01MFARVMW

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #16,004 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21

in Kindle Store > Kindle eBooks > Biographies & Memoirs > Travel #21 in Kindle Store >

Kindle eBooks > Biographies & Memoirs > Sports & Outdoor > Adventurers & Explorers #51

in Books > Biographies & Memoirs > Sports & Outdoors

## Customer Reviews

I won this free Kindle e-book from a Goodreads Giveaway and from . Thanks so much as I truly enjoyed this book. Nancy Bercaw was a champion swimmer as a youth and was a 17-time All

American, National Champion and Olympic Trials qualifier. This is her memoir of how she embarked upon two decades of increasingly all-consuming and dangerous consumption of alcohol. While reading this book we are given fascinating information while she embarks on a Peace Corp mission to a Kenyan village. Then she is off to Seoul. All of her travels through this book are interesting and add to the story. She is living in Abu Dhabi with her husband and young son when she is faced with caring medical professionals who are alarmed by her blood pressure and general physical condition. It is then, that Bercaw finally recognizes the hazards of her constant imbibing and decides to stop her drinking. I loved the way she used bodies of water as her chapters. This is a well written memoir and I am happy that she got her life back. Congratulations Nancy!

The author is living in Abu Dhabi where she needs a certificate to prove she is a non-native that can purchase alcohol in a country that forbids its consumption. The former swimming champion finally faces the fact she is an alcoholic and has to stop drinking. The story jumps between her days training to become an Olympic level swimmer to those as a married woman, mother of a son, working in a foreign country. She used determination that helped her become a world-class athlete to deal with psychological and physical impediments to become sober. I was randomly chosen through a Goodreads Giveaway to receive this book free from the publisher. Although encouraged, I was under no obligation to write a review. The opinions I have expressed are my own.

Amazing story! Kudos to her for becoming a recovering alcoholic!! Throughout the book there were times I thought she would most likely die before she would quit drinking. Perhaps the physical training of her swimming and extreme competition made her body strong enough to withstand all the damage she did with alcohol for years on end. Should be a good testimonial for people who drink too much that one can actually quit drinking and life will get better!

Like another reviewer, I have a personal connection to some of the book's events, and read this book voraciously, finishing in a scant day and a half. That said, ANY reader will love Dryland for its unflinching examination of a woman's journey through alcoholism. Bercaw is by turns exuberant and reflective, and she is at her best when recounting for the reader the most difficult of her struggles. For everyone who has battled inner and outer demons, Bercaw is their voice and now their champion. Read Dryland to travel the world, read it and gain empathy or insight, read it, to experience her triumphant story. Bravo.

I liked this book very much and in fact, I read it in 2 days straight. Nancy writes with such honesty and in specific detail. I could relate to her observations of expat life as I have been one for while. She also writes very well and I enjoyed her writing style as much as the story itself. I would consider using it in a life stories writing class that I teach. Well done, Nancy.

This is a wonderful book. Nancy's honesty and bravery are evident throughout the entire story. I applaud all of her efforts to both tell her story and to maintain her sobriety in the face of all of the challenges past, present and future.

The writing technique of switching back and forth in time and place works very well in this memoir. The author cleverly ties together the parts of her story with chapter titles of bodies of water. I would have liked to read more about her family growing up but I get it that this was her story of how she gained her sobriety. I wish Nancy the best as she continues her journey.

Raw, riveting, honest and moving. This is an extraordinary book that is so much more than a book about the journey to sobriety. It is a book about life and getting every ounce of living out of it. I had difficulty putting it down. It makes me want to be more brave in my own life. The writing flows beautifully and easily. Read the book. You will LOVE it. I can't wait for more!

[Download to continue reading...](#)

Dryland: One Woman's Swim to Sobriety Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Learn to Swim: Teaching You to Teach Your Child to Swim Swim, Boots, Swim! (Dora the Explorer) (Pictureback(R)) Palm Springs-Style Gardening: The Complete Guide to Plants and Practices for Gorgeous Dryland Gardens High and Dry: Gardening with Cold-Hardy Dryland Plants Dryland Gardening: Plants that Survive and Thrive in Tough Conditions A Guide for Desert and Dryland Restoration: New Hope for Arid Lands (The Science and Practice of Ecological Restoration Series) The 30-Day Sobriety Solution: How to Cut Back or Quit Drinking in the Privacy of Your Own Home Emotional Sobriety: From Relationship Trauma to Resilience and Balance Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in

Sobriety 12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional  
Sobriety through Self-Awareness and Right Action Cooking for One: 365 Recipes For One, Quick  
and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Leap In: A  
Woman, Some Waves, and the Will to Swim Winter's Tail: How One Little Dolphin Learned to Swim  
Again One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Fearless: One  
Woman, One Kayak, One Continent

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)