



Where Mountains Come to Swim: A journey into the mind of a man training to swim across the Sea of Cortez

Paul Lundgren

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The few remaining frontiers on earth have for the most part been civilized and now reside under the control that has been purchased along our path towards progress. All that remains are the hidden caverns behind the doors locked in our minds. In *Where Mountains Come to Swim* Paul shares the challenges he faced during his attempts to swim across the Sea of Cortez. As the story unfolds we learn of the events in his life that led him to embark on his adventure in the open wild water.

It has grown clear in Paul's eyes that the extraordinary life he intends to live requires a deep consideration of the path his life has followed. For Paul facing his life's truths has been more frightening than swimming in the natural habitat of Great White Sharks, Humboldt Squid and the pain of life threatening jellyfish stings.

Where Mountains Come to Swim is an odyssey that follows Paul as he steps into the Sea of Cortez and begins his quest to swim from one shore to a distant shore that sits out of sight beyond the horizon.

Believing his day to day life choices are directly linked to fears attached to earlier experiences Paul writes the story of his journey as if it's an exorcism of the demons that have limited his ability to live an extraordinary life. The raw truth slowly reveals itself as each stroke pulls him further into the heart of the Sea where a life threatening storm awaits him and his crew.

In an attempt to limit the dangers of jellyfish Paul recruits the help of a scientist in Israel who has developed an agent that neutralizes their toxic venom. The formula provides a powerful shield against jellyfish, but offers no relief from the excruciating fiery barbs of a stingray. At night with only a single light attached to his head he avoids catching the attention of large Humboldt squid that will rise to the surface when alerted by flashing illuminations. In the darkness he faces his greatest challenge that lives in the shadows of his subconscious, those emotions tied to the repeating patterns of his life.

Before embarking on his next journey Paul undertakes the task of writing and publishing this story. *Where Mountains come to Swim* shines a light on the shadows of Paul's thoughts and helps provide a clear path towards his final attempt to complete a successful swim crossing of the Sea of Cortez in July of 2016.

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