

The Cold Fix

author: Sara Barnes

2026-08

Synopsis

author	Sara Barnes
readBy	Claire Dean
inLanguage	english

"The cold water has given me the key to unlock myself within a place I didn't know existed: the community of cold water swimmers right around the world. What binds us all together is the cold and how it makes us feel: brave enough to tackle even the toughest of life's issues."

Having been a keen runner and cyclist all her life, in 2017 Sara Barnes was diagnosed with severe osteoarthritis and found herself facing major surgery and a future of limited mobility. Rather than obsessing about what she could no longer do, she decided to focus on what she *could* do and took to the water of the tarns, river pools and lakes in her home county of Cumbria. A new appreciation of being in nature and love of cold water swimming and immersion was born.

In *The Cold Fix*, Sara takes the listener on an enthralling journey, from her first tentative steps into the water, to meeting other swimmers from around the world who share her passion and who can help her answer the question: what is it about cold water that proves irresistible to an increasing number of people?

Reader's comments

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