



Second Wind: One Woman's Midlife Quest to Run Seven Marathons on Seven Continents

Cami Ostman

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Second Wind is the story of an unlikely athlete and an unlikely heroine: Cami Ostman, a woman edging toward midlife who decides to take on a challenge that stretches her way outside of her comfort zone. That challenge presents itself when an old friend suggests she go for a run to distract her from the grief of her recent divorce. Excited by the clarity of mind and breathing space running offers her, she keeps it up — albeit slowly — and she decides to run seven marathons on seven continents; this becomes Ostman’s vision quest, the thing she turns to during the ups and downs of a new romance and during the hard months and years of redefining herself in the aftermath of the very restrictive, religious-based marriage and life she led up until her divorce. Insightful and uplifting, *Second Wind* carries the reader along for the ride as Ostman runs her way out of compliance with the patriarchal rules about “being a woman” that long held her captive and into authenticity and self-love. Her adventures — and the personal revelations that accompany them — inspire readers to take chances, find truth in their lives, and learn to listen to the voice inside them that’s been there all along.

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