

# SECOND WIND

one woman's  
midlife quest  
TO RUN **seven**  
**marathons**  
on seven  
**CONTINENTS**

CAMI  
OSTMAN



# **Second Wind One Womans Midlife Quest To Run Seven Marathons On Continents Cami Ostman**

**Cami Ostman**



## **Second Wind One Woman's Midlife Quest To Run Seven Marathons On Continents Cami Ostman**

*Second Wind* Cami Ostman, 2010-10-19 *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 **26.2 Life**

**Lessons** Cami Ostman, Carol Frazey, 2022-01-04 Every runner needs three things encouragement sound training advice and a way to incorporate running into the rest of her life **26.2 Life Lessons** Helping You Keep Pace with the Marathon of Life is full of all three *Second Wind* Cami Ostman, 2010-10-19 *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 *Run Like a Girl* Mina Samuels, 2011-03-01 *Run Like a Girl* is about the impact that participating in sports has on women how the confidence and strength that it helps to build makes us stronger and better prepared for life's many challenges In this inspiring book Mina Samuels uses the personal stories of women and girls of all ages and backgrounds as well as her own to take a broad look at the power sports have to help us overcome obstacles in all arenas of life *Run Like a Girl* includes the

stories of a US ranked amateur triathlete who's raising an autistic son a thirteen year old girl who falls in love with cross country running a woman who runs her first marathon at age sixty an investment banker who quit her job to become a yoga teacher and adopt a daughter on her own a young mother with scoliosis who cycled her way back to health and became a jewelry designer along the way and countless other women including Kathrine Switzer Rebecca Rusch and Molly Barker who have been changed by their experiences with sports Run Like A Girl argues that physical strength lends itself to psychological strength and that for many women participating in sports translates into leading a happier more fulfilling life

**Second Wind** Cami Ostman,2010 Follow My Lead Carol Quinn,2011-07-26 Unsatisfied with her life and looking for a hobby the author enrolls her unruly Rhodesian ridgebacks into dog agility training and learns not only about her dogs but stumbles upon a life changing experience that helps her navigate her own obstacles Original *The Goodbye Year* Toni Piccinini,2013-09-10 For many mothers a child's senior year brings about a serious look back on the past eighteen Every event from Halloween to Mother's Day becomes The Last Time Toni Piccinini knows exactly what that's like and in *The Goodbye Year* she offers the loving support every soon to be Empty Nester needs Think of Toni as your bossy but loving Italian auntie with modern sensibilities and a packed pantry With the wisdom she's acquired from saying goodbye three times to her own children she reassuringly holds your hand while encouraging you through the insanity of the college application process the rejections and the acceptances and the teary dorm drop offs Even better she reminds every mother that the best is yet to come freedom creativity flexibility and the Me Years *Women Rocking Business* Sage Lavine,2021-08-03 Women are rocking the world of business changing the face of commerce and bringing our talents to the marketplace with fervor commitment and passion Over the last 15 years women have stepped into entrepreneurship in significantly greater numbers than men but we're also failing at those businesses even faster than men This book is going to change that *Women Rocking Business* provides a revolutionary approach to building a business that honors innate feminine values The book is full of practical how to's that will help women become thriving entrepreneurs from a place of empowering others rather than powering over them a place of collaboration rather than competition and contribution rather than greed Sage Lavine has seen firsthand through working with thousands of emerging female entrepreneurs that when women learn about marketing and entrepreneurship through this lens they are better positioned to implement effective strategies and create success Sage is the CEO of *Women Rocking Business* a consulting and coaching organization that has touched and inspired over 75 000 aspiring women entrepreneurs around the globe to build businesses that change the world In this practical guidebook she lays out a specific plan for building a business that honors work life balance to a degree readers may not have thought possible or practical They will discover how by working just 12 days a month or less they can have a career that both supports them financially and fits into their lives rather than having to settle for a life that fits around an overwhelming work schedule It's a new day and the opportunity for women is great This book will be an answered prayer for women who hope to

unleash their life's potential and make their mark upon the world

**31 Dates in 31 Days** Tamara Duricka Johnson, 2011-09-27 On the eve of her 31st birthday after yet another painful breakup Tamara Duricka Johnson decides it's time to overhaul her dating habits When a friend jokingly suggests that she embark on a dating project inspiration strikes in honor of turning 31 she'll go on 31 dates in 31 days and resist the urge to turn each date into her next relationship Instead she'll have to wait until the 31st date to pick one of the 30 men to go out with a second time With each date Johnson learns something about herself Some experiences are awful but others are amazing and all of them help change her attitude about not just dating but people in general In the end though she realizes there's only one man of the entire 30 that she can see herself marrying and one year later she does Chatty fun and confessional **31 Dates in 31 Days** is an entertaining journey that offers astute insights into the modern dating scene

**True Stories** Anneliese Kamola, Rebecca Mabanglo-Mayor, Cami Ostman, 2019-10 What does a writer need in order to write a book What does it take to turn yourself into an author Well first of all you need to believe that your story is meaningful and deserves to take up space in your life and on a bookshelf one day

**True Stories** Cami Ostman, Rebeca Mabanglo-Mayor, 2018-11-30 Written by participants of Cami Ostman's Seattle based Narrative Project Participants attend a nine month course in intense instruction coaching and fellowship The Narrative Projects produces an anthology every two years Participants come from all parts of the world

**The Fat Man, The Sword-Bearer, and The Well-Woman** Cami Ostman, 2023-01-10

**True Stories** Cami Ostman, 2020-12 Volume IV of True Stories will introduce you to the graduates and coaches of The Narrative Project TNP a dynamic organization that gives writers everything they need to get their books done Led by author teacher and writing coach Cami Ostman TNP ushers writers through the process of taking a book from concept to product in hand These stories are evidence that community and commitment work hand in hand to make writers dreams come true

**True Stories** Cami A Ostman, 2020-11-17 Volume III of True Stories will introduce you to the graduates and coaches of The Narrative Project TNP a dynamic organization that gives writers everything they need to get their books done Led by author teacher and writing coach Cami Ostman TNP ushers writers through the process of taking a book from concept to product in hand These stories are evidence that community and commitment work hand in hand to make writers dreams come true

**Beyond Belief** Cami Ostman, Susan Tive, 2013-04-02 Beyond Belief addresses what happens when women of extreme religions decide to walk away Editors Susan Tive a former Orthodox Jew and Cami Ostman a de converted fundamentalist born again Christian have compiled a collection of powerful personal stories written by women of varying ages races and religious backgrounds who share one commonality they've all experienced and rejected extreme religions Covering a wide range of religious communities including Evangelical Catholic Jewish Mormon Muslim Calvinist Moonie and Jehovah's Witness and containing contributions from authors like Julia Scheeres Jesus Land the stories in Beyond Belief reveal how these women became involved what their lives were like and why they came to the decision to eventually abandon their faiths The authors shed a bright light on the rigid expectations

and misogyny so often built into religious orthodoxy yet they also explain the lure why so many women are attracted to these lifestyles what they find that s beautiful about living a religious life and why leaving can be not only very difficult but also bittersweet

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*True Stories* Red Wheel Writers,2018 2nd Anthology written and edited by The Red Wheelbarrow Writers of Bellingham WA

**A Cluttered Life** Pesí Dinnerstein,2011-08-23 A woman s quest to free herself from the disorder and excess baggage of daily life and find her true self is made possible by a twelve step recovery program a dose of Kabbalistic wisdom and the help of her friends Original

**Beyond Belief** Cami Ostman,Susan Tive,2013-04-02 With stories by women from a wide range of religious communities including Evangelical Christian Catholic Jewish Mormon Muslim Calvinist Moonie the Unification Church and Jehovah s Witnesses the writers in Beyond Belief pull back a heavy curtain to reveal what they love about their lives within these communities along with the pain that comes from the rigid expectations and diminishment of women so often built into religious orthodoxy Back cover

Fast Girl Ingrid Steffensen,2012-09-11 Life in Ingrid Steffensen s New Jersey suburb was safe comfortable and predictable A college professor wife and mother of a preadolescent daughter her carefully cultivated world was comprised of the usual suspects family work book clubs yoga classes and date nights Then one day thinking she d be a good sport and maybe learn something about what made her car crazed husband tick she put a helmet on her head took her Mini Cooper to the racetrack and learned how to drive it really really fast Soon what began as a whim became a full blown obsession and a freeing journey of self discovery In the eventful exhilarating year that followed her first lesson Steffenson dove head first into high performance driving In the process she discovered the terrifying and addictive thrill of pushing her limits learning an entirely new set of skills and tackling danger head on and found that doing so liberated her in a way that she hadn t even known she needed Fast paced and fun Fast Girl is the quirky real life chronicle of how one woman stepped outside her comfort zone shrugged off the shackles of suburban conformity and changed her entire perspective on life through the unlikeliest of means racecar driving

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