

Second Wind



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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.

作者介绍:

目录:

[Second Wind_下载链接1](#)

标签

马拉松

跑步

离婚

评论

昨天在NYPL上随便瞄到的跑步书籍做MTA读物，此女跑遍了世界7个洲的马拉松。刚开始看，感觉不是很好，因为理解不了被极端正统宗教束缚的基督徒是如何的杯具哀怨，以至于她的整个人生我都很难理解。不过也好，35想明白自己想要什么然后能做到，总比弥留之际才觉悟此生浪费来的来得及很多～～

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书评

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