**REVISED:**

***Women have been told we could do and be anything … and we can.***

***What’s rarely mentioned is the toll on our health, relationships, and overall wellbeing.***

Are you the woman who holds it all together—crushing deadlines, leading teams, raising a family—while quietly unraveling inside? Yes, you are competent and capable. You’ve simply been carrying more than you were ever meant to for too long.

*At Capacity* offers a different way forward. Drawn from decades of experience flying commercial aircraft and championing women's health, retired Captain Reyné O'Shaughnessy reveals the missing skill most high-achieving women were never taught: protecting your margins in a world that glorifies overload.This vital buffer not only enables recovery after near-collapse, but also prevents you from reaching the breaking point of exhaustion.

You will learn about the centuries-old mindset when humans first became cogs in the machine, the science of burnout and brain rewiring, the psychology driving us to push limits, and the cultural systems rigged against women. Discover how to spot the three stages of depletion before they ground you. Through self-assessment tools and actionable practices, the author guides us back home to ourselves by offering a roadmap to rebuild our strength, reconnect with joy and purpose, and redefine success to include true wellbeing.

You don’t need to crash to earn a soft landing. Buckle up! *At Capacity* is your wakeup call to fly lighter and higher than you ever imagined.

*Reyné O’Shaughnessy is a speaker, consultant, and founder of the Aviation Health & Wellbeing Institute. With over 10,000 flight hours, she now empowers women to successfully lead without losing themselves.*

ORIGINAL:

You are capable. Accomplished. Trusted.

And still — carrying more than you were ever meant to sustain.

In a world that glorifies overload, women are praised for pushing through, holding everything together, and making it work  often at the expense of their own health, clarity, and relationships.

We were told we could do anything and be anything. And we can.

What no one talked about was the cost — to our bodies, our lives, and ourselves. (Or we can put bodies, relationships and health.

*At Capacity* offers a different way forward.

Drawing on decades in high-stakes aviation and women’s wellbeing, Captain (ret.) Reyné O’Shaughnessy introduces a concept most women were never taught to protect: **margin**. When margin disappears, even the strongest systems become brittle. And without margin, life begins to feel overwhelming  not because you’re failing, but because you’re operating too close to the edge.

**Margin is the space that allows recovery — not just after collapse, but before it.**

This book is not about doing more, optimizing harder, or managing your way out of exhaustion. It’s about reclaiming the space that allows you to adapt, think clearly, and live with strength and sustainability.

If you carry a lot — at work, at home, in your body — and rarely set it down, *At Capacity* will help you recognize overload sooner and reclaim the margins that make a fuller, more resilient life possible.