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FROM DEBT AND DIVORCE TO NINE FIGURES: IMMIGRATION ATTORNEY AND ULTRAMARATHONER SHARES THE MINDSET SHIFT THAT CHANGED EVERYTHING

LOS ANGELES, CA (SEND2PRESS NEWSWIRE): Constance Wannamaker left a failed marriage with debt, a son to support and a goal of making \$200K a year. Six and a half years later, she's now clearing nine figures across eight companies—and ran more than a few 100-mile races in between. Wannamaker's book, "Built for the Long Run: The Mindset That Sustains Leaders Through Fear, Growth and Scale" (ISBN: 978-1-968339-26-5 [paperback]; 978-1-968339-25-8 [ebook]; 978-1-968339-27-2 [hardcover] published by Legacy Launch Pad Publishing), details how she did it and why mindset was the only thing that actually mattered.

Wannamaker is a licensed immigration attorney and founder and CEO of C.R. Wannamaker Law. Her legal career began not in a corner office but on dirt roads in South Carolina, where she drove into migrant labor camps to tell farm workers about their rights—an experience that convinced her legal advocacy could change lives in ways that handing out socks never would. That conviction eventually led her to immigration law, where she has spent her career protecting and defending the lives of the people she serves. Eventually, she had to learn to defend her own life.

"I didn't leave my marriage with a plan. My freedom number was \$200K a year—just enough to pay my bills and not panic," Wannamaker says. "I'm at nine figures now. The gap between those two things isn't talent or luck. It's what you're willing to believe about what's possible."

In "Built for the Long Run," Wannamaker traces the specific shifts that moved her from scarcity thinking to scale: learning to hire people smarter than herself, trusting her gut over conventional wisdom, building a team culture around purpose rather than revenue targets and staying in motion even when the fear didn't go away. The book doesn't argue that mindset is magic. It argues that mindset is a muscle—one most people never seriously train.

Her clients at C.R. Wannamaker Law—immigrants who crossed borders with nothing and rebuilt their lives in America—show up throughout the book as proof of the same principle: that the decision to take the first hard step is almost always the difference between a life that changes and one that doesn't.

“Most people aren’t thinking too small because they’re lazy. They’re thinking too small because they’re scared,” Wannamaker says. “Fear doesn’t go away. I ran 100 miles on a torn calf. I bought a \$3.5 million building terrified. You just stop waiting for the fear to leave before you act.”

Wannamaker now presides over one of the country’s fastest-growing businesses and coaches other business leaders, and “Built for the Long Run” shares lessons she learned from remarkable mentors that changed the course of her life and business.

Wannamaker’s self-help and entrepreneurship book, “Built for the Long Run: The Mindset That Sustains Leaders Through Fear, Growth and Scale,” is available now on Amazon, Barnes & Noble and other major online booksellers.

About Constance Wannamaker:

Constance Wannamaker is a licensed immigration attorney and founder and CEO of C.R. Wannamaker Law. She has built a business dedicated to advocacy, human rights and life-changing outcomes for the individuals and families she serves.

An ultramarathon runner, Constance brings the same endurance, discipline and mental resilience required to run races into her work as an entrepreneur and leader. For more information, visit <https://www.crwannamakerlaw.com/en>.

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