

Headwinds by Patrick J. McGarry Summaries

Long Summary:

A World Trade Center survivor's true story of losing his sister on 9/11 and the long journey of grief, faith, and finding purpose that followed.

In 1993, Patrick McGarry was trapped on the 96th floor of the World Trade Center's South Tower when terrorists struck, and he survived. But eight years later, he lost his younger sister, Katie McGarry Noack, on September 11, 2001. She was only thirty years old and newly married. Her last words home were simple: *Please tell my family that I love them.*

For the next twenty-five years, Patrick built a career in the energy industry, got married, raised two sons with his wife, Mariana—and tried to outrun his grief. But grief is patient, and loss doesn't disappear with time. Instead, it changes shape. And so, for the twenty-fifth anniversary of 9/11, Patrick decided to turn grief into purpose, to honor Katie and all the others whose lives had shaped him by riding his bicycle across the country. At sixty-two years old, he rode over three thousand miles, through harsh weather and exhaustion, raising more than \$113,000 for the Tunnel to Towers Foundation. It became a pilgrimage through memory and a final step toward peace.

Because those we love are never truly gone if we remember them—and love can still have the final word.

For readers of true stories of grief, faith, and finding purpose after unimaginable loss, like *Crying in H Mart*, *Notes on Grief*, and *Blessed Are the Spiraling*.

Short Summary:

Headwinds is a memoir about loss, love, faith, and the long journey from grief to purpose.

In 1993, Patrick McGarry survived the World Trade Center bombing. But eight years later, he lost his younger sister, Katie McGarry Noack, on the September 11, 2001 terrorist attacks. Her last words home were simple: *Please tell my family that I love them.*

For the next twenty-five years, Patrick built a career in the energy industry, got married, raised two sons with his wife, Mariana—and tried to outrun his grief. But grief is patient, and loss doesn't disappear with time; it changes shape. For the twenty-fifth anniversary of 9/11, Patrick decided to honor Katie by riding his bicycle three thousand miles across the country, raising more than \$113,000 for the Tunnel to Towers Foundation. It became a pilgrimage through memory and a final step toward peace.

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