

DONNA S. CONLEY



Donna S. Conley
Author, Coach &
Founder of Wild Moon Healers



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About Donna

Determined to become an advocate for mental health, Donna S. Conley developed an integrated approach to teach people to discover who they are, what they want, and how to love and accept themselves so they can live their best lives.

She began a career as a life coach, blogger, podcaster, and wrote *Wild Moon Healing* while working full-time in corporate America. Donna is working toward her goal of transitioning to a full-time career to help remove the stigma of mental health and normalize loving, committing, believing, and respecting yourself.

Donna has had a successful career in the human resources field for over twenty years. She earned a Master's degree in her field from UMUC and is currently attending Duke's DHWCT certification program. Human Resources is the business of people, and Donna has professionally helped, supported, and touched the lives of many people during her career.

She was born and raised in Riva, Maryland, but has always considered Reedy, West Virginia, her home. That is where her mind wanders when she thinks about growing up and the summers she spent at her Nan Nan's. Donna is the proud mother of a United States Marine. If you can't find her, she's most likely in the woods discovering a new trail to hike or simply admiring the moon.

From a total wellness perspective and addressing people as a whole, she believes strongly in the spiritual aspects of health in addition to physical and mental health. She deeply believes everyone has their own inner magic and can use it to create their best life and inspire others. *Wild Moon Healing* is Donna's first published work.

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Donna's Mission

Donna's mission is to shatter the current mental health paradigm and restructure a total wellness approach to health—body, mind, and spirit—using powerful healing modalities while energetically syncing with lunar cycles.

The vision of bringing the healing power of transformation to every individual willing to improve their life and mental health by seeking their inner truth and shifting their energetic vibration is why Donna wrote *Wild Moon Healing* and started this blog.

What Wild Moon Healing Can Do For You?

- Ⓒ Heal Unresolved Trauma
- Ⓒ Self-exploration and Discovery
- Ⓒ Adopt a Healthy Lifestyle
- Ⓒ Commit to your Selfcare
- Ⓒ Personal Transformation

Why Book Donna?

Donna is a healer, inspiring speaker and author. As there are various topics with rich content that Donna shares, she merges energy and enthusiasm to empower and embolden any audience. While Donna routinely delivers custom content, her most popular topics include:

- Ⓒ How to move through life by harnessing the energy of lunar cycles to awaken inner truth.
- Ⓒ Live on purpose, gain the courage to leave unhealthy relationships, overcome an addiction, or take inspired action toward dreams.
- Ⓒ The book *Wild Moon Healing: Harness the Energy of Lunar Cycles to Awaken Your Inner Truth*.

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If you are interested in learning more about how Donna would be an ideal fit and inspiration for your audience, please reach out to us today.

SUGGESTED DISCUSSION QUESTIONS

- Ⓒ You have gone through your own personal journey in search of happiness and healing, but you have spent most of your life hiding from trauma. When did you start correlating the trauma you had experienced to the current state of your life?
- Ⓒ How can someone identify the symptoms of hiding from trauma in life?
- Ⓒ After identifying how trauma has manifested in your life, how can you use lunar cycles to break through current behaviors and habits that hold you back from reaching your full potential?
- Ⓒ How does the Wild Moon Healing process work? How can we implement it to achieve the triune purpose: get to know yourself, heal from unresolved trauma in your life, and transform?
- Ⓒ How does the aspect of mind, body, and soul healing with the moon affect every other aspect?
- Ⓒ At some point, you were a functioning adult, raising your son, finishing your education, and working full time, but you were sad. Just existing. You built a fortress around you to numb the pain. How was your life at that time?
- Ⓒ Doctors tested you for everything known to man but could find nothing wrong. You had to change your lifestyle and seek help for depression. For years, you tried to change, but kept sliding into habitual patterns. Your depression worsened, and seeking help from a mental health professional was frustrating. When did you decide to take the matters into your own hands? What changed?

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- Ⓒ During your quest for answers and healing, your journey became spiritual. Part of your journey included developing a relationship with the moon. How did you go from this point in your life to writing the book *Wild Moon Healing*?
- Ⓒ After you started manifesting with moon cycles, healing yourself, you developed a program with exercises and journaling prompts to guide others on a personal journey of self-exploration, through which they can also create their best life. How can the book be used as a healing tool?
- Ⓒ If you had to highlight one takeaway from the book, what would that be? OR What is your biggest wish with this book?

Praise / Endorsements

"Your book is going to change lives. I'm delighted to have been on your project team."

~ MICHAEL IRELAND, MA, Msc., PhD

"I hope your book will be read and appreciated by many. I certainly enjoyed it."

~ JOAN TIMBERLAKE

"Donna!!! This book was absolutely wonderful and offered so many constructive ways to improve your healing journey and hold yourself accountable."

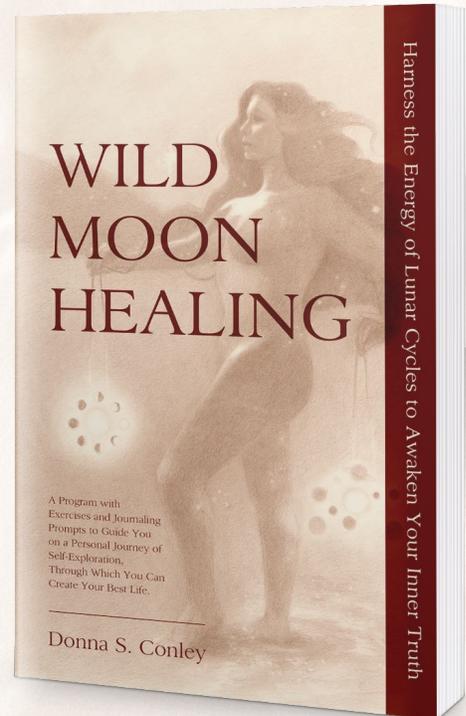
~ LYRIC DODSON



WILD MOON HEALING

The Book

You can create your best life. Be happy, do the things you love, and don't feel guilty about any of it. *Wild Moon Healing* is about how you move through life and how to harness the energy of lunar cycles to awaken your inner truth. It provides a paradigm to help you make life decisions that are in your best interest. Using the moon's energy to help you live on purpose, you can gain the courage to leave an unhealthy relationship, overcome an addiction, or take inspired action toward your dreams. **Through the *Wild Moon Healing* program you can learn to love yourself, love what you see in the mirror, and smile because you are looking at your favorite person.**



How do you look when you see your reflection? Are sick and tired of being sick and tired? Do you find yourself unhappy with who you are, your body, or any aspect of your life? Are you unable to create lasting, positive change in your life? Does it seem that everyone and everything is in control of your life, except you? You can stop living with the purpose of making sure everyone else is OK and start living to make sure YOU are OK.

In search of happiness and healing, Donna S. Conley started her personal journey with the Moon. At first, life was hard. She spent most of her life hiding from trauma. She had built a fortress around her heart, a mechanism with behaviors of promiscuity, drinking, smoking, and isolation. She was a functioning adult, raising her son, finishing her education, and working full time, but she was sad. She was just existing with depression, an eating disorder, and limiting beliefs. During her quest for answers and healing, her journey became spiritual and she developed a relationship with the moon. The moon's beauty and mystery captivated her and she then started manifesting with lunar cycles, healing herself, and inspiring others to do the same.

WILD MOON HEALING

In *Wild Moon Healing*, Donna S. Conley teaches you how you can take control and create immeasurable happiness in your life. While engaging in Wild Moon Healing, you have a triune purpose:

- To get to know yourself.
- Heal from unresolved trauma in your life.
- Transform.

You are learning, healing, and going after your goals simultaneously. By following this program, you will learn:

- not only who you are, but why you do the things you do.
- to love yourself, as you are right now,
- to put your wellbeing and happiness first, and
- to go after your goals and succeed.

Wild Moon Healing can be whatever you need it to be—a wellness practice, a healing therapy, a self-discovery journey, a spiritual pursuit, a psychological process, a religious awakening, a time management tool, or a habit-breaking model. No one's journey is the same, so whatever Moon work is for you is correct.

By practicing self-care as a month-long cycle that follows the phases of the moon, you can learn your truth, overcome barriers in your life, build healthy boundaries, and live authentically. Incorporating lunar cycles into your self-care practice adds consistency to your routine because you check in with yourself as the moon changes. If you fall out of your self-care habits, just look up and let the moon guide you back to where you need to be.

The Wild Moon Healing process is not easy because you have to see yourself and accept yourself. You are worthy of your effort. Embark on your journey, put in your work, and regain your inner magic.

WILD MOON HEALING

TITLE — Wild Moon Healing

SUBTITLE — Harness the Energy of Lunar Cycles to Awaken Your Inner Truth

AUTHOR NAME — Donna S. Conley

PUBLISHER — Wild Moon Healers

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SUGGESTED RETAIL PRICE FOR PAPERBACK — \$13.99 = \$17.99

SUGGESTED RETAIL PRICE FOR ELECTRONIC — \$7.99 - \$11.99

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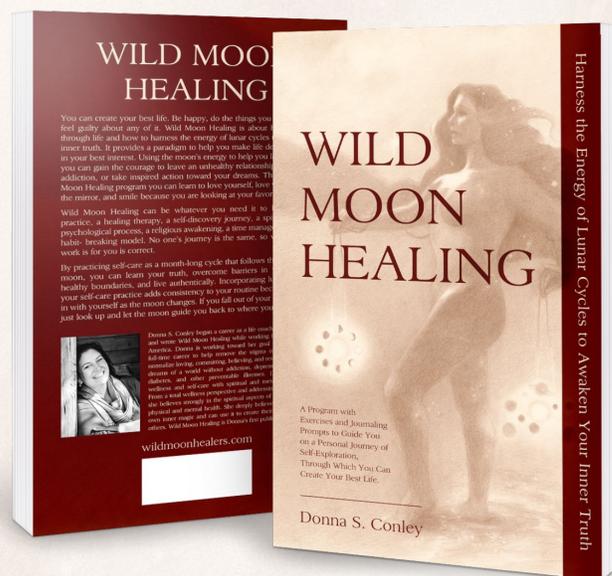
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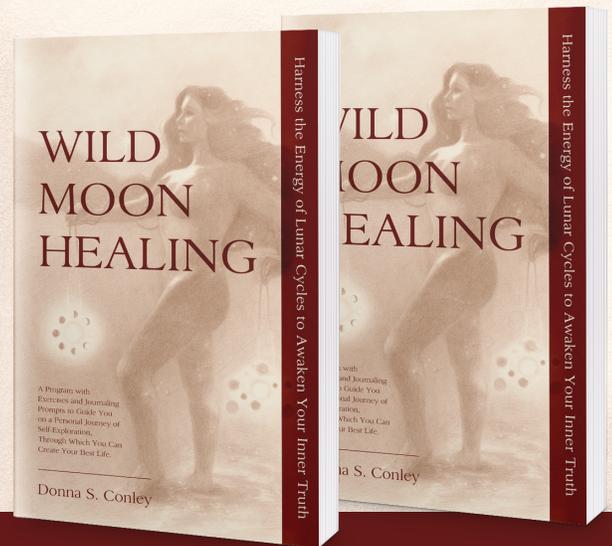
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