

DONNA S. CONLEY

National Bestselling Author, Coach &
Founder of Wild Moon Healers





Meet 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. Human Resources is the business of people, and Donna has professionally helped, supported, and touched the lives of many people during her career.

She is a trauma informed energy coach who earned a coaching certification through Duke's DHWCT program and is a Reiki practitioner. She is also certified in sound healing, breath work, and is a certified meditation teacher.

Donna embodies these healing modalities in her coaching. She is currently enrolled at the Elementum Coaching Institute to further her somatic training and fully embody the skills necessary to bring her best self into her coaching programs to help others.

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. Donna is the author of the *Wild Moon Healing* book series. Her first book, *Wild Moon Healing*, is a bestseller and has won multiple awards.

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

Let's Connect

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INSTAGRAM — [Wild_Moon_Healer](https://www.instagram.com/Wild_Moon_Healer)

FACEBOOK — [Wild Moon Healers](https://www.facebook.com/WildMoonHealers)

TWITTER — [Wild Moon Healers](https://twitter.com/WildMoonHealers)

PINTEREST — [Wild Moon Healers](https://www.pinterest.com/WildMoonHealers)

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YOUTUBE — [Wild Moon Healers](https://www.youtube.com/WildMoonHealers)

TUMBLER — [Wild Moon Healers](https://www.tumblr.com/WildMoonHealers)

BLOG — [Wild Moon Healers](https://www.wildmoonhealers.com/blog)



Why Interview 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:

POPULAR DISCUSSION TOPICS:

- Ⓒ 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*.
- Ⓒ Go beyond *Wild Moon Healing* and connect to the healing powers of a vast energetic network and holistic therapies to invoke different energies that support spiritual, mental, emotional, and physical growth and transformation with Donna's new book *Wild Moon Healing Revolution*.

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? How can it be integrated with other healing powers and holistic therapies to invoke different energies that support spiritual, mental, emotional, and physical growth and transformation?
- Ⓒ 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. You tried to change for years 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 matters into your own hands? What changed?
- Ⓒ 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 books *Wild Moon Healing* and *Wild Moon Healing Revolution*?
- Ⓒ After you started manifesting with moon cycles and healing yourself, you developed a program with exercises and journaling prompts to guide others on a self-exploration journey through which they can also create their best life. How can the books be used as healing tools?
- Ⓒ What would that be if you had to highlight one takeaway from the books?

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.

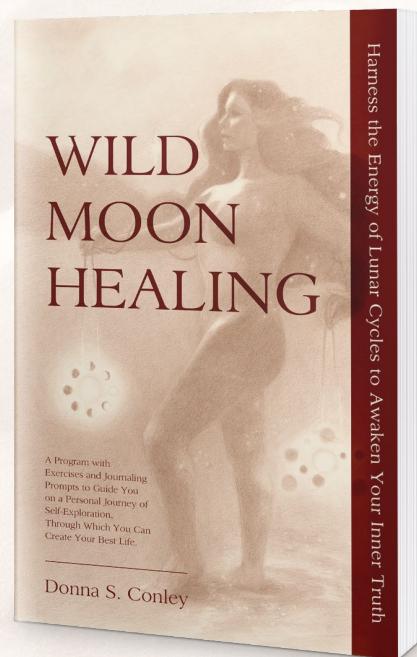
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WILD MOON HEALING

Harness the Energy of Lunar Cycles to Awaken Your Inner Truth

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

LAUNCH DATE — September 29, 2022

SUGGESTED RETAIL PRICE FOR HARDCOVER — \$27.99 = \$31.99

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

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

Available for purchase on [Amazon](#) globally. Retailers may purchase through Ingram globally.

BOOK SIZE — 5.5" x 8.5" (13.97 x 21.59 cm)

OF PAGES — 362

WORD COUNT — 79,068

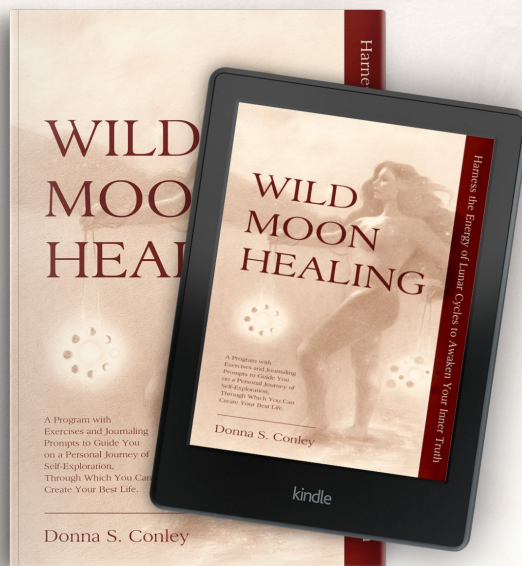
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AMAZON — [Wild Moon Healing](#)



Awards

National Bestseller



WILD MOON HEALING REVOLUTION

Expand Your Energy Healing Network to Empower the Warrior Within

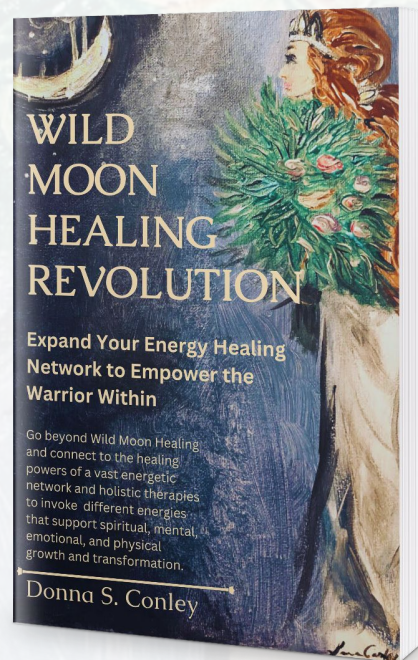
Go beyond *Wild Moon Healing* and connect to the healing powers of a vast energetic network and holistic therapies to invoke different energies that support spiritual, mental, emotional, and physical growth and transformation.

Curating a life you love and one that you are proud of takes work—Moon work. If you are ready to discover the true purpose for your life and add meaning to everything you do, you need to expand your consciousness beyond the everyday.

But, do you know who you truly are? Do you love your life? Are you even allowed to have wants, dreams, and ambitions? Or, are you too busy learning to hide from trauma and the effects of other life experiences?

In *Wild Moon Healing Revolution*, Donna S. Conley will show you how to take control of your life, stop letting things negatively affect you, and harness energies in this vast energetic network to raise your vibration and break free from the chains created by your struggles. You can live authentic and free. As a trauma-informed energy coach, meditation teacher, sound and energy healer, and award-winning author, Conley expanded on her own spiritual practice to harness energies of all that is.

Combining the wisdom shared in her first bestseller book *Wild Moon Healing*, Conley now takes one step further and invokes different energies that support spiritual, mental, emotional, and physical growth and transformation inviting you to participate in a revolution. A revolution toward creating a life you love, and doing so authentically.



As you work through the teachings and exercises of *Wild Moon Healing Revolution*, you will understand that energy is always here to lift you up when you fall, to forgive you when you fail, to be your strength when you are weak, to heal you when you hurt, and help you find your way when you are lost. Take control of your life by intentionally working with energy. You will understand how everything is connected and how nature teaches us so much about how to live.

TITLE — Wild Moon Healing Revolution

SUBTITLE — Expand Your Energy Healing Network to Empower the Warrior Within

AUTHOR NAME — Donna S. Conley

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AMAZON — [Wild Moon Healing Revolution](#)

