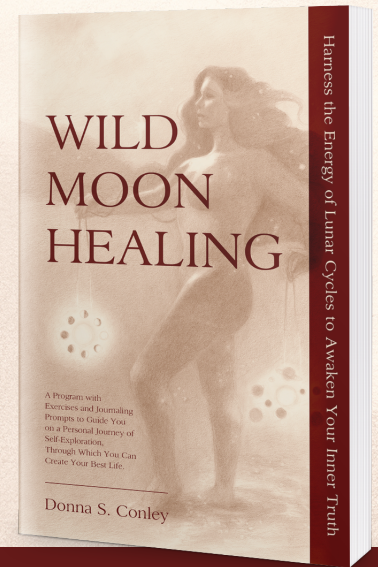


National Bestseller

WILD MOON HEALING



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.

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.

DONNA S. CONLEY

Donna S. Conley began a career as a trauma informed energy coach, blogger, podcaster, and wrote the Wild Moon Healing series 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. She dreams of a world without addiction, depression, suicide, type 2 diabetes, and other preventable illnesses. 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 also the author of the bestseller, Wild Moon Healing.

