



BOOK, MEDIA & SPEAKING SHEET

Suit Up

Surviving Toxic Families Without Losing Yourself

A compassionate, grounded guide for people navigating family systems, boundaries, guilt, emotional regulation, grief without closure, and the work of healing without losing themselves.

Donna M. Hunter - author, speaker and consultant

FEATURED SPEAKING THEMES

- Surviving Toxic Families Without Losing Yourself
- Boundaries Without the Guilt
- Leaving, Staying, or Something In Between
- The Grief Nobody Talks About: Ambiguous Loss and Family Estrangement
- Healing Without an Apology
- What Forty Years of Trauma Work Has Taught Me About Families

CUSTOM CONVERSATIONS

Donna can also shape presentations around trauma recovery, estrangement, emotional regulation, grief, anger, loving detachment, healthier relationships, contact choices, family roles, and family systems.

AVAILABLE FOR

Podcast interviews, media conversations, guest articles, professional panels, presentations, workshops, and educational events.



ABOUT DONNA

Donna M. Hunter is an author, speaker, and consultant whose work draws on forty years of trauma work with individuals and families. Her style is warm, thoughtful, straightforward, occasionally wry, and grounded in the belief that healing does not require a single villain or a forced choice between estrangement and reconciliation.

MEDIA & SPEAKING INQUIRIES: sagewoodway.com/coaching-options.php

BOOK: Suit Up: Surviving Toxic Families Without Losing Yourself | AMAZON: amazon.com/dp/B0GHF133FZ