

MEDIA KIT

Walk with Wisdom

A Journey into the Sanctuary of Life



Donna Bloom

Author | Speaker | Board-Certified Hypnotist

“There is a hurting teen inside all of us.”

— Donna Bloom

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Available on Amazon: Paperback & eBook

SHORT BIO

Donna Bloom is a Board-Certified Hypnotist, founder of Wise Mind Hypnosis on Long Island, New York, and the debut author of *Walk with Wisdom* — a spiritual fiction novel for teens and adults. Drawing on years of experience helping clients find inner peace, Donna weaves emotional insight and spiritual reflection into an uplifting story that reminds readers that the calm and confidence they are searching for have been inside them all along.

FULL BIO

Donna Bloom has spent her career helping people quiet the noise in their minds. As a Board-Certified Hypnotist with the National Guild of Hypnotists and founder of Wise Mind Hypnosis on Long Island, New York, she has guided countless clients through anxiety, overthinking, self-doubt, and the quiet exhaustion of always trying to fit in.

Her debut novel, *Walk with Wisdom: A Journey into the Sanctuary of Life*, is the culmination of two years of writing, reflection, and deeply personal storytelling. The book follows Lark, a thoughtful teen whose inner world mirrors the struggles Donna has witnessed in her clients — and, in many ways, in herself. Through Lark's journey into a mystical, nature-filled sanctuary and her encounters with a compassionate guide named Wisdom, readers of all ages are gently invited to slow down, look inward, and trust the quiet voice that has been there all along.

Donna wrote *Walk with Wisdom* as her legacy — a story that could reach beyond the one-on-one session and touch the lives of teens navigating a world saturated with technology, comparison, and noise. Yet the book speaks equally to adults, because as Donna believes, there is a hurting teen inside all of us.

When she is not writing or seeing clients, Donna can be found taking long walks in the woods, traveling the world with her adventurous husband, playing pickleball with friends, or spending time with Zoey, her beloved Havanese grand puppy — a daily reminder to play and love unconditionally.

ABOUT THE BOOK

Walk with Wisdom: A Journey into the Sanctuary of Life

Spiritual Fiction | Young Adult & Adult | Available in Paperback & eBook on Amazon

Lark's mind rarely rests. Her friends think she has it all together. Inside, her thoughts spiral with worry and self-doubt. She's caught glimpses of calm and clarity, but they never seem to last.

Then one day, she wanders into the Sanctuary of Life — a lush, mystical place where time slows and the natural world speaks in whispers. There, she meets Wisdom, an intuitive guide who gently teaches her to listen within and find peace in the present moment.

As Lark learns to quiet her overthinking, she begins to move through life with greater clarity and confidence, trusting herself in ways she never thought possible.

Walk with Wisdom is an uplifting story of self-discovery and quiet transformation. It is a reminder that the peace we are searching for has been inside us all along.

WHAT READERS ARE SAYING

“Great book for any age, presenting good perspective on how to walk through life’s intricacies with grace and wisdom. Would highly recommend for a mental reset and boost.”

— **Ben Carlow, Reader**

“This tender, touching and resonant story was written for YA, but I related to it as a mature woman and as a human being. If you appreciate nature — human or the outdoors — this will hug your heart. Phrases will have you pausing to savor these nuggets of insight and inspiration from cover to cover. Not only is spring the season to read this, but as the world’s pendulum of social media is swinging back from the edge, it’s all the more pertinent. I started Walk with Wisdom one evening and finished it over breakfast the next day. I’m still smiling with its energy. Bravo, debut author Donna Bloom!”

— **Lisa Bernard, Author**

“Great book if you want insight to a teenage girl’s mind. It is great for people who struggle with what others think about them and makes you think about how important it is to have a positive view of yourself. It teaches you how to look beyond the bully and understand that other people go through things that they may not share. It promotes kindness which we need in this world right now.”

— **Bev, Reader**

PODCAST & SPEAKING TOPICS

Donna is available for podcast interviews, speaking engagements, workshops, events, and guest trainings. She brings warmth, emotional insight, and meaningful storytelling to every conversation.

- People Pleasing and Putting Your Needs Last to Benefit Others
- How to Handle Mean Girl Issues, Ghosting, and Exclusion
- Recognizing Emotional Hurts and Identifying Blind Spots
- Doubt vs. Trust: How to Listen to Your Voice of Wisdom
- Why So Many Anxious Teens Suffer Silently
- The Hidden Mental Exhaustion of Rumination and Overthinking
- The Emotional Cost of Always Trying to Fit In with the Crowd
- Why Intuition Is Often Silent in Times of Anxiety or Worry
- The Healing Power of Storytelling and Inner Wisdom

BOOK DONNA FOR YOUR PODCAST OR EVENT

Donna Bloom — Author | Speaker | Board-Certified Hypnotist

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Amazon: amazon.com/Walk-Wisdom-Journey-into-Sanctuary/dp/B0GTQ5TGXC

Let's have a meaningful conversation that leaves the audience feeling calmer, more reflective, and more connected.

