

BOOK MEDIA SHEET

SUIT UP

Surviving Toxic Families Without Losing Yourself

You do not have to disappear to survive.

Suit Up is a compassionate, trauma-informed guide for adults who were harmed, neglected, controlled, or diminished by the people entrusted with their care. Donna M. Hunter helps readers name what happened, understand the survival patterns they still carry, and build boundaries and self-trust without losing themselves to guilt, loyalty, or silence.

WHY THIS BOOK MATTERS NOW

Family harm is often minimized because it happened behind closed doors - or because the people involved insist that love should erase accountability. Suit Up gives readers language for the injuries no one else can see and practical ways to remain grounded when old roles, obligations, and family pressure return.

INTERVIEW AND SPEAKING TOPICS

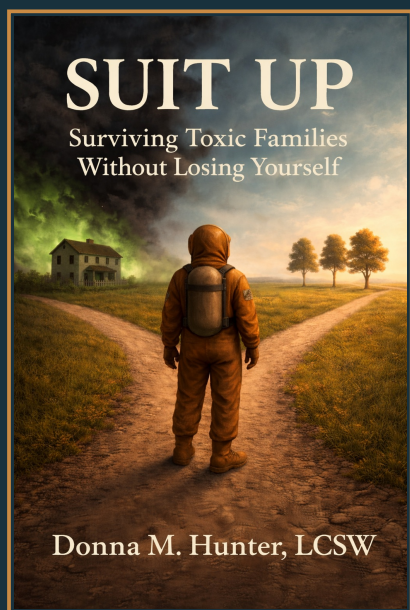
- Why guilt intensifies when an adult child begins setting boundaries
- The difference between forgiveness, reconciliation, and renewed access
- How toxic family roles follow adults into work, marriage, and caregiving
- Preparing for holidays, visits, estrangement, and unwanted contact
- Rebuilding self-trust after years of minimization and gaslighting

ABOUT DONNA

Donna M. Hunter, LCSW, has been a licensed clinical social worker since 1997. Across nearly three decades of clinical practice, she has helped adults navigate trauma, grief, anxiety, addiction, painful family systems, and the lasting effects of relationships in which love and harm became tangled together. She is the founder of Global Therapy and Sagewood Consulting and writes with the candor of a clinician who understands that insight must eventually become something a person can use on an ordinary Tuesday.

IDEAL AUDIENCES

Mental health and wellness audiences; adults navigating difficult family relationships or estrangement; clinicians and helping professionals; women's groups; faith communities willing to discuss boundaries honestly; and organizations focused on trauma recovery, caregiving, or family systems.



DONNA M. HUNTER, LCSW

Author | Therapist | Speaker
Trauma-informed family systems

BOOK DETAILS

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MEDIA & SPEAKING INQUIRIES

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