

# MARGARET O'DONNELL



Bestselling Author

Inspirational Speaker

Advocate & Motivator

# MARGARET O'DONNELL

## MARGARET'S MISSION

To help others persevere and find the strength to face adversity, fear, hope, and miracles through self-care practices and spiritual growth.

To inspire you to live breath by breath, make each day count, do something special and significant each and every day, take time to meditate, walk outdoors, and be thankful for each blessing, including each day.

To spread hope, faith, and encouragement to anyone going through tough times, no matter what it is.



## ABOUT MARGARET

Margaret O'Donnell has always lived a nice, calm life in a small town with her husband and kids. A life full of memories of summers spent by the beach with family and friends, and happy moments, until the day a terrible accident happened to her beloved husband. From this day on, her life changed dramatically, and she had to learn how to cope with stress, trauma, and adversity almost immediately.

In her debut inspirational fiction book based on actual events, *Gret's Rock: Through Life's Greatest Joys and Worst Fears, We Find Our Way Home*, Margaret shares insights into how her self-care practices led her toward her spiritual growth and healing through the eyes/lenses of the main character, Peg. Her goal with the book is to spread hope, faith, and encouragement to anyone going through tough times, no matter what it is.

Margaret graduated from the College of New Rochelle with a BA in Communication Arts and Journalism. She is also a 500-hour certified Yoga Instructor and Meditation Leader. She studied with Heartsong Yoga in East Longmeadow, MA, and Power Yoga of Cape Cod.

Margaret and her husband split their time between Massachusetts and Florida.

# MARGARET O'DONNELL

## WHY BOOK MARGARET?

Margaret is a bestselling author, inspiring speaker, yogi, and healer. Her natural ability to connect and share with her audiences brings forward her calming approach to life and her transformative expertise. She merges humor, energy, and enthusiasm to empower, elevate, and encourage any audience.

There are various topics with rich content that Margaret shares with audiences through a mix of her life experiences, professional experience, humor, and compassion. Ultimately, she merges energy, authenticity, and enthusiasm to empower and encourage any audience. While Margaret routinely delivers custom content, to follow are a few suggested discussion topics and questions.

## SUGGESTED INTERVIEW TOPICS

- Debut inspirational and bestselling novel *Gret's Rock* spreads hope, faith, and encouragement to anyone going through tough times, no matter what those struggles might be.
- *Gret's Rock*, a debut inspirational and bestselling novel based on true events, presents an encouraging journey through the toughest of times and how to never take life for granted, live in the moment, and appreciate the simple beauties of the world around us.
- *Gret's Rock*, a love story that brought worlds together with love – healing through trauma and the courage to move forward as life has changed forever.
- In the blink of an eye, life can change forever. How a traumatic brain injury brought worlds together with love – healing through trauma and the courage to move forward as life has changed forever.
- Through life's greatest joys and worst fears, we find our way home. Learn how to cope with stress, trauma, and adversity to keep yourself grounded with the inspirational fiction *Gret's Rock* by Margaret O'Donnell.

# MARGARET O'DONNELL

## SUGGESTED INTERVIEW DISCUSSION QUESTIONS

- Margaret, you always had a life filled with summers spent by the beach with family and friends and happy moments. Following the day a terrible accident happened to your beloved husband, how long did it take for you to realize your life had completely changed forever from that point on?
- How did you manage to cope with stress, trauma, and adversity almost immediately?
- By taking care of the needs of the whole family, you put yourself aside. When did you start feeling the effects of the lack of self-care in your own life?
- As a family, how was the process of healing through trauma and taking the courage to move forward? What do you mean by: *Nothing happens to you; it happens for you*?
- How was the process of turning your own story into an inspirational fiction detailing your journey toward your spiritual growth and healing through the eyes of the main character Peg? Was your husband involved in the book's production?
- How did the toughest of times teach you to never take life for granted, live in the moment, and appreciate the simple beauties of the world?
- How much impact did your Yoga teacher training have on your healing journey? Where else did you seek support?
- If you had to highlight one takeaway from the book, what would that be? OR What is your goal with the book?
- As you look back, do you believe that the Universe prepared you for what you would lose, gain, and who would be there along the way? How?
- Where can people learn more about you and buy the book?

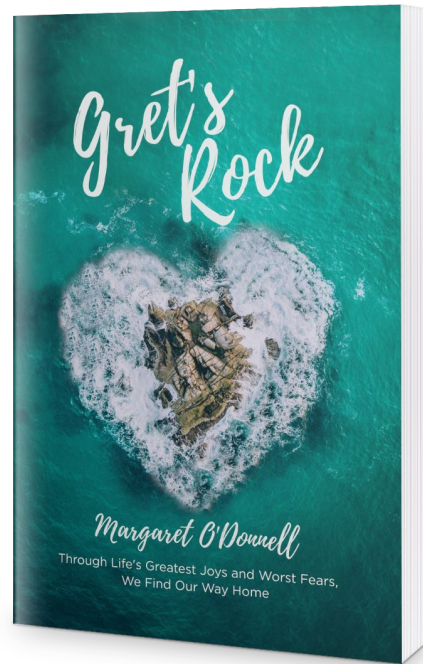




# MARGARET O'DONNELL

## Why Read the Book?

*Gret's Rock: Through Life's Greatest Joys and Worst Fears, We Find Our Way Home* will inspire you to live breath by breath, make each day count, do something special and significant every day, take time to meditate, walk outdoors, and be thankful for each blessing, including each and every day.



## ABOUT THE BOOK

Funny how life goes along, and Bam! You are swept off your feet by a love in your life, a child born and adopted into your family, anniversaries that bring such joy, deaths of loved ones, accidents, and trauma that you never expected to happen. Great joys and worst fears sweep us off our feet and take our breath away.

In the blink of an eye, Peg and Rick had their world turned upside down by a traumatic life event. When Rick was hit by a car, Peg found herself amid a medical battle, dealing with her husband's traumatic brain injury. Their lives changed forever. Not only in their life as a couple but as a family; they had to persevere and find the strength to face adversity, fear, hope, and miracles.

Based on a true story. Follow Peg's encouraging journey through the toughest of times and hear how she learned to never take life for granted, live in the moment, and appreciate the simple beauties of the world around us. This love story brought worlds together with love— healing through trauma and the courage to move forward as life has changed forever.

***Nothing happens to you. It happens for you.***

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**TITLE** – Gret's Rock

**SUBTITLE** – Through Life's Greatest Joys and Worst Fears, We Find Our Way Home

**TAGLINE** – Life and Love Can Sweep Us Off Our Feet, Take Our Breath Away And Yet Keep Us Grounded

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**SUGGESTED RETAIL PRICE FOR ELECTRONIC** – \$7.99 - \$11.99

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

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# Gret's Rock

*Life and Love Can Sweep Us Off Our Feet,  
Take Our Breath Away, And Yet Keep Us Grounded.*

Funny how life goes along, and Bam! you are swept off your feet by a love in your life, a child born and adopted into your family, anniversaries that bring such joy, deaths of loved ones, accidents, and trauma that you never expected to happen. Great joys and worst fears sweep us off our feet and take our breath away.

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