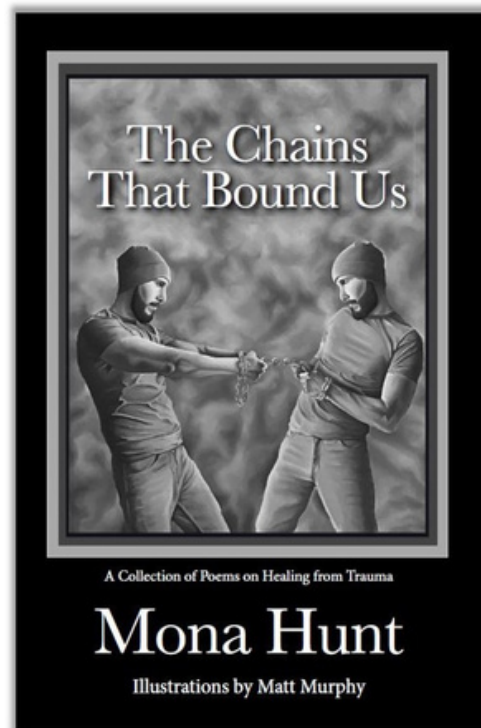


Former At-Risk High School Principal Releases Poetry Book on Healing From Trauma

The Chains That Bound Us

Mona Hunt, former teacher, counselor, and at-risk high school principal, releases her premier poetry book entitled *The Chains That Bound Us*. Illustrated by Matt Murphy, who himself struggled with substance abuse, this collection of poems fosters greater awareness and understanding of life-altering trauma, features a trauma-informed breathing and art exercise, and provides resources to take action towards recovery.

Mona explores themes such as faith, hope, and love and how these sentiments heal an individual from trauma. Illustrating the transformation from hopelessness to self-forgiveness, *The Chains That Bound Us* shows that while trauma will always be a part of an individual, it no longer has to define them.



To secure Mona Hunt for speaking engagements or interviews, Call (314) 781-8880, or email admin@pc40.com

About Mona Hunt



Mona has lived in Jefferson County, Missouri for 61 years. She is a devoted daughter, wife, mother of two sons and two stepchildren, and grandmother of five. She spent 43 years of her life as an elementary school teacher, counselor, at-risk high school principal, adjunct college instructor, school liaison counselor, and trauma informed trainer. Her passions include supporting the Hillsboro Food Pantry, the Jefferson County Homeless Youth Shelter, the Jefferson County Rescue Mission, De Soto Goes Pink, and Habitat for Humanity.

To order *The Chains That Bound Us*, scan the following QR code:

