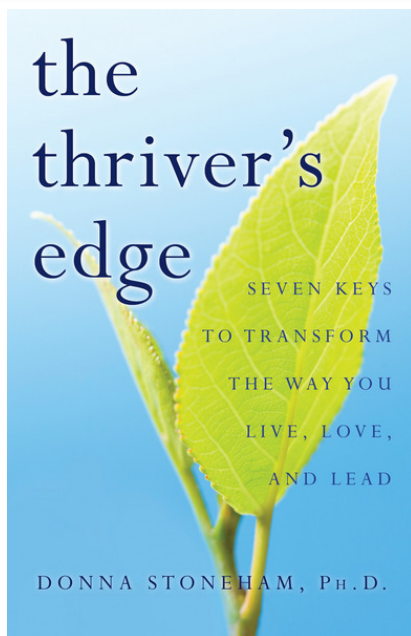




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**"COACH IN A BOOK": *THE THRIVER'S EDGE* PROVIDES INVALUABLE WISDOM AND GUIDANCE FROM EXPERT DR. DONNA STONEHAM, PH.D. TO EMPOWER READERS TO LIVE AND LEAD WITH PURPOSE**



### Advanced Praise for *The Thriver's Edge*

"If you want to take your life to the next level of thriving, fulfillment, inner peace, love, joy and all the important things we want in life and still be more effective at work, read *The Thriver's Edge*. I promise you'll be glad you did." —**Jack Canfield**, *New York Times* bestselling author of *The Success Principles™: How to Get from Where You Are to Where You Want to Be* and co-creator of the *Chicken Soup for the Soul®* series

"All too often, we let the busy-ness of every day take over the meaning of our lives. Reading this book will change that; by bringing trust and vision to consciousness, we can live and lead more expansively and successfully than ever. After reading *The Thriver's Edge*, you'll have renewed enthusiasm and purpose for all that you do!" —**Marshall Goldsmith** author of *New York Times* and global bestseller *What Got You Here Won't Get You There*

"In a world dominated by fear-based approaches to success, *The Thriver's Edge* offers an inspiring and life affirming alternative. Donna Stoneham writes with the wisdom of one who has guided many people in manifesting their inner gifts." —**Tara Brach, Ph.D.** author of *Radical Acceptance* and *True Refuge*

"If you need to do some soul searching to find out how you can live with passion and on purpose, this book will serve as a warm hand on your back. It guides you gently toward the realization of all you can make possible." —**Dawna Markova, Ph.D.** author of *I Will Not Die an Unlived Life*, and *Collaborative Intelligence: Thinking Effectively With People Who Think Differently*

**BERKELEY, CALIF. May 5, 2015**— Dr. Donna Stoneham, Ph.D., delivers the necessary wisdom, tools and information for anyone to live and lead more purposefully and passionately in her new debut book, *The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead* (She Writes Press, May 5, 2015). Dr. Stoneham offers proven techniques to help transform the lives of leaders and individuals so they can thrive in ways that will positively impact their families, teams, organizations, and communities.

Dr. Stoneham proposes an ideal way to incorporate the notion of thriving with the seven keys: trust, humility, resilience, inner direction, vision, expansiveness, and responsibility. Her T.H.R.I.V.E.R. model is then reinforced with personal anecdotes and inspiring examples of individuals who have learned to thrive.

At the end of each chapter, powerful reflection questions and practice exercises encourage readers to put the model into practice. Practical, applicable, and transformative, *The Thriver's Edge* is a "coach in a book" that teaches readers to unleash their potential, fulfill their dreams and offer their best to the world.

### **SHE WRITES PRESS**

**Publication date:** May 5, 2015

**Paperback price:** \$16.95 | **eBook price:** \$9.99

**Paperback ISBN:** 978-1631529801 | **eBook ISBN:** 1631529803



**ABOUT THE AUTHOR:** Dr. Donna Stoneham is a Northern California transplant with deep Texas roots. For the past twenty-five years, she's worked as an executive coach, transformational leadership consultant, and educator, helping hundreds of Fortune 1000 and not-for-profit leaders, teams, and organizations, including Gilead Sciences, Hewlett-Packard, Comcast, The American Medical Association, and UC Berkeley, "unleash their power to thrive"™ through her company, Positive Impact, LLC.

Dr. Stoneham has written for the International Journal of Coaches in Organizations and Presence, is a certified Integral Coach®, and is a popular speaker and media guest. When she's not coaching, she enjoys swimming, traveling, writing and spending time at home with her spouse and rescue dogs in Pt. Richmond, CA. To connect with Donna, visit [positiveimpactllc.com](http://positiveimpactllc.com), or [facebook.com/donnastonehamPhD](https://facebook.com/donnastonehamPhD).

### **Additional Praise for *The Thriver's Edge*:**

"In *The Thriver's Edge*, Dr. Donna Stoneham has masterfully distilled decades of life experience and professional expertise into seven practices essential to thriving. Skillfully presented in a clear and straightforward way, these practices come alive in all their depth and substance with stories and examples that ring true to the reader's own experience. Stoneham's suggestions for developing the seven keys are practical and doable. The series of reflective questions and her sage advice steadily guide readers in their quest to step into a bigger life, express their deepest potential, and become their greatest selves." —**Linda Graham, MFT, author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being***

"*The Thriver's Edge* is an inspiring, uplifting and empowering book grounded in the real world experience of a successful executive coach, business owner and transformational expert, Dr. Donna Stoneham. Sharing transformational experiences that aid in the learning process, Stoneham provides numerous inquiry practices that offer real take-away value, and she makes deep concepts meaningful for the reader. *The Thriver's Edge* is well-written, intellectually stimulating, relevant and spiritually rewarding." —**Sandra and Daniel Biskind, international bestselling authors of *Peace: Power Up Your Life, the first book in The Codebreaker Platinum Series***

"*The Thriver's Edge* is living proof that we can achieve success in the corporate world without sacrificing our personal integrity or starving our soul. In this wise and wonderful book, Donna Stoneham takes us by the hand and shows us how we too can bridge the worlds of business and spirituality." —**Jalaja Bonheim, Ph.D., author of *The Sacred Ego: Making Peace with Ourselves and Our World***