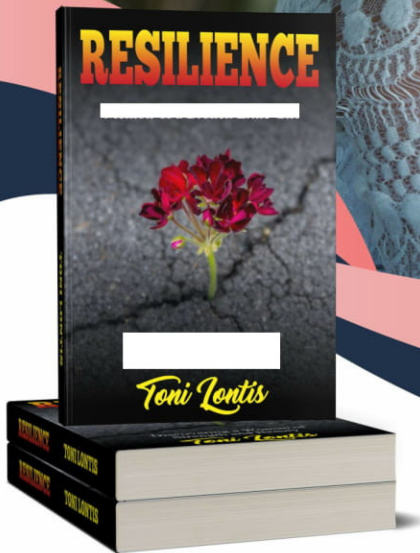


Toni LONTIS



Toni lives on a small acreage property in Tallebudgera Valley in the hinterland adjacent to the pristine beaches of Queensland's Gold Coast, Australia. She lives with her husband and an assortment of dogs, goats, llamas, ducks and chickens and enjoys long visits from her two adult children, their partners and her grandson.

Toni was a nurse who formally worked as a nurse consultant in her own company, before retiring to pursue her dream of writing a book or three.

Her creative writing journey did not commence until 2018 with her first book, *Resilience*. A memoir that details her struggle with depression, anxiety and trauma in her life and how she overcome this to lead a healthy, happy fulfilling life. She is passionate about self-awareness, self-improvement and being the best person, she can be.

Her second book, when its written, *Whole Again*, details the strategies she used to ensure her own healing and personal growth. Her deep desire to inspire people with her story of struggle and overcoming trauma and sees her speaking around the country and overseas.

When she's not writing you can find her talking to her beloved goats, laughing with her husband or enjoying time with her wee grandson. An avid gardener and small farm hobbyist, her next book will be on the joys of owning goats and small-scale hobby farm self-susta inability.

A writer by day and an avid Facebook scanner by night, she is loath to discuss herself in the third person but can be persuaded to do so from time to time.

YOU CAN FIND HER ON:

 <https://www.facebook.com/groups/womenbuildingresilience/>

 <https://tonilontis.com/>