



# Heartstrong: Overcome Obstacles and Live Life to the Fullest

*Donna Valentino*

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## **Heartstrong: Overcome Obstacles and Live Life to the Fullest** Donna Valentino

Donna Valentino's world turned upside down on Feb. 7, 2009, when she was involved in a catastrophic ATV accident that nearly took her life and altered it forever.

At the time of her accident, Donna was a vivacious and obsessive tennis player, the proud mother of two teenagers, and struggling through a tough divorce. When she awakened from a coma in the ICU, she found herself face to face with new beginnings of all kinds, some of which she wouldn't have chosen, but all of which she ultimately embraced.

In exploring how her accident changed her life and miraculously opened her heart, Donna reveals how, because of rather than in spite of her accident, she built a new and unexpectedly better life. Her goal throughout *Heartstrong: Overcome Obstacles and Live Life to the Fullest* is to encourage and empower others who find themselves in difficult circumstances to look at the possibilities each challenge presents as an opportunity to discover what path to take in the next chapter of their lives.

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