



Bonnie Shue McDonald

Live your life in a spirit of hope

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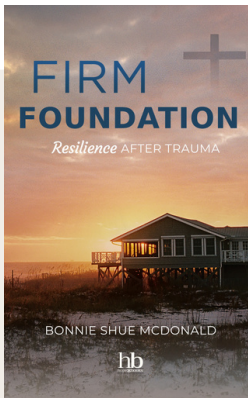
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Bonnie McDonald is a writer and real estate professional with deep passions for prayer, discipleship, and helping others find hope after hardship. With a background in Discipleship Ministry and Education, she weaves biblical truth with practical encouragement to guide readers toward healing and renewal.

She lives in North Carolina with her husband, Flint, and treasures time with their growing family.



Firm Foundation: Resilience After Trauma by Bonnie Shue McDonald

Get on the pre-order list here:
bonniesmcdonald.com/firmfoundation

Book Summary

What do you do when your life has changed in an instant, or through years of quiet wearing down? Trauma, in all its forms, can shake the foundation of even the strongest faith.

Firm Foundation: Resilience After Trauma is written for those who have walked through loss, upheaval, or deep disappointment and are longing for steadiness again. Whether you are in the middle of a storm, just beginning to recognize wounds, or learning how to live differently on the other side, this book offers a gentle place for rebuilding.

Using the metaphor of home—foundations, rooms, and restoration—Bonnie Shue McDonald weaves biblical truth, personal stories, and practical encouragement to help you tend to what has been changed and strengthen what remains. This is not a quick-fix guide or a checklist for healing, but an invitation to slow down, reflect, and rebuild with intention.

With space to write, pause, and pray, Firm Foundation allows readers to discover that healing is possible, resilience can grow, and a life rooted in faith can be rebuilt one faithful step at a time.

Sample Interview Topics & Questions

- What inspired you to write *Firm Foundation: Resilience After Trauma*, and who is this book for?
- Trauma can look different for everyone—how do you help readers recognize and process their own experiences?
- Your book uses the metaphor of a home. How does “rebuilding a foundation” apply to healing in real life?
- Many people feel pressure to heal quickly. Why is slowing down such an important part of the process?
- How can someone hold onto—or rebuild—their faith after it’s been shaken?
- What does resilience really look like beyond the idea of simply “bouncing back”?
- What is one small, practical step someone can take today if they feel overwhelmed?

Endorsements

Firm Foundation: Resilience after Trauma offers an exceptional resource for navigating the complexities of trauma. This book is set apart by its remarkable ability to demystify deeply complex issues into easy-to-understand concepts and practical steps that are deeply spiritual and can lead the reader to a closer relationship with Christ. As a pastor, I will be using this book for people who have gone through trauma and are desiring to find healing in Jesus Christ.

– **Earl Bradshaw**, Lead Pastor, Mount Pleasant Methodist Church, Mount Pleasant, NC

We live in a cultural moment where victimhood is celebrated and trauma is often disabling. I am thankful for Bonnie and her family’s story; a story of blessing and victory in the shadow of trauma and pain. The Lord is using Bonnie to encourage others and this book is a living example of what it looks like when a Christ follower plants their feet in the firm foundation of God’s promises and his word, so that when the winds of trauma and trial blow, we might remain steadfast.

– **Brody Holloway**, Co-Founder and Lead Pastor, Snowbird Wilderness Outfitters, Andrews, NC

As a therapist who works extensively with trauma, grief, and relational challenges, I found *Firm Foundation: Resilience After Trauma* to be a profoundly practical and spiritually insightful guide for navigating life’s storms. The book’s metaphors of building and restoration resonate deeply, offering readers tangible ways to process pain, practice gratitude, and embrace God’s redemptive work. I appreciate how it combines faithbased wisdom with actionable steps that foster healing, resilience, and hope. This is a great resource for anyone seeking to heal from even the most difficult life circumstances through God’s loving guidance and the support of deep relationships.

– **Monica L. Mouer**, MS, LCMHCS, CSAT-S, Certified EMDR Therapist

Bonnie Shue McDonald’s book is more than a personal testimony of triumph over trauma. It is filled with practical suggestions about how we can face and respond to the inevitable setbacks and losses in our lives. I personally appreciate the study format, complete with questions and exercises to make immediate application of the principles of the book, while reflecting prayerfully on our real hope in Jesus Christ towards healing and restoration. Highly recommend!

– **Suzy McCall**, Missionary and Founder of The LAMB Institute, Tegucigalpa, Honduras

Firm Foundation: Resilience After Trauma is a powerful guide for anyone navigating past trauma. Bonnie uses clear, practical steps and the vivid imagery of a home to help readers process hard experiences without feeling overwhelmed. Her thoughtful approach leads you toward understanding and hope, making space for healing in a safe and steady way. Whether you’re working through your own story or supporting someone you love, this book is an invaluable resource. I highly recommend it.

– **Catherine Honeycutt**, President + CEO, Honeycutt Media

I had the privilege of walking alongside Bonnie and her family during the intense times as a close friend to her son, and here is what I know about Bonnie: she walks in faith in every circumstance, and she has done so in the highs and lows. So, if you need some encouragement in your healing journey, she is gifted and graced to give you just that through *Firm Foundation: Resilience After Trauma*. You won’t regret it, because you’ll see a transformation in yourself.

– **Harrison Skey**, Senior Manager of Spanish Internet Evangelism, Billy Graham Evangelical Association