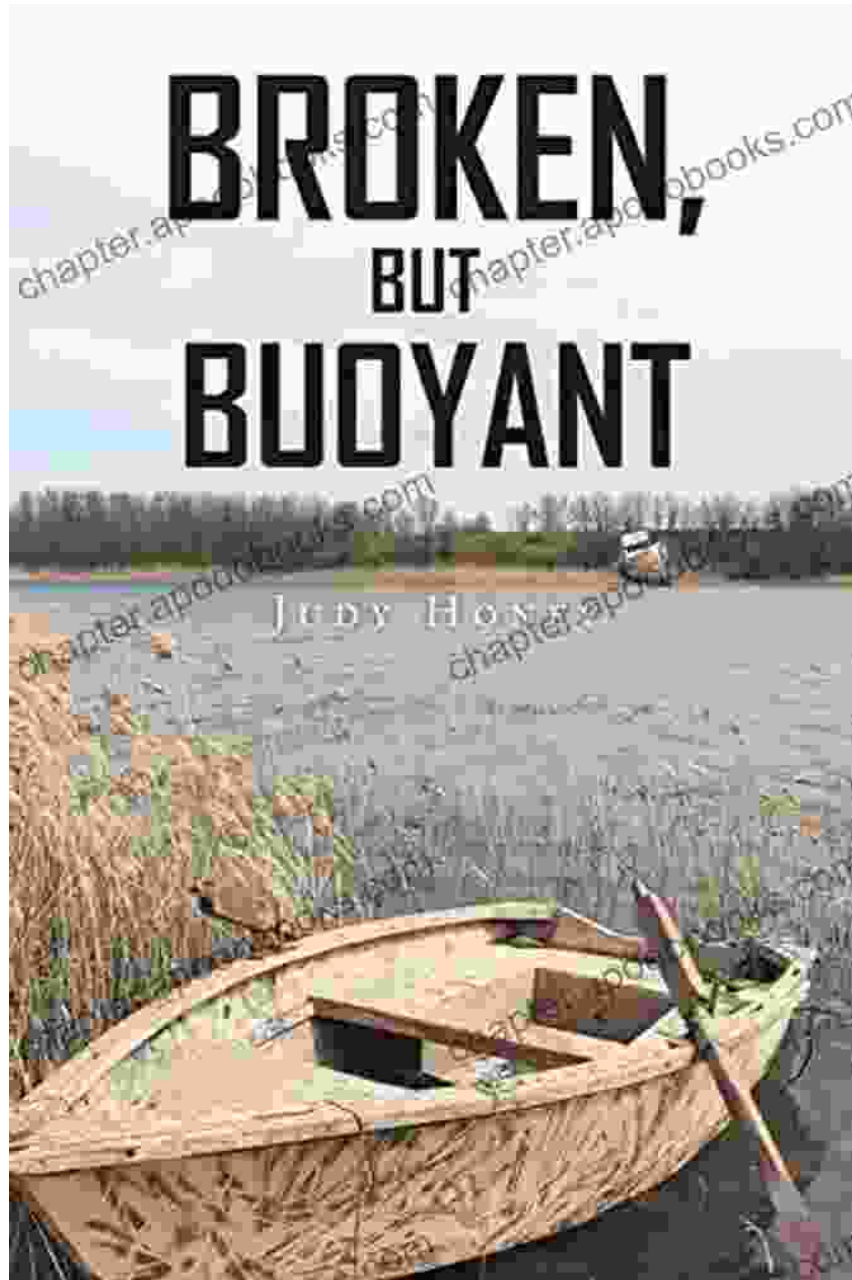


Broken But Buoyant: A Heartfelt Journey of Healing, Resilience, and Triumph



In her deeply moving memoir, *Broken But Buoyant*, Marie Harlan shares her raw and honest journey through heartbreak, loss, and adversity. With unflinching courage and vulnerability, Harlan recounts the painful

experiences that shattered her life, including the loss of her husband and child, and the subsequent struggles with grief, depression, and suicidal thoughts.



Broken but Buoyant by Marie Harlan

★★★★☆ 4.9 out of 5

Language : English

File size : 1195 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 182 pages

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Through her deeply personal narrative, Harlan offers a lifeline of hope and resilience to those who have faced similar challenges. She reminds us that even in our darkest moments, we have an incredible capacity for healing and growth. *Broken But Buoyant* is a testament to the human spirit's ability to endure unimaginable pain and emerge stronger on the other side.

Harlan's writing is both deeply personal and universally relatable. She writes with a raw honesty that allows readers to connect with her experiences on an emotional level. Her story is a reminder that we are all capable of overcoming adversity, no matter how difficult our circumstances may seem.

Broken But Buoyant is a must-read for anyone who has experienced heartbreak, loss, or adversity. Harlan's story will inspire you to find hope and resilience within yourself, and to believe that even after the most devastating experiences, life can still hold beauty and joy.

Endorsements

"Marie Harlan's *Broken But Buoyant* is a powerful and moving memoir that will resonate deeply with anyone who has experienced heartbreak, loss, or adversity. Harlan's raw and honest account of her journey is a testament to the human spirit's ability to endure unimaginable pain and emerge stronger on the other side. Her story is a beacon of hope and inspiration for all who are struggling." - **Brené Brown, author of *Dare to Lead* and *Rising Strong***

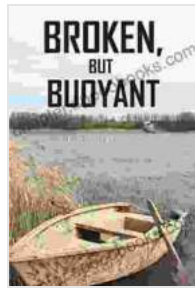
"Marie Harlan's *Broken But Buoyant* is a beautifully written and deeply moving memoir. Harlan's story is a reminder that even in our darkest moments, we have the capacity to heal and grow. Her journey is an inspiration to us all." - **Glennon Doyle, author of *Untamed* and *Carry On, Warrior***

About the Author

Marie Harlan is a writer, speaker, and advocate for mental health awareness. She is the founder of the Broken But Buoyant Foundation, a nonprofit organization dedicated to providing support and resources to people who are struggling with mental health challenges. Harlan lives in Austin, Texas, with her husband and two children.

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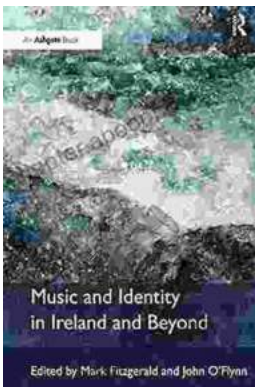
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