



Bridget Budd

AUTHOR | SPEAKER | TRAUMA-INFORMED GUIDE

Bridget Budd is a trauma-informed, board-certified health coach and former corporate executive turned novelist. Her debut novel, *Behind the Mirror*, blends emotional truth with the spiritual insight of Jiddu Krishnamurti to explore what happens when our survival strategies begin to crack.

Born from a season of deep unraveling, the book reveals how relationships act as mirrors, reflecting the parts of ourselves we've long abandoned. Bridget brings warmth, honesty, and insight to conversations about trauma, self-discovery, and the journey back to self.

Guest Appearances



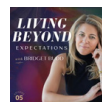
Book Review 101
with Daniel Lucas



Inner Peace
Better Health with
Avik Chakraborty



Let's Hiply This with
Claudia Williams



Living Beyond
Expectations with
Henri Emile



Interview & Speaking Topics

- What Krishnamurti meant by “relationship as a mirror”—and how it plays out in our everyday lives
- Women's emotional wellness
- Conscious relationships
- Self-inquiry & spiritual growth
- Fiction lovers who enjoy depth & psychology

Behind The Mirror: A Novel

Transformational Fiction / Psychological Drama

Length: ~70,000 words

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Social Media



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