



Bridget Budd

AUTHOR | STORYTELLER | AWAKENER
OF INNER TRUTH

Bridget Budd is a trauma-informed, board-certified health coach and former corporate executive turned novelist. Her work explores emotional truth, identity, and the patterns we carry from childhood. Her debut novel, *Behind the Mirror*, was born from a season of deep unraveling and long-buried truths. She brings warmth, honesty, and insight to conversations about self-discovery, trauma, and the journey back to self.

Guest Appearances



Living Beyond
Expectations with
Henri Emile



Let's Hiply This
with Claudia
Williams



Interview & Speaking Topics

- Why I Wrote a Novel Instead of a Memoir
- Behind the Mirror: A Novel About the Stories We Live and the Parts We Hide
- Understanding the Nervous System: The Missing Link in Most Self-Help
- How to Recognize When You've Abandoned Yourself—and Gently Come Back
- How One Trip Changed Everything: The Journey That Brought Me Home to Myself

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