



KARLA J NOLAND, CPQC
REVEAL HEAL THRIVE LLC

Karla

J. NOLAND

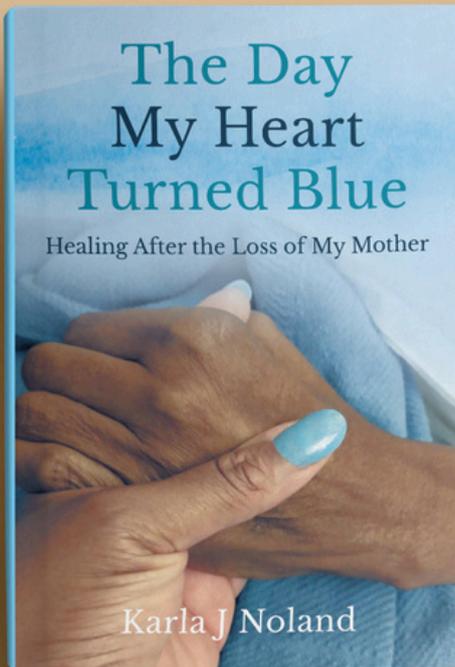
AUTHOR | SPEAKER | COACH

About Me

Karla J. Noland is a wife, working mom, award-winning author, speaker, and certified Life Coach. She is also trauma-informed and passionate about helping others live with purpose and resilience. Karla resides in Durham, North Carolina, with her family.

She is the founder of Reveal Heal Thrive LLC, a personal development company established in 2020 after the loss of her mother. Through her work, Karla empowers trauma survivors to move beyond simply surviving life's storms and instead embrace healing, growth, and thriving.

Her debut book and bereavement companion journal, titled *The Day My Heart Turned Blue*, is a 6x award winner, which chronicles her healing journey after the death of her mother.



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Book Description

The Day My Heart Turned Blue: Healing After the Loss of My Mother

After witnessing her mother’s death, Karla J. Noland struggled with the uncertainty of what life would be like without her. Then, while packing up her mother’s belongings, Karla uncovered a collection of journal writings and prayers that changed her life forever. *The Day My Heart Turned Blue: Healing After the Loss of My Mother* was written for people reeling from the death of a parent and needing encouragement and direction to help them move forward.

Featured in:

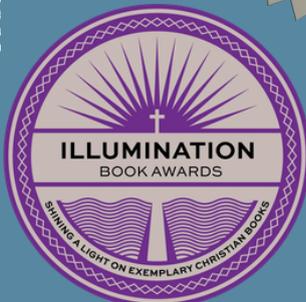


OPEN to HOPE



THRIVE GLOBAL

Book Awards





Book Information:

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Hardcopy: \$24.99

Paperback: \$16.99

e-book: \$8.99

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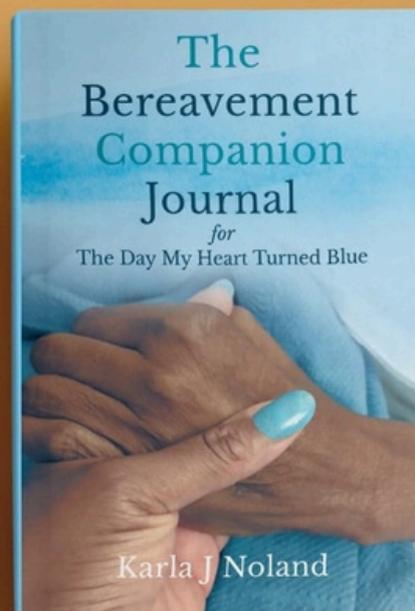
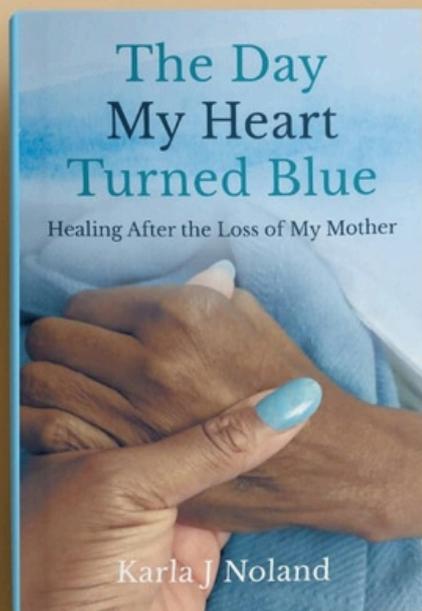
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Professional Book Reviews

The Eric Hoffer Award

Winner

***The Day My Heart Turned Blue: Healing After the Loss of My Mother*, Karla J Noland, Reveal Heal Thrive** - Wrought from her mother's passing, Noland recounts the poignant moments of life. It recounts experience in dealing with the bureaucratic side of health, financial difficulties, and death that are often unknown unless experienced. Delivered through a collection of handwritten journal entries, the book provides light and levity, while acknowledging the value of family and friends during a time of struggle. Scriptures scattered throughout the story provided a solid spiritual foundation for embracing the emotional impact and self-care while grieving and carrying on the legacy of a loved one.



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