



Karla
J. NOLAND

AUTHOR | SPEAKER | COACH

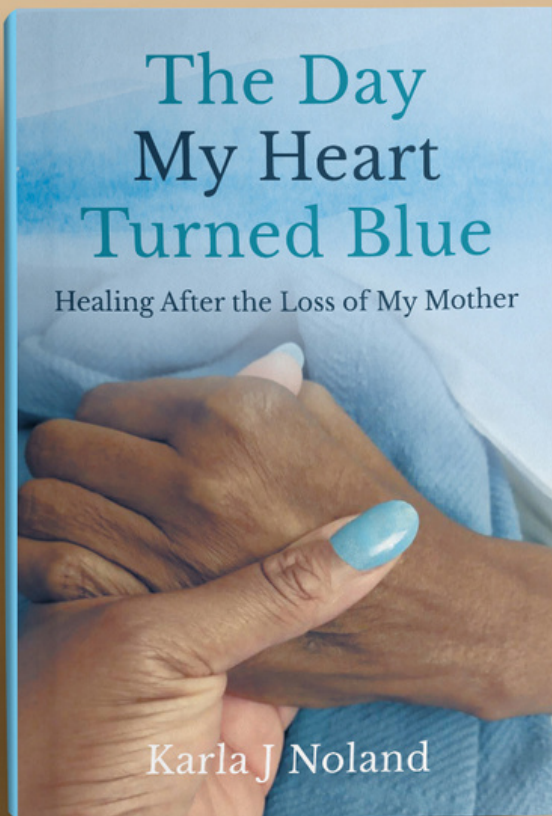
About me

Karla J. Noland is a wife, working mom, award-winning author & speaker, and a trauma informed certified Self-Discovery & Positive Intelligence coach who loves sharing what she has learned. She resides with her family in Durham, NC.

As the founder and CEO of Reveal Heal Thrive LLC, Karla's mission is to help trauma survivors discover their true self after surviving life's storms.

Her latest book and bereavement companion journal, titled *The Day My Heart Turned Blue*, is the 2022 Eric Hoffer Spiritual book 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.

Book Awards



Featured in: *VoyageRaleigh*





Book Information:

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Hardcopy: \$24.99

Paperback: \$16.99

e-book: \$8.99

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Purchase Information:

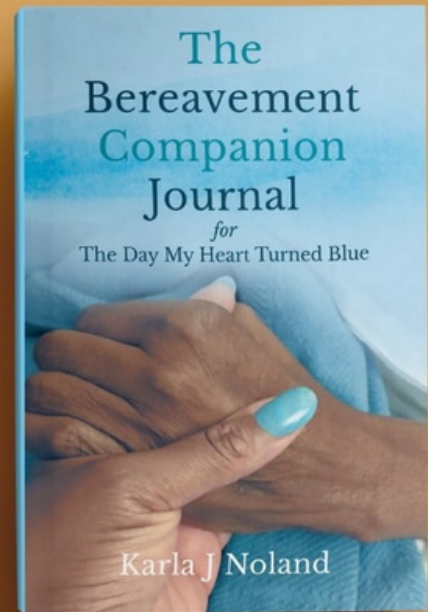
- Available everywhere books are sold worldwide (Distributors: IngramSpark & Amazon)
- Also available through library friendly distributors:
 - Hoopla
 - Kobo Writing Life
 - Indie Author Project (Indie North Carolina)
- The Bereavement Companion Journal to the Day My Heart Turned Blue is available on Overdrive.

Professional Book Reviews

The Eric Hoffer Award for Books

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.



Contact Me

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