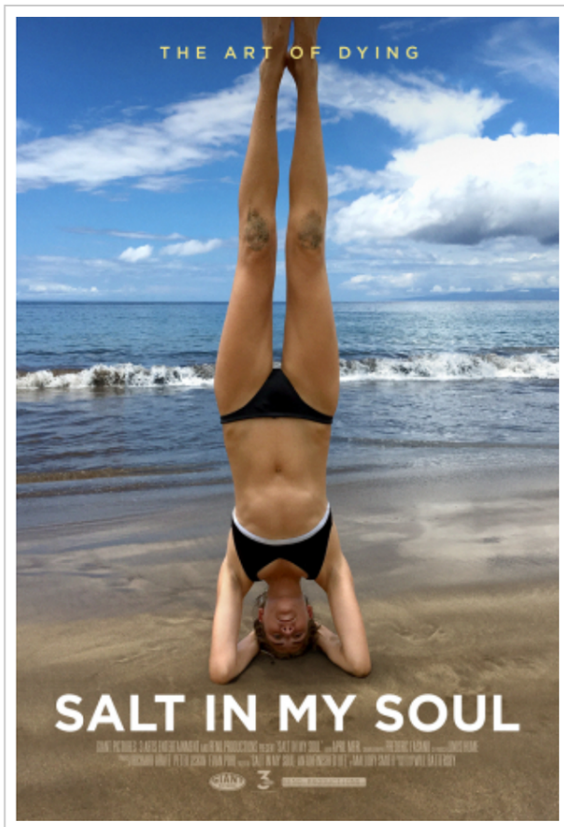




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Love, Bravery, and Belief: Salt in My Soul Review



Salt in My Soul documents the life of Mallory Smith, who is diagnosed with cystic fibrosis at age three. Throughout her 25 years of life, Mallory journaled every step of her experience with cystic fibrosis, right up until her last breath, resulting in the memoir on which this documentary is based.

The film, directed by Will Battersby, thoroughly displays Mallory's bravery and faith during immensely difficult time. Even while using support machines from a young age and being hospitalized frequently, Mallory Smith always had a belief that there was going to be light at the end of the tunnel.

Regardless of the difficulties she faced, the film makes sure to document Mallory's pursuit of her passions, including swimming, volleyball, and photography. She attended university, making sure the obstacles in way never prevented her from reaching goals as she was a top student. She lived an inspiring life that emphasized a mantra that regardless of the situation, belief in a promising future should only be the option. Mallory Smith was always happy, spent times with friends and family, pursued her goals, and remained positive.

Salt in My Soul is an emotional watch as it shows the journey of Mallory Smith life, documenting it's highs and lows. It portrays the kind of strong woman Mallory was and a life worthy of celebration.

Gabriel Alegbeleye