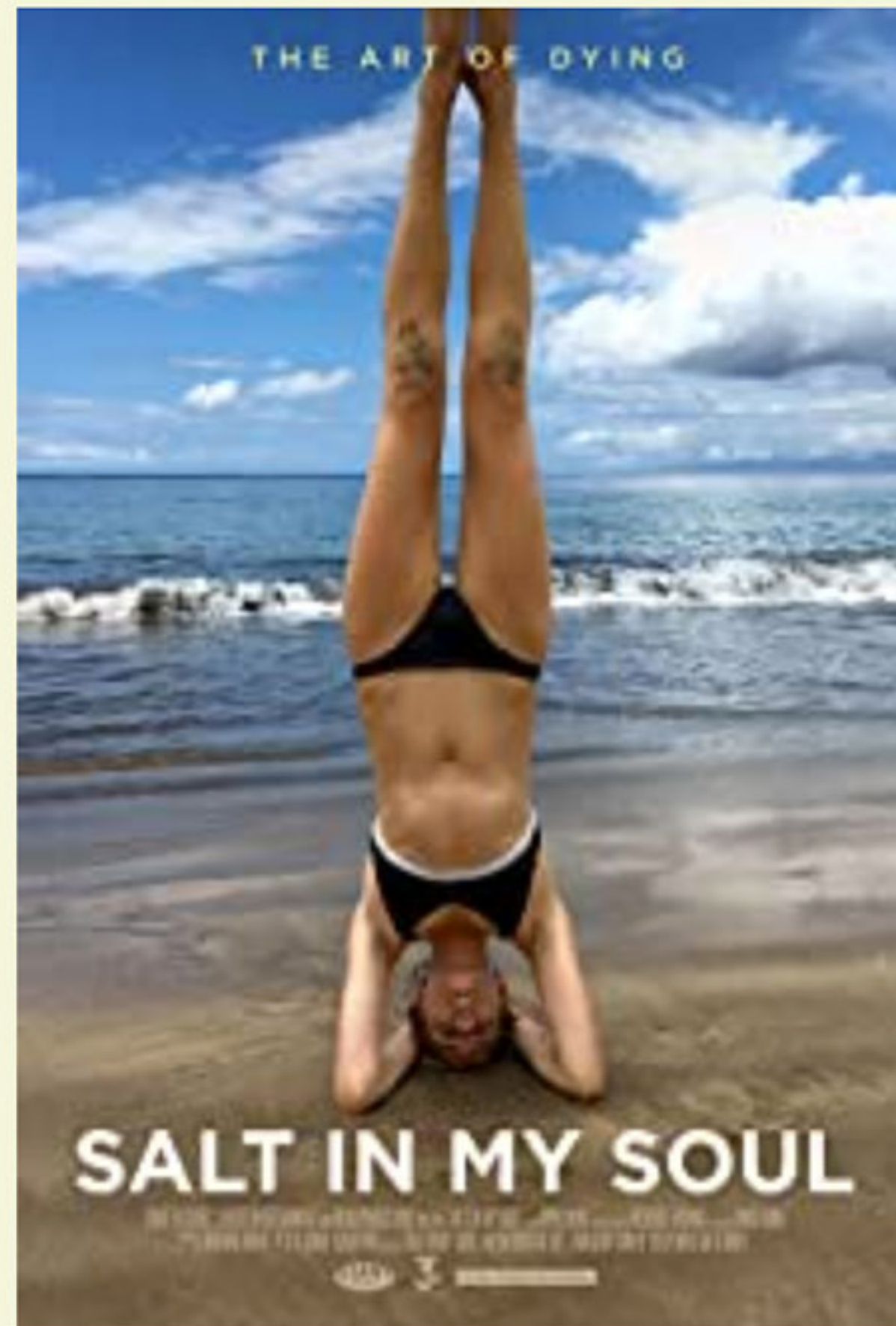


Reviews for January 21st, 2022

Documentary Round- Up



Based on the posthumous memoir by Mallory Smith, *Salt in My Soul* is an engrossing documentary that sheds light on Mallory's battles with cystic fibrosis. She was diagnosed with the disorder at the age of three, and learned how to live with it while undergoing treatment. Surrounded by supportive family and friends, Mallory did the best that she could do with what she had and made the most out of her life. Her diary entries show her candidness, kindness and, above all, her humanity. Director Will Battersby captures that humanity through Mallory's own words and through the archival footage or, more accurately, home videos. Battersby doesn't shy away from getting into the nitty gritty of Mallory's physical and emotional struggles with cystic fibrosis, so it's quite heartbreaking at times, yet it's essential. He's brave for showing the audience those details without any sugar-coating, but concurrently he doesn't dwell on those darker elements either.

Salt in My Soul is fundamentally about coping with adversity and struggling to conquer it while maintaining one's own humanity. In many ways, Mallory is a brave, compassionate and marvelous human being. It's heartwarming to watch how she and her friends and family let her experience her life as actively, freely and joyfully as possible. She's a wonderful human being with a beautiful heart, mind and soul, and with inner strength. Her perseverance through her adversity are equally heartbreaking and inspirational for anyone going through any kind of pain who feels hopeless. It also helps that she had love and support all around her, including her family, friends and boyfriend, Jack Goodwin, to be there for her through thick and thin. At a running time of 1 hour and 36 minutes, *Salt in My Soul* is profound, unflinching and genuinely poignant. It opens at Cinema Village via Giant Pictures.