

# REEL NEWS DAILY

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## Review: 'Salt In My Soul' is inspiration through post-humorous eloquence.

Posted on [January 21, 2022](#) by [Liz Whitemore](#) — [Leave a reply](#)



## SALT IN MY SOUL





*Based on the bestselling posthumously published memoir of the same name, SALT IN MY SOUL is a documentary and classic coming of age story about a young woman figuring out how to live while dying. Mallory Smith was diagnosed with cystic fibrosis at the age of three. In her twenty-five-year battle with the deadly disease, she carved out a life that most of us don't come close to. Using Mallory's posthumously published 2500-page secret diaries, hundreds of hours of newly discovered footage, and audio recordings, the film offers Mallory as the narrator of her own extraordinary chronicle.*

**Mallory Smith's** physically and emotionally fraught journey is equal parts heartbreaking and extraordinary. How does a person come to terms with death at such a young age? That's the ultimate question as we delve into the mind of Mallory in her own intimate, raw, and eloquent reflections. Mallory's parents, Diane and Mark, her brother Micah, friends, and doctors tell stories in sit-down interviews. A mix of photographs, home movies, cellphone videos, online and handwritten journals tell Mallory's story and of those around her. Diane and Mark tasked themselves with different end goals. Mom took to fundraising and awareness while Dad researched relentlessly for new treatments. Mallory lived her life with a vigor you don't often see or feel from a person twice her age. Her drive and determination to be present is an inspiration. No one treated her like a fragile object. It was the opposite.





Be warned that the film does involve scenes of surgery. They can be a bit intense if you are squeamish. *Salt In My Soul* predominantly shows Mallory and her family teaching us to celebrate and fight for life. The timing of this doc is more impactful given the current state of the world. The importance of masks for the immunocompromised has never been more relevant. An unfathomable number of us have been closer to death in the past two years than we ever thought possible. Mallory's message of living each moment to its fullest could not resonate more than in this moment in time. *Salt In My Soul* is a unique film. Undeniably intimate and relentlessly moving, it's a film that stays with you.

**SALT IN MY SOUL will be released theatrically in New York (Cinema Village) and Los Angeles (Laemmle Royal) on January 21 followed by the VOD Release in the US, Canada, and UK & Ireland and key territories worldwide on January 25.**

**VOD Platforms:**

**US- Apple TV/iTunes, Amazon, Google Play, Microsoft/Xbox, Vudu**

**Canada- Apple TV/iTunes, Microsoft/Xbox**

**UK- Apple TV/iTunes, Amazon, Google Play, Microsoft/Xbox**

**Ireland- Apple TV/iTunes, Google Play**

**Cable Platforms:**

**US- InDemand TVOD (Comcast, Spectrum, Cox), DirectTV/AT&T, and more**

**ABOUT THE BOOK**

SALT IN MY SOUL: An Unfinished Life, by Mallory Smith, is a powerful, intimate, and inspiring portrait of a brave young woman living with chronic illness. Mallory understood that patient voices need to be amplified in order to improve healthcare, that the intersection of human behavior and nature is critical to environmental sustainability, and that love and friendship give life meaning. As Mallory's body deteriorated, she sharpened her mind, crystallized her thinking, and honed her writing skills. In her 2500 pages of private journal entries, she created poetry out of prosaic experiences. Beautifully written, provocative, and peppered with insights, SALT IN MY SOUL reminds us to follow Mallory's mantra and "Live Happy."

**For more information about the book SALT IN MY SOUL: An Unfinished Life please go to: <https://www.penguinrandomhouse.com/books/607965/salt-in-my-soul-by-mallory-smith/>**