

“Salt In My Soul”

BY JOEL GRATCYK (DADDY'S GROUNDED) · FEBRUARY 4, 2022



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Salt In My Soul is an emotional and worthwhile film for anyone interested in a deeply relational journey.

It was tough to watch parts of *Salt In My Soul*.

Watching someone so full of life and spirit be worn down by a deadly combination of disease and disability was a moving experience.

Mallory's journey reminded me of my own father's health struggles [at the end of his life's journey](#).

She was blessed with family, friends, and a support system that helped her through her difficult journey. And I still had to take a break from watching the documentary about halfway through.

This film is not for everyone, but it is a worthwhile journey for anyone who has lost someone to a debilitating disease, anyone interested in going into the medical field, or anyone who wants to understand the subject of life and loss on a deeper level.

Salt In My Soul is a film and a book. Mallory's journey also inspired her mother to write [Mallory's 65 Roses](#) & [Stevie's Secret](#).

[“Salt In My Soul” – The Film](#)



“Based on Mallory Smith’s posthumously published memoir of the same name, *Salt In My Soul* offers a rare look inside the mind of a young woman trying to live fully while dying.

Salt In My Soul is both a documentary and a coming of age story about Mallory Smith, a young woman figuring out how to live while dying. Mallory’s determination to fill her shortened life with hope, laughter, and love will leave you breathless. Based on the bestselling memoir of the same name, additional private writing, and hours of audio and video discovered after Mallory’s death.

– [SaltInMySoulDoc.com](#)

“Salt In My Soul” – The Book



“ The diaries of a remarkable young woman who was determined to live a meaningful and happy life despite her struggle with cystic fibrosis and a rare superbug—from age fifteen to her death at the age of twenty-five.

Diagnosed with cystic fibrosis at the age of three, Mallory Smith grew up to be a determined, talented young woman who inspired others even as she privately raged against her illness. Despite the daily challenges of endless medical treatments and a deep understanding that she'd never lead a normal life, Mallory was determined to “live happy,” a mantra she followed until her death. Mallory worked hard to make the most out of the limited time she had, graduating Phi Beta Kappa from Stanford University, becoming a cystic fibrosis advocate well-known in the CF community, and embarking on a career as a professional writer. Along the way, she cultivated countless intimate friendships and ultimately found love.

An eloquent writer, Mallory recorded her thoughts and observations for more than ten years about struggles and feelings too personal to share during her life, leaving instructions for her mother to publish her work posthumously. She hoped that her writing would offer insight to those living with, or loving someone with, chronic illness.

*What emerges is a powerful and inspiring portrait of a brave young woman who did not allow herself to be defined by disease. Her words offer comfort and hope to readers, even as she herself was facing death. *Salt in My Soul* is a beautifully crafted, intimate, and poignant tribute to a short life well lived—and a call for all of us to embrace our own lives as fully as possible.*

– SaltInMySoulBook.com