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## Introduction



I didn't write this book to be cute.

I wrote it because my ribs cracked, my spirit stretched, and I kept waking up anyway.

Because I've lost bets, spilled coffee, and still painted gold spirals like war paint.

This is for the days you feel like folding.

For the nights you count stars through fever and

fight through fog.

For the ones who weren't handed crowns—who carved their own from grit and glitter.

These pages are my proof:
that broken doesn't mean done,
that laughter in chaos is holy,
and that five babies raised on love and fire can
rewrite any ending.

So if you're here, welcome.

You're not fragile. You're forged.

Let's rise.

To the ones who almost folded.

To my five—my constants, my compass, my fire.

To every soul who's ever stood at the edge and

whispered, "Not yet."

This collection is for every raw moment—
when you think you can't,
gotta laugh,
need to feel seen,
or crave the fire to try again.

Keep it close.
Flip to the page that speaks to you.
Then stand up and walk.

This is for the comeback.

The quiet rebuild.

The loud reclaiming.

The ones who dared to rise—again.



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You Are the Strike

## Broken Bones, Unbroken Will



I wake to the same ache in my ribs—a body that's been betrayed by its own blood, but here's the truth no one tells you: when your bones crack, your spirit stretches.

They see me fragile, but they don't know every breath I steal sharpens my claws. I'm the same woman who stands uncowed, even when the world thinks I've folded.

Broken just means I'll rebuild tougher.
My will stays unchained—an ember you can't
drown.