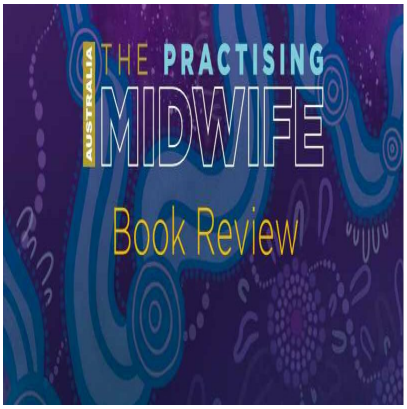
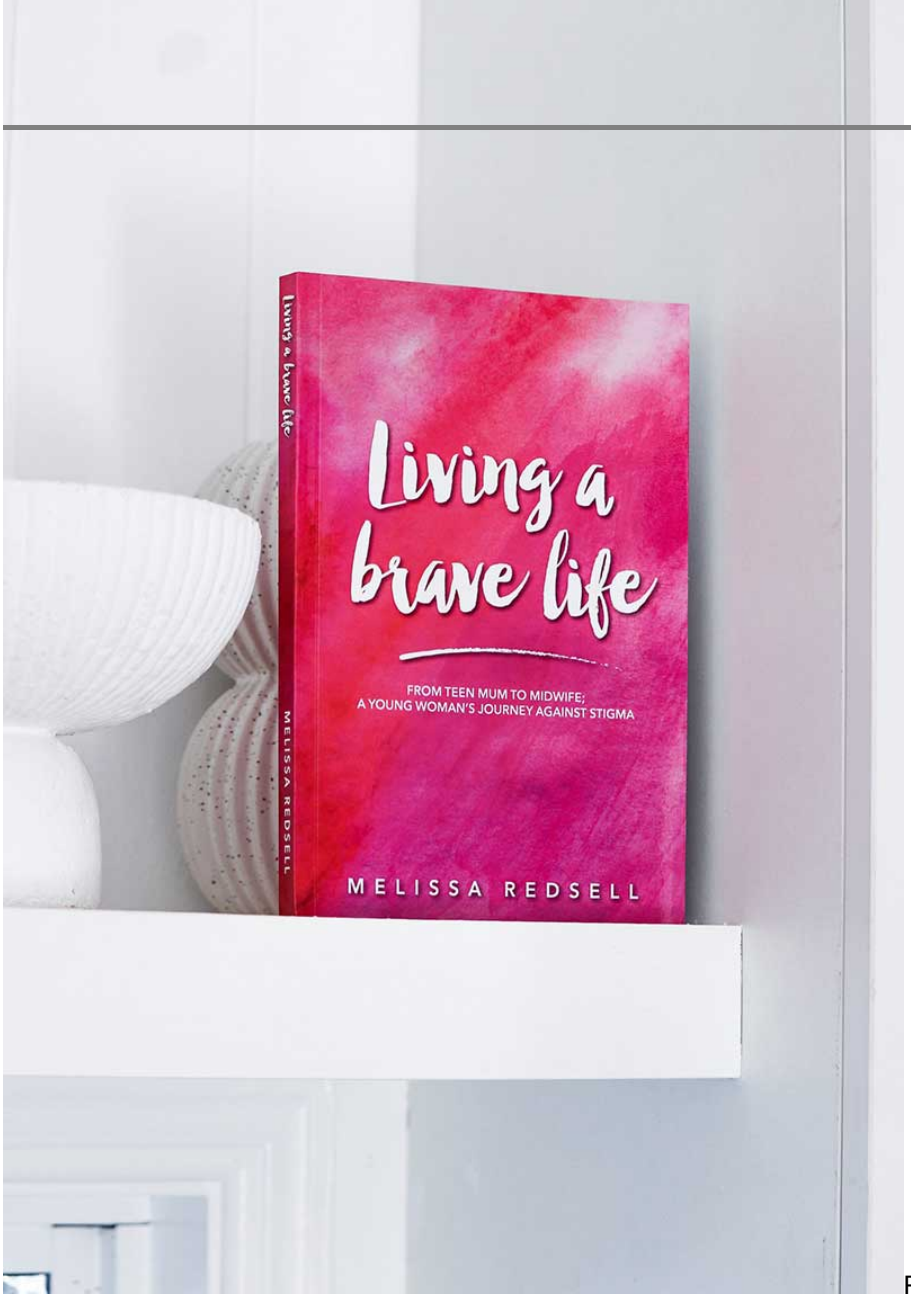


Description

Book Review: Living a Brave Life by Melissa Redsell



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Reviewed by: Rachel Bennett, Lecturer – Paramedicine & With Women Project Cameroon founder

“Choose today to see how beautiful, strong, brave, wonderful and loved you are – because you matter!”

Melissa Redsell's *Living a Brave Life* is a powerful memoir and guidebook that speaks to resilience, courage, and hope. As a midwife and founder of the charity *A Brave Life*, Melissa shares her journey from teenage pregnancy to becoming a healthcare professional and advocate for young women.

Melissa's Story of Grit and Growth

The first half of the book explores Melissa's early life in a dysfunctional home and her experience in an abusive relationship. Pregnant as a teenager, she faced judgment and isolation yet refused to let her circumstances define her. A poignant moment comes when a kind classmate invited her to the school formal, despite her being heavily pregnant. To conclude her school experience Melissa writes, *"I wasn't a quitter, and I'd proven to everyone that I could finish school despite being pregnant."*

Her birth story is intense — waking up in ICU after a significant postpartum haemorrhage — and her transition into motherhood is both challenging and inspiring. Melissa balanced teenage life with the responsibilities of raising her daughter, Breanna, while pursuing her dream of becoming a nurse and later a midwife.

She reflects, *"I knew it wasn't the norm to have a child at seventeen, but it didn't make me less of a mother."*

A Guide for Young Women

The second half of the book offers practical advice and encouragement for young women. Melissa's voice is authentic and empowering, and her work through *A Brave Life* — including baby bundle bags and parenting groups — reflects her commitment to helping young women who find themselves on a journey that she too has walked.

Final Thoughts

Melissa's writing is raw, honest, and uplifting. Her story is a reminder that adversity doesn't define us — our response to it does. *Living a Brave Life* is a must-read for midwives coming alongside young women, and those needing a boost of inspiration or just a reminder to choose everyday to live a brave life.

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