

LOUISE BUDGEN

AUTHOR & SPEAKER

A wise woman on a mission to stop people pretending they are fine.

IT'S TIME.



WHY LOUISE?

Louise Budgen says the things many of us think but rarely say out loud. Warm, candid and refreshingly unfiltered, she brings life experience, humour and more than a decade of listening to women into conversations about messy realities of being human. Give Louise a good question and you never quite know where the conversation will go, but it will be honest, thought-provoking and worth having.

She doesn't speak from theory. She's lived it.

WHY NOW?

We are living in a world of constant noise, advice and expectation, yet many of us have never felt more disconnection from ourselves. Louise brings a timely voice to the conversations we are already having about health, burnout, midlife, identity and how we really want to live.



CONVERSATIONS THAT MATTER

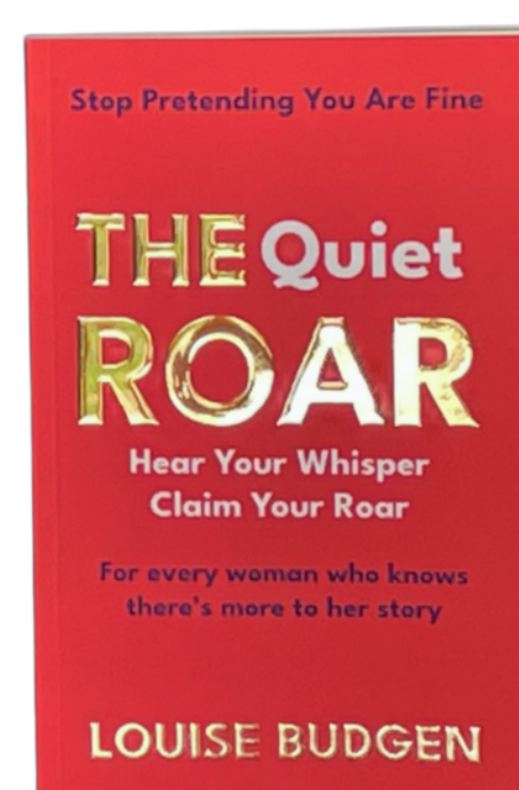
- The Hidden Cost of Pretending You're Fine
- I Was Told My Mammogram Was Clear. I Asked for an Ultrasound Anyway.
- When Did Being Exhausted Become Proof We're Doing Life Properly?
- The Most Important Conversation You'll Have Today Might Be With Yourself
- What If Midlife Isn't a Crisis — But the Moment You Finally Stop Pretending?
- We're Drowning in Advice. What If We Already Know More Than We Think?
- The Women Who Look Fine Are Often the Ones Nobody Asks About
- At 61, I'm Not Reinventing Myself. I'm Becoming More Myself.

THE BOOK ★★★★★

A teaching memoir about what happens when we stop pretending we're fine, start trusting what we already know and have the conversations that matter.

Available in paperback, Kindle and Audio (October 2026)

Available on Amazon, or direct louisebudgen.com and to order at all bookshops across the globe.



"Deeply relatable for any woman who senses something isn't quite right and is ready to listen."

**Donna O'Toole -
Founder - August
Recognition &
Awards App**

LET'S START A CONVERSATION

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