

# Brooke Andersen Joins Legacy Makers TV to Share Insights on Resilience and Maternal Mental Health

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-- Brooke Andersen, a transformational advocate for maternal mental health and chronic illness recovery, will appear on Legacy Makers TV. The show features inspiring leaders like Carmen Electra and Russell Brunson, offering audiences actionable insights and strategies to create lasting impact in their fields.

In her episode, Brooke shares her journey of overcoming postpartum psychosis, chronic illness, and life-changing adversity. Through her unique "Ember Effect" framework, she blends breathwork, narrative rewriting, and embodied healing practices to help individuals break free from emotional trauma and reclaim their health.

"Healing isn't just physical—it's about addressing the unprocessed emotions that hold us back," Brooke shares.

Legacy Makers TV provides a platform for leaders like Brooke Andersen to inspire audiences with stories of resilience and healing. Her episode will encourage viewers to embrace transformation, navigate challenges with grace, and find empowerment through adversity.

This episode will be available to watch soon on Inside Success Network streaming on popular platforms.

In the meantime, you can find out more by visiting [www.legacymakerstv.com/brooke-andersen](http://www.legacymakerstv.com/brooke-andersen).

Brooke Andersen

Legacy Makers

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