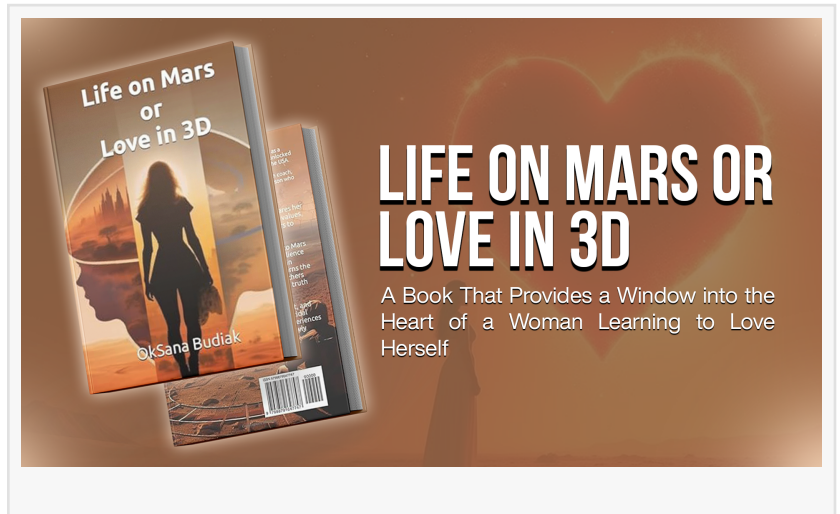


# Life on Mars or Love in 3D – A Book That Provides a Window into the Heart of a Woman Learning to Love Herself

DALLAS, TX, UNITED STATES, February 7, 2025 /EINPresswire.com/ -- What happens when you leave Earth to escape heartbreak... only to discover the only way forward is through yourself?

[In \*Life on Mars or Love in 3D\*](#), debut author [Sana Budiak](#) tells a story about love, resilience, and self-discovery through a unique three-timeline structure that adds emotional depth and complexity. This is not just a novel about moving to Mars.... it's a deeply human tale about what it means to rebuild after heartbreak and find strength in unexpected places.



Rebecca, the protagonist, thought that Mars would be her fresh start - a place where the pain of her first love couldn't follow. But the vast, quiet expanse of space didn't erase her memories; it triggered them. Her journey on Mars becomes more than just an escape; it becomes a confrontation with her past and a path to self-reclamation.

As a creative mind coach on Mars, the protagonist adds a deeply personal layer to her story. As she helps others discover their potential, she's also facing her own emotional struggles. Building the first creative community on Mars isn't just about art or expression as it shows her own journey of healing and finding herself again.

It's this powerful blend of personal growth and sci-fi that makes this story even more interesting. It challenges the idealized stories of love we're used to. Instead of your average fairytale, it explores the raw and often unspoken truths of heartbreak and healing.

"This book emerged from my deep understanding of how life's challenges can transform into triumph," says Sana, "but more importantly, it's a love letter to my daughter and a reflection on my own first love. The three-dimensional narrative structure mirrors how we process our most

profound experiences—past wounds, present growth, and future possibilities existing simultaneously in our hearts."

Why does this book stand out? Because it doesn't shy away from the messiness of being human. From sleepless nights filled with questions to the quiet victories of choosing herself, Rebecca's story resonates with anyone who has ever felt broken and had to learn how to put the pieces back together.

#### About the Author:

Sana Budiak is a storyteller whose ability to blend emotional depth with authentic narratives is reflected beautifully in her debut novel. She draws inspiration from universal human experiences - love, loss, and resilience... and creates characters who feel deeply real, inviting readers to see pieces of themselves in every page.

#### Who Should Read This Book:

- Readers who have ever loved and lost and are still figuring out how to heal.
- Women looking for stories that reflect their emotional journeys and strength.
- Anyone who believes in second chances... not just in love, but in life.
- Lovers of emotionally honest and character-driven fiction that stays with them long after the last page.

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