

Martha Neri de La Paz

After leaving a 25-year marriage where I was made to feel “not enough,” I had to rebuild my confidence and rediscover my worth. Over time, I realized that my biggest obstacle was the doubt I carried within myself.

Living with ADHD, anxiety, depression, and PTSD while raising my children and running a business can feel overwhelming. I often questioned whether my goals were too big. But I chose to push forward—not to prove anything to others, but to prove to myself that I am capable.

With hard work, determination, and the support of my family, teacher, and doctor, I continue to grow. I want my children to see that it is never too late to learn, heal, and start again.