



It's Not the Baby Crying: A Woman's Struggle with Postpartum Depression

Melissa White

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As I set the oven to bake at 350 degrees, I picture my daughter being placed in there. I know it makes absolutely no sense. How would that ever happen in a million years? But my mind fears the silliest things sometimes. Cooking something in hot grease gets me every time. Without hesitation, my mind pictures the grease splattering on her fragile little skin. Upon becoming a mother, author Melissa White began experiencing very disturbing thoughts, thoughts that she could not control or stop. She tried to cope with the thoughts as a permanent condition but finally sought the help of a counselor. Shortly after starting the counseling, she discovered that the fear and the thoughts were a product of physical abuse she suffered as a child and were triggered after having a baby. Are you a mother who has had fears triggered by having a child? You don't have to go through motherhood being afraid. Melissa discovered there was hope of stopping the unwanted thoughts and ending the fear she felt inside. By bringing the abuse to the surface, Melissa was able to heal. Confront your own fear in *It's Not the Baby Crying*, and begin your own journey from sickness to wellness, hopelessness to happiness.

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Elizabeth Jamerson:

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