

Worry Go Round



AS FEATURED IN THATS LIFE MAGAZINE DescriptionMel Cross wrote her extraordinary book because, when in the depths of depression, she couldn't find a book to explain what it was really like to be in the place where she was. Like many sufferers Mel found that there were plenty of medical books and books which seemed patronising but no books expressing what it was really like to be deeply depressed. Melanie wanted to use her experience to help other people understand the illness and even be able draw on experiences from the book to help themselves, or friends or family who are suffering. This book describes how a normal person with a normal life overcomes chronic depression. Mel is not ashamed of her depression and hopes her book will allow others to feel the same way. About the AuthorMelanie Cross was born in Bristol in 1971 and now lives in the lovely Painswick valley in the Cotswolds with her husband, daughter and crazy cat George. In 1995 Melanie completed a B.Ed (Hons) degree and went on to teach at a primary school in Bristol, until she became ill in 1999. As she recovered she went on to run and manage an Animal Care Centre and took further qualifications in feline behaviour and became an assessor of NVQs in Animal Care. Mel took time off from her animal care work in order to write her book, she now lives a very happy life doing the most important job in the world - being a mum!

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