

# THE BURDEN SHE CARRIED

by  
**Kelly Ferguson**

**THIS IS A STORY OF TRAGEDY, TRAUMA AND PAIN OF THE WORST KIND. A STORY OF UNBELIEVABLE RESILIENCE AND THE STRENGTH OF A WOMAN WHO NEVER, EVER GAVE UP ON HER FAMILY...**

It is the story of a mother who raised her disabled child, suffered an injury at work and then dealt with the loss of her beloved mother. An incredible and unimaginable breakdown of her husband occurred that resulted in a tragedy that would see him rendered disabled for over two years and Kelly found herself having to support, provide and care for her family of six during these years of ongoing challenges and seemingly endless recoveries.

At only 42, she was the one capable of carrying the burden for all. Kelly is a normal everyday loving wife, mother and member of the global community.

Yet she has found inspiration from her life journey and shares it beautifully in this moving and inspiring book. Her story gives a firsthand look into courage, strength and pure determination in the rawest of human spirit.

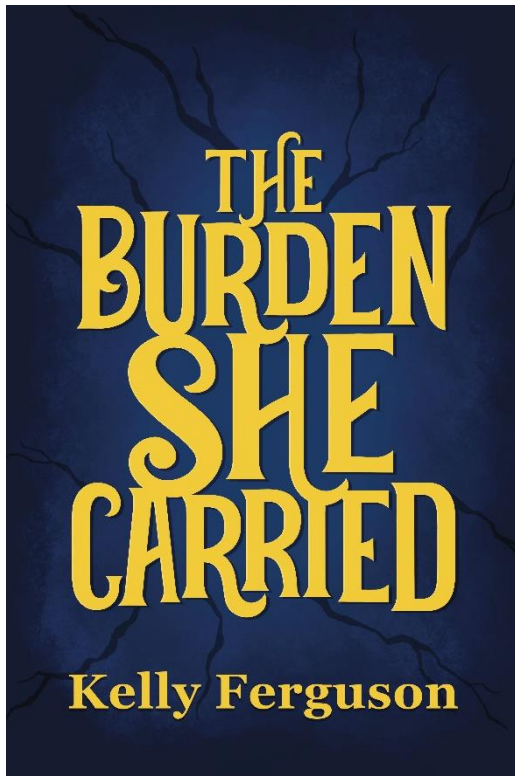
It only takes one person to save another, if they are willing to carry this burden...

***Kelly is such a person and this is the burden she carried.***

*"A book of emotive telling that breaks your heart at the same time it makes you cry out for joy...brilliant and a must read...!" Catherine, Indiebook reviewer*

## **AUTHOR BIO**

Kelly Ferguson is a wife, mother, carer, advocate and health worker. She is a leader, manager and influencer. She has dealt with disability, trauma, PTSD and circumstances beyond the normal. Kelly is a mother who carried the burden of a disabled child, death of her mother and subsequent breakdown of her husband that resulted in a tragic accident that would see him rendered disabled and unable to walk for over two years. The family plagued with PTSD and trauma – Kelly had to support, provide and care for them. Kelly is resilient, strong and never gives up and this book is about her journey that outlines the burden she carried.



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## A CONVERSATION WITH THE AUTHOR

### WHY DID YOU WRITE 'THE BURDEN SHE CARRIED'? WHAT WERE YOUR INSPIRATIONS?

*I started writing this book to journal the story, it was meant to be cathartic. And then I thought it would be good for my kids to have something to keep, so they had this story they could show their own children. And then it morphed. So, what started as a form of therapy soon became this book.*

### WHAT WAS THE BIGGEST CHALLENGE WHEN WRITING THE BOOK?

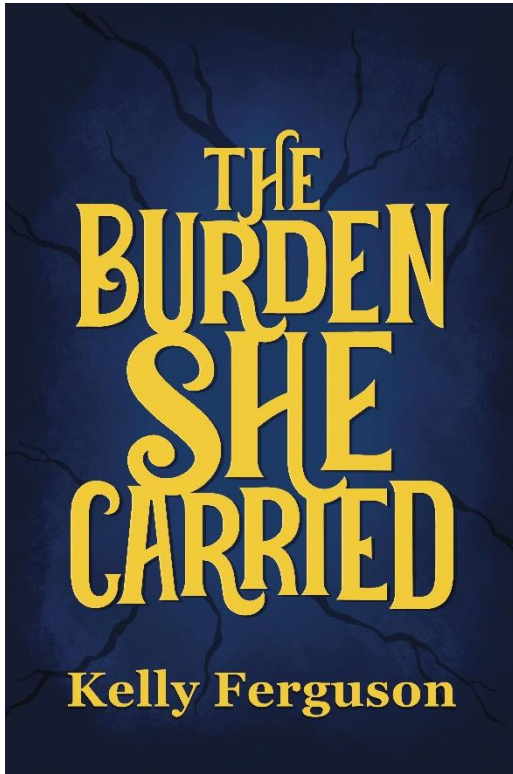
*Write and cry. Write and cry. It was heartbreaking reliving it.*

### FOR WHOM DID YOU WRITE 'THE BURDEN SHE CARRIED' AND WHY?

*this book will resonate with any person who has been touched by disability, trauma, PTSD, anxiety, depression. It will be relevant to anyone who has navigated the health system as an advocate or carer. It's relevant to any person who has "done it tough" in life. How is this book different? This book is about an ordinary family. Just an ordinary family, there is nothing special about them. This story is about not one incident, but multiple incidents and tragedies that keep affecting this family. It is open and real and laced with snapshots of the time, which adds emotion and honesty to the story. There are also moments of humour layered through the tragedy. But this is really just your normal suburban family whose circumstances were well beyond their control. They are not celebrities or famous, they are just a family. Any family will identify with this. It's tragic, sad and inspirational.*

### WHAT ARE YOUR PLANS FOR YOUR FUTURE BOOKS?

*A book called "Everyone has a story" that is a compilation of stories about other people's extraordinary circumstances. My cousin who had cancer, and her husband then had one of the rarest forms of cancer, both before they were 40 – beat the odds. Another friend who had a AAA and survived..... people who have a story worth telling.*



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