



Bitter Sweet Pill: A reflection on childhood

Tanya C Mack

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Description

A collection of poetry.

"My deepest inner most thoughts, my escape and my lightness from the dark. A collection relating to death and sorrow and my ways of managing it. Search inside and you will find me."

About the Author

"I write my life on scraps of paper; sometimes I screw them both up."

This is how Mack describes her work and there can be no doubt that her poetry explores some of our lowest and loneliest emotions. She looks at the lack of self-worth, hurt and confusion which she has felt and searches for possible reasons; her relationship with her father, subsequent relationships and her experience of bullying.

But she also looks at those things which can provide light in an often dark world: "My children are what hold me together now. I live each day just to hear them say I love you."

Her honest prose can find resonance in all our pasts and hearts and this is where her sharing can give encouragement and hope to others. As she writes:

"As a teenager I learnt writing was my escape, it kept me from going mad, so every time I feel down or upset I write; I never thought my words would want to be read or could help someone, but now I just hope that my words can touch someone and make them realise they are not alone with their thoughts."

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Ella Butler:

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