

## *My Story*

Sitting here, holding my beautiful baby,  
Realizing I'm a mother and parent to another human being.

The journey to where I am, sitting on a plush couch,  
Breastfeeding my daughter as I think of how my pregnancy wasn't easy at all.

I was told a plethora of things that I'd experience becoming a mother,

Now I'm here to tell you my story and it was a lot I went through.

Brenda is my name and I'm beyond blessed to be where I am,

Through the trials and tribulations, I'm still here standing.  
We don't get credit for the amount we deal with as women,  
I'm not talking about the social stigmas and the world either.

I'm talking about the emotions of becoming pregnant,  
Becoming a mother and the nine month journey.

Carrying another human inside of your body,  
Where they depend on every nutrient to be fed to them.  
Everything that goes into your body affects them,  
How they grow, progress and become one with you.

The connection that you and your child have with each other,

That's the journey that many don't hear about or know.  
Everyone's story is unique in its own way, that's a definite,  
The thing people don't fully understand is the emotional

and mental aspect of pregnancy.  
It's a journey of ups and downs for nine months,  
Nothing is smooth sailing and we as women don't get our  
due.  
We become forgotten in some ways by society,  
That it's an expectation for us to birth children as women.  
That's nowhere near the case of what's expected of us,  
We do a lot to keep the world going and it's more than just  
having children.  
It's nurturing, growing, progression, and plenty of other  
things,  
It's time to say that a woman's worth is more important  
than anything.  
I'm the honorary start to this book series and this is my  
story,  
It will be a rollercoaster ride of my full year from preg-  
nancy to the birth of my child and after.  
We go through our nine month pregnancy nurturing and  
growing another human being,  
The stresses of it, planning, I will speak on it all.  
When you have a child and realize your life will forever be  
changed,  
That your child will depend on you everyday for the rest  
of their lives.  
We're always told nothing worth having and cherishing  
will be easy,  
This is definitely one of those journeys for sure.  
I want you all to understand how much a woman is valu-  
able,  
To every aspect of this existence we call life.

There has to be an understanding of what we deal with,  
Emotionally, physically, mentally, psychologically every  
single day.

How our bodies constantly go through changes,  
Whether we have our periods or we have a chemical im-  
balance in our minds which affects us.

See, these are the things no one fully understands,  
While I am going to write this story out, the goal is to  
make you feel it.

To fully grasp how a human life comes into the world,  
How enduring it is from so many aspects, every single day.  
Right now, as I'm writing this, I'm just getting over post-  
partum depression,

It's something women go through after having a child.

Most people don't know what it is and what it means,

There's a lot of components to it and I'll share this grueling  
part of my life.

This is why this book series is called, "A Woman's Worth,"

So you all can understand why we deserve unconditional  
love...