

Ellen Cardona wrote *Brownie Fix* to help deal with the postpartum depression she experienced after one of her pregnancies. Through her writing, she found that postpartum depression was real but conquerable, especially when one has the help of some dark chocolate and even darker humor.

When Ellen is not writing, she teaches literature to college freshmen and attempts to help them understand the writing process, though they think she's crazy because of her love for literature and writing.

Ellen graduated from the University of Texas at Dallas with a PhD in Humanities with a specialization in Literature. Even though she has published several academic works on Ezra Pound, she could not ignore her true passion as a fiction writer.

Ellen lives in Richardson, Texas and continues to learn daily from her husband and two children. In good times and bad, she still enjoys her brownies.