

The Sickness of Secrets — Finished

Graphics and captions for this topic. Use what fits, change the words, make it yours.

Thank you for reading early. Everything in this folder is yours to post. The captions are starting points — swap the bracketed parts for your own words, cut anything that doesn't sound like you. Tag **@bymichellemelton** on Instagram and TikTok so I can share your post, and use **#TheSicknessOfSecrets** so the team can find each other.

Questions, or a post you'd like me to reshare: **michelle@bymichellemelton.com**

Which file goes where

Filename starts with	Size	Use it for
IG + FB Feed	1080 × 1350	Instagram and Facebook feed posts
IG Story-Reel	1080 × 1920	Instagram and Facebook Stories, Reels covers, TikTok photo posts
Square	1080 × 1080	Goodreads, Facebook groups, X, Threads
Pinterest	1000 × 1500	Pinterest pins

The book cover

The folder **0 Book Cover** holds the official front cover of *The Sickness of Secrets* in two sizes: full resolution (1600 × 2560) and a web size (1000 × 1600) that loads fast on Goodreads, Instagram, and blogs. This is the cover the book ships with. Post it on its own, hold it up in a video, use it as a Story background, or add it to a “currently reading” shelf. Please keep it whole — no cropping the title or author name, no text or stickers over the art.

Three house rules

- **No spoilers.** Keep these off your posts and out of your reviews: who is killed at the meeting, who did it, what Elena finds inside her daughter's memories, and anything from the last five chapters. Everything in this kit is spoiler-free, so if you stick to the graphics you're safe.

- **Say you got it early.** On any post about the book and in every review, one line covers it: *"I received an advance copy from the author."* Amazon requires it, and readers trust it.
- **Your words beat mine.** A short honest reaction outperforms a polished paragraph every time. If a caption here doesn't sound like you, change it until it does.

Hashtags

Use eight to twelve on Instagram, five or six on TikTok, none on Facebook. Mix from these:

Always: #TheSicknessOfSecrets #TheBorrowingSeries #MichelleMelton

Reader tags: #ARCReader #ARCReview #Bookstagram #BookTok #ParanormalSuspense #ParanormalMystery #NewRelease2026 #OctoberReads #BookLaunch

Recovery tags: #RecoveryReads #SoberReads #RecoveryCommunity #RecoveryTok #BreakTheCycle #SoberLife

Skip #Thriller — this is paranormal psychological suspense, and the wrong tag brings the wrong readers.

Finished

Wrap-up posts and the review nudge. Still spoiler-free.

Finished 1 · “I know what she was keeping”

Finished. I know what Elena was keeping, and I'm not telling you. [One spoiler-free reaction — the ending, the mother-daughter thread, the meeting scenes, how the mystery played fair.]

THE SICKNESS OF SECRETS by @bymichellemelton is out October 22 — my full review goes up that day.

I received an advance copy from the author.

#TheSicknessOfSecrets #ARCReview #ParanormalSuspense #BookRecommendation
#Bookstagram #MichelleMelton

Finished 2 · “The one wall she can't walk into”

She can see what's making everyone else sick. She's the one wall she can't walk into.

[Your reaction to Elena — did you like her even when she was wrong?] THE SICKNESS OF SECRETS by @bymichellemelton, October 22.

#TheSicknessOfSecrets #ParanormalMystery #ARCReader #BookTok #TheBorrowingSeries
#MichelleMelton

Finished 3 · “She calls it staying close”

The quietest line in the book is the one that got me. [Who it made you think of.]

Finished THE SICKNESS OF SECRETS by @bymichellemelton. Review coming October 22.

#TheSicknessOfSecrets #MotherDaughter #ParanormalSuspense #ARCReview #Bookstagram
#MichelleMelton

Writing your review

- Start or end with the disclosure line above.
- Two or three specific things you responded to beat a summary of the plot. Elena's voice, whether the recovery world felt true, whether the memory-borrowing rules held together, whether the mystery played fair.

- Compare it only to books you've actually read.
- Review the book, not the author. "I know Michelle" can get a review removed on Amazon.
- Post on Amazon the day the listing is live (October 22), on Goodreads any time before.

Cover design by Luisa P. Graphics and captions © 2026 Michelle Melton / Chelmont Press; shared with the review team for promoting *The Sickness of Secrets*.