

## BOOKS

CitiVibe 5

# Taking stock

## Author makes a brave choice



### SIBUSISO MKWANAZI

WHEN you and a loved one – who happens to be your eight-month-old son – are viciously attacked, beaten and run over four times as part of a botched hijacking, you either pack your bags and head off to Canada seeking political asylum for being persecuted or you use that dreadful experience to change your life for the better.

Beverly Milun (left) has changed her life around.

“I asked my trauma counselor what I was supposed to learn from the experience,” says Milun, author of *The Survival Guide To Parenthood*.

“That is when I took stock of every single aspect of my life, from relationships to health and spirituality. The most important part was the way I was raising my son,” she says.

Milun then decided to look for books that could help her improve the way she was relating to and raising her son.

“There are plenty of books out there about this sort of stuff, especially ones of the encyclopedia type and some that make great doorstops,” she laughs.

“I decided to write my own and concentrated on self-esteem, which is a fundamental factor.”

What measures has she taken to ensure her own book does not end up as a doorstop?

“It is an easy read, has plenty of pictures and it addresses the parent – most other books speak to the kids,” Milun says.

“The book helps parents raise

children with healthy self-esteem,” she says.

There are so many different aspects to raising a child. Why did she concentrate on self-esteem?

“Because it affects every part of our *and our kids’* lives. When we are born, it is untainted but it gets eroded slowly by other inconsiderate people,” Milun says.

“Kids need to know what they are entitled to and that there is no need for them to feel insecure about anything,” she points out.

Milun used to be an optometrist and draws a certain commonality between her previous profession and being a motivational speaker, author and mentor.

“They both deal with vision. Now I help people to see their lives in a clearer way. Without a vision for your life, things can go so wrong,” she warns.

The book also addresses challenges for single parents.

“I call them ‘2am’. That is the time when, as a single parent, the extended family and helpful friends have gone home and your child is not feeling well,” Milun says.

“You have no one to help you when you need it most. But single parents just have to suck it up and do what they have to do,” she advises.

**Snip**

Beverly Milun also uses numerical analysis to help people.

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