Dr. Erika

Dear Friends:

I wish you much success--success even more limitless than the sky. To achieve it, all you have to do is decide to go for it. How? The secret to success can be yours by following these three simple steps:

1. Embrace yourself
2. Embolden yourself
3. Empower yourself

When you embrace yourself, you accept where you are *right now,* with all your dreams and hopes for the future. You also need to look back and take stock. I had the worst childhood imaginable. From birth, I was starved, abused, and made to feel ashamed for horrendous things I *didn't* do. I felt like the world hated me. So, as soon as I could, I ran away to the US, where I was even poorer than before, having to feed by young daughters navy beans for breakfast, lunch, and dinner.

But accepting your past and where you come from emboldens you. It removes whatever obstacles block you from success and it frees you to help others. By helping to inspire and motivate others, you also help solve problems, including society's crucial ills, such as kids gone wrong, failing schools, bigotry, etc. When emboldened, you change lives for the better, tackle unjust conditions, and turn negatives into positives.

Value education. Once in the US, I got all the education I needed to make a difference. It wasn't easy. Working in a dime store, looking after my children, and going to college full-time meant I slept only two hours a night. But it gave me the tools to improve my life.

Finally, a feeling of empowerment results from you boldly deciding *you can do.* You really are the winner you are meant to be. I believe in you. Now, it's time to believe in yourself.

Wishing you the greatest success,

Erika