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R150.00.*

*We as the Eldorado Lodge proudly promote her book.  
She is a child of Kuruman. If you want to meet with  
her, please feel free to contact her direct.*

***Mpho Lekgetho***

***Life Coach and Author***

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**FROM FEAR TO HOPE**

**Short stories of Hope**

**AUTHOR: MPHO LEKGETHO**

This non fiction book is written by a Young women living openly with HIV who is also passionate about rural community development.

This are short stories that encouraged people and particularly women not to give up in life and deal with their emotional issues in a way that will not harm them or anyone around them.

Growing up in a rural village and raised by mentally disturbed families which are her grand Mother and her Aunt , Mpho `s life has never been easy but all she highlighted in the book as the main character is that there is no Hopeless situation in life , Hopelessness is just a state of Mind .

She also remembers how she grew up.

Completing matric and never get a chance to go for Tertiary education at the right time also made Mpho a strong person who believed that IT IS NEVER TOO LATE TO LEARN and change your situation , she is not defined by her background .

Her life after a suicide attempt also encourages people dealing with stress, anxiety and depression to better seek for professional help before taking emotional decisions.

As a person living openly with HIV, she is also encouraging positive living and advises those ageing with HIV to be cautious about their health conditions.

Giving her life to the society by deciding to work as a community activist has exposed her into many platforms which she sees it as calling and strongly believes that everything happens for a reason.

She worked for different NGO`s and this had taught her leadership skills and Leadership wisdom which she also encourage Leaders to also take care of their Personal Life and give themselves time for SELF CARE , Many leaders suffer depression and anxiety because of lack of self care .

She believes in counselling and therapeutic sessions which African Culture doesn't always support.

She dedicated this booklet to her Kids and as a Christian and God Fearing person she encouraged people to trust in God and give hope to the hopeless...

This book is written for those who lost hope, who are not sure of what to do after they find out that they have HIV, those who doesn't see the meaning of life, those who think life has knocked them down and there is nothing they can do, those who find themselves raising kids alone, those who think they can never make it in life, those who are battling with fears and doubts and those experiencing relationship challenges.

Mpho has always in the forefront in the field of HIV and sharing her personal experiences has helped her grow emotionally and developed her character.