
VOLUME 1

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EVERYONE IS A READER

The Quaterly Newsletter of Bookville World

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WHAT WE
ARE
RELUCTANT
TO DISCUSS
- BOOKVILLE
WORLD
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EVERYONE IS A READER....SOME JUST HAVEN'T FOUND WHAT INTERESTS THEM

This newsletter is designed to thrill you and shed more light on those topics we are usually reluctant to discuss.

We have also included a guide on books that the Bookville Team members have read and wish to recommend for your reading pleasure.



No 2 Ezimgbu Road
(Mummy B Road)
Off Stadium Road, PHC



bookvilleworld



08181838485



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FROM THE PUBLISHER'S DESK



Let's talk what we are reluctant to discuss.

There are lots of topics we shy away from either because we feel they are too sensitive, too personal or unacceptable to discuss, we have little or no knowledge on them or are simply in denial of their import.

This issue of the newsletter features articles on some of these topics gathered from different contributors across Nigeria.

Some articles are unfiltered, some are drawn from real life situations but most importantly, educative.

Feedback/comments/recommendations are welcome.

Enjoy!

MY JOURNEY THROUGH DEPRESSION

The dictionary says DEPRESSION is a mood disorder that causes persistent feelings of sadness and loss of interest.

Personally, it feels like a cloud of darkness that suggests that there is no purpose for life. It evokes feelings of hopelessness and helplessness.

And at some point the only solution seems to be to end it all. (suicide).

I have been there severally and for the purpose of this article, I shall briefly share my story.

I come from a broken home. My parents separated when I was 7. Prior to the separation, they had an abusive and toxic relationship. I watched him beat her up. I watched her disrespect him in awful ways. One time, he beat her up so badly, she almost went blind. So when they eventually separated and the battle for custody began, I already knew I didn't want to stay with him. My mum wouldn't let him have custody. So he stopped taking responsibility for anything that concerned me.

I didn't accord it much significance until I had to be sent home from school regularly for owing fees. I had to watch other children go to school while I stayed home and ran errands for everyone in the compound. While school fees were piling up, so was house rent and other expenses. During the first year of my parents' separation, my Mum had to sell her car in order to pay rent. In the second year, she had to sell off other properties in a bid to make ends meet. Eventually, we had to move to her friend's place as squatters.

When I was about 9 years old, I started being molested sexually. By no less 'respectable' persons – Pastors.

My mum would never suffer you to say anything negative about her pastors. This was one of the reasons for the problem in the marriage. One of her pastors told her that my father was a member of an occultic group. She believed him totally and she started acting towards my father based on this 'revelation' from her pastor. Thus, speaking up about the abuse that I was experiencing was never an option. I dreaded going to church because she would always have meetings after service. She would entrust me to the care of the very one for whom I was prey. After some time, it began to feel normal to be preyed upon. Soon, she stopped attending that church. And I heaved a sigh of relief, not knowing something else was coming my way.

Just when I thought freedom had come, my Mum met another pastor. This new man told her that he wanted to marry her and that I was a witch. At the mention of marriage, every fibre in my Mum's system rose up, blocking out any form of reasoning. Thus began another round of torture and trauma.

I cannot begin to narrate everything I went through - floggings, being starved, being forced to stay awake all night, sleeping on the bare floor - for a child that suffered from asthmatic attacks - being threatened to be buried alive, being taken for deliverance sessions where I was treated as a puppet in the hands of the masters.

He would always tell her to “drop her (Me) and go. So that the prayers would be effective”. She would have gladly done so as she didn't want to offend her ‘husband-to-be.’

What she didn't know was that one night while they claimed to be praying thinking I was asleep, I was wide awake and could hear all what was going on. The so-called pastor knew I was awake and had heard them. So he finished with her and came for me by morning, saying, “Let's do what you were watching yesterday night.” I was brutalized over and over again but I dared not talk because I had been told, “the moment you open your mouth to talk, you'll die instantly”.

She was a mother!!! How could she not have noticed that I never liked going to his place? How I cringed whenever I saw him? She should have noticed!! If only she paid attention. But no! Her marriage to him was far more important than her child. Thankfully, they never got married.

I was damaged mentally, psychologically, and emotionally. By the time I was a teenager, I had lost all sense of self-esteem. I had terrible mood swings. I was like a light switch; one minute on, the next minute I was off.

I began to seek validation from the people around me - a tiny feeling of love and acceptance -anything to make me know I was at least important to someone. Anyone. I never got that. I just learnt to live with it.

At 13, my Mum wanted me to get married to someone thrice my age. Perfect way to get rid of me as her responsibility. I refused and she sent me off to her cousin's.

I literally was a maid but I had better opportunities there so I stayed. However, the feeling of loneliness and worthlessness worsened. I soon found a way to ease my pain. I turned to self-hurt - knives, blades, iron - anything that could inflict pain. It felt good and it took my mind off every other thing that was going on around me. I would watch myself bleed and smile. For me, the physical pain acted as relief to the psychological pain I felt. It soon became as regular as my mood swings were.

At 15, after my school certificate examinations, I had to start fending for myself as my mum was no longer taking responsibility. She called me a rebel child but I didn't care.

Depression ate deep into me. Oftentimes, I had no control over it: how it came or when it came. At some point it felt like it was not leaving anymore as it seemed to always be there.

As the years went by, I began to talk more about it. I kept recounting my experiences and it felt better every time I talked about it. I shared my experiences with my older sister and a few close friends. I also prayed about it and tried to occupy my mind with other things. Then gradually, the self-hurt stopped. I harboured a strong desire for validation from people. As a matter of fact, I still do.

As an adult, I tried to talk to my Mum to make her see my pain and frustrations but she would not have this conversation with me. To her, she never did anything wrong. We lived far apart from each other because I didn't want anything to do with her since she wouldn't accept her wrongs.

I am still a work in progress. I have intentionally started taking steps for my sanity's sake. I still have mood swings, though not as bad as they used to be.

Depression is real. It feels like life has no essence, sometimes it gets so bad all you think about is ending everything.....but you're way stronger than you think and it's not going to be the end of you.

Talk to someone. Anyone. Recount your experiences. You'll definitely feel better gradually.



JESSICA B.

TALKING (NOT) SERIOUSLY ABOUT DEATH

In virtually every society or culture irrespective of its level of socio-economic attainment, death is an emotional phenomenon, which is not easily spoken about. So, what do we mean by death? This may appear to be a very stupid question. But there is a sense that how we sense and feel about the event of death could give us some insight.

The story is told in Nigeria about a certain couple who attended an evangelical church crusade where prayers were called for all widows. The woman who sat by her husband stood up as a widow. The husband, in disbelief was shocked that while he was still alive, his wife could consider him dead. As he persuaded her to take her seat, she insisted that giving the level of deprivation she and her children were experiencing, she might as well consider herself as a widow and seek God's help for reprieve.

There is also information that individual soldiers at the war front who face death on a second-by-second basis tend to express different thoughts and feelings. While some may have an awareness of exhilaration - carefree, no worries about the larger world - having a sense of just being human, drawing one breath after another, knowing fully well that each one might just be the last; some others exhibit intense feeling of fear and panic that can only be controlled by mustering every nerve within them.

In Elechi Amadi's *The Concubine*, set in a remote African village in Southern Nigeria that captured life and practices when society was orderly and predictable, not yet touched by European values; the tale is narrated of a woman of "great beauty and dignity" who without intention brought suffering and death to all her lovers. Similarly, nature also informs us that for some types of insects, courtship and intercourse could be a deadly affair. Known as 'sexual cannibalism', drone bees, black widow spider, praying mantis and the Bachelor Minge are some insects that display such characteristics. In the case of the praying mantis, the female bites off the head and eats the other body parts of the male she has just mated with for nourishment.

These instances of death notwithstanding, given various perspectives and arguments about death and its nature right from ancient times up until now (the 21st century where humans are reaching the outer fringes of the universe), one may be tempted to assume that the matter of death is still not much comprehensible. Moreover, how can somebody talk about something the person is yet to experience.

Some Philosophers have suggested that man's utmost conception of death arises from innate desire for immortality and the associated 'fear' of not realising this goal. And at least four kinds of fear in relation to death have been identified: fear of the process of death – the psychological torment of letting go and leaving behind everyone and everything they love; fear of punishment after death – people who believe in an afterlife and who fear an anticipated divine moral duty of judgement along with its accompanying punishment for what they have done in this life; fear of the unknown – not knowing what might happen after death, and a feeling of a sense of loss of control over our environment or our own fortunes; and fear of annihilation – becoming suddenly aware that one will inevitably face death, and that what one will confront may be total cessation of conscious experience, the extermination of the person they have been, forever.

It is not clear if these speculations have any substance or merit. However, these notions over time seemed to have influenced the behaviour of humanity towards dying and the dead.

Ancient Egyptians made elaborate preparations for death, since they believed that when they die, their spiritual body would continue to exist in an afterlife very similar to their living world. As such, apart from preservation of the body through embalmment and building of tombs that had the power of restoring life and giving immortality to the dead owner, funerary items are placed in the tombs. These include those for the protection and guidance on the underworld journey and in the afterlife (amulets, the Book of the Dead or other funerary texts etc.), and those for the provision of essential nourishment, leisure and comfort for the eternal spirit, such as food, clothing and shabtis (carved statues that would work for the dead).

In contemporary Sub-Saharan Africa, though death rituals and mourning behaviours tend to be varied due to the existence of many religious and cultural practices, overall, there could be intense grief for children and young persons, and usually a 'celebration of life' for the elderly. For example, 'fantasy coffins' are used for burials in Ghana - made to represent what the deceased person loved most in life (car, house), a symbol of the person's occupation (chicken, for a farmer), or even a vice (cigarette or beer bottle). In Nigeria where no expense is spared on flamboyant burials, a carnival atmosphere usually ensues complete with drummers, trumpeters, musicians, dancers, uniform dressing by groups known as Aso Ebi (family members, friends, work colleagues etc.), and lots of eating and drinking. To top it off are 'designer coffins' and extravagant manicured burial sites. In one extreme case, the body of a politician was buried in a fully furnished and air-conditioned room that is said to have uninterrupted power supply as well as comfortable chairs.

Thus, beyond our perceptions and sensitivities about death, there could still be an interesting question to ask. What is death if not life in another way?

- Toru Dokubo

Port Harcourt, Nigeria
April 2021

MENTAL HEALTH? WHAT'S THAT?



To a lot of Nigerians, the concept of mental health is either misunderstood or a myth. Because we see ourselves as a resilient people, we think we are immune to hardships and this makes it difficult for us individually to check in with ourselves psychologically. It makes sense why people don't see mental health as a thing. Because you can't really see it the way you see a physical illness. In Nigeria mental health seems to be the elephant in the room that people either ignore or try to hide as something else. Mental health is nothing to be ashamed of. It is a part of overall health. For so long we have been taught that health is just physical health, but this is not the case. Our minds contribute a great deal to our overall health.

If mental health isn't real, then why do we feel the effects of an unhealthy mind so strongly in our bodies? Why does worry about that job, presentation or person make us lose our appetite? How come you literally get sick with fear? It is because our physical and mental health are uniquely connected to each other. Think about it, when you are in a good mood for example you could feel motivated and energised but when you are in a bad mood you may feel unmotivated and tired. This also happens when we are physically ill. When our bodies are tired, we may not feel at our best mentally as well. We are generally accepting of being mentally tired when we are physically ill because we can see the direct cause of our mental fatigue. However, when we experience mental health problems it is hard for us to accept or acknowledge because we cannot see how everyday stresses, negative experiences like domestic abuse and car accidents, can affect our minds which in turn affect our bodies.

When we are talking about mental health, we are not just talking about the negative aspects like mental illnesses. Mental illnesses are a part of mental health, they are not mental health. The same way physical health is not only about whether we are sick or not. Mental health is basically the health of the mind. The body gets tired from a long day at work and so does the mind. Body no be firewood, and neither is the mind. Both need to rest and recuperate after being taxed so they can be at their best.

Mental health matters because it is a part of physical health. It is nothing to be ashamed of. Everyone has it whether they choose to acknowledge it or not. I hope you choose to acknowledge yours because you can only benefit by doing so. When you rest your body, you should rest your mind as well.

The Autism Journey

The Autism journey can be likened to a journey through a rose farm. The rose is a beautiful flower with great fragrance and a lot of thorns. You can choose to concentrate on the thorns and pain caused by the rose or focus on the flowers and fragrance while learning to navigate and reduce the contact with the thorns, thereby reducing or even avoiding the pain. The choice is yours based on your person and knowledge.

Like a farmer excited about his farm and dreams of the beautiful scenery when the plants are fully grown, so are parents when expecting a baby. The baby comes with so much joy and expectations are high, even up to the moon, and suddenly between ages 2-3 or even earlier, we begin to notice and suspect that something is not adding up. Our suspicions are confirmed by a neuro-paediatrician or a child psychiatrist and BOOM! Our dreams seem to be dashed, and this realisation opens up the door to anger, frustration, guilt, fear, and all kinds of emotions as we mourn the child we dreamt of birthing.

We do this out of ignorance because that dream should neither die nor be given up. Rather, all that should be done is to re-design the route to achieving the dream.

Autism Spectrum Disorder (ASD) is a neuro-developmental disorder that is characterised by difficulty in social interaction and communication and restricted or repetitive patterns of thought and behaviour. There is often nothing about how people with ASD look that sets them apart from other people, but people with ASD may communicate, interact, behave, and learn in ways that are different from other people. The learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some people with ASD need a lot of help in their daily lives; others need less help. Simply put, people living with autism see the world differently. It is said to be a “spectrum” disorder because there is a wide variation in the type and severity of symptoms people experience.

Autism affects 1 in 68 children. Boys are five times more likely to have autism than girls. Autism Spectrum Disorder is the same for all children with autism. Yet there are characteristics that are shared.



These characteristics are but not limited to:

- Problems with social interaction with others. This may include problems talking back and forth, working, or playing with others.
- Communication difficulties.
- Unusual interest in objects
- Need for sameness
- Great variation in abilities
- Under or over reaction to one or more of the five senses: sight, touch, taste, smell or hearing
- Repeated actions or body movements
- Unusual emotional reactions and expressions

Autism is not a curse from our ancestors and is not anyone's fault. It is another perspective of life that makes living both interesting and challenging. When you see a child flapping his hands, covering the ears, and throwing tantrums; he is not misbehaving but reacting to sensory overload that could be caused by sound, light, your perfume or even the texture of clothing he is wearing. Rather than judge the parenting skills of his parents, encourage them as they walk through the tantrum while addressing the root cause.

Like the rose farmer mentioned earlier, what do you do when the plants do not seem to be growing as expected? You get a diagnosis and assessment from the right professional licensed to do so. This enables the parties involved to draw up a detailed plan or pathway involving every aspect of need. Thereafter, seek for the right personnel to work with.

Having obtained the roadmap, you need to sit back and think through the plan with the aim of turning around the situation for optimal production and harvest. The same applies to families with children living with autism. For us , the harvest is living a fulfilling and independent life.

As the parent of an autistic child, always remember that you are the leader of the team of professionals working with your child which will include a speech pathologist, occupational therapist, behavioural therapist and a special needs educator. No one knows or understands your child better than you do. So, you must be involved. You must understand at least the basics of each type of therapy to enable you to coordinate the activities properly. Your involvement also puts every member of the work team on their toes.

With the best plan and no determination, the plan simply remains a document. So, you must be determined to help the child optimise his potentials to the best of his ability but this cannot be done if you do not heal yourself first. Healing in this case will involve dealing with and not pushing away or drowning the emotions; for this, you might need a few sessions with a counsellor.

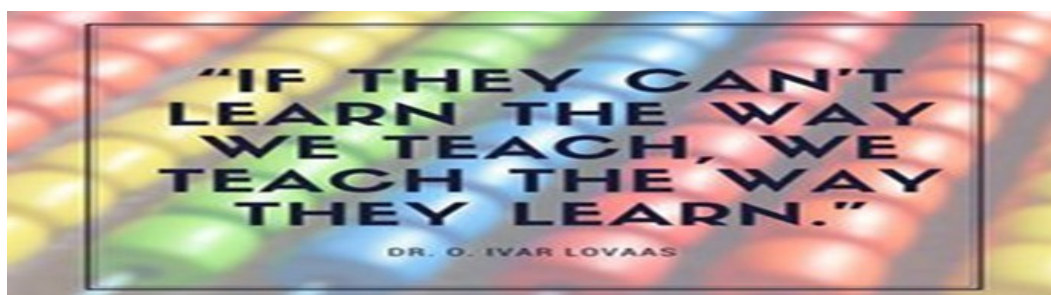
Acceptance of the reality is equally important while striving to achieve the dream. Then you get all available and relevant information from all spheres of life needed for the journey. The members of your team which will include your spouse, children, parents, relatives and close friends, also need to come to a place of acceptance.

Educating people around you as well as the communities the child belongs to such as the extended family, the church, school etc is key. This will help them to understand what the situation is and respond better to the children.

Join a support group of parents with similar challenges whose children are doing well in order to draw strength during times of weakness and also to get relevant information. At this point you are good to go.

It is important to know that there are no fixed rules so you must be observant and flexible, understanding that the child in question is the compass in this journey.

People living with autism can and do thrive with the right support. Identify their strengths which are usually in the areas of mathematics, logic, music, creative/media arts, ICT, etc. and develop them. While at it, please teach them self-help and life skills so that they can live as independently as possible depending on the severity of the case. They just need to be taught in the way they learn and they fly with it.



People living with autism are psychological beings like everyone and so have feelings and are quite sensitive to the happenings around them. They already know that something is different and are trying so hard to fit into the societal norms. So please let us do away with the rejections that speak from our eyes through our body language to our verbal backlash. Rather, we should express love by acceptance, considering them in gatherings as we position our public address systems and lighting effects, creating safe walk paths around the compound where they can run or walk through (guided for some) to release steam when the need arises. Generally remembering in our settings that there are people living with autism and including them in our plans and designs.

The beauty of being part of these success stories - either as a parent or sibling or neighbour - is that it produces or brings out inherent virtues in you, the caregiver. Trust me, taking care of people with autism makes us better people/citizens because they teach us to love sincerely, care, and be sensitive to other people's needs and challenges.

When they begin to blossom like the rose flower in their different areas of giftings, the pains caused by the thorns are forgotten because the end result is usually worth the effort. So, please help and support every rose farmer around you to let our precious flowers blossom with great fragrances that beautify the world and make it a lovely place to be.

Lift high the banner of every rose flower around you in the persons of people living with autism as we celebrate World Autism Day on the 2nd of April every year.



YES, CELEBRATE US FOR WE ROCK !!!!

Nneka Uzoamaka Mbaekwe

RAPE - WHAT DO YOU DO NEXT?

Lately, we have heard many people, especially the female gender complain about being raped. According to Women At Risk International Foundation (WARIF), “one in four females experience sexual violence in childhood with approximately 70% reporting more than one incident of sexual violence.”

What exactly is RAPE?

According to Merriam Webster dictionary, rape is the unlawful sexual activity - usually sexual intercourse - carried out forcibly or under threat of injury against a person's will or with a person who is beneath a certain age or incapable of valid consent because of mental illness, mental deficiency, intoxication, unconsciousness, or deception.

Rape is a CRIME. Regardless of who the perpetrator is - a stranger, a date, an acquaintance, or a family member.

Anyone who perpetrates the crime of rape is called a Rapist. A rapist uses actual force or violence or the threat of violence to take control of another human being. Some rapists use drugs to take away a person's ability to fight back.

Given the above dictionary definition, it is unbelievable that society tends to blame the victim. Oftentimes, we hear people say things like, ‘Why would you wear this?’ ‘After all, you went to his house’..... This is the 21st century!!!!!! I can wear whatever I want so long as I’m comfortable in my skin. Surely it isn’t a crime to visit a male friend!!!!!!

It should be okay to visit a male friend I think I trust and we have a good time...nothing sexual but when he tries to force himself on me and eventually gets his way, do you blame me for visiting him? Is he not supposed to act in a civil manner expected of a human being?

The blame lies squarely with the rapist. This has to do with the mind and control.

Rapists are no better than animals because it is only animals that force their counterparts sexually.

No matter how it happened, rape is an extremely traumatic experience for the victim. People who have been raped need care, comfort, and an avenue for healing to take place.

What Should I Do?

What is the right thing to do if you have been raped? Take care of yourself in the best way for you. For some people, that means reporting the crime immediately and fighting to see the rapist brought to book. For others, it means seeking medical or emotional care without reporting the rape as a crime. Every person is different.

There are three things that everyone who has been raped should be encouraged to imbibe.

1. Know that the rape wasn't your fault: No one has the right to have sex with you against your will. The blame for a rape lies solely with the rapist. Most people who are raped know the perpetrators. That can sometimes lead the victim to try to protect the perpetrator. Make protecting yourself your priority.

2. Seek medical care: The first thing someone who has been raped needs to do is see a medical doctor. Most medical centres and hospital emergency departments have doctors and counsellors who have been trained to handle rape cases. It is important to get medical care because a doctor will need to check you for Sexually Transmitted Diseases (STDs) and internal injuries. You should get medical attention immediately after the incident without changing your clothes, taking a shower, douching, or washing. It is counterintuitive not to clean up after such an ordeal. It is a natural human instinct to wash away all traces of sexual assault. However, being examined right after the incident is the best way to ensure you get proper medical treatment. Immediate medical attention also helps when people decide to report the crime, thus providing the evidence needed to prosecute the rapist if a criminal case is pursued. Even if you don't get examined right away, it doesn't mean you can't get a checkup later. It is always best to see a doctor immediately after a rape, of course. You can still go to a doctor or local clinic to get checked out for STDs, pregnancy, or injuries any time after being raped. In some cases, doctors can even gather evidence several days after a rape has occurred.

If you have been raped and think you don't want to report it, you could change your mind later. This often happens and having the results of a medical exam can help you do this.

If you decide to report the incident, make sure you report the incident at a Police station within the jurisdiction where the crime was committed. It is advisable to visit the Police Station in the company of a Lawyer who will provide legal guidance. Reporting the case helps to initiate the process of prosecution. It is very important to remember and report every detail as this will help the prosecution.

3. Deal with your feelings: Rape isn't just physically damaging, it can be emotionally traumatic as well. The right emotional attention, care, and support can help a person begin the healing process and prevent lingering problems later on.

Someone who has been raped might feel a lot of things: anger, dejection, fear, numbness, or confusion. It is also normal for someone who has been raped to feel ashamed or embarrassed. Some people withdraw from friends and family. Others don't want to be alone. Some feel depressed, anxious, or nervous.

Sometimes the feelings surrounding rape may show up in physical ways, such as experiencing trouble sleeping or eating. It may be hard to concentrate in school, hard to have a relationship with the opposite sex or to participate in everyday activities. Sometimes it may feel like you will never get over the trauma of the rape. Experts often refer to these emotions and their physical side effects as rape trauma syndrome. The best way to work through them is with professional help.

It can be difficult to think or talk about a frightening experience, especially something as personal as rape. People who have been raped sometimes avoid seeking help because they're afraid that talking about it will bring back memories or feelings that are too painful.

Every rape survivor works through his or her feelings differently. Some people feel most comfortable talking one-on-one with a therapist. Others find that joining a support group where they can be with other survivors helps them to feel better, regain control over their affairs, especially their minds, and move on with their lives. In order for effective healing to take place, it is important to get professional help such as that provided by a trained counsellor. People who have experienced rape may try to act normal but it is important to address the inner trauma that they are going through. A trained professional can provide the much-needed help.

How to help someone recover from rape or sexual trauma

- Show them love.
- Be patient with them. Take things easy with them, you don't have to rush them.
- Encourage but don't pressurize them.
- Show empathy and caution about physical intimacy.

Have you been a victim of rape? You didn't cause this tragedy. You can recover. It is a hard and slow process, but healing is possible.

MISCARRIAGE: THE UNEXPRESSED GRIEF OF LOSING A BABY

Miscarriage is the spontaneous loss of a pregnancy before the 20th week. About 10 to 20 percent of known pregnancies end in miscarriage. The actual percentage is likely to be higher because many miscarriages happen so early in pregnancy that a woman doesn't realize she is or was pregnant. Miscarriages are a constant threat to women all over the world.

A miscarriage can happen due to many reasons such as advanced maternal age, hormone imbalances, structural abnormalities, genetic abnormalities, maladaptive immune responses, and blood incompatibility between mother and baby. However, pinpointing the exact reason is often challenging.

The general advice on preventing miscarriage focuses on eating healthy, taking regular exercise, avoiding smoking, drugs, and alcohol, limiting caffeine in-take, controlling stress, and maintaining a healthy weight. This emphasis on lifestyle factors contributing to miscarriage can lead to women feeling guilty that they have inadvertently caused the miscarriage.

This burden of guilt is never expressed by the grieving mother but it is held deep inside and is projected forward into the possibility of future pregnancies. The guilt transforms into an unhealthy level of fear that beclouds one's reason. Such questions as "What will happen the next time? Will there be a next time?" etc. plague the mind. The fear and anxiety almost know no end. Even when the pain of the loss supposedly goes away, with the arrival of a live and healthy child one doesn't forget. It is important for the individual living through the experience to take a step toward emotional healing by understanding what can cause a miscarriage, what increases the risk, and what medical care might be needed. Many women who lose a baby in pregnancy can go on to develop mental health issues that last for months or years— even when they have gone on to have healthy babies.

The key message here is about support for the affected individual, their partner, their relationship, the friends and family members. The men too need support in understanding how to grieve and provide appropriate care for their partners through the grieving process. The story is told of a couple who lost their baby and less than a week after the incident, while the wife was still in the throes of grief, the man travelled out of town to sort out a work-related problem; one that could have caused the loss of the business. To the woman, the man did not care enough to be at her side. Meanwhile, the man is also grieving but figures that one of them has to try to hold everything together. At the end of the day, life has to and will go on.

It can be difficult to know what to say when someone you know loses a baby in pregnancy. The following points help to provide support to those going through a miscarriage:

- Acknowledge their loss. For the woman, the loss is as acute as if the child was full grown. She grieves both for the baby and the future she had imagined with and for that child. Let them know you are there for them.
- Ask them how they are doing. This validates their loss and releases them to grieve.
- Be careful with your words. Such comments as "You're still young so you can try again", "You weren't far gone so it wasn't really a baby" are the wrong things to say. Sitting quietly and keeping them company is actually more helpful. If they decide to talk about it, just sit and listen.
- Offer practical support. For instance, help with chores around the house.
- Help them get the support they need. Where necessary, link them up with counsellors who are trained to work with people going through a miscarriage, or support groups for others who have experienced a miscarriage.
- Recognize that grief does not have a time limit. Be patient with them.

No one should have to suffer such a difficult loss alone. We need to provide support and allow space for people to talk about how they feel.

Let us end the silence about miscarriage.

Igwe Gloria



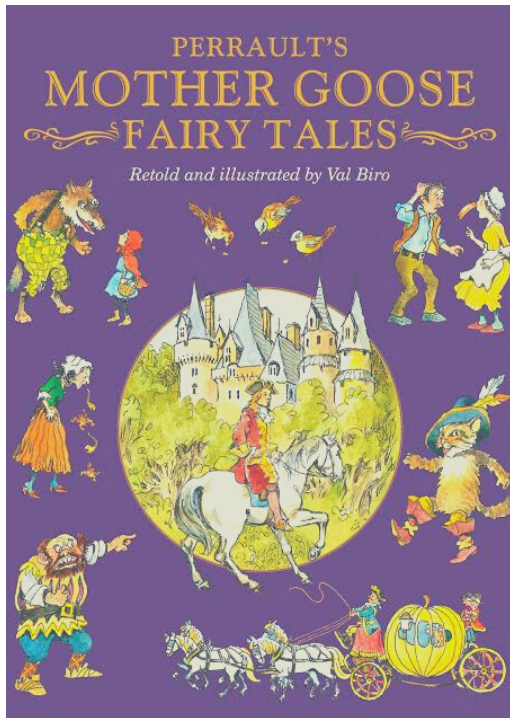
Bookville World Team Picks

There is no better way to find your next great read than to ask a bookseller. Spending a substantial amount of time in the stacks gives every bookseller a special knowledge of books that is just waiting to be tapped.

So we have featured

#BookvilleWorldTeamPicks with recommendations that will undoubtedly grow your TBR (To Be Read) to amazing heights. Here we've rounded up the latest collection of books that Bookville World Team has read.

TALES FOR TOTS

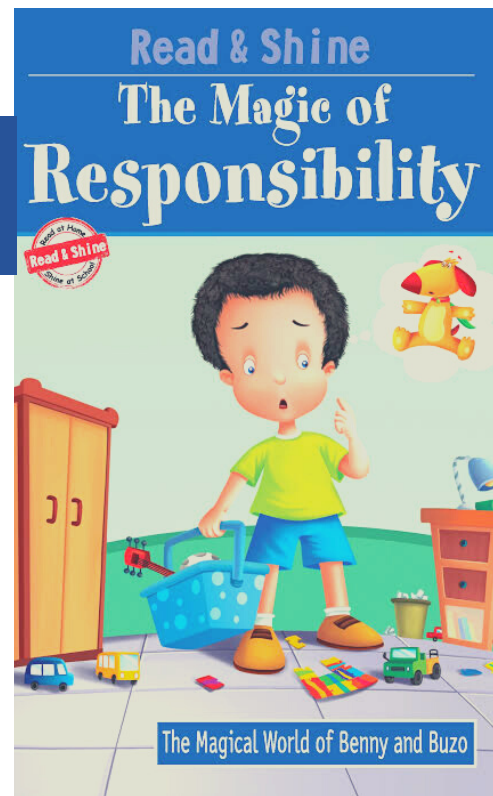


PERRAULT'S MOTHER GOOSE FAIRY TALES

This whole series is really well retold and illustrated for young children (0-5 years). Not too many words per page combined with solid illustrations that nicely support the stories.

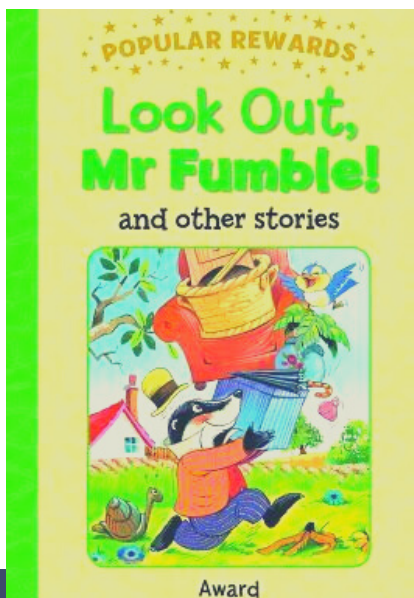
THE MAGIC OF RESPONSIBILITY

This amazing book for kids teaches them good habits, and how to live a responsible life. Strongly recommended for kids between the ages of 4-6 years.

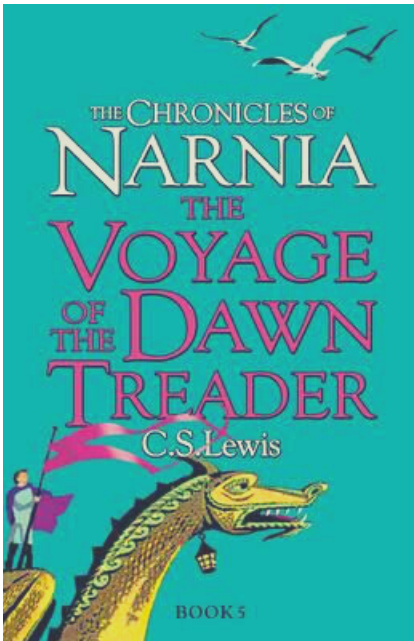


LOOK OUT, MR FUMBLE!

This book will inspire your child's love for reading and ignite their imagination. Comprises of 12 short stories with each story accompanied by beautiful black and white pictures kids can color after reading.



TWEENS/TEENS

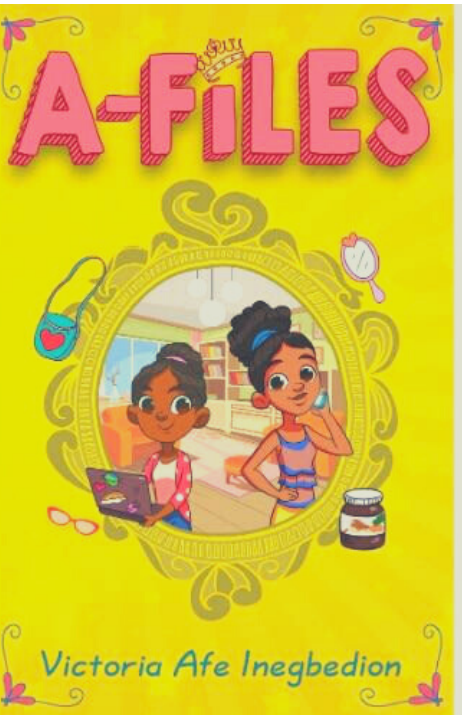
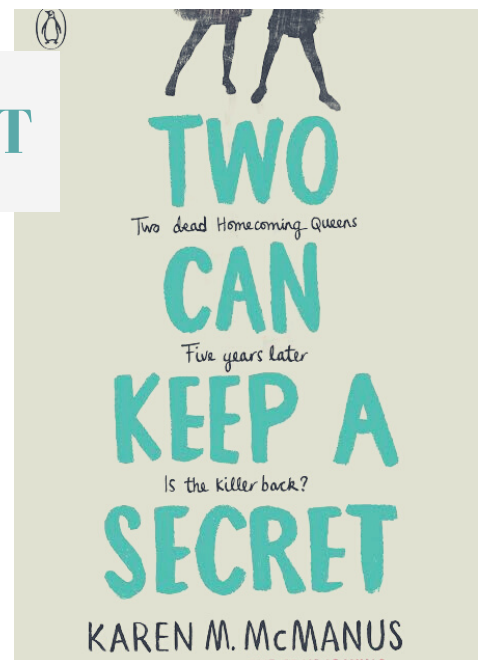


THE VOYAGE OF THE DAWN TREADER (BOOK 5 OF THE CHRONICLES OF NARNIA)

Fantasy tale around the adventures of three siblings who face many dangers in their attempt to save the Lords of Narnia. Witty and packed full of wisdom. Great read.

TWO CAN KEEP A SECRET

This book is beyond excellent! It makes you rack your brains. You'll keep trying to guess who the murderer is but you'll never be able to guess correctly. It was so unexpected!! This book makes you change your mind at the end of every page and when you finally reach the part of the Great Revelation, you'll be horror-struck.



A-FILES

A beautifully written book. This story had to do with siblings and was so much fun to read.

A story most teens can relate to. Highly recommended!

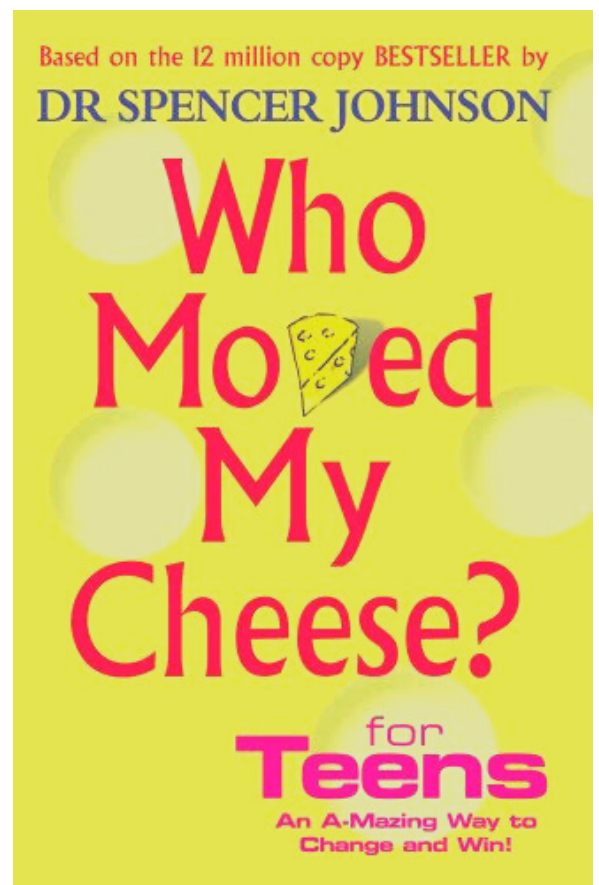


BOOM BOOM

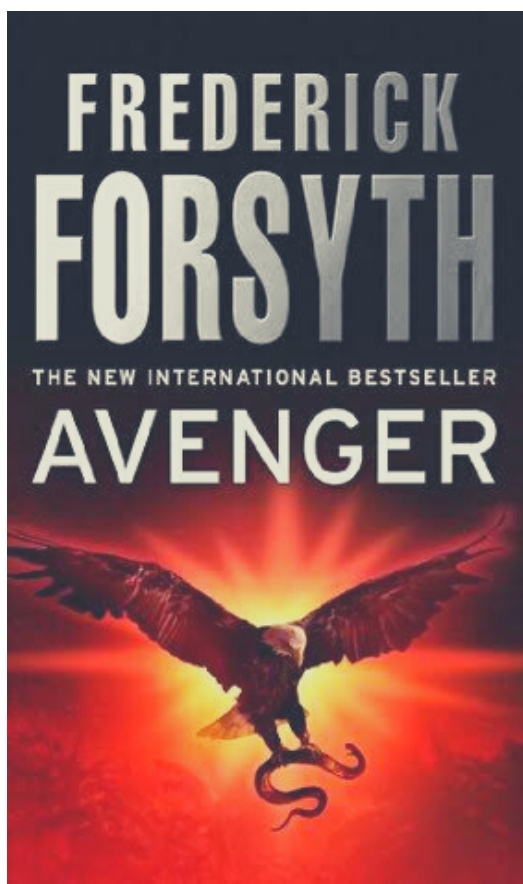
Highly entertaining and educative. Tells the story of sickle cell warriors -the pain, and how it can be avoided. Highly recommend for children and caregivers.

WHO MOVED MY CHEESE? FOR TEENS

The book is about dealing with change and moving on. It is written with simple analogy and has a valuable lesson for teens, kids and adults alike.



MYSTERY/THRILLERS



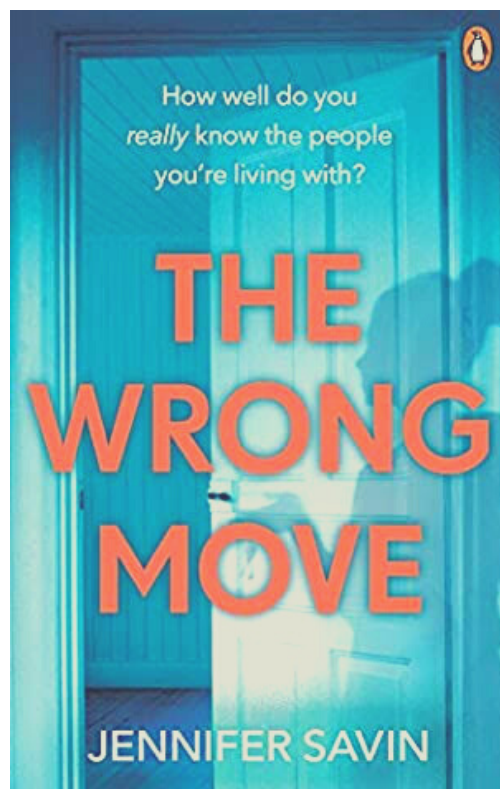
AVENGER

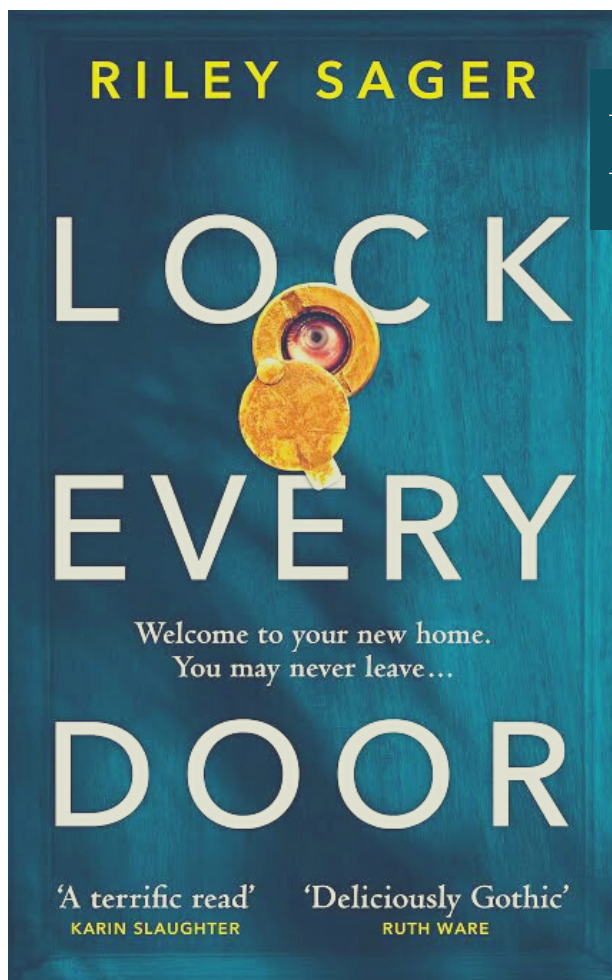
This is the story of Cal Dexter, veteran Vietnamese tunnel rat turned vigilante hired to hunt a Serbian warlord hiding in a South American compound with the best security money can buy. From the first word in the preface to the last word of the book, it is edge-of-the-seat suspense. The twists, turns and intrigues cause your heartbeat to race so fast you just know that you cannot predict the end of the book. Confirms that alliances and loyalties formed in the depths of war aren't easily broken. Likewise the animosities. Fantastic Read.

THE WRONG MOVE

In a bid to escape her controlling ex-boyfriend, Jessie moves into a new place, makes new friends, but can she trust these people???

Lovely story. Highly recommend to any lover of the thriller genre.





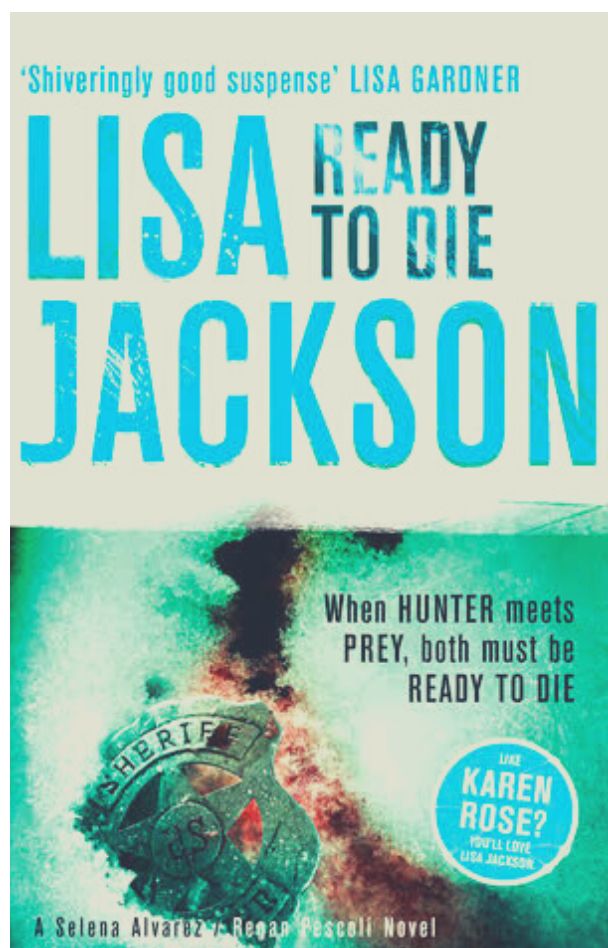
LOCK EVERY DOOR

This story follows this girl Jules who is desperate for a job when she stumbles upon this too-good-to-be-true opportunity to live in this glamorous apartment building in New York and they will pay her to be a tenant there.

The problem is that the building is said to be cursed or haunted. But she desperately needs the money and she's always wanted to live there since she was a little girl so it seems like a win win situation, until it is not. Fantastic read!

READY TO DIE

This is a great read, fast-paced and very difficult to put down. Lisa Jackson is a great writer, recommended to anyone who likes mystery novels.



NIGERIAN AND AFRICAN AUTHORS



WHERE'D YOU GO?

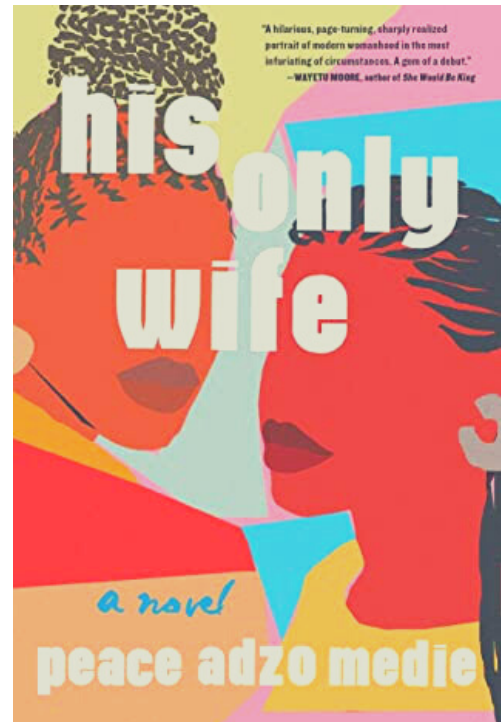
A collection of short stories packed with action - depicting courage, sacrifice, vengeance, patriotism, loss and bravery.

The book highlights terrorism in Northern Nigeria.

HIS ONLY WIFE

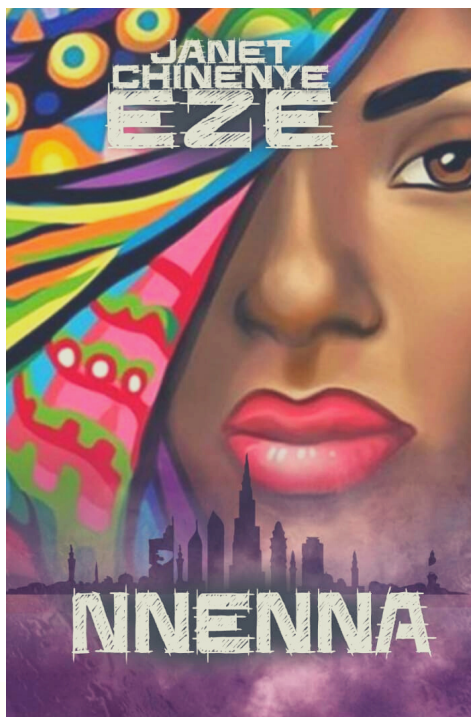
An engaging and gripping story from the very beginning. It speaks about people inadvertently ending up in contemporary polygamous relationships through 'arrangee' marriage of modern couples.

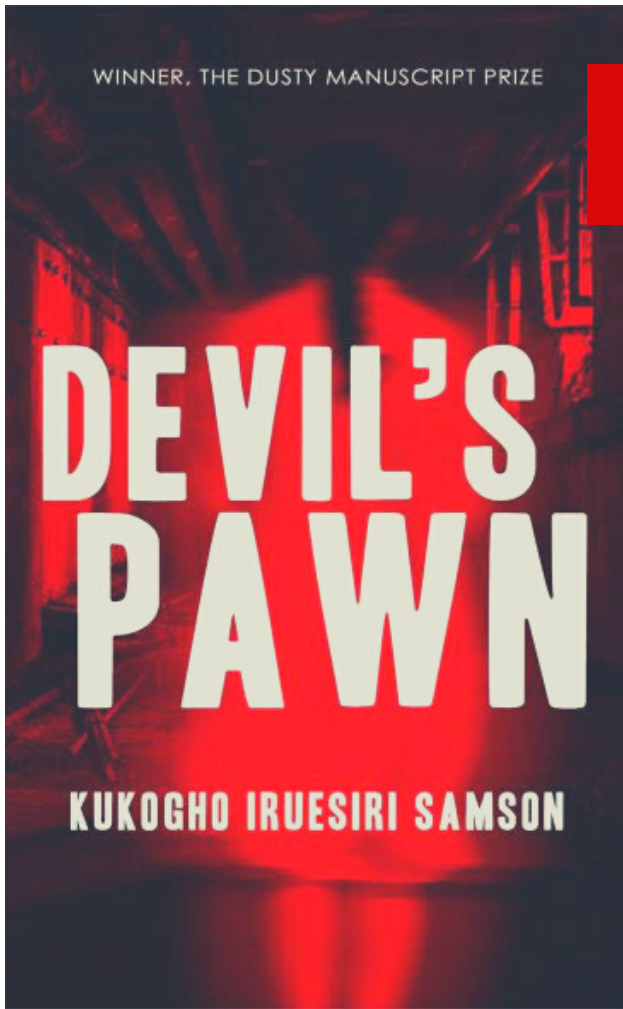
Highly recommended.



NNENNA

Wonderfully written and captures the mind of the reader. Based on real life event.





DEVIL'S PAWN

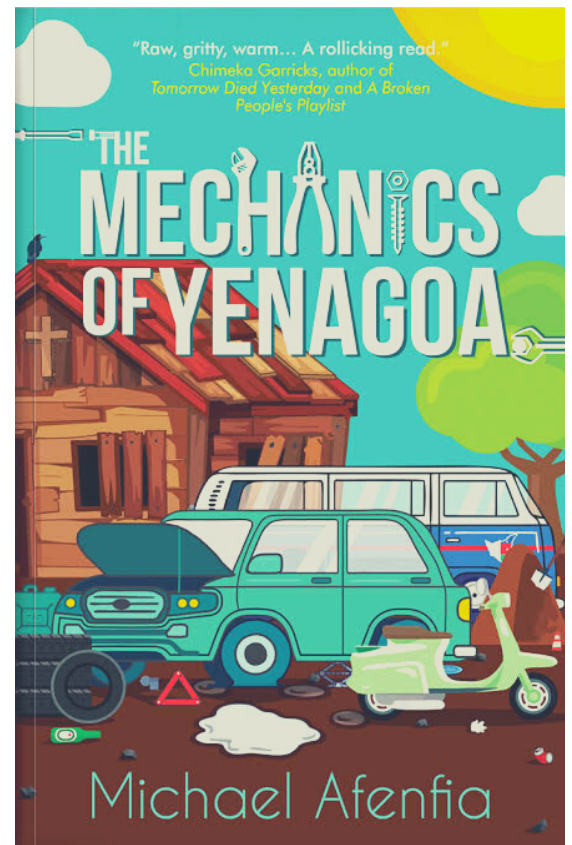
Devil's Pawn revolves around a few characters' quest for vengeance.

A lovely read.

THE MECHANICS OF YENAGOA

The story of Ebitimi the mechanic with a University degree who followed his passion for repairing cars and is trying to run a professional business. Filled with anecdotes of the antics of a typical mechanic. One can immediately call to mind an experience at the hands of a known mechanic with the exact same penchant for embarking on joy rides with a customer's car after making repairs.

Entertaining!



● UPCOMING EVENTS ●

APRIL 24TH

Children's Bookclub Meet

APRIL 24TH

Book Chat with Othuke
Ominiabohs on his book *Aviara-
Who will remember you?*

MAY 08TH

Bookville Reading Competition (First
Preliminary)

MAY 15TH

Bookville Reading Competition (Second
Preliminary)

MAY 22ND

Children's Bookclub Meet

MAY 29TH

Book Chat with Janet Chinenye Eze, author of
Nnenna

JUNE 12TH

Children's Bookclub Meet

JUNE 19TH

Bookville Reading Competition (Finale)

● ●

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