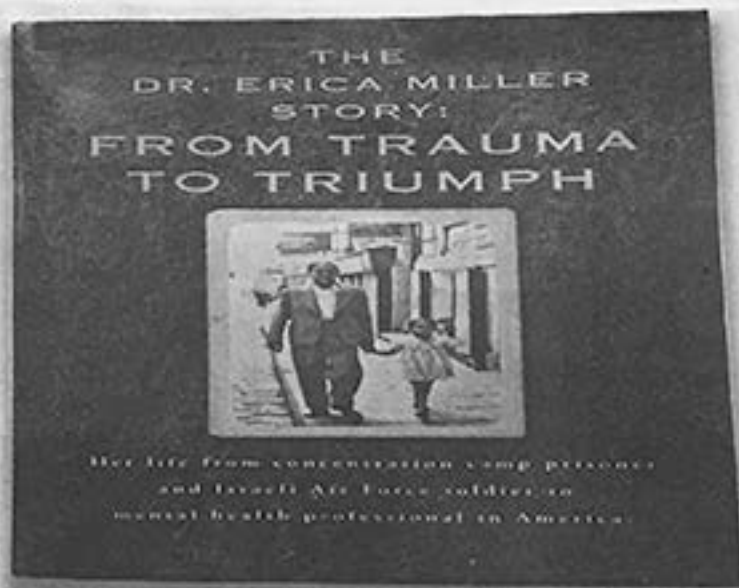


"The Dr. Erica Miller Story: From Trauma to Triumph" Interview

By Deborah B. Moss, Freelance Writer



The book jacket.

NEW YORK — Dr. Erica Miller is a Holocaust survivor, motivational speaker and international best-selling author. She holds a Ph.D. in clinical psychology and has written extensively on topics of positive psychology, longevity, overcoming challenges, and living life to its fullest.

Dr. Erica Miller was born in 1933 in Romania. From birth until age seven, she lived a normal, happy life in a family compound surrounded by aunts, uncles and cousins. In 1940, mayhem broke loose, and the nightmare began. Erica and her family were among thousands of Jews herded into cattle cars and transported to a holding camp in the Ukraine. After four years in captivity, the Russians liberated the camp. This interview offers a brief look at a coming of age story of Dr. Erica Miller — a young woman who had passion, perseverance, and the steadfast drive to achieve her goals in spite of daunting hardships. Below is an interview with Dr. Miller:

D. Moss: Please describe what life was like for a young girl in a Nazi camp and the lessons you learned.

Dr. Miller: Being a young, impressionable girl of seven years old, I quickly realized that I had no choice but to toughen up fast. Even before the war, I felt like I never fit in anywhere. I was darker skinned, with darker hair, while the rest of the family had blonde hair and blue eyes. They used to tell me that I fell off a wagon of gypsies, and they were left to care for me. Living like that

builds resilience. In the camp, other kids and I would play a game of jumping over the dead bodies. Even in adverse situations, children adapt, and so did I. Also, I taught myself to become vigilant. Knowing that life can change in an instant, I learned to face adversity and challenge with courage and determination. Don't tell me because I was Jewish I had to die. In addition, I developed the desire to help others. I'll never forget this woman who crouched in a corner. She had a terribly contorted face because she was always crying. She had lost everyone, and she was alone. I wanted to reach out and touch her, but Mama never let me.

D. Moss: What is the meaning and impact of freedom to a Holocaust survivor?

Dr. Miller: I didn't realize it until much later, but freedom really meant everything when it came to building a life of my own. The sky was the limit. I had a voice and could make my own choices and decisions. No longer was my mother putting her hand over my mouth to silence me. "Don't tell me I can't do it" became my mantra.

D. Moss: You were in the Israeli Air Force. How does military life impact a young girl's success in life?

Dr. Miller: Serving in the military gave me an abundance of self-pride. Most of the girls my age either got married to avoid military life or claimed they were orthodox Jews, which meant they didn't

have to go in the army. Finally, being a little different from everyone else put me in an admirable position, and it felt wonderful! I was recognized! I had never received one word of affirmation from my mother, even though I begged for it. Military life gave me what I needed. I felt strong and powerful.

D. Moss: What makes you an inspiration for all generations?

Dr. Miller: I have always strived to be strong, which gave me the resilience necessary to go far. At the same time, I have always managed to stay relevant, which gives me confidence. My sense of purpose and passion for life means that I wake up every morning with the desire to inspire and empower others. I live life each day to the fullest because the past is gone and the future might never be.

The book, *The Dr. Erica Miller Story: From Trauma to Triumph*, is available on Amazon or at your favorite bookstore.

About the Author:

Deborah B. Moss is a freelance writer who covers a wide variety of psychology, management and business topics. She has an MBA from Pepperdine University and resides in the Conejo Valley. For more information about Dr. Erica Miller, please visit www.dreericamiller.com or call 805-496-8850.



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