



MilMil Creations

Mildred J. Mills

MEDIA

KIT

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## About Mildred

From a voiceless childhood of picking cotton to an unapologetic passion for picking words, Mildred J. Mills shares empowering stories, poetry, and prose from both her history and her heart. She seeks to heal and empower others with well-chosen words of perseverance and growth. Her powerful stories express her own pleasure and pain while inviting readers to see themselves between the lines. Through books, poetry, podcasts and public speaking, Mildred challenges everyone to seek truth and work every day to rise above the tangled roots of the past with grace and strength.

# Book Mildred

## ***Elevate Your Event With An Inspiring Speaker***

Mildred, the creative force behind MiMil Creations, brings a wealth of knowledge and passion to the stage. She is not just a speaker; she's a storyteller, an innovator, and a thought leader. With a unique blend of creativity and wisdom, Mildred has a gift for connecting with audiences and leaving a lasting impression. Whether you're hosting a conference, seminar, or special event, Mildred brings a fresh perspective that will engage, inspire, and spark meaningful conversations.

## Mildred's current speaker topics



Healing Through  
Story Telling



Choices That  
Shape You



Don't Blame  
Parents For Everything



The Joy  
Of Aging



Things My Father  
Taught Me



A Mother's  
Dowry



The Power of  
Rejection



It's Ok Not  
To Be Okay



# Q&A with Mildred

## **What was your experience like as a Black child, growing up in rural America in the 1950s and 1960s?**

Growing up in the 1950s and 1960s as a young Black child was harsh, as I labored in the cotton fields and missed many weeks of school performing that work. Yet, I was sheltered on my family's sixty-acre farm, isolated from the racism some others experienced. My family was self-sufficient, raised most of our own food, and I seldom ventured off the farm except to attend church and school.

## **Was your childhood typical?**

I cannot speak authoritatively about other's experiences. Unlike some classmates and churchmates, my childhood consisted of farm work and assisting my mother with childcare, cooking, cleaning, and other household chores. My family did not have a television or telephone in the home until I was sixteen. Therefore, I was isolated from much of what occurred outside of my home.

## **What can we all learn from your book?**

My audience can learn from my book that there is inherent power in each of us to turn challenges into triumph and victory by not accepting defeat. My book teaches that it takes courage to become vulnerable and brave enough to share harsh truths. Doing so not only heals the writer but also helps others heal and allows one to grow to their fullest potential.

## **What are the 3 key takeaways from your book?**

There are several takeaways from *Daddy's House*. My transformation from a child picking cotton to becoming a well-educated author is notable. Leaving the farm enabled me to break the chain of abuse from my youth to create a life and story of empowerment and courage based on my world experiences. Even though *Daddy's House* describes my solo journey, it explores global themes like domestic violence, sexual abuse, complex family relationships, and never being a victim.

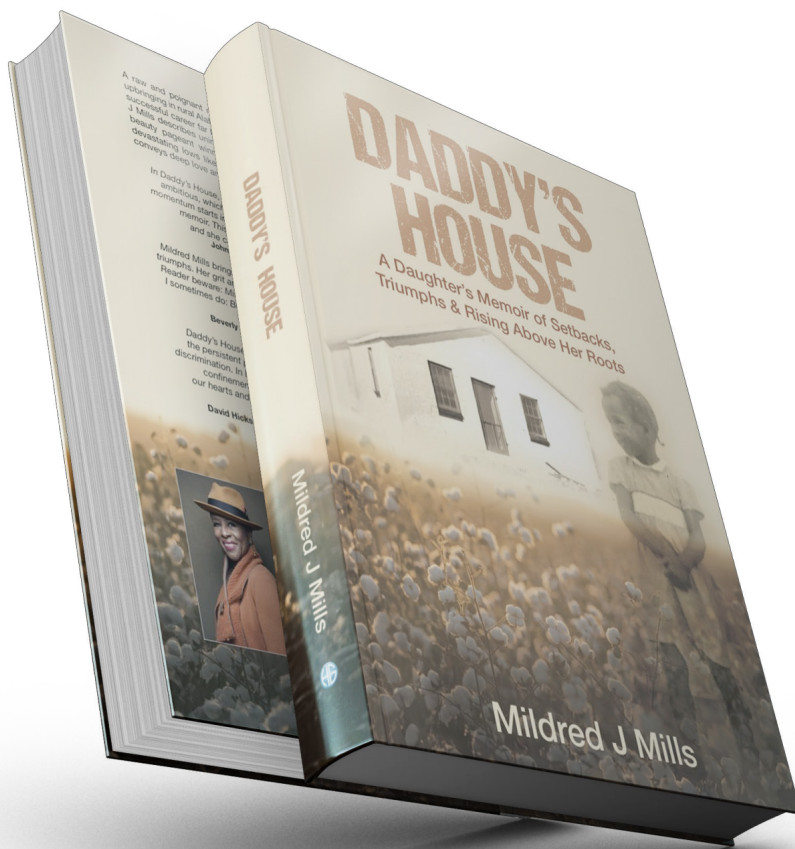
## **Why did you write this book?**

I was inspired to write this book after witnessing domestic violence in the home and surviving sexual assault. Spending two years volunteering in a women's shelter taught me that fear of retribution significantly prevents others from speaking out. Yet, I chose to speak for the voiceless and, in turn, heal from my own trauma.

## **What was the transformation you experienced to become the success you are today?**

As a young girl growing up on a farm in the South, my childhood was unimaginably hard. Missing the first weeks of school every year, picking cotton profoundly impacted my young life. It taught me that education was a way to transcend myself beyond the cotton patch.

Leaving the South after high school to attend computer school in Ohio forever changed my life. The hard work of my youth taught me the importance of discipline, structure, and attaining goals. A successful career in IT allowed me the financial freedom to travel, educate myself, and experience different cultures like the arts and music. With that freedom came responsibility, the occasional misstep, and figuring out how to manage life and avoid repeating mistakes.



Available at

**amazon**

**BARNES & NOBLE**

## What people say about the book

*Daddy's House is a tour de force of grit, unrelenting resolve, and the persistent pursuit of happiness despite abuse, misogyny, and discrimination. In her unapologetic depiction of her journey from intense confinement to uninhibited freedom, Mildred Mills captures our hearts and inspires us to live and breathe as our fullest selves. You need to read this book!*

**David Hicks, PhD, author of *White Plains*, director of the Wilkes MFA in Creative Writing**

*Mildred Mills brings us on a journey of twists, setbacks, surprises, and triumphs. Her grit and humor shine through the pages of *Daddy's House*. Reader beware: Mildred is such an inspiration, that you'll imitate her like I sometimes do: Beginning the day with a heartfelt thank you, and then exclaiming, "Sun, kiss my face."*

**Beverly Donofrio, author of *Riding in Cars with Boys***

*In *Daddy's House*, Mildred effectively portrays herself as relentlessly ambitious, which becomes infectious to the reader. Her forward momentum starts in Chapter 1 and carries throughout this heavy-duty memoir. This momentum is a key element of Mills' story, and she captures it in a profound and inspiring way.*

**Johnny Temple, publisher at Akashic Books**