

## NEWS



At the *Life Has Two Doors* book launch last year: author Doris Falidis Nickolas (C) with Niki Falidis, Katina Tziouvaras, Popi Kapeta and Theodora Paleologos.

## Life Has Two Doors

A short film inspired by four Greek migration stories and Kazantzidis' epic song

THEODORA MAIOS

When Greek Australian author Doris Falidis Nickolas launched her first book *Life Has Two Doors* in 2016, she never anticipated that just a year later she would be invited to be guest speaker at the screening of a documentary by Morgan Wright inspired by her book.

"I am so excited and incredibly moved by Morgan's decision to produce this short film," the author said in an interview with *Neos Kosmos*.

"The fact that this talented man travelled all the way to Palaios Panteleimonas just to experience the magic of our tranquil village and immerse himself in our culture whilst meeting people and families that were touched by the 1950s and 1960s migration,

is just incredible," Falidis said.

Dedicated to her four children, the book delves into the lives of four young women from the traditional mountain village of Palaios Panteleimonas, who left their homeland in the 1950s to embark on an adventure in search for a better future.

The film highlights the migration stories of the book's four main characters: Katina, Theodora, Niki, and Popi, all of whom had the courage at a very young age to leave their village.

Born and raised in Australia, to Doris migration was just a word before she visited Greece at the age of nine.

"Visiting my parents' homeland had a profound effect on me.

"I felt it then, and I still feel it now. I connected. I

belonged," says Doris who, after a number of trips to Greece, started researching her mother's past and collecting fascinating and somewhat emotionally wrenching stories, as well as delving into the fears and hopes that those women shared after leaving their family unit to seize the opportunity for a better life in a hospitable yet foreign country.

The concept of the two doors made perfect sense to Doris as it ultimately symbolised the two countries: Greece and Australia, and doors that all Greek migrants had to walk through to progress, with the joys, sorrows, and social challenges they faced as immigrants in an ever growing culturally diverse society.

"Stelios Kazantzidis always had a unique way of speaking

right into the hearts of the migrant Greeks, giving them a sense of belonging, therefore it made perfect sense to me to name the book after one of his songs," Falidis adds.

"In essence, since its inception, there is one main theme that unfolds throughout my book and I feel that the director of the short film is also trying to capture this: 'Speak to people's hearts.'"

*The screening of 'Life Has Two Doors' will take place tomorrow, Sunday 21 May, at the Hellenic Macedonian Cultural Centre, 94 Henley Beach Road, Mile End, SA. A gold coin donation will be greatly appreciated with proceeds to go to TeamKids Women's & Children's Hospital Foundation. Afternoon tea/coffee will be provided.*

*The book will be available to purchase on the day.*



Contributors Alice Ntobedzi, Nikki Simos and Luciene Sperling at the launch of *The Book of Inspiration for Women by Women*.

## Passing on the wisdom from one woman to another

Author Nikki Simos is one of 250 contributors to *The Book of Inspiration for Women by Women*, a collection of 365 uplifting daily messages

ANASTASIA TSIRTSAKIS

As actor and comedian Martin Lawrence once famously said, "No-one is immune to the trials and tribulations of life", and Nikki Simos knows this all too well.

Following the release of her memoir *Letting Go, Moving On* in which she reveals intimate details of past sexual abuse in a bid to help others struggling with its aftermath, the author and life coach is going one step further to give hope and motivate women going through tough times of their own.

Ms Simos was approached by fellow author and domestic violence survivor Ruth Cyster-Stuettgen to contribute to the compilation *The Book of Inspiration for Women by Women*.

"The idea was to have a coffee table booklet with 356 pages of daily inspirational thoughts, where people can literally pick it up, turn to any page and have a read and hopefully either be instilled with confidence, be instilled with courage, be inspired, or be motivated; a get up and go kind of message," Ms Simos told *Neos Kosmos*.

The Greek Australian is one of 250 women from

Australia and around the world to take part in the project which features wisdom shared by contributors of all ages ranging from eight years of age (the daughter of author Luciene Sperling) with the oldest at 90 years old.

"[It was] an honour to have been asked to take part," Ms Simos said.

"I never thought in my wildest dreams that I would write my own book, knowing the intention was to heal and to support and help others, and it was really nice to collaborate these thoughts and ideas based on people's own journeys."

Launched in Melbourne at the Moonee Valley Racecourse on 29 April, contributors travelled from across Australia, the UK, Africa, Turkey, and Europe to take part, with locals such as Ms Simos opening up their homes to host their colleagues and new-found friends.

"When the event came about there was this wonderful energy with people from all walks of life there to celebrate the one thing - *The Book of Inspiration for Women by Women*," she said.

To purchase a copy of *The Book of Inspiration for Women by Women*, visit [mindahead.com.au](http://mindahead.com.au)



Niki Falidis, who appears in the book.

