

ECHOES *Of* **PARENTHOOD**

Nusurati Juma Athumani is a Tanzanian medical student, mental health advocate, and writer passionate about understanding the unseen forces that shape human lives. Through her work in medicine, leadership, and community engagement, she has witnessed how childhood experiences echo far beyond the early years, influencing health, relationships, identity, and resilience.

In *Echoes of Parenthood*, she invites readers to look beyond a child's behaviour and into the world that created it. Blending compassion, reflection, and evidence-informed insights, she explores how parents, caregivers, families, communities, and environments leave lasting imprints on every child.

Nusurati believes that healing future generations begins with understanding the stories behind the people we become. *Echoes of Parenthood* is her invitation to start that conversation.