

**25<sup>th</sup> May 2015-05-25**

**The Hon. Marcia Neave AO.  
Commissioner for the Royal Commission into Family Violence  
P.O. Box 535  
Flinders Lane  
Melbourne. Vic. 8009.**

**Dear Madam Neave,**

**I have enclosed my book for you to read as part of my submission.**

  
**Steven Koniaras.**

**Author of—You`re Perfect and You`d Better Believe it.**  


25<sup>th</sup> May 2015-05-25

Madam, Patricia Faulkner AO

Deputy Commissioner for the Royal Commission into Family Violence

P.O. Box 535

Flinders Lane

Melbourne. Vic. 8009.

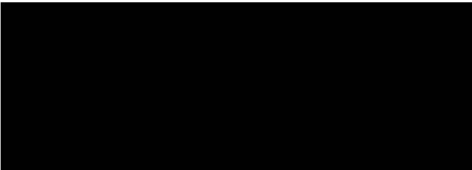
Dear Madam Faulkner,

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**25<sup>th</sup> May 2015-05-25**

**Mr. Tony Nicholson**

**Deputy Commissioner for the Royal Commission into Family Violence**

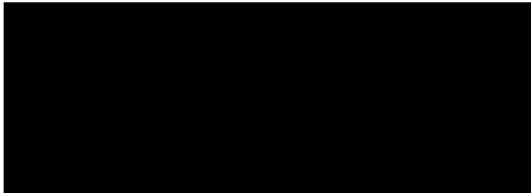
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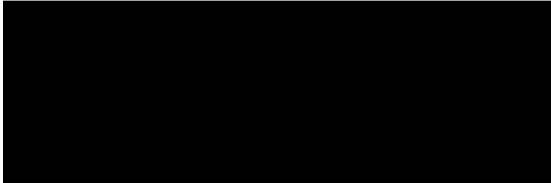
**Dear Mr. Nicholson**

**I have enclosed my book for you to read as part of my submission.**



**Steven Koniaras.**

**Author of—You`re Perfect and You`d Better Believe it.**



Congratulations on being appointed to the Royal Commission into Family Violence. I am sure this will not be an easy task and I feel sure that you are excited as to where this matter will take you.

As I am self published it is customary to introduce myself.

My name is Steven Koniaras, I am 71 years old. Australian of Greek decent. I came to Australia when I was 5 years old; we lived above my father's hairdressing shop in Gertrude Street Fitzroy. My first day at school was at the George Street State School Fitzroy Victoria. My first friend was an Aboriginal boy who was picked on and so was I, that's why we joined forces. I was the first in my family to learn English. My father purchased a house in North Fitzroy so I next went to the Merri State School they kept me down a grade. I did all my primary schooling at Merri and there were very few migrants and all my friends were Australians. From a very early age my father sent me to translate for people who could not speak English and I interpreted in many matters at the doctors, chemist, Immigration Department, work matters, home problems and other matter that were beyond my knowledge at that age. I saw what an adult's world was like. I learnt a lot. I completed my schooling at the Brunswick Technical School at that time it was one of the very few public schools that had a magnificent library and had a full time Minister of Religious Instruction and was an all boy's school. We visited all the churches in the district for religious service and as I am a Greek Orthodox and at that time there were no Greek churches I was able to attend all the other denominations. I came to the conclusion that there is only one god for all. I was one of the top students and had good marks. At school my friends were mainly of Australian decent with only a few immigrants. I was often picked on for being a Greek but I could put out as well as I received. I believe in equality therefore I was not affected by bullies. After I left the Brunswick Technical School, I joined the Bank of New South Wales, now known as Westpac. I started at North Fitzroy Branch and as there was lots of Macedonian speaking customers, I asked my mother to teach me the language as she was a Greek Macedonian and my father was a Greek from Turkey and we only spoke Greek at home. From North Fitzroy branch I was sent to Fitzroy which was a large branch and very multi-cultural. The Bank was very good to me, they gave me training in all matters and I did all sorts of work - New Business, Relieving Agency work, Canvassing, Staff Recruitment, Shipboard Agencies and much more. I worked for Chief Managers Department. My direct boss was the Public Relations Manager and part of my job was at The Migrant Advisory Centre. I trained other staff for Migrant Advisory for other branches. I was freelance and reported my actions once a week to the Chief Managers Department. I was the first person to be able to receipt money and open accounts outside the bank and at any branches, I was able to visit branches all over the place to assist with gaining business for the bank. I went back into general banking where I met my wife at St.Albans branch and married in 1970. I was the youngest person to be appointed as a branch accountant and was the highest paid and have run one of the fastest growing branches at that time. By this time we had three children and we lived in Greensborough on a new estate, I was moved to a branch on the other side of town in a migrant area. My wife was isolated on a new estate with three children under three, as I had to travel across town I did not see my children as much as I wanted to so I resigned from the Bank and started my business so as I could spend more time with my wife and children. I ran a Handyman Service and after three years my brother joined me. After a time we decided to go into Property Investment. The first couple of purchases were quite hard but we honed our methods in buying, renovating and selling. We have done this to over 300 homes. You now briefly know who I am and what I have done in my life. We can now go to my book the title is.

**You`re Perfect and You`d Better Believe It. This book of ten pages can change your life forever, if you can do one of the hardest things a person can do –CHANGE DIRECTION – just believe you are perfect just like the lady who read the book and understood and inspired me to go on and print the book.**

**People who have read the book and understood have had a profound change in their life - they are happy. I have been trialling the book and have asked people to comment on its worth and the affect on them, to date I have had no negative feedback. Resistant to change, yes, but no negative comments about its content. It takes some time to understand and change but it is achievable no matter how much resistance to change one has, all they have to do is to keep reading the book they will then see its worth and accept they are perfect.**

**Any person who believes what I say in the book cannot harm another person unless he or she is sick in the brains and desires to do harm to themselves which is against nature.**

**I have read the Extract of Terms of Reference to be presented to his Excellency the Governor of Victoria by you the Commissioners.**

**I am going to suggest to you a strategy to reduce family violence.**

**A person who perpetrates any violence is to be placed on a data base and receive a copy of my book and instructed to read same. If they re -offend they are accountable with no exception.**

**If the person re-offends there will be a record of them receiving a book on the data base, now the person must attend a twelve month group session in reading the book to change. The power of a group reading is ever so much stronger. Reading the book is like an athlete in training. Psychologists say 45% of our every day behaviour is governed by habit. By reading the book morning and night it will help to set up a new habit to change so as one feels perfect.**

**The book has been designed to be able to be posted by ordinary mail, my original thought was to post two books one for the perpetrator and one for the victim.**

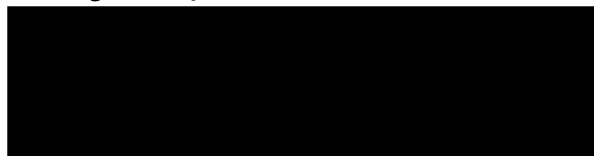
**This book does not pick or exclude on any one, culture, diverse communities, gays, lesbians, bisexual, transgender, intersex communities, regional and rural communities, people with disability and other needs, it is universal.**

**This book works. I hope it works for you and you can see a way to help send the message to people who violate other people.**

**I wrote the book in 2009 and doubters almost stopped me from publishing until I did in 2014. I am sorry it took so long to print as it would have helped so many people in that time.**

**I hope you can do something with my book.**

**Steven Koniaras.**



You're  
*Perfect*  
and You'd Better  
*Believe* it

by Steven Kamiano

ISBN 978-0-9871687-3-7



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# Prologue

It's quite funny, you know. I don't know how I came to write *You're Perfect and You'd Better Believe it* I just sat down and started one day, and after writing the article I let my wife, kids and brother read it. My first attempt was quite blunt and the language was quite strong, and my daughter suggested I tone it down a bit. I made the article more palatable in language but not in content.

My brother wanted me to make this article longer, but to me it is so simple, there is no need to say more. The strange part was that my family did not accept what I was saying, so I went on a search as to why; I had to find why some people understood and some did not.

One woman read it and got it first time – she just glowed with happiness and thanked me a lot. This inspired me to keep going. Then I showed it to a psychiatrist friend who I was sure would understand and accept what I was saying, but when I asked him if he believed the article he said, 'No'. I was very disappointed. A few weeks later I asked him why. To my surprise he gave me this answer: With his right arm pointing forwards, he said, 'Everyone is going in this direction.'



Then he put his left arm over his right and pointed to the right. 'You come along and want everyone to go in this direction! For most people this is too much to digest quickly.'

At last I had the answer as to why some people did not understand something as simple as *You're Perfect and You'd Better Believe it*.

I am grateful that I come from a family that is very understanding. Both my parents were very social and accepting of all people. My father, a hairdresser, taught me and my siblings to believe in ourselves, to be accepting of other people regardless of their beliefs, and to be flexible. I thank my parents for their open and honest ways.

For most of your life you have been heading in one direction, and now I am pointing you in another direction.

*Now read *You're Perfect and You'd Better Believe It*.*



# You're Perfect and You'd Better

Psychiatrists say no one is perfect. Maybe that's because they feel that they are not perfect, so therefore no one else is. Let them believe that if they choose to do so.

Let me tell you what I believe. You *are* perfect and you'd better believe it.

The dictionary defines perfect as having all essential elements and characteristics; being complete; without blemish or defect; faultless; correct in every detail.

When you were conceived conditions had to be perfect for the two cells to join. This event had to be perfect for you to come into this world. You started out perfect and you still are perfect.

Believing you are perfect is so simple that people miss the idea of it and act as if they are not so. You are perfect. *Just believe it.*

# Believe It



We are all different yet we are all perfect in our own special way. The moment you start to believe you are perfect, you will start to see and feel that other people are perfect too. Keep this simple belief. You are perfect. The moment you believe this with all your heart and soul, you will recognise other people are the same as you – perfect, yet different.

How many times have you heard people say, 'I can't do this because it is not me', or, 'I don't know how to do this'? It is not true. You are able to do what you like and to become the person you want to be. The only reason you can't is because someone told you that you can't, and you believed them.







*We are all the  
same*

Sometimes you may feel bad because someone called you a name or ran you down. But let me tell you, it's only because you do not believe you are perfect. When we are born we are given everything we need, and I mean everything. We are perfect; there is not a thing we are missing in our minds, bodies or souls.

All people of this earth are the same regardless of race or creed. We are all the same under our skins. We are all of the same family yet we are different in our beliefs because we have been brought up in different families, towns, districts, countries and temperature zones. We eat different types of foods, have different religious beliefs and ethics, and may speak different languages. Yet we are all perfect.

The moment you say to yourself that you are perfect is the moment that you start to believe you are. And the moment you believe you are perfect you have to also believe that the person right next to you is perfect because if you are, so is everyone else. They may be different but that's okay. If everyone believed that they were perfect they would not try to change others but would allow them to be who they are. They would not pick on their colour, nationality, foods, tastes, religion and other differences that are too many to mention.

*Nobody can make  
you feel bad*

When someone is telling you off and you know that you are perfect it will not hurt. They are only talking about themselves. If they felt that they were perfect they would not have to yell at you. The best way to deal with people like that is to remember that they are only doing what someone else has done to them. The best defense in this situation is not to react to their telling you off, tell them that you are perfect, and that you would not do that to them.

Nobody can make you feel bad unless you let them. The person who is trying to make you feel bad is feeling bad themselves and if they felt that they were perfect then their attitude would be different. If you believe you are perfect then you have to believe that the other person is perfect in his own way, and once you see this you will be able to communicate at a level that will bring trust, understanding, kindness, relief, empathy, truth, harmony and meaning to your life.





Finally, Don't  
forget



When a baby is born she is perfect. As she grows up, she absorbs the views of her parents, then her wider family, community, and country. She is now gifted with values other than the ones she was born with. She sees others as being different. She may feel some prejudice and bias towards others and may use offensive language or actions in relation other people's nationalities, religious beliefs or customs. The person to whom this offence is perpetrated against most likely will respond in an equal way. Yet, if you believe you are perfect and act that way, if you treat other people as if they are just like you, people will begin to react differently, especially once they begin to feel your vibes.

*Remember that everyone is different,  
but everyone is perfect just like you.*

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