

2024年



閱讀愛 Reading Love 愛閱讀 Love Reading

4.23 World Book Day 創作比賽 Creative Competition in 2024

香港

Hong Kong

高中組

中四 (S4) > 中六 (S6) Senior Secondary

Au Wing Lam

Po Leung Kuk Vicwood K.T. Chong Sixth Form College

Topic Ups and Downs

My earliest memories of reading was when I was in kindergarten. I loved to spend every night with my mother beside my bed, reading me bedtime stories. The story of "The Magic Porridge Pot" had a great deal of appeal to me, as I found it to be very captivating. I asked my mother to read it to me over and over again. I remember that when I first listened to her read this story to me, I always wished that I lived in that world, even if the ending of the story was quite messy and chaotic as well. My mother and I always talked about what we would do if we had the magic pot in our hands. It's such a precious memory!

It wasn't until high school that I began to read independently. One day I visited the library and while browsing through the sea of books and magazines, this one book in raisin purple caught my eye - The Witches by Roald Dahl. Bruno Jenkins and his Norwegian grandmother had a wonderful adventure, stopping the Grand High Witch and her evil plot to turn all children into mice. It was a magnificent story that kept me glued to the pages. As soon as I finished reading this amazing piece, I was enthralled by Roald Dahl's books and became addicted to reading fiction. As much as I had a tight schedule with my academics, I still manage to find some time for reading despite how busy I was.

When I was in eighth grade, there was a period of time when I stopped reading books. I didn't manage to find time to read anymore until I became a student librarian at school. When I was tidying the shelves, I came across the book Witches by Roald Dahl again and took a trip down memory lane. It was such nostalgic memories of my younger years when life was so much simpler. And I brought it to the counter with me. I couldn't wait to read it once again!

The night after my finals, I sat down on my bed and flipped through the pages while sipping a cup of hot cocoa. Despite a vague memory of the story, I only have fragmented memories of the part where a boy was turned into a mouse by the Grand High Witch. When I read it again now, I found myself astonished to realize how surreal and unrealistic this story is. By the time you have read it twice, it was not as thrilling as the first time when you read it. Although there are many things about the story that might seem unrealistic, and as stated in the story, witches look just like ordinary women and the grand high witch is able to shapeshift as well. Based on that, I think the most important message Dahl tried to convey to us was that we shouldn't be too trusting of people based on their appearance alone. And in this world, no matter how small you seem in this world, if your heart is in the right place, you matter in this world.

It was unfortunate that I had begun to find this kind of fiction story unrealistic and I did not really enjoy reading it if the story did not relate to my day-to-day life in any way. But then, I still read some gap books which were about someone's diary - Diary of a Wimpy Kid.

Diary of a wimpy kid is a fictional book that follows the everyday life of a middle school student - Greg Heffley. The diary records a year of his life and it's mainly about things that he goes through with his friend Rowley, annoying brothers Roderick and Manny, his naggy parents.

In spite of the fact that most of the story is about his regrets in his life. Actually, I am very much looking forward to living this life and having a best friend like Rowley who is sincere and caring. The relationship between Greg and his family is not the best, even though he doesn't like his family and they argue from time to time, it is somehow better than my relationship with my parents. The more I grew up, the less time I spent with my family, and the less time I spent with them together. There had been no time for us to sit down and have dinner together anymore. The kind of relationship I want with my family is one that I really long for, and I hope that we will be able to be close again like before. It was this book that really caused me to have deep thoughts about my relationship with my family. It was important to remember that academics are not always the most important thing in life. Brad Henry once said that a family was the compass that guides us in the right direction. They were the inspiration to reach great heights, and our comfort when we occasionally faltered and by that we should cherish our time together.

It is unfortunate that things started to change for me when I reached eleventh grade. During that period of time, my academic performance had a rapid downfall, and I was pushing myself very hard, and both my mental and physical health were pretty unstable as well. There were so many things going on in my life that I wasn't even sure what to do to fix them.

A few weeks ago, as I was sinking into the pit of despair, I came across a book that gave me a tremendous amount of inspiration and helped me pull myself back together - The power of now: A Guide to Spiritual Enlightenment by Eckhart Tolle.

The main idea of this book is to emphasize the importance of living in the present moment and not to lose ourselves in worrying about the future. It provides a huge guidance on how to overcome negativity which really helped me heal from my bad grades! Besides, Eckhart brings us closer to discovering our true inner selves through emphasizing the importance of now-the present moment-by highlighting the value of "now".

After reading this masterpiece, I realized the importance and of course, the power of "now". I know it is the time for me to pick up both academic, physical and mental health. I immediately started to make up schedules that I would follow! Either that than, it also made me reflect on how much time I have wasted throughout my childhood and teenage years.

Although I am not a bookaholic, I happen to have tons of wholesome memories from reading! Not only does the book relieve me from stress, from each and every one of it I have learnt valuable lessons that I'll never forget!

Comments

- Natural writing.
A detailed account of the writer's story with description of feelings.

Kwong Leann

St. Margaret's Co-Educational English Secondary And Primary School

Topic Worlds Within Pages: Books That Shaped Memories

As a child, I loved escaping to the imaginative worlds authors create. There is something special about getting lost in another world between the pages of a book. Books allowed my imagination to run wild in a way that other mediums did not. Reading allows me to be fully immersed in visualising the intricate worlds and complex characters, enabling me to interpret the author's descriptions with my own experience in contrast to watching visuals crafted by someone else. To me, books ignite my creative visualisations in a personalised way, making the story uniquely my own. Pages of the books painted pictures in my brain I will never forget. A few stories really stuck with me over the years - "The Giver" and "Fahrenheit 451." These books stayed with me through the years because they awakened thoughtful reflections that have continued to grow and change as I have.

A Book Carries The Entire World With It
I still vividly recall the surreal feeling I had reading "The Giver" by Lois Lowry for the first time in junior secondary. On the surface, it portrayed a seemingly utopian society where wants and needs were fulfilled, emotions essentially non-existent, and people lived long, happy lives free from pain or suffering. However, as the protagonist Jonas takes on the job of "Receiver of Memory" and begins to receive memories from the community's "Receiver of Memory", the darker realities of this world begin to unfold.

I was captivated by Lowry's dystopian vision that sacrificed colour, relationships, sensations, and true memories in favour of a fabricated sense of safety. It prompted deep thought about what really gives life meaning beyond superficial pleasures and conformity. What struck me most was Jonas' seminal scene experiencing colour for the first time. Lowry's evocative descriptions awakened appreciation for sensory pleasures often taken for granted in our daily lives. I do remember being confused by the author's description when Jonas first saw colours. The confusion faded as it was revealed that Jonas was seeing colours for the first time. This memory prompted gratitude for the simple yet enriching experiences, emotions, and individuality we possess rather than fearing them as the community had been engineered to do.

Books truly are worlds that we enter through reading. What I've come to cherish most about reading is the evolving ways in which stories can resonate depending on my memories and experiences. Each time I pick up a book again, I gain new layers of meaning and insight from its passages because of the accumulated memories, lessons, and personal growth in my own journey since the last reading. As a child, Jonas' discovery of colour was a magical realisation. But revisiting it after experiencing love and hurt, I better understood how the community was depriving its people of deep human emotions. My own relationships helped me connect to the importance of feelings like joy, sadness, and affection that the book portrays. Becoming a sister myself also gave a new perspective on Jonas' desire to protect his infant brother. Personal experiences have allowed me to continually extract fresh insights from Lowry's thoughtful examination of what it means to truly live. Each time, the story resonates on a richer level because of my own progress through life.

Revisiting "The Giver" years later unlocked new dimensions of memory and feeling. Personal experiences allowed me to fully grasp the book's theme that happiness has no sweetness without the bittersweet. I was filled with sadness when I had to say farewell to my friend who was about to study abroad. But it is with this sadness that encourages us to cherish each moment we get to spend together, and it is with this sadness that makes every moment we get to spend together extra special. Pleasure holds no intensity without an understanding of suffering as its alternative. By eliminating all that could be deemed "bad", the community has inadvertently lessened what is "good" as well. Only through embracing both light and dark, pleasure, and pain, can individuals and societies experience life to its fullest. The "bad" serves to heighten and define the "good", showing that both are necessary for a rich, thoughtful existence.

Each Story is A Whole World In Itself
Another book that has always stayed with me is "Fahrenheit 451" by Ray Bradbury. It envisions a dystopian future where books are outlawed and "firemen" burn any that are found. The realistic and skillful worldbuilding brought chills down my spine whenever I picked up the book.

Bradbury portrayed a society numbly addicted to entertainment and superficial human interactions, mirroring societal trends even in the current era of social media dominance and short attention spans. He envisioned everyone numb from screens and entertainment, not unlike the way we consume media nowadays. I am reminded of the old days where we spent time in the parks running around instead of mindlessly scrolling on our phones in bed. One of the most powerful messages I took from the book was the protagonist's realisation that books allow humans to truly understand each other across geography and time in a way that no other medium can. They illustrate that we aren't alone in our thoughts and struggles by transporting us into the lives of countless others through storytelling.

One passage from "Fahrenheit 451" that remains vivid in my memory is when the protagonist discusses how his mother spent her final years, constantly watching multitudes of screens that kept her thoroughly occupied and disengaged from real human connection. As I revisited this scene recently, it stirred thoughts of my own grandparents. While they did enjoy occasional television for entertainment as a pastime, they found most fulfillment through quality time spent with family—listening to stories from our days, offering wisdom and advice grounded in their rich experiences, or just enjoying comforting silences together. Revisiting this part of the novel illuminated for me how precious such interactions are, and how easily they can be replaced by substitutes if we let digital devices fully overtake our attention. It's a sobering reminder, as screens rampantly expand their grip on current younger generations, of the importance of choosing meaningful human engagement over the numbing alternative of endless, fragmented consuming of content. Perhaps that is one message from Bradbury's foretelling work that remains most urgently relevant.

Above all, both books leave memories inside me that better allow me to understand different perspectives on life. These books blew my mind since pre-teens. Now, revisiting their messages gives me life. During times I felt lost, pondering Lowry and Bradbury's wisdom grounded me. Their characters faced adversity and came out wiser on the other side. Their reminders to value experiences over safety nets or screens still ring true.

The books reminded me to appreciate life experiences that can so easily be taken for granted, from embracing colour and change, to savouring diverse human perspectives and the magic that each individual storyteller brings to the page, whether fictional or non. Reading truly has a way of staying with you forever by cultivating new memories and understandings. For that, I'll always cherish books as sources of insight, empathy, and fulfilment throughout both joyous and challenging lifetime adventures.

Comments

- Good description of how the book affects writer's own self and memories!
Ideas are clearly presented with sobering thoughts.

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Leung Yu Fung Christie

G.T. (Ellen Yeung) College

Topic How Books Saved Me

Everything still appears fresh in my mind. I will never forget the emotions that stirred inside me when it happened. And I will also never forget the emotions that bloomed inside me when I healed.

It all started when I was given the opportunity to fulfil my childhood dream — participating in one of the most infamous science competitions in the world. I was delighted, knowing that I had wished for this opportunity and had been working towards it for years.

It was a wonderful few months, and I worked with the team extremely hard, so that we could enjoy the showcase held in the end of the year, called The Grand Jamboree. As the fruition of all our hard work, it was the life experience I had always been dreaming of. I had been so excited to go ever since I joined the team, knowing I could finally live the dream life the inner child in me had yearned for.

But then, it all went down overnight.

When a friend of mine told me that she had been selected for the competition's showcase, I remember feeling something. I couldn't quite describe it in words, just simply the heavy feeling of sinking. I couldn't gauge the sensation, and it made me very uneasy that I couldn't describe my own feelings.

In the following weeks, I couldn't do anything but think about the tragic truth of not being selected for the showcase. It was my childhood dream, THE thing I've been working towards for years. I started writing a lot about hate and resentment, mostly bashing the woman who shunned me from my dream. I didn't know why I wrote, only that it made me feel better temporarily. It was frightening that I had to see the people selected for the showcase every day and I knew then, that to live, I needed a cure for my deteriorating mental health before it completely collapsed. I had to take a train into the depths of my heart to save what was left of me and restore what could be restored. But how? Where was that train? How could I know what was left of me? I had no idea how to answer any of those questions.

With no other plan in mind, I tentatively turned to a solution that I thought wouldn't really work but was worth a try: reading books. It was something I do for leisure, but if there were any books that could help me on mental health, I thought it might be nice to read them.

I had always been fascinated by the magic that a book holds and the library, for me, was a grand castle holding all the magical books together. On that day, I wandered over to a part labelled 'Psychology', somewhere I had never been to before, and discovered some books on emotions, forgiveness, and resilience.

And that day changed my life for the better. Forever.

One thing I learnt from reading *Understanding Emotions* is what starts them up. When events are evaluated and assigned value in terms of the individual's concerns, it is called appraisal. The primary appraisal is an automatic process with nothing to do with language, while the secondary appraisal is when emotions are directed to objects or people and can often be described in words. It was the crucial first step to changing the state of life I was in now. It made me understand how I came to feel the emotions that ran through me. I had dived deep, and I finally reached the starting point of the amelioration of all the negative emotions that had whirled around me. It was the start of the tunnel towards a better mental health and a better me.

As I continued to read more about forgiveness in *Forgiveness*, I delved deeper into the roots of my emotions. The book raised two important questions: How did I respond when someone hurts my feelings? Did I allow my emotions to run wild and let it rob me of my joy? Those were two vital questions that truly allowed me to think about why I started writing about loathing and detestation. The search for the answers to those questions let me explore more on my own self and how emotions run inside me. It was very refreshing learning a whole new layer of myself that I had never known before.

Reflecting on the moments of my darkest days, I understand a lot more now. I would never go back to how I was, but it was better than nothing. Time might have diminished and lessened the harsh feelings that I felt, but it still hurts. There will forever be a scar of what happened, and during the whole journey of my self-recovery, it kept stinging my heart as I relived the moments of what happened. Yet, I don't regret any step of the journey. Reading made me feel so much more than it had been. Since I was little, I would always relate to the characters in books, with their journeys enlightening some powerful and inspirational feeling inside me that propels me to do better. I always loved reading books that made me feel like I was on top of the world. However, reading about emotions and forgiveness really got to me. It was a raw feeling, and I felt so much more mature than I was then. It was like in Chapter 1 of *Resilience*: For a period after their ordeal, they may become distressed, but in time they will bounce back and carry on. I bounced back and carried on with my life without The Grand Jamboree and the finishing of my dream, despite how painful it sounded to me. It might sound like I would feel as if I were on top of the world reading that statement, but it felt more amazing than being on top of the world. More amazing, that I grew and faced the trauma and emotions that stemmed from The Grand Jamboree, and I now live a better life. It is true, how our perspectives of things may drive our emotions out of control. But it is also true, how I can take back control of my life through forgiveness and develop my ability of resilience. It is a lesson that can never be taught at school. Emotions are a tricky thing for sure, but they are a core part of us. They are forms of how our minds work, how we think, and how we deal with situations. They are what makes us unique. It might've been a devastation that I have been denied my dream, and it did push me into the abyss of despair, but I learnt so much about myself in the process, and about emotions. I picked myself right back up. And how did I learn to pick myself back up? I read. And the books that I read truly saved me. I wonder what I'd be like if the books didn't save me. Honestly, I wouldn't be who I am right now.

Comments

- Good try of writing in prose.
• A structured discussion of how reading has impacted on the writer.



Ng Lai Lam Jan

Catholic Ming Yuen Secondary School

Topic Final Lesson

Books are powerful tools that allow writers to convey messages, share feelings, and make a lasting impression on readers. They possess the extraordinary ability to challenge perspectives, encourage self-reflection, and inspire personal growth. Among the vast array of books available, two works, "Tuesdays with Morrie" by Mitch Albom and "The Last Lecture" by Jeffrey Zaslow and Randy Pausch, have profoundly impacted me on a personal level. These books have not only influenced the way I perceive the world but have also motivated me to pursue my life goals with unwavering determination. They have become guiding principles that inspire me to defy all odds and embrace the power of hope.

What struck me most about both books was the unique circumstances surrounding the lives of Morrie Schwartz and Randy Pausch. Despite facing terminal illnesses that cut their lives short, they managed to impart invaluable lessons from their experiences before departing from this world. These lessons forever transformed their perspectives on life. When I first delved into these books, I was captivated, especially because I found myself at a stage in life where I questioned my own existence, feeling as though I were merely going through the motions. I pondered the purpose of my life, desperately seeking answers. As I immersed myself in the narratives of Morrie and Randy, I could not help but wonder about the diverse perspectives on the meaning of life held by individuals around the world.

Reading these books brought tears to my eyes. Despite their own suffering, both Morrie and Randy maintained a positive mindset while confronting their impending deaths. They shared a similar approach to various aspects of life: prioritizing the people in our lives, finding joy in the simplest things life has to offer, and cherishing every moment of our existence. They emphasized that as time passes, the people and things we hold dear will inevitably change. Embracing the inevitability of death allows us to live life to the fullest, leaving no room for regrets. These profound ideas made me reflect on my own life and made me realize that I had not been living up to my fullest potential. I had taken life for granted, failing to prioritize the people I hold dear, and assuming that I would always have more time to spend with them. I recognized the grave mistake I had made, and now I must live with the consequences of my actions, forever burdened by the guilt that I could have made a difference in their lives if I had spent more time with them while they were still alive.

These books were precisely what I needed—a final push to set me on the right path, to move forward, and truly live in the present moment. Both Randy and Morrie advocated for finding joy in the present while embracing the things that genuinely matter in life. This serves as an invaluable lesson for me to focus on the present rather than dwelling on the past. After all, I cannot change what has already transpired, so fixating on it is futile. Instead, I should concentrate on what I still have rather than what I used to have. Changing my pessimistic view on life and maintaining a positive outlook will help me overcome negativity. Of course, such significant changes do not happen overnight. It is easier said than done, and setbacks are bound to occur. However, I am confident that I can improve myself by taking one small step at a time.

Another profound lesson shared by these books is the importance of cultivating meaningful connections and creating a positive impact on those around us through love and compassion. When I first encountered this concept, I could not help but be perplexed. Morrie believed that emotional bonds were an essential part of a meaningful life. By fostering strong connections with others, we can find a sense of purpose. Randy echoed this sentiment but also emphasized the power of forgiveness. With his limited time left, he could not afford to hold onto resentment. Instead, he focused on creating lasting memories with loved ones rather than clinging to grudges. I deeply admire those who can be the bigger person and forgive, regardless of what they have been through. Life is short, and forgiving and forgetting is better than holding grudges for years to come. Learning this lesson is challenging, as it requires a significant amount of willpower to forgive and forget someone's wrongdoings.

I cannot begin to comprehend the magnitude of suffering that both Morrie and Randy endured in their remaining days. Yet, they were willing to share their wisdom for future generations to learn from. I am sure they would be proud to know that even after their deaths, their teachings continue to inspire the lives of countless individuals. I am certain that there are others out there whose lives have also been touched by these books. No words can adequately describe how much "Tuesdays with Morrie" and "The Last Lecture" have changed my life. They have compelled me to reflect on my own beliefs, serving as guiding lights to help me understand what it means to truly live. They remind me to cherish my bonds with loved ones, to live in the present rather than being consumed by the past or worrying about the future, and to embrace the power of forgiveness and compassion.

In conclusion, "Tuesdays with Morrie" by Mitch Albom and "The Last Lecture" by Jeffrey Zaslow and Randy Pausch are two books that have had a profound impact on my life. They have inspired me to reevaluate my priorities, cherish the present moment, and cultivate meaningful connections with others. Through the stories of Morrie Schwartz and Randy Pausch, I have learned the importance of embracing the inevitability of death and living life to the fullest. These books have taught me the power of forgiveness, the value of gratitude, and the significance of finding joy in the simplest aspects of life. I will carry these lessons with me as I continue my journey, striving to make a positive impact on the lives of others and live my life with purpose and gratitude.

Comments

- Easy reading article with strong self inspirational content. Good structure of writing.
• An in-depth and insightful discussion of what the writer has learnt from the books.

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Yeung Cheuk Ying Katelyn

St. Stephen's Girls' College

Topic Letting Go and Holding On: Embracing the Paradox of Change

Wild overgrown forests and steep castle turrets were scenes taken straight from my childhood memories. Little me had spent a great deal of time curled up on the couch in the local library, hopelessly encapsulated in whatever my latest adventure entailed. Whether it be waging war with foreign knights or conquering quests in a futuristic sci-fi universe, I had grown accustomed to relying on fiction as an escape from reality. All of the troubles I had been dealing with, the multitude of the problems I was experiencing, they all seemed to wash away as I was swept into the whirlwind of storytelling. There came a time when I, like many others, began to experience the disillusionment of early adolescence. Things seemed to be happening all at once, from the deterioration of friendships I once thought were meant to last a lifetime, to the immense loneliness I felt when I left the boundaries of my comfort zone, and countless others caveats which I could not even begin to comprehend. It was through reading that I eventually found my solace. By embodying the enchanting tales of two captivating characters, both so inherently different yet strikingly similar at the same time, I finally understood.

Never would I have imagined myself being so invested in a book about tennis, but "Carrie Soto Is Back" by Taylor Jenkins Reid had me reeling with wonder afterwards. Hooked from the very first line, the family drama and romance Taylor managed to intricately weave together in this sports based novel is utterly irresistible. Bold and fiery, Carrie is the epitome of a powerhouse. Having dominated women's tennis in her prime, she made the unprecedented decision of returning to the competitive field 5 years after her initial retirement for one last match to battle it out. The reason? A new rising upstart, Nicki Chan. With 20 grand slam titles under her belt, she is only one win away from matching Carrie's long standing record. Now aged 37, Carrie is determined to revitalize her dreams and cement herself as the ultimate tennis player in history. Her road to the grand finals in the US Open was tumultuous to say the least. Tournaments were lost and tears were shed, but she never gave up and forged on. Alas, at the most pivotal moment, Carrie was ultimately beaten by Nicki, shattering what she previously thought was her lifelong ambition. You might expect Carrie to be utterly desolate, but instead she felt a strange sense of satisfaction. There is pride in oneself when you know that you did everything in your power to fight for your dreams. This, I believe, is the most powerful message an author could ever send. Carrie had spent the last 5 years obsessing about Nicki, dreading the inevitable, even resorting to sabotage at one point. Now, she's willing to embrace the fact that she needs to move on. By letting go of her animosity and accepting that the times have changed, she is displaying immense character growth. This shift in her mindset, her courage to take a step in the right direction, is something no medals or accolades could ever bring.

To let go of something might be one of the hardest things a person has to endure in life. But perhaps even harder still is the need to hold on. It is mentally taxing, having to go through every single day with baited breath. Some things are not just black and white, and Kenna Rowen is the living embodiment of that. Written by Colleen Hoover, "Reminders Of Him" brought me a myriad of emotions all at once. Accused of killing her boyfriend Scotty and abandoning her daughter Diem, Kenna had spent the last 5 years in prison as a convicted murderer. Now, she is back in her hometown with only one goal in mind: to get her daughter back in her life. But the bridges Kenna burned down are proving impossible to rebuild. Her estranged in-laws want nothing to do with her, going so far as to file a restraining order. There is only one person who could possibly change the narrative: Ledger Ward, Scotty's best friend and his parents' close confidant. Ledger and Kenna form a close connection despite their differences, all while striving to absolve the grudges harbored in the past. The challenges Kenna faced perfectly illustrates how society unfortunately labels people with ease and condones them for some imposed and uncontrollable reasons. Kenna could have stopped resisting, she could have caved in and accepted what she then believed was her fate, a world without Diem, and she very nearly did. It was her persistence and determination that eventually won not just the respect of Scotty's parents, but also the heart of me the reader. Through holding onto what she so desperately wanted, she became stronger as a person and learned to fight her own battles through sheer power of will. The glimmer of hope she clung onto would go on to be her strength, her saving grace, proving once and for all that when you put your heart to it, the sky's the limit.

Letting go and holding on, two completely contradictory concepts, together they balance each other out. There is both rejuvenation in letting go and consolation in holding on. Through those pages I inadvertently found parallels between myself, Carrie and Kenna. The two women both started out on a similar path. One on a mission to prove herself as a force to be reckoned with and reclaim her title as tennis champion, the other striving to prove herself worthy of a second chance. While the outcomes were drastically different, with Carrie moving on and becoming Nicki's coach contrasting how Kenna hung back and regained partial custody over Diem, I truly believe the changes made were for the best. Our experiences should not define us, but instead we should garner the lessons learned and let them guide us on our journey. Instead of tormenting yourself over an insignificant incident that happened 3 years prior, it is crucial to move on to greater and better things. Rather than envying others' success, it is up to you to advocate for myself and rise to other occasions moving forward. Now that I have read both novels, I would not define either of them as failures, far from it actually. They both gained invaluable insight that they otherwise would not have, and in turn became better versions of themselves. It is high time that we stop reminiscing about the past and look forward to the future. As much as I wished for time to slow to a standstill, I now realize that change is inexorable. It is incumbent on us to adapt to the rapid river currents of life.

As Vivian Greene once said, "Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain." Whether it be letting go or holding on, it is up to us to decipher the complexities of the changes in our lives and leave our own footprint on this earth.

Comments

- Good content of self inspiration with the book. The impact of emotions is strong. Good writing!
- A well-structured piece of writing with a rich vocabulary and thought-provoking reflection.

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