

## Book review: The Present

By Dorothy Wong Yan Yung

How would you feel when you received a present? I am sure you would feel delighted and excited. But have you ever imagined you could get a gift that would make you happy for a very long time? It is more valuable than a bicycle, a doll, a motor car, a storybook or even some jewels. You can find out what this gift is when you read 'The Present'.

The story of the young man in the book reminds us to concentrate on the present moments. When we are working, we should concentrate on our work instead of thinking about the past or worrying about the future or else we cannot do it well. When we are doing something fun, we should enjoy what we are doing; otherwise, we will miss the fun of it. I think this is always true. I like dancing a lot as it is really fun. I enjoy doing different movements and dancing to the music and I also love dancing with my team members. When I am dancing, I just concentrate on my movements and my teacher's instructions. I will not think about what I am going to eat, or what games I will play with my friends after the practice. I just enjoy the present. I also enjoy taking table-tennis lessons every week. When I am playing table tennis, I just concentrate on the game. I listen to my coach's instructions and do what she tells me to do. I often make mistakes but I will not think about my mistakes or feel sorry when I am practising. If I do so, I can never play well.

I can tell you another experience here. Two weeks ago, I took my Mathematics examination. While I was doing the exam paper, I found some questions that were really difficult. I started to worry. I worried that I could not answer the questions correctly and I would fail the exam. Then I worried that I could not promote to Primary four. I spent my time worrying instead of concentrating on the questions. As a result, I did pass my Maths exam but I did not do as well as before. I think it is really important to pay full attention to the present when you are doing something hard.

Actually, the part in the book that I like most is when the young man went to his friend's cabin in the mountains and spent a night there. In the cabin, he stared at the fireplace in the cabin and thought the design

was very beautiful. Then he understood the meaning of 'The Present'. He knew it is important to pay full attention to your work when you are working if you want to do it well. When I was reading that part, I also began to understand the meaning of the Present.

The book also talks about the future and the past. You can think about the past although you concentrate on the present. You can draw a lesson from the past. I remember when I was in Primary one, I sometimes got up late in the morning so I missed the school bus. Then I had to take a taxi to school and it was very expensive. After some time, I learnt a lesson. Then I began to get up earlier so that I could catch the school bus every day. So it is useful to draw a lesson from the past.

It is also important to plan for the future. I often plan for the future. Before my family goes on a trip with me, I am usually the one who makes the packing list. I draw a list of things we have to pack for our trip. It is very useful as it saves a lot of time when we do our packing. I also plan the itinerary with my parents. We check the weather of the place we will go to and decide where we will go and what we will do. It is important not to worry about the future, but plan for the future.

Let me tell you an experience here. Last night, before I went to bed, I remembered I had forgotten to prepare some snack food for today's tea party at school. But it was too late to buy anything at that time. Instead of grumbling, crying, regretting or worrying, I concentrated on 'the present'. Then I sat on my bed and thought about what I could do. Finally I thought up some ideas to solve the problem and everything turned out to be good today.

I hope you will find the present in your life and be happy and successful.

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