

Book name: When bad things happen. A guide to help kids cope

Author: By Ted O'Neal.

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I read a book called "When bad things happen", it teaches me what to do when unpleasant things happen. I think it's really an interesting and meaningful book because it makes all of my fears disappear. Sometimes I was worried about how to ease off my unpleasant feelings or watch the news on television which is about disasters happening in other countries. Luckily, after reading this book I have more confident about facing problems and feeling safe. I would like to thank the author Mr. Ted O'Neal for writing this book. I have lots of inspiration while reading and I would like to share them with others.

In this book, one of the chapters mentioned about 'Remember the heroes' which reminds me my heroine, her name is Anne Frank, a Jewish girl. She went into hiding with her family and other people in order to prevent being caught by Nazi when the Second World War broke out. They lived in an extremely cramped condition for two years in Amsterdam, which was totally a torture for them. They were often quarrels between them, and the rules were strict, for example, they couldn't talk much and loudly (Anne always liked talking), or wore shoes (her feet would be freezing in winter) in case the neighbors heard them. I simply couldn't bear this, but Anne could. She confided all of her feelings in her diary and always remained a positive attitude. In spite of everything, she could still write sentences like "I believe that all people are very good at heart." We can see that she loves her life no matter what had happened to her and how worst of the situation. I think she is the bravest girl I've ever seen. Being brave is also an important thing to do in unpleasant situations. She is a good model for us as she dares to face her fate and thinks positively.

In a positive way of saying, bad things can make improvement. We can learn lessons from bad things, for example, the unprecedented tragedy of World Trade Center in New York and the terrifying tsunami in Southern Asia. Scientists invent bomb-detectors or weapon-scanners that can prevent attacks from terrorists. They can improve the accuracy of detection in some powerful devices to detect earthquakes or tsunami in order to save more life.

On the whole, we are all very lucky to have a proper home, a family and enough food, so we should content with what we have. We shouldn't think of ourselves only, but consider others. I thought that forgiving is "to forget what happen", but I was wrong. The meaning of forgiving is "we try to understand and let go of hurt or anger". I think this is the most impressive sentence that I will never forget. It can help me out and feel much better when bad things happen to me. I'll never give up and cherish my life because life is good and precious.