

Book Review: When Bad Things Happen
By Dorothy Wong Yan Yung

When bad things happen, dark clouds hide the sun
When bad things happen, it's natural to feel glum
You yell, you sob, you cry and away you run
As for me, I'll get hold of my Mom
To hug me, to comfort me
And share my sad moments

When something extremely bad happens, you may run away, hide yourself or even have nightmares but I will tell my parents, think of something that is good and beautiful or do some good things. Where have I learn these solutions to cope with bad things in life? Let me tell you now. I have read a book titled "When bad things happen" and it gives us some very good suggestions to cope with adversity.

This book gives us suggestions to cope with unpleasant things like having your favourite toy broken or some really sad things like sickness or even death of someone close to you. The writer tells us that these things always happen although we do not understand why they do. Then he gives us some advice like telling them to someone you like, being brave, trying to help others and doing good things. The most important thing is we should always remember we are being loved and cared for by God even in bad times.

It is true that sometimes we do not know why bad things happen but we can all try to be kind and help others. Do you remember there was a horrible disease, SARS in 2003? It affected Hong Kong and many cities. At that time, my parents had to work but I could not go to school. Our foreign helper went back to her country so my parents had to take me to my grandparents' every morning and fetch me in the evening. They were really exhausted. I also felt tired and worried. But instead of grumbling, I helped my parents do housework and even did the cooking. I was happy because I could help them. I also learnt to be more independent. During that period, many doctors and nurses worked very hard to help the patients. So if you try to help other people and be kind to them, it will make them and yourself feel happier in bad times and you

can learn something from the bad thing.

The writer says life changes after a bad thing. Let me tell you the worst thing that has happened to me. It was my great grandmother's death. My great grandmother was a humorous and caring person. I still remember how she took care of me when I fell down and hurt my leg one day when I was very small. To thank her, I made a play dough cake for her. She said it was scrumptious and asked me to make more food with play dough! How delighted I was! But then she got weaker and weaker and one day she died while she was sleeping. That was a very sad thing for me. I cried and cried until my pillow was all wet. But after that, I changed. I worked harder because I knew my great grandma would be happy if I did. I also learnt to treasure the elderly in my family such as my grandparents and talk to them more patiently.

In the book, the writer mentions some heroes we know. I am sure you have heard of Ludwig Van Beethoven. He was gifted in music but one day he became deaf. It was really bad but he did not give up. He stayed strong and continued writing music. Symphony Nine was composed while he was deaf. It was amazing how a deaf person could write such music. It showed he was persevering in bad times so he became a great musician.

It is bad enough to encounter bad things but it is even worse if you are sulky, sloppy or feel guilty because of them. I think if we have a positive attitude, we can get over the bad things and be happier.

The End