

Book Review

Title of the Book: ***Make Your Creative Dreams Real***

Author: ***Sark***

Participant: ***Yeung Yau Kung, Tommy***

Dear Sark,

How are you? Last month I browsed in a bookshop and took a book randomly from the shelves. The cover of your book really caught my sight and I opened and read it right away. I really appreciate your positive attitude to life and your personal experiences absolutely inspire me a lot. After reading your introduction and book's content, I am sure that I get the right book.

To write this letter, I've been thinking back about things that have gone wrong over the past and I suddenly realized that the unnecessary frustration was resulted from my wrong attitude to the dream.

You mentioned in your book *Make Your Creative Dreams Real* that the most important thing in making our dream is not the outcome but the process. People should learn how to face their disappointment, frustration and anxiety. Also, people should have a right attitude to their dreams.

My dream is being a Police Inspector. However, I have a short-sight problem and I was not eligible for the application. It seems that my dream is a "real" dream which never comes true.

Thank you to Technology which changed my fate, I found that there is one kind of eye-sight correction operation. However, I was very worried about the side-effect of operation. Not only my friends and parents suggested me not to

take the operation but also the operation fee is quite expensive. It seems that I was standing at the cross. I wonder what should I do? At last, my parents were persuaded and I saved money up to \$20,000 for the operation fee. You mentioned that "Fear's job is to make sure we don't try" and I am happy to tell you that I have obstructed its job successfully.

However, receiving the operation didn't make my dream real right away. I remember that I felt extremely pain on my eyes one hour after finishing the operation. I covered my eyes with hands and cried in bed. I regretted and asked myself why I was so stupid to pay money to hurt my healthy eyes. I was so scared because my eyes were too pain to open until the next day.

Also, I found that I have a permanent side-effect resulted from the operation and I felt a little hazy on my left eye. I felt guilty and blamed myself for my wrong decision. I was falling in between loneliness and aloneness. I want to give up my dream. I remember that the first astronaut reached the Planet and had a walk on its surface. The US representative said," his several steps on the moon implies a great progress in the development of technology".

Several weeks later, I submitted the application form to the recruitment section. To be an Inspector, I need to go through many tests. They include Chinese and English Written tests, Aptitude Test, Impromptu Talk, Management Exercise, Leadership Exercise, Summary Presentation, Group Discussion, Final Selection Interview, Physical Fitness Test and Vetting...

The Hong Kong Year Book 2005 shows that 5560 applications were received by the recruitment section but only 36 were recruited as Police Inspector. Its recruiting ratio revealed the degree of its difficulty.

In fact, I have applied for the post of Police Inspector for seven times but

now remained unsuccessful. My first application was made in 1998.

In 1998, I passed the Preliminary Interview and I was invited to attend the extended interview. I found that I was the youngest one among the candidates. My performance in the interviews revealed that I was not mature and my English was poor. Also, I was getting nervous before a group and I have no confidence in the English presentation.

I would like to tell you that I grew up in a band-five secondary school and most students are underachieving. I was unable to recite A to Z orderly even when I was form three. So, how can I present a topic in English for a couple minutes without preparation? How can I pass the Chinese and English written tests? How can I finish the leadership exercise without any solid leadership experience? How can I conduct an English presentation for 15 minutes with prepared flipcharts just after reading an unfamiliar Chinese article with 800 words in 15 minutes? How can I present my opinion logically and persuade other to agree with my point of views? I was worried that all sessions must be conducted in English.

I was so scared and I really want to withdraw. I was thinking how to improve my both languages in more effective way. Also, I was working on shift so most of the regular courses were not suitable for me. I thought I should formulate a self-study plan.

I took initiative to join an English News discussion group to practice my English speaking. Also, I subscribed to local English Newspaper to “force” myself to read English every day and I chose to watch English TV channel. When some foreigners are reading a map in the street, I would take initiative to help them. I will show them the right direction and introduce several nice places to them.

To improve my written English, I wrote to the English newspaper to express my opinions and I wrote my English diary to my own blog.

Sometimes I was very tired after finishing my work. I was too lazy to read the English book or write the article. How can I motivate myself? I imagine that I dress in the Police Uniform and patrol on the street. Then, I felt excited and went to my desk to study English.

In fact, the Police Recruitment Section will not accept any application of the candidate who failed the interview within a year. Over the past six years, I would receive a letter from the Police department and the first paragraph is "I regret to inform you that your application is unsuccessful...".

I have a major emotional upset when obtaining the bad news. I wonder whether I should awake myself and stop wasting my time and energy. I was getting old and very late to change my career after my thirtieth year birthday celebration. I thought that only a few of dreams were attainable and most never come true. I got lost. That's what you have mentioned in your book. How can we deal with disappointment and frustration? How can we deal with fear and redirect fear?

One important lesson I should is that I need to give myself permission to fail. No one likes failure. However, the frequency of encountering failure for the successful person is higher than that for the unsuccessful one because success came after many failures. Most of unsuccessful persons never try.

When I focused the "process", I started to understand that I have learnt many important lessons over the past. Every time when I write to the newspaper, I would prepare my articles with 100% seriousness. I would maintain the accuracy and precise of my articles. Luckily, what I wrote to the Editor had been publicized. Now I become more confident in expressing my

English because even some of my friends with good English may not dare to write to English newspaper.

Also, in the English news discussion group, not only I have a great opportunity to practice my English but also I can learn how to think logically.

Every time when I was informed of the unsuccessful result, my frustration is strong enough to make me lose my appetite for a period of time. I would share my feeling with my friends and they would concern me very much. I realized that real friends will be always with you no matters you are in ups and downs.

Before taking the eye-sight correction operation, I spent one year time to persuade my parent to give me permission. Meanwhile, I often talked to my parent and told them about my dream. I knew that they didn't want me to do such a dangerous job and they were worried about my safety.

I realized that I was so childish and not considerate. It is because making any decision may influence others. My move would make my parent unhappy and worried.

The more I expect, the more I am disappointed. However, if I have no such a dream, I may not really know what is important in my life. Or I can say that my present condition may be more suitable for me and I should not insist to change.

I would like to tell you that I may be giving up my dream. I am sure that my decision may not be attributed to my weakness and insufficient confidence. Instead, my decision reveals that I am taking control of the rest of my life. Even though my dream will not come true, it is always in my heart. I have tasted and experienced it. The most important thing in making our dream is not the outcome but the process. I learnt a lot from your book. I would like

to say "thank you".

You have written not just a theoretical analysis, but a practical manual for how to succeed in making our dreams real.

Finally, I want to tell you that I have done my best and I have no regret at all.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Tommy Yeung', with a stylized, sweeping flourish at the end.

Tommy Yeung

End