

THE
BEST
OF
YOU

PRAKATA

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” - Voltaire

Namun perkara yang baik dan indah jarang berlaku, terutamanya di dalam kehidupan yang amat sibuk ini. Masa, ruang dan peluang untuk kita menghargai saat-saat yang berharga amatlah terhad.

Buku ini ialah suatu percubaan yang ikhlas dalam mengenalpasti penghargaan yang semakin berkurangan di dalam kehidupan kita. Buku ini memaparkan 50 kisah hidup yang kami terima dari semua lapisan masyarakat menerusi Pergerakan Yang Terbaik Dalam Diri Anda.

Kisah-kisah mereka berkisarkan cinta, sesalan, jenaka, menyayat hati, semangat dan menyeramkan. Yang paling penting, kisah-kisah mereka adalah berkenaan dengan kisah penghargaan yang datang tulus ikhlas dari isi hati mereka.

Kami bawakan kisah-kisah mereka sebagai hadiah untuk anda. Kami harap anda dapat meluangkan masa anda dengan secawan teh yang panas, selami dan hargai kisah kehidupan mereka... yang penting hargai diri anda.

前言

“感恩是一件美好的事；它让别人的优点也成为我们自己的。”— 伏尔泰

然而，美好的事却微乎其微，尤其现今生活压迫忙碌，并没有太多的空间、时间和机会能让我们好好去领略感恩的时刻。

出版这本书的目的，在于想尝试填补这个缺乏感恩意识的时代。书中收录了50个完整未经修饰的真人真事，是在过去一年透过“最好的你”活动所收集到来自社会各阶层的故事。

这一个个故事，诉说着爱、遗憾、欢乐、伤心、勇气以及恐惧。更重要的是，它们道出了每个人心底里最真挚的感恩。

我们把这些故事当作一份礼物，诚挚献给你们。谨望您能抽出一私人时间，泡上一杯热茶，让自己融入到他们的故事中，领会他们的生活，感受他们的感恩，同时也可对自己的生活怀抱感恩的心。



FOREWORD

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” - Voltaire

Yet wonderful things can be rare, especially in our cramped and busy lives where there is little space, time, and opportunity to enjoy moments of appreciation.

This book is a humble attempt to address the appreciation deficit of our time. It contains 50 stories, unabridged and with minimal editing, received from all walks of lives through The Best of You movement last year.

Their stories speak of love, regret, laughter, heartbreak, courage, and fear. But most of all, their stories speak of sincere appreciation, told straight from the heart.

We present their stories as a gift to you. We hope you can find some quiet time to make yourself a nice warm cup of tea, invite yourself into their stories and appreciate their lives... and appreciate yours too.

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APAKAH
YANG
TERBAIK
DALAM
DIRI
ANDA?



HOANG PHAN

Malaysia

Nama saya Hoang Thi Phan, no scan 5614 dari Vietnam. Ketika umur 19 tahun, saya berkahwin dan setahun kemudian saya dikurniakan seorang anak lelaki. Saya sungguh bahagia dengan keluarga saya, tapi kerana desakan ekonomi keluarga yang bertambah, saya mengambil keputusan untuk meninggalkan suami dan anak tersayang untuk bekerja di Malaysia pada tahun 2006 ketika anak saya berumur 5 tahun.

2 tahun setelah saya duduk di Malaysia saya menerima berita. Suami saya berkahwin dengan orang lain, hati saya sungguh sakit dan terluka kerana saya bersusah payah bekerja untuk menambah pendapatan keluarga tapi dia khianati saya. tapi meskipun keadaan demikian, saya kuatkan semangat untuk terus mencari rezeki demi anak saya. Hingga kini anak saya sudah berusia 13 tahun saya dapat memberi kan kebahagiaan kepadanya dengan membuatkan sebuah rumah dan membelikan sebuah motosikal hasil dari titik peluh bekerja di kilang julies. itulah yang terbaik yang dapat saya berikan untuk anak saya.



THILAGA

Malaysia

Saya seorang wanita yang telah berumahtangga dan mempunyai kerjaya sendiri. Setiap hari saya keluar bekerja dari pukul 5.00 pagi hingga 3.00 petang enam hari seminggu. Pada suatu hari saya dan suami saya keluar bersama kawannya telah pergi ke sebuah kebun berhampiran. Di sana dia mengenali seorang pekebun yang berpengalaman. Dia memberi dorongan dan galakkan kepada suami saya untuk berkebun. Kami sepakat untuk membersihkan tanah terbiar di tepi rumah kami untuk tujuan menanam cili padi.

Suami saya menghadiri kursus keusahawanan dan mempelajari teknik dan cara-cara penanaman sebelum memulakannya. Kami membeli benih daripada kenalan dan mulakan penanaman. Suami saya telah mengusahakan kebun ini selama 7 bulan. Walaupun cuaca panas dan hujan lebat, suami saya tidak berputus asa dan berani menghadapi cabaran. Selepas pulang dari kerja, saya akan menguruskan rumahtangga dan selebihnya membantu suami untuk membangunkan kebun cili.

Berkebun telah menjadi minat suami saya kerana ayahnya juga merupakan seorang pekebun. Sejak kecil dia melihat ayahnya berkebun dari situlah minatnya untuk berkebun mula timbul. Walaupun penat bekerja di pagi hari saya cuba mencuri masa untuk membantu suami di kebun cili. Penat lelah saya dan suami selama ini terbalas apabila melihat hasil cili-cili yang subur.

Inilah terbaik daripada saya.

“Benarlah kata peribahasa kalau kita berbudi kepada tanah, dapatlah merasa hasilnya.”



FAHMI

Malaysia

Tinggal yang satu.

Dia pergi tinggal yang satu,

Dia pergi tanpa beritahu,

Dia tinggal yang satu pada aku,

Aku?

Yang lemah masih muda,

Yang lemah masih bingung,

Yang lemah masih terngiang ada dia,

Yang lemah ditinggalkan yang satu,

Yang lemah, mencuba bersama yang satu,

Yang Satu?

Yang satu cuma tinggal,

Yang satu disayang, dijaga, dibelai,

Yang satu bersama pergi kemana,

Yang satu menahan bising pekikkan terkesima,

Yang satu letih berjalan kuat menahan,

Yang satu tersenyum tika bersedih tak tertahan,

Yang satu, bersama aku.

Dia, pergi selamanya.

Meninggalkan dibelakang, aku yang lemah masih mentah tidak ketahuan apa sekeliling yang mencuba mengajar tentang erti kesusahan dan kepayahan, bersama yang satu.

Senang? Susah?

Bila bersama yang satu, semua susah jadi senang,

Yang pahit jadi manis,

Yang tinggi jadi rendah,

Yang berat jadi ringan,

Yang jauh jadi dekat,

Sebab bila bersama dengan yang tersayang satu, semua akan jadi baik.



RAMLEE

Singapore

"Pakcik, nak cari kerja tak?"

"Umur saya sudah 65, ada kerja untuk pakcik lagi ke?"

"Mestilah ada. Pakcik yang berumur 85 pun masih bekerja dengan kita lagi."

"Berapa gajinya?"

"\$6 sejam. Pakcik kena kerja sekurang-kurangnya 4 jam satu hari, dari Isnin hingga Sabtu, syarikat kita akan beri CPF. Kita akan cuti pada cuti umum yang ditetapkan kerajaan".

Saya orang tua yang berumur 65 tahun. Dialog di atas adalah perbualan saya dengan 2 orang agensi pekerjaan yang ingin mencari pekerja di gerai makanan. Saya telah menolak pelawaan mereka. Kemudian, saya ingin membeli air di sebuah gerai menjual minuman. Ketika beratur, saya terlihat

seorang makcik yang bekerja di gerai minuman ini. Umurnya dalam lingkungan 60an. Melihat daripada cara kerjanya yang agak perlahan, dia mungkin baru bekerja di gerai itu. Dia tidak begitu kenali barangan yang dijual. Disebabkan itu, dia melakukan kesalahan ketika mengambil pesanan daripada pelanggan. Pekerja lain yang ternampak keadaan itu datang membantunya. Makcik itu kelihatan begitu bersalah dan asyik meminta maaf daripada pelanggannya.

Apabila sampai giliran saya, saya berkata kepada makcik supaya tidak kalam kabut kerana tiada lagi pelanggan yang beratur di belakang saya. Kali ini makcik berjaya menyempurnakan kerjanya, tetapi mulutnya asyik meminta kemaafan daripada saya.

Ketika menikmati minuman saya, saya terfikir rupanya ramai pakcik dan makcik yang tua masih bekerja dan berkhidmat untuk masyarakat. Saya tertanya kepada diri sendiri, apa yang harus saya lakukan dengan saki baki nyawa yang ada pada diri ini?

"Apa yang harus saya lakukan dengan saki baki nyawa yang ada pada diri ini?"



NUR IDZZATY

Malaysia

gemuk kerana mengandungkanmu...
Mama memilih mengandungkanmu...
Kerana merasakan setiap detik kehadiranmu di dalam diri mama begitu membahagiakan...

Selama sembilan bulan dua minggu kita berkongsi makan, minum...
Kemana mama pergi, pasti kamu akan dibawa bersama...
Setiap degupan jantung bahagia mama, kamu turut merasanya...
Di saat mama sedih dan gembira, kamu merasanya...
Ketika mama sedih dan menangis, kamu menendang rahim mama...
Seolah – olah kamu memahami kesedihan mama...

Sayangku Irfan.....

Apabila mama boleh memilih
Samada mama berbadan langsing atau berbadan

Sayangku Irfan....

Mama memilih berjuang melahirkanmu...
Kerana menunggu setiap detik kelahiranmu...
Adalah seperti menunggu hadiah yang paling istimewa daripada Ilahi...
Peluh membasahi tubuh dan rasa kesakitan yang tidak dapat diungkapkan menemani mama hampir lapan jam...
Setiap saat mama menahan kesakitan, papa sentiasa memberi sokongan...
Kerana kami begitu teruja untuk menatap wajahmu...

Disaat hadirnya kamu, tangisanmu begitu indah didengari...
Itulah saat paling membahagiakan...
Segala sakit dan derita hilang setelah menatap wajahmu buat pertama kali...

Papa mendukungmu buat pertama kali dengan penuh kegembiraan...
Papa mencium pipi mu...

Papa mengumandangkan Azan....
Alhamdulillah...
Sayangku telah selamat dilahirkan ke dunia...

Sayangku Irfan...

Mama memilih menyusuimu...
Walaupun mama boleh memilih...
Berdada indah, atau berjaga di tengah malam
untuk menyusuimu...
Kerana dengan menyusuimu, mama
membekalkanmu dengan khasiat yang sepatutnya
kamu perolehi...

Sayangku Irfan...

Tempoh 60 hari bersamamu amat bermakna bagi
mama...
Kita berdua meluang masa bersama...
Mengenali antara satu sama lain...
Bergurau denganmu merupakan hobi baru
mama...
Setiap saat ingin mama dakapimu...

Memulakan hari pertama di tempat kerja begitu
mencabar bagi mama...
Setiap saat mama merinduimu, bau syurga mu,
ragammu...
Hampir setiap hari mama menitikkan air mata
tatkala meninggalkanmu...
Minit – minit berakhirnya waktu kerja amat
dinantikan...
Kerana mama begitu rindu untuk menatap

wajahmu, menciummu...

Sayangku Irfan...

Mama boleh memilih...
Memberimu makanan segera, atau bangun di awal
pagi untuk menyediakan makanan untukmu...
Mama memilih untuk memasak makanan
untuk mu...
Kerana mama khuatir kamu tidak dapat khasiat
yang sepatutnya...
Mama khuatir kamu mudah mendapat sakit...
Mama khuatir kandungan pengawet boleh
memudaratkan kamu kelak...

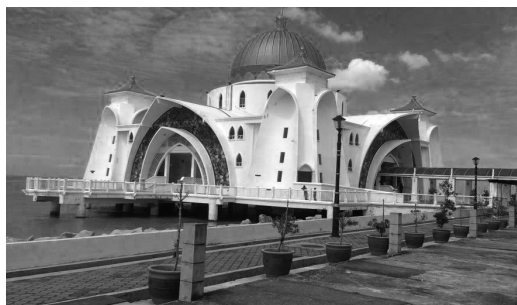
Sayangku Irfan...

14 Ogos 2014 genaplah usiamu 1 tahun...
Langkah demi langkahmu semakin laju...
Patah – patah perkataan telah mula keluar dari
bibirmu...
Keletahmu amat menyenangkan...
Rajukmu begitu menggelikan hati...
Kamulah nyawa Mama & Papa...

Tiada hadiah mahal yang mama sediakan...
Tiada majlis mewah yang mama aturkan...
Sekadar coretan untukmu hayati kelak...

Selamat Hari Lahir Sayangku, Irfan...

“Seberapa besar sebenarnya cinta ibu yang
diberikan kepada anak-anaknya? Tidak ternilai...”



LIN

Malaysia

Saya mempunyai seorang kawan yang rapat dengan saya. Namanya Lin.

Lin seorang yang lemah lembut, cantik dan manis orangnya. Beliau selalu

berkongsi masalah dengan saya. Masa beliau baru masuk kerja, beliau masih belum kahwin lagi. Setelah berjumpa dengan pasangan hidup beliau, Lin akhirnya melangkah ke alam perkahwinan. Seperti mana-mana pasangan suami isteri yang lain, mereka amat mengharapkan kurniaan cahaya mata bagi menyerikan lagi rumahtangga mereka. Akan tetapi, ini semua adalah kuasa Tuhan. Walaupun sudah lapan tahun mendirikan rumahtangga, perut beliau masih belum menunjukkan tanda-tanda hamil.

Pada masa yang sama, beliau dinaikkan pangkat sebagai supervisor kerana Lin seorang yang sangat rajin bekerja. Demi mengisi kekosongan hidup, pasangan tersebut akhirnya setuju untuk mengambil seorang anak angkat perempuan. Alangkah bahagianya kehadiran puteri comel ini. Bagai dugaan Tuhan, kebahagiaan itu hanya sementara sahaja. Pada tahun 2012, suaminya disahkan menghidap kanser rahang berpunca selepas suami beliau mencabut gigi dan didapati luka tersebut tidak sembuh-sembuh. Lin terpaksa menjaga suaminya pada sebelah petang dan bermalam di hospital. Pada keesokan hari, beliau pula kena mengejar ke tempat kerja. Hospital adalah rumah kedua beliau. Anaknya ditinggalkan bersama ibu kerana beliau terpaksa menjaga suami yang sedang menghidap kanser. Beliau terpaksa berulang-alik dari tempat kerja ke hospital dengan mamandu kereta seorang diri. Tiada siapa-siapa yang dapat tolong beliau untuk menjaga suaminya

kerana ahli keluarganya memang tidak ramai.

Situasi ini berlarutan sehingga berat beliau menyusut kerana terpaksa menjaga suami tersayang yang terlantar di hospital. Pernah beberapa kali saya menziarahi suami beliau di hospital. Setiap kali itu jugalah beliau akan menangis dan memeluk saya. Saya rasa amat sedih sehingga mengalirkan air mata. Berat mata memandang, berat lagi bahu yang memikul. Mungkin Tuhan lebih menyayangi suaminya. Selang beberapa minggu pada tahun yang sama, suami beliau meninggal dunia.

Sedih tetap sedih tetapi kehidupan kenalah diteruskan. Akan tetapi, sejak kehilangan suami, kesihatan Lin juga merosot. Ibunya ada pernah pergi berjumpa dengan dukun kampung dan mendapati Lin mungkin kena buatan orang. Demi kehidupan masa depan anak perempuan dan cucu beliau, Lin dinasihati untuk berkahwin lagi. Lin berkahwin lagi dalam masa 6 bulan selepas pemergian arwah suaminya. Alhamdulillah, Lin disahkan mengandung sebulan selepas perkahwinan. Disebabkan ini kali pertama Lin mengandung, beliau banyak mengambil cuti sakit (termasuk cuti sakit ketika menjaga arwah suami). Pihak majikannya akhirnya menasihatkan beliau untuk terus berhenti kerja.

Walaupun keberatan, Lin reda dengan semua dugaan ini dan mengambil keputusan untuk berpindah ke negeri lagi. Sejak itu, saya tidak dapat lagi berhubung dengan Lin sekeluarga sampai sekarang. Walau bagaimanapun, saya sentiasa mendoakan yang terbaik untuk mereka sekeluarga dan saya yakin Lin akan hidup dengan berjaya. Ini adalah yang terbaik daripada kawan saya. Apakah yang terbaik daripada anda?



NORLIZA

Malaysia

My everything, The Best Of Me
My Family

Berat tanggungjawab itu. Tapi itulah yang saya lakukan hampir 4 tahun. 4 tahun penuh dengan cabaran. Menjaga suami dan anak-anak. Bukan tugas mudah dan tidak semudah yang disangka. Segalanya perlukan pengorbanan yang besar. Kalau penat macam mana pun tugas tetap tugas. Memasak, membasuh, mencuci, menyidai, mengemop segalanya di lakukan untuk memastikan rumah sentiasa bersih, dapur sentiasa berasap, pakaian sentiasa tersusun.

Mampukah? Demi orang tersayang saya mampu. Mampu untuk membuat mereka tersenyum , ketawa walaupun kadang-kadang saya sangat garang, saya sangat malas, saya sangat moody. Saya juga seorang yang sangat kalut bila nak buat sesuatu. Hanya suami memahami. Dia tahu saya sentiasa mahukan yang terbaik. Jadi hari demi hari saya cuba untuk mempertingkatkan apa yang kurang. Saya akan rajinkan diri saya yang sentiasa juga malas.

Semua ini kerana kamu yang ku sayang. Suami dan anak-anak. Terformal pulak, hampir mengalir air mata ni. Punya formalnya aku menaip.

“Berat tanggungjawab itu. Tapi itulah yang saya
lakukan hampir 4 tahun...”



NORRIMAH

Malaysia

Aku mempunyai sebuah keluarga yang sederhana.

Seorang suami, seorang anak lelaki dan seorang anak perempuan yang masih menuntut dan belajar. Suamiku bekerja di tempat yang sama tapi berlainan shift denganku. Di sini aku ingin berkongsi dengan semua satu cerita. Pada tahun ini sepatutnya giliran aku sekeluarga beraya adalah bersama keluarga mertuaku. Tetapi untuk tahun ini, agak berbeza dari tahun-tahun yang lain. Dimana isteri adik lelakiku disahkan menghidapi penyakit kanser payudara. Oleh itu, adik lelakiku dan empat orang anak nya tidak membuat apa-apa persiapan untuk raya.

Sebagai seorang kakak, manakan mungkin aku tidak sedih apabila memikirkan perkara itu. Oleh itu, aku telah meminta izin dari suami dan anak-anak untuk beraya di kampung tetapi telah ditentang oleh kedua anak-anakku.

Sejak hari itu apabila terdengar lagu raya, serta merta aku terus menjadi sebak dan sedih. Hinggalah pada suatu petang ketika berbuka puasa di kfc dan aku terdengar lagu raya di pasang, air mataku mengalir secara tiba-tiba kerana tidak dapat menahan sebak di hati. Disebabkan kejadian itu, suami ku membuat keputusan untuk beraya di kampungku dan aku telah meminta izin dari kedua ibu bapa mertuaku untuk beraya di kampung bersama adikku.

Anak-anak juga turut memahami keadaan ku ini dan mengalah untuk beraya di kampungku. Terima kasih tak terhingga kepada suami dan anak-anak menunaikan hajat hati ini.

WHO
IS
THE
BEST
OF
YOU?



MICHELLE CHONG

Singapore

People are always asking me what my favourite work or role is and I've never been able to answer. That's because I've always found the process of creating something more enjoyable than the fruits of the end product. I put a lot of thought and effort into each role or production I do but I'm not precious about them. When editing a movie, I can watch the different takes a million times but when it's done and over with, I move on to the next project. So my best work will always be the next one. That gives me something to look forward to and keeps me inspired. And that is the best of me. Find out what makes you happy and that will be The Best Of You.



JANICE WONG

Singapore

CHOCOLATE CEILING ART INSPIRED BY 1000 CROSSES PAINTING.

This painting was painted after 50 hours of sightlessness in 2014.

It was 4 years ago, in 2010, that I put myself through 72 hours of sightlessness.

My perception is constantly challenged. What is a tree to you if you've never seen a tree? What is black? What is white? What are colours? What is beauty? Without pre-conceived notions, we can see the white in black, beauty in the ugly, infinity in finiteness.

This art piece is an invitation into my mind – a sharing of ideas and ways of seeing. It is also an exploration of the creative process behind my interpretation of sweets as an expression of my thoughts and inspirations. Trace the inspirations behind each art creation, be it the unique, natural flavour of an ingredient; a distinct hue that evokes an emotion; an unexpected texture, taken from nature that jolts the senses; a nostalgic taste that allows the mind to wander back to childhood days. These seemingly disparate sources of inspiration and the creations that stem from them are all threaded by a commonality: a pursuit for perfection in imperfection, and an appreciation of imperfection in perfection. Welcome to an artistic, gastronomic world of flawless imperfection and flawed perfection. It is not so complex. Open your mind as I have and you will, too, see, taste and feel differently.

Your world is your imagination. Dare to dream, push your limits and imagine your world without boundaries.

This is the best of you.



CHRISTABEL

Singapore

Here's the person who makes me the HAPPIEST girl in the world. The person who gave me so much of her time, the person who was my playmate and best friend as I was a child. Here's the person who I lovingly call my "愛人" which means, lover.

This person is none other than my Grandmama.

When I was younger, my family and I lived with my Grandma – we didn't have our own place yet. When my parents were hard at work (barely at home long enough to spend daylight with me) this amazing lady was my everything. The one who wakes up before 6am just to make me breakfast and tie my hair before kindergarten class. The one who heads to the market every morning to get the freshest ingredients to cook for me. The one who pats my bum and sings me to sleep every night without fail. The one who taught me to sing all the old Chinese songs and taichi. The one who I was beside 24/7 and was my only playmate and best friend when I was a child.

When I overturned all my toys to the ground, she would be the one who picks them up and stacks them nicely into the basket of toys. When I pretended to cook with these toys, she would play along and "taste" all my "cooking". When I stood in front of the fridge just to enjoy the "air-condition", I remember her turning back from the cooking area and screaming at me to save electricity and

close the fridge. Yes she threatened that she would “lock” it up if I didnt listen (if there was such a thing). The wet market was my playground and I knew almost all the uncles and aunties working there – from the vegetable aunty to the uncle who sold pork. Grandma would take me around every day and we would spend hours there. I knew I was Grandma’s prized possession and I loved it.

Single mom with no education, she worked multiple jobs from being a nanny, bus conductor, tailor and more just to bring my Mom and Uncle up. Not knowing who her parents were, I would spend nights beside her in bed listening to her stories on how she believed that she wasn’t loved by anyone. Despite all these, she struck me as the strongest and most independent person ever and I would love to be just like her.

Then, there came a time when I had to be overseas for 3 years. Thank God for Skype and I was able to spend her birthday with her every year without fail. Imagine a long-distance relationship with a lover, this was how much I missed my Grandma when I was away in Perth.

This was 2014 when she wore a dress for the FIRST TIME in 10 years and watched her first runway show, supporting me at Blueprint Singapore this year. I was obviously over the moon.

I would say that my Grandma brought out the best in me – making me passionate for the elderly and less fortunate. She showed me that a simple gesture like a smile, hug or short conversation could make such a difference and turn that usual frown into a smile. And made me realise how priceless and amazing it feels when you put a smile on someone else’s face (now friends, you know why I like to make you guys laugh so much).

Who is your FAVOURITE person in this world?
Who inspires you?



VIVIAN

Malaysia

journey of learning and seeing life in a different way, together with my two lovely children, then aged 2 and 8. My only concern then was having to face the future alone.

The void I felt in facing so much uncertainties and most of all the insecurity is a painful experience. The fear of having to raise 2 children without a father was real. Crying myself to sleep behind locked doors and neglecting my children, I buried myself in sorrow.

I contemplated many times leaving this cruel world but my thoughts of my 2 young children who still needed my care, gave me the encouragement and strength to continue to live on to provide them the security.

My own family did not help much during these period of our struggle, as they also rejected me during the 49 days of mourning giving us the reasons of old tradition that we are not allow to step into their house during this time. It really hurts as I thought to myself how selfish and self

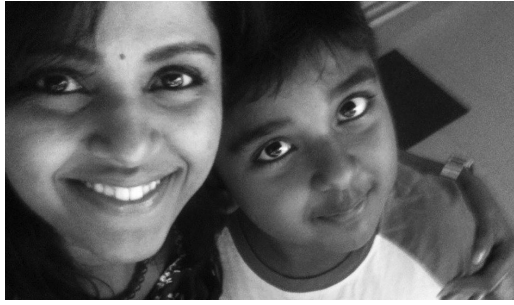
centered the world was.

I learn to take care of my family with my small monthly income then despite the financial difficulties, I turn down financial assistance offered by the Lion Group who wanted to visit my family and I remembered telling them to offer it to some one else who is more in need of help.

I decided to bring up my children with my own bare hands and to provide for them the best and a comfortable home. I took up extra part time work in order to meet ends meet.

Despite all that I had to go through, my family and I came out stronger as we grow to be more understanding and looking at challenges from a different point of view. Today, after 18 years of hardship, I am able to provide my 2 children a comfortable home, loving care and proper education to give them a head start for a good future. You can do it, WHEN THERE IS A WILL THERE IS A WAY!

I share this testimony to encourage all single mothers out there, to never give up or think that it's the end of the world in whatever difficult situations. Think for your children and their future to encourage yourselves to stand up. "THAT'S THE BEST OF ME" Who is the best of you?



PRAMEELA

Singapore

If there was one person who would make me reflect upon myself, my life and my past and future actions, that would be Lokesh, my 8 yr old son.

I consider Lokesh to be a gift from god. He has shown me how to love unconditionally, how to show appreciation and most importantly that a family member by your side means half of any problem solved.

Since the age of two, Lokesh will always encourage me by always saying nice things to me. He will tell me I looked good in my new dress, how he enjoyed my cooking, how the songs I sing to him make him happy and how he loves my hugs and kisses. He shows me so much love that it has been such a motivation to me to be a better mother and a better person in my every day life.

He not only encourages me, he gives me comfort when I am tired or sick by giving me a hug or a shoulder massage. He also has shown me how to be thankful for what we have. I was amazed the first time he told me, "Thank you mummy, for taking such good care of me," when all I did was check on him and give him medicine when he was sick with a bad flu. I thought it was my duty to take care of my son but as a child he has shown that we should never take anyone for granted.

I love you Lokesh, you are certainly the person who has brought out the best in me as a mother, as a person. I am sure you will love and be loved always and be a source of motivation for many others who you will meet in your life ahead.

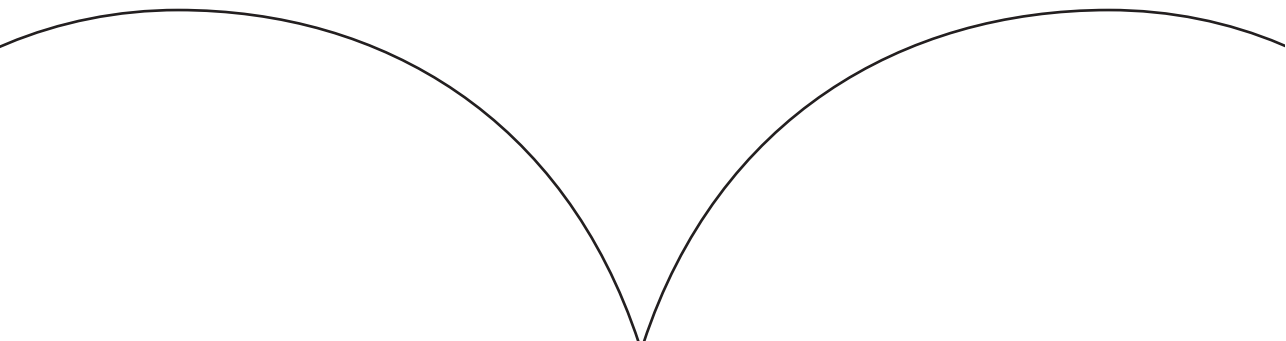
"I love you Lokesh, you are certainly the person who has brought out the best in me as a mother, as a person."



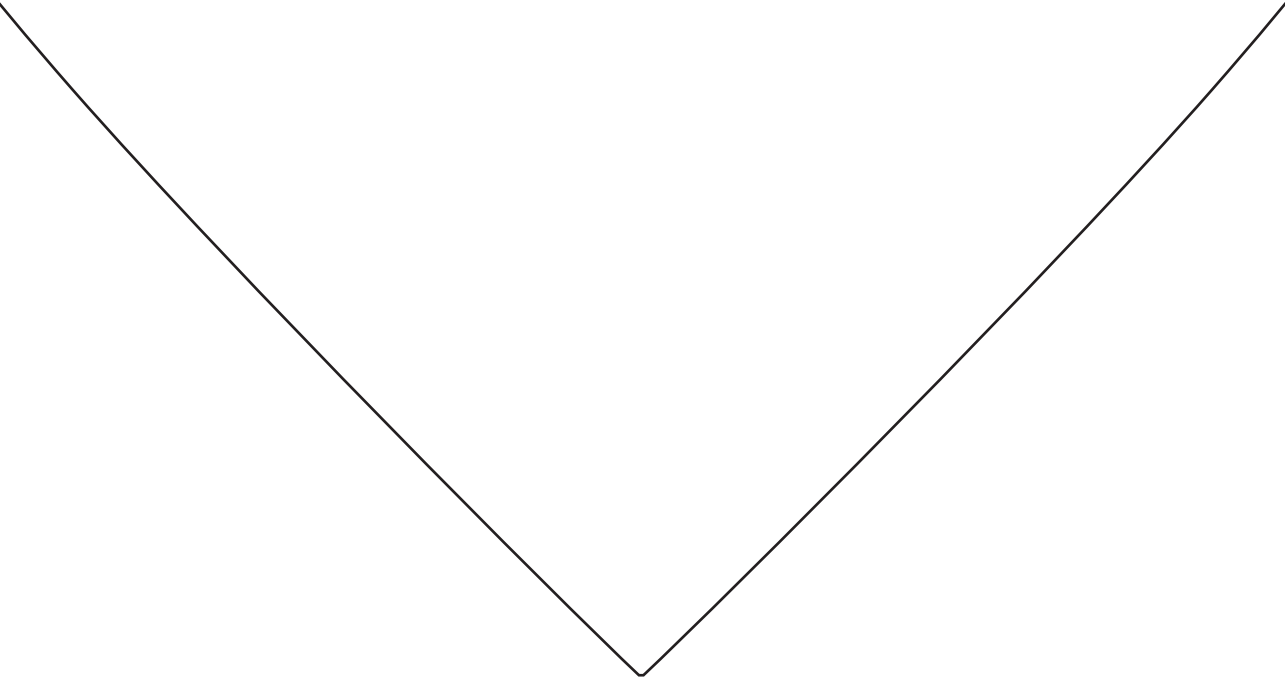
OWEN YAP

Malaysia

Be the person you know yourself to be – the best version of you. In your terms.
You don't owe it to yourself to be the best you can possibly be in life. You own it.



“ ...never give up or think
that it's the end of the
world in whatever difficult
situations... ”





CARMEN

Malaysia

Dear Mommy, this is my first kneel.

I have never kneel under ur feet ever since I was born. You have never made me do things which I hate, you give me freedom to fall and raise back up. You give me lessons by learning how to be a strong women even tho I'm always ur little baby girl in ur heart. You make me proud by raising 3 children, a super wife and a top leader in the company. Your hard work paid off when the day I started working, I've promised to make you the special mommy to me. Mommy you are the best of me. I wish every single minutes counts for the time I've spent with you. I love you mommy.



JOLENE G

Singapore

At 22 years old, I wrote a book about being born illegitimate, abandoned by my father, sexually abused by my stepfather and being called a liar by my mum. I never had a carefree childhood or a warm, loving family that is the right of every child. I lived in constant fear of my step-father, never knowing when he would force himself on me. I was angry, depressed and miserable. I rebelled, sniffed glue, took drugs, joined gangs and ended up in Singapore Girls Home.

But today, I hold a secure job and has fully paid all my family's debts. I picked myself up through all that had happened and made a better life for me and my mother.

“I was angry, depressed and miserable. I rebelled, sniffed glue, took drugs, joined gangs and ended up in Singapore Girls Home.”



DANNY

Malaysia

Life is full of challenges and every day is a new challenge itself, I was fortunate enough to have someone who has unconditionally encouraged and supported me throughout the past 15 years, the special one is none other than my beloved wife Anne. I'm been gone through the ups and downs in life, no pain no gain, that's true enough, you only learn to become wiser and appreciate when you had made the mistake, faced the consequences and learned from the mistake.

Thank God, she is the greatest thing that has happened to me and she is certainly the best of me.



ROBERT

Malaysia

THE DARK DAYS IN MY LIFE

It started when I was retrenched from my previous company in July

2009.

My life was turned upside down because I was doing great but my previous company was going thru a major shuffle of management.

Initially it was a welcome break and I was confident of securing a job within a month or two. Days go by and I started to contact my ex-colleagues to enquire about job opportunities and also register with job agencies.

I started to send my resume hoping that I will be shortlisted for an interview. I attended a few interview but the outcome was not as what I expected. I started to have sleepless night thinking what it would be if I really cannot secure a job.

Luckily I have a very supportive wife who encouraged me to never give up and will support

whatever decision I make. I have bills to settle and two kids to feed and whatever savings I have seems to be depleted as days goes by.

It was a daily mental torture worrying about my family, my monthly expenses and job opportunities nowhere in sight. Finally after four months I got a job that I initially turned down. It was a big relief even though the package offer to me was below my expectation but the most important is I got my life back and a peace of mind worrying about my family and my expenses.

This experience had taught me to appreciate my life, my family members especially my dearest wife who is always there to support me. We should be contented with what we have and appreciate life while we can.

Life is full of challenges and we need to face the reality whether we like it or not. We always strive to be the best in whatever we do but at the same time neglect our health.

The moral is it's important to have a strong and healthy body than to have more wealth that we hope to enjoy in our golden years to come.

“I have bills to settle and two kids to feed and whatever savings I have seems to be depleted as days goes by.”



FIZO OMAR

Malaysia

For me, we have to give it all out to be successful and to fulfill our dreams. Success and challenges are like good friends, because no success can be achieved without challenges.



MATHEW

Singapore

I keep 4 bee hives in the city in a community garden. Beekeeping started out as a hobby. I have always been fascinated by honey bees, their society, their intelligence, their dedication to their work and of course, I get to have some of the delectable honey. In my first year of beekeeping, I was always anxious whenever I tended the bees. There were days where I would have 3 to 4 stings and sometimes on my eye or lip. Now I am going into my sixth year of keeping bees and I am much calmer. Now I sometimes tend to them in my bare hands and I don't get stung. I think they got to know me better as I have learned to be calm around them. For me, beekeeping is no longer just a hobby; it's part of my contribution to a sustainable environment. Bees are one of the most, if not the most, crucial pollinators in the world. And even in the community garden, I noticed they have made a big difference. I have a lot of pride in my beekeeping. They help me understand the world much better. These ladies (most of the honeybees are female) are the best of me and they may just be the best of you too.

“For me, beekeeping is no longer just a hobby;
it's part of my contribution to a sustainable
environment.”



EILEEN

Singapore

Oh Siew May's speech is slurred and her movements are restricted from a condition called cerebral palsy, but more than her physical impairment, her biggest struggle are people's judgements.

Suffering through discrimination, bullying, impatience and unacceptance, Siew May fought her way through school and poverty to support herself and her family.

She is now an author, a mountain climber and an employee of Bollywood veggies. Siew May travels four hours a day to and from work, to look after a vegetable stall and sell copies of her book at Bollywood Veggies in Singapore's beautiful countryside.

Despite earning a modest salary, Siew May gives back to donating a portion of her book proceeds to Cerebral Palsy bursaries.

Siew May teaches us that no matter what obstacles we face, we can always overcome them with determination and love.



AFIQ

Singapore

Challenges often weigh us down to the ground, crushing our will as much as it could. However, life itself is a balancing act that only the strongest and the toughest will survive. How can we be strong and tough then? It's all about our will to face life and overcome whatever it has in stores for us.

"Semangat mesti ada, kalau tak ada, apa akan jadi kepada jiwa manusia?"

"We must have the will to do. If we don't, what will happen to the human spirit?"

"We must have the will to do. If we don't, what
will happen to the human spirit?"



Kumar
Singapore

"We are all born naked. Whatever we put on after that is all drag."

“

...you only learn to become
wiser and appreciate
when you had made
the mistake, faced the
consequences and learned
from the mistake.

”



PEI NI
Malaysia

I am Annie Yee. I call myself as Ugly-saddy (ugly and sad). I have a nickname of elephant. Others do call me whale. Why do so? I am known as a XL girl whom can RUN!

A simple hobby transformed me from a nearly suicidal teenage to a cheerful lady and now I am going to achieve my dream, Boston Marathon.

The best of me when I realized I can run.

I ran 16 marathons in 5 years from Tokyo to Australia with fully support from my lovely mother and got the title of first Malaysia Women Marathon champion last year.

I have a group of team members, 2ndskin team mates who are helping me to become the best of Annie Yee.

A rebellious teenage who struggled to live, hurting herself by cutting herself, isolated herself from the friends and now, she is an actively runner who is passionate in running, secures a job which she loves, meet people who inspire her and helping her throughout the running journey, this has drastically groom her to be a better person. That's me, Annie Yee.

My 24 years are similar to run a marathon. Marathons outshone me to be the best of me.

You feel easy to run in between 1-10km. After 10km-25km, you struggle and curse yourself when are you joining this stupid 42.195km? 25km-35km, you tell yourself to stay strong as family and friends are cheering for you and from 35km-42.195km, you talk to yourself, "Be strong, you will get through the pains and suffers, you will smile when you pass the finishing line and it will be the best of you to achieve another marathon."

Friends, do stay strong and be grateful of every single thing you do even we are just a very ordinary person in the big world. You will be the best of you in your life!!!!



EILEEN C.

Singapore

As an award winning photo journalist Bob Lee has an eye for subtlety, emotion and beauty, but the real source of Bob's genius is his big heart.

Four years ago Bob left his prestigious job to look after his son who suffers from autism. Through tantrums and demands, Bob's love and dedication for his son shows in all his does – in many ways his struggle is also his inspiration.

Realising photography can be used as a form of expression for all people, Bob began to use his skill to teach photography to autistic children and to the blind.

Bob also documents the last moments of hospice patients with only a few days to live, giving photos and memories to their remaining family members.

Bob's story shows us how far we can go for love and how our talents can be used to give light to others.

“Four years ago Bob left his prestigious job to look after his son who suffers from autism.”



KITTI YIYI

Malaysia

As a fashion design and a blogger, It has always been Kitty's dream to have her own line as inspired by the audience. Through each season and collection, she has always enjoyed putting in all her heart and joy in each piece that is being created. She like to get into details personally as it makes her feel as if it is wholely hers.

The details from ideation sketching, the fabric development. And finally getting the pieces sewn on together, she is pround of every successful collection she has worked on.

As a fashion designer, the best of Kitty Yiyi is being able to achieve to what she is today.



JUNE

Malaysia

Some people would say, mother-in-law are always very annoying, likes to nag a lot and demanding, especially to their daughter-in-law, but not for me.

For the past twenty over years, she had gone through very hard time bringing up her children single handedly because her husband passed away at a young age. Her strong determination has help her go through life to bring up her young children with the right attitude in facing and handling hardship. Today, she is proud to see her children's success and brought out the best in them.

With this knowledge and as her daughther in-law, I am determined to face the hardship to provide the necessities for my children. I know that with the right attitude, guidance, encouragement and the desires of my heart to build a warm and loving family and I am able to solve problems that arises and have faith with thankfulness and gratitude to God to enable me to faced obstacles that may come our way.

Because of her attitude, I have now learned to overcome all things with a right attitude mindset. That was The Best of Her that I want to share and teach my children to be when my son grows up. Thank you "mum". You are the best!



HANIZ

Malaysia

I was in form 5 at that time I got severe depression and whereas I always got sick at part behind my breast that always knocking me. At that time, I have thinking that my time is no longer remain (look funny as children to think like this). I always think negatively. Doctor said that I'm under depression and told me to relax and think positively.

This is all because of I will facing SPM exam at that year. I was schooled at Maktab Rendah Sains Mara and I continue studied there in form 4 onwards. When I came to this school, my perception before that learning curve study in this school is very fast and it's became Reality. I difficult to catch up fast learning study. As SPM very soon approached, I'm very worried since I always fail my Add math and chemistry even from form 4. If my result even not fail still got E. I even more stressed and always think that I can't pass my SPM. I'm very demotivated only because of study culture shock.

However, I was motivated by my Teacher which senior teacher, a very gentleman and expertise teacher whereas he conduct learning class for student who weak at certain subject. He always courage us to think positively and looks forward. He never bored and never give up to teach us and very patience towards student like me. He told me "we must give it a try, never give up without give a try, try and try to get what we want." Patience with effort can result us successful achievement with believing in God.

He is very simple person, always teaching us in very easy way and even singing at the time we study Add math. By encourages by him, I like a person that get life again to start all things from bottom and never look behind.

As a result, I got A in my Add math for my SPM exam and from this story and lesson from my teacher that NEVER GIVE UP WITHOUT GIVE A TRY and WHEN THERE IS A WILL, THERE IS A WAY.

I share this story not only to student, it also practical into our normal life as a normal person that have responsibilities towards our people around us. We need our mission and objectives to get towards it and achieve what we want. That Best of Me story from me Haniz.



RAYMOND

Malaysia

The best of you...The best of them...

"Daddy come back early ah Come back for early dinner k..."

These are the phrases always thrown to me when my working base was transferred back to my hometown...

Happy, upset, annoying, satisfied were the mingled of feeling and emotion happened to me and all beginning in a 1st second of June 2012. I was always remember, the 1st day of working in my hometown was the day full of surprises and excitement and it all happened in a glance of 20 minutes....and resulting me full of dilemma in my working career. Throughout here, plenty of obstacles, complication, challenges as well as self-pressure were the only meals I have for everyday.

Each day, upon dehydrated the whole energy and focus and portraying the long face of fatigued going home, this time the 'Best of them' – with the faces of smiling, cheering and laughter lining in front of me and a loud greeting of 'daddy' and 'hubby' melted my sorrow heart away easily. Who are they? And because of them, today is 'The best of me'.

"Daddy come back early ah Come back for
early dinner k..."



L.S.
Singapore

The Story of Poh: My friend, a woman of courage, and a heart of gold My friend Poh is 65 this year. I got to know her when she was my neighbour in Singapore. She's one of the most unassuming people I know. Always kind, helpful and never fazes even when stressed out. She was from a well-to-do family, inherited a few properties from her grandmother. Being the eldest grandchild of her family, she was expected to take care of her younger siblings.

Her husband was a civil contractor and owned a business. She invested a big sum of money to support her husband's business. Unfortunately, the business went bust due to a bridge project in the mid 70s. Ever since then, she has been buried in debt. The debt took a toil on her but she took on the debt personally. Her friends advised her to apply for bankruptcy but she refused because she didn't want any hardship to burden the people around her, especially her brothers and sisters. She sold all the properties she inherited from her grandmother to pay off the debt. It's been more than 30 years and she is still repaying the debt. She always is grateful to her two children who helped her to today the debt but at the same time feels deeply sorry to them for being a burden to them. Even though the debt bears on her, she never wants anyone to feel responsible for it.

When I visit her, just like when we were neighbours when her door was always open to my family and I, she still remains the humble, kind, caring and selfless Poh. She is an ordinary lady with a heart of gold. Her courage, resolve, sense of responsibility and strength deserves a salute. She is the best of me... Who is the best of you?



“

Friends, do stay strong and be
grateful of every single thing you
do even we are just a very ordinary
person in the big world.

”



VIVIEN K.

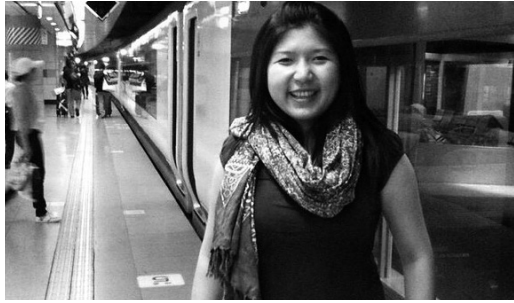
Malaysia

I like travelling. I work hard so that I can travel. My passion for adventure had led me to most parts of Asia and Europe. From Great Wall to the Eiffel Tower, there were so many beautiful and wonderful places I have been. But of all the amazing and popular places, the most inspiring and unforgettable one is my recent trip to Myanmar.

It was on one long weekend holidays, I was asked by a friend if I would like to go Myanmar. Accommodation is free as I would be replacing someone who could not make it. I did hesitate to say yes. I would not actually plan a trip there but since it's free what the heck.

It was a 3 days trip. In a group was a fifty plus auntie who had a super sized luggage. OMG... It's only a few days trip! My voice inside me screamed. In my mind I pictured her to be a fussy lady who need to bring all the comforts of home to place like Myanmar. I had an instant dislike for her and avoided her for most part of the journey. How terribly mistake I was to judge her. Our first stop was a small fishing village. While most of us were busy taking pictures and bargaining for souvenirs, the auntie was handing out color pencils and books to the poor children in the village. It was a truly an eye opener for me. A happy trip is to come home and say I have seen this and done that. But not this auntie. Her joy is in the giving. My tears flowed when all of us joined in to help her carry her large bag to distribute gifts. The tears of happiness.

This small auntie with a BIG bag has brought out the best in me. Instead of buying souvenirs I bought sweets and biscuits for the children. It was the most fulfilling experience I had in a trip. Thanks auntie for showing us the way.



L.P.

Malaysia

I had done silly things few years ago. I used to peek or jealous on others result, salary and their saving or their branded appearance. Besides that, I was unhappy with a single comment from other about me and extreme piss off. Now...NO NO NO! I stop this abnormal act after I have read an post from my friends.

We shall do our best and show the real us. No pretending because these can kill our self esteem. Why pretend to look branded while having low self esteem. Currently I practice to take note either on compliment or criticism and thank them instead of piss off. No matter compliment or criticism, I express on the daily and if possible we must IMPROVE ourselves or else let it be.



Medium: Pyrography (Wood Burning)

YELLOW RIBBON PROJECT

Singapore

Walking on the street, the artist sees himself as no different from society. Yet there is this secret in him that differentiates him from others. Everytime he talks about it, he feels degraded. Through this art piece, he is trying to reveal this secret to society. He once lived a notorious life and there are now burn marks within him. He regrets having wasted so much precious time, so now he is trying to face reality and hopes for another chance.



SYIKIN

Malaysia

We took the same course, we room just side by side yet we don't know each other. It was my best friend who introduce me to Ainul, my senior who also her roommate. Since then, three of us become close. We don't take too much time to get along. We shared same favorite, same taste bud, and do crazy things happily. We take care of each other, fight, reconcile, and fight again. We were very much like sisters.

I once used to dress up like a boys, she bought me a handbag on my birthday! She taught me how to groom myself on our annual dinner and she helped me to find the right dress. Funny thing is we can shared everything but not our outfit. She is an extra size person.

The most important thing is, Ainul never left me behind alone. She shared every note, test, assignment and even her proposal for final year project! That's why I love her more and more. One thing that I regret was she could not come on my graduation day because she had to undergo tonsil operation on that day.

But now, she pursues her study in Master at UITM and I start working after graduate. Nevertheless, we still keep in touch despite our distance that keeps us apart. Deep in my heart, I wish I could be a warm-heart person like her who always keep supporting and encouraging others on their bad day.

“The most important thing is, Ainul never left me
behind alone.”



HOLLY
GRABAREK

Singapore

"I hate her. I'll never ever be like her" is what I once swore to myself. I had placed a mental plate that would separate me from my mother's mother, and I had no intention to ever have it removed.

Growing up, my grandma was hard on me. She loved me with all her heart, but her way of showing love, which was mostly through discipline, made me feel anything but loved. With every hit of the cane, I distanced myself further and further away from her. I was a child who did not understand. I just wanted her to let me be my juvenile 9 year old self.

I went to CHIJ-OLGC, and we had swimming once a week. My grandma would always come, with a stick of fish balls (because you know how hungry swimming makes you!) and a bag of shampoo, conditioner, soap. She would wait by the pool and the moment I got out, would hand me the fish balls, and then proceed to follow me into the bathroom to bathe me and wash my hair. All my friends would bathing themselves, and 9 year old me had my grandma asking me if I had soap in my eyes. Needless to say I just wished she would disappear on those days.

As I got older, our relationship ebbed and flowed. We got along, on days that did not end with the letter Y. She hated all of my boyfriends, not because they were bad people, but because she loved me and did not want to see me get hurt.

I moved out at a certain point. With a new found liberty that would have me on my way to being the person I would be, the one who I couldn't be around my grandma.

Even after I moved out, she would call me at 4am, telling me to go home. I don't know how she knew I would even be up that late, but that just shows she knows me better than anyone else. Months passed, and I had this hectic life, grandma not really included.

I started to feel like a void inside of me was starting to expand to a size so large, no amount of caffeine, chocolate, or fitness regime would do. The only person who could fill it was my grandma. I moved back with her, and for the first time I could feel her warmth and love. I started to love her wrinkly hands brushing through my hair, and the way she would try to suffocate me as she hugged and kissed me saying "Mama loves you sooooo much."

Suddenly, I felt a burning desire to get to know this incredible woman who I then realized, was everything I wanted to be. We started to hang out, almost every single day. I asked her questions about everything, and even though she would give me the most aloof and unrelated answers, I did not care. I loved how she lived in a world where imaginary activity is reality. She is an eccentric individual. Whenever I would ask her to tell me a story, it would always have a death scene, where someone's head gets chopped off. And then the sandman would come.

I cannot find the adequate words to portray the intense emotion that now attaches me to this other human being. When I look at her face, I am in awe. Every little wrinkle, freckle, and spot, amazes me. My grandma, a woman who never had parents of her own to love her, is able to love me into the person I am today. My heart is full, and my soul feels satisfied, because of the love she gives to me.

My grandma is everything I want to be.

"My grandma would always come, with a stick of fish balls (because you know how hungry swimming makes you!) and a bag of shampoo, conditioner, soap."



HABIBAH

Malaysia

That day of 08th October 2005 the 4th day of Ramadhan had left behind a memory which will stay in my mind for never ending period of time. That day was not the same as the rest of the days in my life. That Saturday I was working half day when @ 11.30 am I received a phone call from Ms. Wong Mei Ying informed that my house was on fire.

My heartbeat was accelerating with fear and tears were rolling down my cheeks thinking of my two children at home. I can't even remember my husband hand phone number to inform him. One of the staff at Technical Department helped me to call my husband by calling his ABB Code.

I quickly when back home with my husband. Inside the car I feel that the car is moving very slow and keep on thinking of my 2 children. When I reached at home I saw the roof was on fire, the doors and the windows were on fire. Two Fire Brigades with 10 fire fighters and my neighbours trying to put out the fire.

I saw both of my children running towards me and my husband in fears and tears. I thank Allah for saving my children. They keep on telling me that we got no house already to celebrate Hari Raya. All the preparation for raya also gone. I and my husband are speechless. The fire were managed to be put off after one hour. My jewelries were also stolen during the incident. One more time I can't stop my tears. No celebration for Hari Raya for my family for that year. The losses are about RM thirty thousand.

With the support from my family and friends I and my family stood up looking forward. Think in a positive way to overcome the obstacles. Its take 3 years to rebuild back my house and a lot of sacrifices and efforts during this hard time. As a Muslim I believed that if someone encounters a difficulty, or something that is hard to deal with, that means Allah has also given them the strength to overcome the matter and succeed in the test. No one in this world will not have any challenges or problems to overcome in their life. Always put in mind that the more things you go through the stronger you become.

谁是
最好
的你？



EMILY

Malaysia

这里没有大城市的七彩霓虹灯，可是却有乡村夜晚的明亮星空；

这里没有高楼大厦，可是这里有绿油油的草地；

这里没有红砖大理石；可是这里住着我们爱的人；

这里没有精彩的娱乐活动，可是我们却享受和家人齐聚的时光；

这里是我们最好的家园，这里是我们永远的老家。



JOYCE

Malaysia

我從小就不是一個聽話、乖巧的小孩，父母常叮囑我別這樣做那樣做，但我老是當耳邊風，聽了就算，而天生好動愛玩的我又容易發生意外，老是讓家人受怕擔惊。

記得16歲那年，有次跟同學騎電單車出去，剛好被父母撞見並當場訓喝我，可是不聽，結果就在回家途中發生嚴重車禍，車禍過程我已完全沒有印象，只記得當我醒來時全身是血，並動彈不得躺在急症室的床上，家人看到这一幕時都嚇哭，我想當時他們是怕我從此醒不來……從我到急症室檢查再送進手術室出來，整整花了約六七個小時，但家人卻寸步不離的守在手術室外至清晨5點，連晚餐也沒有吃。出院后，因為行動不方便，不能進食也無法言語，日常生活都需要家人特別的照顧，但他們都毫無怨言，就這樣在他們細心的照顧和支持下，半年后，我總算康復如常可以下床走路。

這23年來，不管我發生什么事情，不管我有多任性，都有他們在我的身邊支持我、原諒我所做的一切，讓我可以自由過我想要的生活和追尋自己的夢想事業。我知道不管我在外面發生什么或遇到什么事情，家——永遠是我的避風港。而他們，則是我的最大精神支柱。

雖然我從來沒有在他們面前表現過或說過什么動人的話，但在我的內心裡是非常非常非常感謝他們，沒有他們就沒有今天的我……Daddy，咪，大姐二姐，對不起，謝謝你，我愛你們！

“不管我在外面發生什么或遇到什么事情，
家——永遠是我的避風港。”



CHIEW YUNG

Malaysia

曾經你是那麼的壞。當你開始要變好時，你已經沒時間了。你沒珍惜你擁有的好時光，也沒有好好的珍惜你所愛和愛你的人。你走了～但你可知道你令多少個人為你傷心？

因為你，我了解也明白了，我要好好珍惜愛我和我愛的人，也珍惜我的好時光，好好的享受生活。這就是最好的我。



M.P.

Malaysia

一直以為自己最惦記的是媽媽。結果，動筆時寫的竟是爸爸。

回顧爸的一生，我越是對他十分敬佩。

爸從小出生貧困，憑著自己的毅力還有大伯的協助下完成大學。

結了婚，與媽生下了我和哥哥擁有個幸福美滿的家。爸媽還是左鄰右舍的模範夫妻！

爸在一所獨中就職，算是小康。但因想讓我們生活得更好，學起別人玩股票。然而運氣不佳，欠了從頭學起。許多錢。爸為了償還，兼職補習還做了幾份傳銷。但當時的校規是不允許教師兼職的。爸後來被開除了。家裡的經濟來源因此突然中斷。爸媽為了錢時常吵架，還差一點離婚。

後來，爸嘗試了很多方法賺錢養家。間中，包括每逢初一，十五同媽到觀音亭外擺攤賣齋菜，到國外“跳飛機”。幾年後，因惦記著我們還是回來了。在大伯的介紹下再次轉行，向大伯學做工廠供應商。從見客戶，畫圖，燒焊，噴漆到送貨都一手包辦。從一個白領變成藍領階級從頭學起。後來，家裡的經濟才漸漸好轉。

爸的脾氣很暴躁，從小對我們管教很嚴。雖然家裡我最小，哥哥也僅大我一歲。但從鞭打，做家務等大小事都是公平對待。長大後，爸反倒成了我和哥的最佳支持者。不論我們做什麼決定，爸都給予百分百的支持。從這點看出來，爸要我們學會扛起責任。就算跌倒，做錯了事，錯誤的決定，爸都希望我們從中學習，不犯舊過。

就像有部電影 The Curious Case of Benjamin Button 裏，Benjamin 留給女兒的一段話～“For what it's worth: it's never too late or, in my case, too early to be whoever you want to be. There's no time limit, stop whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you're proud of. If you find that you're not, I hope you have the courage to start all over again.”

爸用了它一生嘗試了很多未知的領域，就是要告訴我們，不要害怕失敗，跌倒了站起來。這就是「最好的他」。



雪萍

Malaysia

慈爱的面容，亲切大方，随口一句旋律，都如此响亮动听。自小就爱歌唱的她，12岁便开始和在乐队担任乐手的哥哥一同演出，14岁参与了许多比赛，并拿到亮眼的成绩。因为已经得到了理想中的目标，所以在1978年的那一场比赛得到全国总冠军之后，她就不再比赛，休息了一段日子。

18岁那年，她开始踏入驻唱这行业，并有过许多大大小小的演出，穿梭在灯红酒烈的环境不是一件简单事，但她滴酒不沾，也就省去了许多麻烦事。

不过，在40岁那年遇见了身为生意人的现任丈夫。丈夫不愿意让她在复杂的环境里驻唱，就这样，她离开了舞台。

直到四年前，她被唱片公司发掘，四年内发了三张唱片，还开了一场非常成功的演唱会，她为此感到满足。对一位歌手来说，能够开场属于自己的演唱会，是非常值得骄傲的。现在的她，完全专注在义唱与家庭里，每星期到老人院教老人们唱歌、也会到佛堂教小朋友们唱佛曲，享受写意的生活。

她满足于歌唱的时光，出唱片也不是为了赚钱，而是为了帮助更多的人。她将唱片赚取的收入都捐给了慈善机构，她本身更是一间育幼院与慈善协会的会员。虽然现在的她已离开了歌唱界，却还会利用歌唱传递爱给需要帮助的人们。

10多年的义唱生活里，曾有一位老人家在听见她的歌声后感动落泪。因为如此，她得到了“爱心歌后”这一称号。

她在40岁开始接触佛法，成为了一名虔诚的佛教徒。在佛法的世界里让她学到了很多。她相信，要别人对你好，就要先对别人好。人与人之间的缘分是难能可贵的，所以她非常珍惜与每一个人的相遇和情感。

她认为，每一个人的体肤都受之父母，应该好好珍惜，不能轻易结束生命。况且人生还有很多事情要去做，不要为了不值得的事物伤害自己，要活的精彩，活得漂亮。

人，要学会如何满足。现在的她活得充实自在，变得开朗快乐。早上晨运、打气功，中午做做家务、诵经念佛，就这样过了一天。慈善让她得到了最好的自己，她还会一直一直帮助更多的人，一直一直用她美妙的歌声感动更多的人。

她叫邓雪萍，一个用歌声散播温暖的爱心歌后。



BOON SIONG

Malaysia

我叫文祥, 今年30岁~我post上这张照片是因为这照上的女孩~我跟大家介绍一下这个女孩。

杨佩, 女, 汉族, 1990年生, 肢体残疾, 陕西省平利县人。9岁时遭高压电击, 虽然失去双臂, 但始终乐观向上, 不向命运屈服。如今小杨佩跟随母亲远赴北京打工, 心中一直有个愿望, 待有了一笔钱后, 要学习深造, 然后做自己喜欢做的事, 她特别喜爱唱歌、跳舞, 希望将来能拥有一个自己的残疾人艺术团。

我四肢健全, 跟他比较下我很幸福, 可是我没有他那么坚强, 在我还没有看到他的故事时, 我做事总是喜欢怨天怨地, 怨东怨西总没有说自己的不对。

做什么事都没有信心~在我看了这个女孩的故事时, 我哭了, 他总不会怨天默收了他的双手, 怨地人们的冷眼冷语~总是坚强的面对和乐观的对事。让他的目标和梦想的实现。

现在的我, 也在学习如何像他那样的坚强和乐观的面对事情~努力的实现我的目标和梦想~我常试去做最的我, 你呢?

“我四肢健全, 跟他比较下我很幸福, 可是我没有他那么坚强...”



EMILY N.

Malaysia

Emily是一位钢琴老师，在追求音乐的道路上也曾遇到过挫折。由于家境并不富裕，母亲曾强烈反对她到英国音乐学院念音乐系，并表示无法给予她前往英国念书的费用。因此，她就在前往英国之前半工读兼职教钢琴，自己存了2万5千令吉马币毅然决然踏上求学之路。

从前的她，在马来西亚是个很幸福的小孩，而去到英国，为了节省费用不敢花钱搭车只能走路走到脚都起泡了，一天也只用一块钱英镑过活。为了能够挣钱维持生活，她也不怕辛苦地半工读，更曾在学校放假期间工作超过13个小时。

然而，尽管大学生活艰苦，她仍不放弃地坚持下去，最后终于在2010年顺利毕业。同时，因为在英国语言不通的关系，迫使她只能使用英语与身边的人交流，反而让她学得了一口流利的英语。

善良温和的她，因为不忍心贫穷孩子们因经济障碍无法学琴，而埋没了他们对音乐的热诚，隔年开始她就为贫穷孩子们免费授课。虽然无法在资金上给予贫穷孩子们太多的协助，但Emily以自身的音乐才华，让孩子们有了接触音乐的机会。她以1对1的方式专注教导每一位孩子，并坚持完成所有等级的钢琴课程，毫无藏私的心。她甚至曾自掏腰包购买了5台钢琴，送给这些来自单亲家庭却毫不自怜，努力学习音乐的孩子。

即使时间能冲淡一切，但那段痛心的经历却深深烙在她的心底。除了母亲和丈夫，带领她走出人士低谷的还有内心一股强烈而屹立不倒的心态。

2011年，她和丈夫在一场朋友的聚会中邂逅。缘分使然，他们从朋友跃到夫妻的身份，爱的结晶也降临在Emily的身上。

可是，命运之神却和他们开了一个玩笑。

或许是因为体质虚弱的关系，2012年五月，在Emily怀孕的四个星期后，医生发现她的胚胎存在着流产的问题，最终她和胚胎里的孩子擦肩而过；虽然九月再次迎来怀孕的好消息，但遗憾的是在那七个星期之后，医生向她宣布一个令她心痛至极的消息——胚胎里的孩子，心跳已停止。

当时的她仿佛也随着这个厄运而感到绝望窒息，仿佛世界上的一切都为这个消息而静止。一次又一次建立起的光芒屡屡被乌云覆盖，覆盖了她整颗心。

幸运的是，她的母亲与丈夫，一直在她身边给予鼓励，为她拨开了心底的乌云，让她能够从谷底重生。事隔一月，她再次有了孩子，也成功地把这个小女孩带来了花花世界，她相信，这是上帝送给自己的一份最贵重的礼物。

如今的她，心中充满了感恩。感恩母亲过去严苛的教导，虽然她曾在自己的笔记本里写了很多对母亲的抱怨，如今都已化为感恩；感恩过去在英国大学生涯的艰辛历练，让她相信没有什么事是熬不过来的。

悲伤的过去虽然令人伤心，但如今的她因为拥有爱自己的父母、疼自己的丈夫与可爱的女儿。因为家人的爱，造就了最好的Emily。

“

虽然她曾在自己的笔记本里写了很多对母亲的
抱怨，如今都已化为感恩…

”



BOON HUAT

Malaysia

至今，从事歌曲创作已整整30个年头了。

感觉上，仿佛还是昨天的事呢。

然而，一晃眼，不知不觉的，把人生中最宝贵的青春都花在这个兴趣上了。

满足的是，就是能把自己的创作带上舞台，用自己的声音和听众分享 - 分享的生活体验和观察，分享自己对这片土地的爱和情怀。

30个年头过去了，青春的小鸟也已经一去不回头了。

却从来没有后悔过。

因为我知道，站在舞台大声唱着我的歌的那一个时刻，就是最好的我。

因为我感动了你，也感动了自己。



PEGGY L.

Malaysia

人生就像一本小说，故事由一把洪亮的哭声开始，然后开始用尽一生谱写属于我们的独特乐章。

拥有一把漂亮嗓音的赖冰霞，用歌声撰写了对音乐的热诚；用坚强表现了母亲的伟大；以无私奉献了社会。

从小到大，赖冰霞都非常喜欢歌唱，16岁开始积极地参加各种比赛，期间得到过78次的冠军，甚至在21岁受到唱片公司的肯定，正式踏入歌唱事业。

那时候刚出道的她为了筹备唱片，常常过着日夜颠倒的生活，但却甘之若饴，只因那是自己的梦想。赖冰霞出道以后，出过30张唱片，其中一张唱片成功卖出了10万张，而包括合辑与个人专辑在内，也大概卖出了近50万张，这样的的好成绩也间接肯定了她过去的努力。

来到27岁，她幸福地披上了婚纱，走入婚姻的殿堂，完成想要成为一名称职家庭主妇的心愿。由于希望能够将更多的精力与事件投入在家庭上，婚后她也逐渐放下了演唱事业，转而开办一所歌唱学院。

然而，由于当时大马的歌唱学院并不多，因此在她开班学院以后，学生人数过多。而基于不想放弃任何一名愿意学习的学生的因素，她最终也还是过上了忙碌的生活。

学院的工作几乎占据了她的所有的时间，忙碌的生活导致原本体质就不太好的她更难怀上孩子。为了能与自己丈夫拥有爱的结晶，她常常都需要注射许多的荷尔蒙针以提高受孕率。

然而，这也只是开始。在怀孕之后，她每天除了如厕与沐浴，其他时间都不能下床以免出现流产的可能。同时，两天还必须注射一支安胎针以确保孩子的稳定，直到生产为止，至少打了数百支针。

女子本弱，为母则强。她并没有因为艰辛的孕育过程而选择放弃，而是以积极的态度面对。“我认为我是幸运的，因为至少我还有个

机会能生下孩子”

虽然明知生产是一件很痛的事，但她仍选择了自然生产，只因希望能够真正完成一名母亲的使命，并且真切感受生孩子的疼痛，毕竟这很可能就是她唯一一次孕育孩子的机会。“我看到产房墙上有一堆褐色痕迹，问了护士才知道原来是上一位妈妈生产时喷出的血，那个时候才惊觉原来生孩子那么恐怖。”

尽管生产的过程艰辛，最终她仍靠着坚韧的意志力将重达9磅的儿子产下。产后休息了一段时间，赖冰霞继续重回家庭事业两点一线的生活。直到儿子三年级时，由于丈夫需要常驻北京工作，他们便在短短一个星期内搬迁，到另一个国家展开新生活。虽然放下在大马的一切令人感到惋惜，但赖冰霞并未觉得难过，因为对她而言，到新环境就是一种新的体会与学习，那是非常值得的。

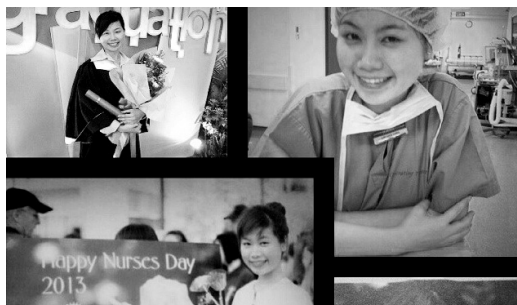
又过了两年，她受邀担任某电视台歌唱比赛的评审嘉宾，尝试到了另一种回归歌坛的方式，令她感觉充满乐趣。那之后，她也常常出席一些筹款与慈善活动演唱，回馈社会奉献爱心。

渐渐地，赖冰霞参与的慈善活动越来越多，号召力也很强，她也组织了筹款活动帮助更多的人，而透过慈善活动让她感受到人们的爱心与付出，心中非常满足。不过，在筹款的过程当中也让她感受到人性的无奈。虽然有些朋友因为她前来筹款而渐渐疏远她，甚至也有人质疑她行善是为了提高知名度。这些舆论令人伤心，但她却选择从中成长，用智慧与成熟的态度面对误解。

除了捐钱行善，赖冰霞也积极出力，她常常会与一群志同道合的朋友到老人院探望，为他们购买日常用品，与他们聊天。这也成为了她生活中的乐趣之一。今年8月，她也开始经营自家设立的素食馆，将有机私房菜分享给更多人，让人们能够吃得健康开心。

赖冰霞想法正面，每当面对挑战都用积极的态度应对，这是许多人都很难做到的事。对她来说，没有最好的自己，只有更好的自己。

“生活一路走来，都不容易，珍惜自己所拥有的一切，帮助需要的人，就是人生最大的意义。”



SOCK CHING

Singapore

淑琴的24岁天空，有何不同？人生的转折点 - 对未来充满憧憬，只身地离乡背井到异地开始了白衣天使的使命…。射手座的我爱自由、不约束的励志生活！所以觉得努力赚钱之余，必定出去看看这广阔的世界，感受他方的风土民情……我特爱不受开发污染的天然景色，能沐浴我受伤的心灵！人们总爱比较与埋怨，这股负能量集少成多，造成生病的社会。我希望大家能学着多体谅，多关心他人，造就人人为我，我为人人的社会。

The common questions that people always asked me: "Why you chose to be a nurse?"..."Nurses need to clean people's buttock!"...The answer that I would answered was:" I am following my heart to serve the community, aren't you?". Loving kindness is priceless but it lasts forever, just do it!



LAI YONG

Malaysia

我是Lau, 今年52岁, 来自吉打州, 亚罗士打。

我的主题是, 我的最后一包香烟。

从1985年开始, 我和香烟交上了朋友, 一交就是二十九年多…刚学会抽烟的时候, 我感觉很威风! 这才像个真正的男子汉嘛! 香烟对我来说已经成了我生活中不可缺少的了, 每天都烟不离手。抽烟的感觉就是, 每吸一口都会让我忘掉烦恼。

尤其是在饭后我更需要它! 有句话说呀, “饭后一支烟, 快乐似神仙”…自从我染上烟隐之后, 无论别人怎样劝我, 我就是不肯戒! 因为抽烟已成了我的嗜好!

但有一天, 奇迹出现了! 就在2013年12月10那天, 我和家人外出途中, 在车里, 我女儿竟从我身上把香烟给抢了去! 我又从她那儿拿回来, 然后说道: “让爸爸抽完这最后一包, 以后再也不抽了!”

当天晚上临睡前, 我想了很久, 而且明天又是女儿的生日, 为了不让女儿失望, 我决定给她送上一份大礼, 就是“戒烟”!

隔天早上, 12月11日, 我对女儿说: “今年生日爸爸没有给你买什么礼物, 但我答应你, 从今天起再也不抽烟了!” 听到这番话, 女儿和家人都非常高兴! 因为这可是一份有钱买不到的礼物!

最后, 我奉劝抽烟者, 为了健康着想, 请把烟戒了, 戒不了的也请少抽点。

因为有健康的身体, 让我最爱的家人得到美满与幸福。人生才会有快乐……这就是最好的我…谁是最好的你?

“因为有健康的身体, 让我最爱的家人得到美满与幸福。
人生才会有快乐…”



MAY

Malaysia

我出生在一个典型的小康之家。爸爸是个生意人，妈妈是家庭主妇。爸爸妈妈来自贫苦家庭，虽然只受小学程度的教育，可是他们却是影响我处世之道的人。从小，我们就被教导，见到长辈要问安，做错要道歉，受人恩惠要感恩等等的种种道德礼仪。他们在这个家里扮演的角色，也是一般传统家庭里的严父和慈母。我有一个妹妹和弟弟，从小我们就在吵吵闹闹中长大。偶尔，妈妈顶不顺我们时，就会拿着藤条跑在我们后面追打我们。有时，爸爸的眼神一瞪，我们三个就会乖乖的不敢出声，连呼吸都小心翼翼地。爸爸虽然忙着赚钱养家，常常外出。他还是会时时提醒我们向小姑姑看齐，用功读书以考入最高学府。但是他并没有给我们在课业上很大的压力，也没有要求我们必须科科考一百分。他给我们自由的学习，让我们有个快乐的童年。还记得，读小学时，学校里的任何筹款和募捐，同学们都会用羡慕的眼光看我，因为爸爸都会很大方的乐捐。他常常说，再穷，也不能穷教育。小时候，家里环境不错，可是妈妈还是会要我们学习独立，出外打假期工。所以，我们三姐弟常常都会在亲戚和爸爸的店里，用劳力换取额外的零用钱。在我读中三那年，家里起了剧烈的变化。爸爸的生意在经济风暴中受挫，再加上被亲戚抽后腿，最后被逼在债务累累中结束营业。我还记得，我们曾经被亲戚叫大耳聋来追债。那一天，爸爸单独一人去和大耳聋谈判。我们躲在家里，紧逼大门，连电视和收音机都不敢开，就怕被人知道我们在屋里。从下午等到晚上，那时的恐慌心情，此刻依然清晰在脑海中。可是事后，妈妈依然要我们见到那些亲戚时，要向他们问安。她说：“小辈就必须向长辈问安，这是礼仪，上一代的恩怨和下一代无关。”

妈妈虽然识字不多，可是她的伦理道德，深深地感染了我们。爸爸失业后，家里顿时失去了经济支柱，妈妈把家里值钱的东西包括金器都卖了。她去工厂打工，我们三姐弟就每天傍晚到购物中心兼职。那几年，日子虽然苦，每个月都为了生活费，屋租金，学费，还债务而忙碌奔波，省吃俭用，可是我们一家人还是咬着牙根坚强地熬过。

爸爸妈妈在面对生活的艰苦，依然刻苦耐劳，丝毫不放弃，还乐观地对我们说：“人生有起必有落，做人要知足常乐，脚踏实地，不偷不抢不骗，终有一天会成功的。”读完中六后，我顺利地考上了本地大学。那年爸爸的事业刚从新起步，也拥有了自己的屋子。在入大学前，家里办了个新屋入迁晚会，招待亲朋戚友。那一晚，爸爸向亲戚朋友说，“这是我的大女儿，下个星期就要读大学了。”当时，我看到他脸上的表情是为我感到骄傲和欣慰，我终于达成了他对我的期望。

一直以来，他们都把最美好的自己给了我们。今天，我们姐弟都长大了，我们也在努力地为他们打造最美好的自己。

“爹地，妈咪。谢谢你们。”



JENNY L.

Malaysia

我是Jenny Liew (malacca)

这是我的五个宝贝。看着他们长大的过程是我的骄傲。想当年经济不景气,为了家人我必须做工养家,刚开始虽然有点吃不消,但幸好有他们的鼓励和在家的配合,我才能放心的工作并慢慢地熟悉工作。每个孩子都是由上帝牵着手来到这个世界上的,非常感恩一直以来有他们陪在身旁。在外人看来,我也许不完美,但在他们眼里我却是最棒的。我可以不需要别人的掌声和崇拜,因为让我更珍惜的是家人的鼓励和谅解。这样我已非常满意。我想,这就是最棒我,那位在孩子们心目中的我:)

“在外人看来,我也许不完美,但在他们眼里我却是最棒的。”

EPILOG

Kami harap anda terhibur dengan kisah-kisah ini. Tetapi ia tidak berakhir di sini sahaja. Anda boleh membaca koleksi lengkap dan juga kongsi kisah anda sendiri di **www.the-best-of-you.com**

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Terima kasih kerana sudi meluangkan masa anda bersama kami.

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后记

希望你们喜欢这些故事。阅读之旅并未就此结束，欢迎您继续到 **www.the-best-of-you.com**

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感谢你愿意腾出宝贵的时间。祝福你。

“最好的你”团队 敬启

AFTERWORD

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Thank you for your time.

- The Best of You team

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