

The Merit of English Division
Junior Division

Name of Winner: Chan Ho Ying

Name of School: PLK Lo Kit Sing (1983) College

Book Title: How to Enjoy Your Life

Author: Dale Carnegie

Publisher: Pocket Books

How to Enjoy Your Life and Your Job is a bestselling self-help book that offers valuable insights and practical tips to help readers create a new approach to life, work, and relationships.

The book talks about how to balance work and life. From the book, I learned how to create a new approach to life and

people and discover the talents I have. Even if we love our work, we probably have days when almost nothing goes right. This book shows me how to make every day more exciting and rewarding how I get more done and have fun doing it. The book also includes some tips on interpersonal skills, such as the chapters “How to make people like you instantly”, and “How to win friends and influence people”. Finally, the book provides tips on how to manage my time so that I can get the most out of each day.

The part I like most is “How to stop worrying and start living”. It mentions many tips, including not to imitate others, learning to relax at your work, and putting enthusiasm into your work. It also teaches me four good working habits, including clearing your desk of all paper experts relating to

immediate problems at hand and doing things in order of importance. These methods are helpful for me, and they help with my studies too. These habits can make my life more organized so that I can work more efficiently.

There are three things mentioned in the book that impress me and that they are useful to me. Firstly, it talks about 7 ways to “Peace and Happiness “. Among them, I find “being yourself” the most useful. The biggest mistake people make after applying for jobs is in not being themselves. Instead of taking their hair down and being completely frank, they often try to give you the answers they think you want." But it doesn't work, because nobody wants a phony. I learned that being who I really am, showing my most authentic side, giving full play to my strengths, and not wearing a mask is

the only way to make my life more comfortable. Secondly, it mentions that we should smile in the face of criticism—you have done your very best. It reminded me to adjust my attitude and start again. Instead of holding myself back by blaming myself, moving on is more important. Thirdly, it mentions the importance of learning to relax at work. When you can relax and clear your mind, you may feel more refreshed and energized to get back to work.

After reading the book *How to Enjoy Your Life and Your Job*, my perspective and mindset have been transformed through the practical advice and insights provided in this book. Firstly, this book teaches me that challenges are not daunting obstacles but opportunities for growth and development. In life and study, we should constantly

challenge and strive for opportunities in order to stand out. Furthermore, the main theme of the book is to overcome your internal negativity and go further for a positive world when you will see and enjoy the world according to yourself. One of the things it mentions is overcoming bad habits. Good habits explore you and bad habits destroy you. Of course, breaking bad habits isn't easy. Therefore, we should take it step by step.

This book introduced many ways to improve our mood and enjoy life and jobs. I should start with many subtle things, such as how to deal with interpersonal relationships. This is also something I could improve at. The skills and morals above can be applied not only by adults at work but also by students at school. Therefore, I think this book is very

practical. After reading this book, I feel like I have taken a class.

In conclusion, this book inspired me a lot. Dale Carnegie's insights and teachings can help readers discover their true potential, cultivate a positive mindset, set meaningful goals, and build strong relationships. I will try to follow the advice of the book. I hope one day I can experience the fun of life. Besides, I hope that everyone who has read this book will know the message of this book and will be able to “enjoy your life and your job”.