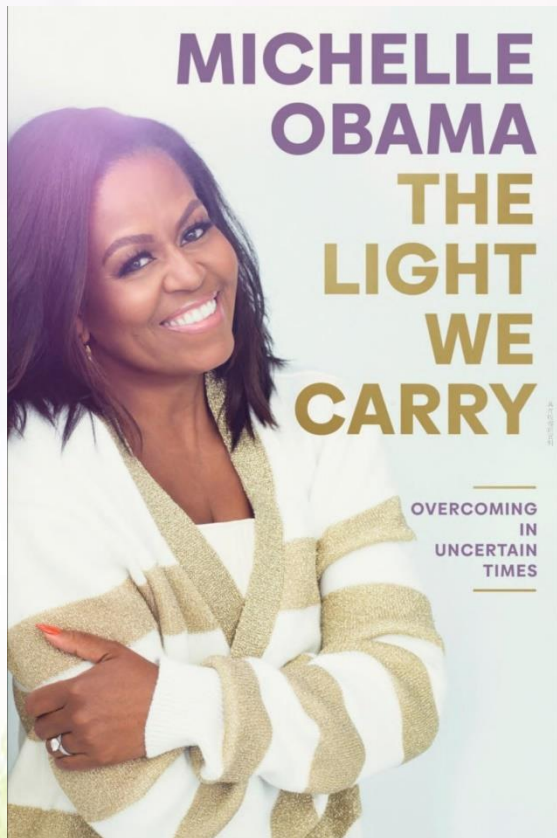


老師姓名	Ms. Jenny老師
書籍名稱	《The Light We Carry》
作者/編者	Michelle Obama
分享感言 (頁一)	<p>I recently read this book and I was immensely touched by it. During the past few years of pandemic we all faces challenges, uncertainties difficulties, heartbreaks, and setbacks. How do we cope and move past them? As the former First Lady, Michelle Obama also encountered numerous problems, failures, and obstacles. This heartwarming book connects with us as she shares her multiple roles as a loving daughter, wife, caring mother and the First Lady.</p> <p>In the book, Michelle Obama offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences</p>



## 分享感言 (頁二)

as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles--the earned wisdom that helps her continue to "become." She details her most valuable practices, like "starting kind," "going high," and assembling a "kitchen table" of trusted friends and mentors. In her book, she also explores issues related to race, gender, and visibility, encouraging readers to work through fear, find strength in community, and live with boldness and faith.

I highly recommend this book to you all as it is a rewarding blend of powerful stories and profound advice that will ignite conversation. *The Light We Carry* inspires readers to examine their own lives, identify their sources of gladness, and be brave and stay hopeful in a turbulent world.

"When we are able to recognize our own light, we become empowered to use it," writes Michelle Obama.

