

Truong Dai Hoc Van Lang

Talk show presents book "Daughter of the Phoenix: Hope is my way", meeting and interaction with the author Isabelle Muller

Van Lang Library, June 27, 2022) – On the morning of June 25, 2022, Van Lang University cooperated with the General Publishing House of Ho Chi Minh City. Ho Chi Minh City organized a program to introduce the book "Daughter of the Phoenix - Hope is my Way" and interact with the author Isabelle Muller.

We implicitly agree that every person's life is an open book, because life is a series of stories of ups and downs, sadness and happiness, joy and suffering, disappointment and hope, ... through different phases. . The facts and emotions contained in it are enough to make an interesting book. However, not many people find that their life is "worthy" of being written in a book, nor do many "dare" to tell their life story so that readers can clearly understand the pain experienced or the dark feelings within. Although it does not really reach the pinnacle of word beauty, "Daughter of the Phoenix - Hope is my Way" by author Isabelle Müller is a work worth reading. Because it is a thoughtful and emotional autobiography, with profound and inspiring messages. At the talk show, Assoc.Prof.Dr. Tran Thi My Dieu - Rector - shared: "Van Lang students can learn from the book and from the contributions of author Isabelle Muller how to overcome difficulties with hope and will."



School of the Heart

When asked why she decided to write a book about her mother and her life, author Isabelle Muller said the beginning of the process was her admiration for her Vietnamese mother. Her mother "left home" because she did not want to live a life governed by "respect for men and

contempt for women" and "where parents take children". Her mother smiled when the house that had cost so much effort burned down because the house is simply material, it can be lost when it is lost while the spirit is still stable and good. Her mother did not stop trying to keep herself alive, to live well and to help those in need in France, when her husband's family discriminated against the color of her skin, when her husband was violent and had an affair. And as a deep bond between mother and daughter, Isabelle Muller has lived a life as admirable as her mother. She overcame her family's poverty, the teasing and discrimination at school, the abuse by her father, the jealousy of her sister, the illness of herself, her daughter and her husband. Her mother's stories and hers were told in two touching books: "Loan - From the Life of a Phoenix", "Daughter of the Phoenix - Hope is my Way". Mom couldn't go to school, but her life and the years she spent living with her mother helped Isabelle learn a lot. She says her mother created and guided her in the "school of the heart" - she learned to be an optimistic and positive person.

Acceptance - the first step to overcoming challenges

A very special thing in the book "Daughter of the Phoenix - Hope is my way" is the story of extreme difficulties, endless challenges, but without sad tears: no regrets, no regrets, no regrets. Unhappy stories are told in a bright spirit. When Isabelle told her life, which is also the content of the book, the students clearly expressed their admiration and also wanted the author to share if it was difficult for her to write the story and how she overcame everything to be as successful as she does today. Isabelle answered sincerely: she is not persecuted or traumatized when she writes about the pain she experienced, because she accepted the pain, faced the pain and overcame it. She did not forget what she had encountered, but she did not live in its shadow. Isabelle wants students to pay more attention to their mental health. When you face challenges, no matter how small or big, first learn to accept them. There is a new acceptance, trying to find a way to overcome it. Before, she did not want to accept her situation, once wanted to give up the struggle difficulties, when he committed suicide twice at the age of thirteen and seventeen. But there seems to be an invisible agreement, she did not commit suicide, and she thinks that there is a reason and meaning for her to live in the world, so she must accept the difficulties and overcome them. After that, she learned to trust people of goodwill and accept help in order to have better learning conditions, live better, work better and overcome challenges more easily. And the key factor is the willpower, self-will and the courage to take risks to find happiness for herself. She learns to trust people of goodwill and accept help in order to have better learning conditions, live better, work better and overcome challenges more easily. And the key factor is the willpower, self-will and the courage to take risks to find happiness for herself. She learns to trust people of good will and to accept help in order to have better learning conditions, to live better, to work better and to overcome challenges more easily. And the key factor is willpower, self-will and the courage to take risks in order to find happiness for oneself.

Isabelle shared that her friends all had a clear life plan when she got to college, but she didn't. Just because she has nothing in her hand, she is not afraid of losing anything, so she chooses to take risks to live a different way, a better life. Isabelle experiences many events and yet overcomes them calmly because she sees challenges as lessons that life gives her. Go through

a challenge, win a lesson; Another challenge, another lesson. What you don't know, don't stop asking questions; Whatever the problem is, find a way to solve it. See how difficulties become opportunities - that's the motto for her to become strong and find joy and happiness after the pain. Reading Isabelle Muller's autobiography "Daughter of the Phoenix - Hope is my way", meeting and listening to her part in the book launch program reminds us of the nature of the Human Library (Human Library) - where we go not to read books but to "borrow people". The people there have experienced injustice, social discrimination or mental health problems. It is a healing therapy, a spiritual boost, a positive charge and inspires us to love ourselves, to strive to be better every day and to share and give when it is full.

Thank you Isabelle Muller for coming to Van Lang!

Minh An

Photo: TS&TT Zimmer