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Talk show presents book “Daughter of the Phoenix: Hope is my way”, meetings and Interaction with the author Isabelle Muller

(Van Lang Library, June 27, 2022) – On the morning of June 25, 2022, Van Lang University collaborated with the Ho Chi Minh City General Publishing House. Ho Chi Minh City organized a program to introduce the book "Daughter of the Phoenix: Hope Is My Way" and interact with 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 various phases. The facts and emotions contained therein are enough to make an interesting book. However, not many people find their life "worthy" of being written into a book, nor do they "dare" to do so.

many to tell their life story so that readers can experience the pain or

I can clearly understand the dark feelings within me. Although it doesn't really reach the climax of Beauty of words, but “Daughter of the Phoenix – Hope is my Way” by author Isabelle Müller is A work worth reading. Because it's a thoughtful and emotional autobiography with profound and inspiring messages.

During the talk show, Assoc.Prof.Dr. Tran Thi My Dieu, Rector, said: "Van Lang students can learn from the book and from the contributions of author Isabelle Muller how to overcome difficulties with hope and determination."



School of the Heart

When asked why she decided to write a book about her mother and her life, writing, author Isabelle Muller said that the beginning of the process had awakened her admiration for her Vietnamese mother.

Her mother "left home" because she didn't want to live a life governed by "respect for men and contempt for women" and "where parents bring children." Her mother smiled when the house that had taken so much effort burned down because a house is simply material; it can be lost if it is lost while the spirit is still stable and good. Her mother never stopped trying to stay alive, to live well, and to help those in need in France, when her husband's family discriminated against her skin color, when her husband was violent and had an affair.

And as a deep bond between mother and daughter, Isabelle Muller has led a life just as admirable as her mother. She overcame her family's poverty, the teasing and discrimination at school, the abuse by her father, the jealousy her sister, her own illness, her daughter's illness and her husband's illness. The stories of her Mother and her were told in two touching books: "Loan – From the Life of a Phoenix", "Daughter of the Phoenix – Hope is my Way".

Her mother 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

bright mind told.

When Isabelle told her life story, which is also the subject of the book, the students expressed their

They clearly expressed their admiration and also wanted the author to share whether it was difficult for her to write the story and how she overcame everything to be as successful as she is today. Isabelle answered sincerely:

She is not haunted or traumatized when she writes about the pain she experienced because she accepted the pain, faced it, 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 large, first learn to accept them. There is a new acceptance that tries to find a way to overcome them. Before, she did not want to accept her situation, once wanted to give up fighting difficulties when he was beaten twice at the ages of thirteen and seventeen.

committed suicide. But there seems to be an invisible agreement, she has no
committed suicide, and she thinks that there is a reason and meaning for her in
the world, so she has to accept and overcome the difficulties. After that, she learned
them to trust people of good will and to accept help in order to create better learning conditions
to live better, work better and overcome challenges more easily. And
The key factor is willpower, self-will and the courage to take risks in order to
to find happiness for herself. She learns to trust people of good will and to ask for help
to have better learning conditions, to live better, to work better and
Challenges are easier to overcome. And the key factor is willpower, the
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 create better learning conditions
to live better, work better and overcome challenges more easily. And the
The key factor is willpower, self-will and the courage to take risks in order to
To find happiness for yourself.

Isabelle said that her friends all had a clear life plan when they went to college
came, but she didn't. Just because she has nothing in her hand, she isn't afraid of losing something,

so she decides 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, find a way to solve it. See how difficulties become opportunities - that is 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—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

Recharge 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 Room

Interested parties can watch the video recording of the program, which is available on the [Van Lang Library YouTube channel](#) was posted .