

Teacher: Wong Lai Ping

Book's title: Maybe you should talk to someone

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'As each day goes by, I seem worse, not better.'

'I appear normal, but I feel dizzy and disoriented.'



If you resonate with these sayings and feel as if you are living beneath a dark cloud, *Maybe You Should Talk to Someone* might be “the most effective non-prescription painkiller” for you—especially if you carry feelings that are hard to express directly to others.

Living in a society where criticism is always the elephant in the room, most of us, like you and me, are usually reluctant to share personal struggles. **‘No matter how open we are as a society about formerly private matters, the stigma around our emotional struggles remains formidable’.** It is never easy to admit our weaknesses, let alone write a book about them. Yet the author, a therapist, shares her struggles, thoughts, and vulnerabilities openly. She was devastated when the man she thought she would marry unexpectedly ended their relationship. Having noticed her own symptoms of anxiety, she felt ashamed but still sought help from another “trustworthy male therapist,” far away, who seemed to have no personal connection to her.

Yes, therapists also turn to therapists for healing—which often feels like a hidden struggle for professionals who value their reputation and rely on a secure career. It is one thing to trust them and seek help, and quite another to wonder who they themselves can turn to for support. This reminds us that action is not as simple as it sounds. When we see others living what appears to be a successful life, we should not judge the book by its cover. **Success may not be as effortless as it looks; sometimes it is merely a shield against deep insecurities.** We must also remember never to rank others’ suffering, because **pain is never a contest**, and there is no hierarchy of pain.

Beyond learning not to judge others without knowing their stories, I realized the importance of accepting our past and letting bygones be bygones. When faced with new opportunities, we are often hesitant—afraid of making mistakes, reluctant to let go of the old, and anxious about the new. Yet **change always involves loss**, which is why people often say they want something but fail to act—because they cannot accept the risk. **The brick walls in our lives are not there to keep us out, but to give us a chance to prove how badly we want something.** So let’s step out of our comfort zones, embrace our imperfections, and work our socks off. If you never try, you will never know what happens next. Why not give this book a try? I hope this book inspires you as much as it inspired me!