**Love Each Other or Die**

A Book Report of *Tuesdays With Morrie*

*Tuesdays With Morrie* is written by Mitch Albom. It tells a story of an old professor who was terminally ill. Facing the end of his life, he conveyed his views and thoughts on life to his former students, Mitch.

Professor Morrie lived a wise and comfortable life. His views on substance, spirit, life and love brought a breeze to modern society. The book talks about the world, feeling sorry for yourself, regret, death, family, emotions, fears of aging, money, love, marriage, culture, forgiveness, and the "perfect day" , in which Morrie involved all he wanted at the end of his life.

Morrie's theory of "detachment" left a deep impression on me. ‘But detachment doesn’t mean you don’t let the experience penetrate you. On the contrary, you let it penetrate you fully. That’s how you are able to leave it.’ He suggested that you should get rid of emotions——not escape emotions, but fully feel it, and then tell yourself to leave it. That’s just the way he prepared the lesson, to feel the life carefully, to feel the body, and to feel the emotions. And his love from the beginning to the end helped him face fear and sorrow. Because of love, he can leave this emotion and embrace the rest life with a positive attitude. By throwing himself into these emotions, by allowing himself to dive in, all the way, over his head even, he experienced them fully and completely. Then he knew what pain is. He knew what love is. He knew what grief is. *‘And only then can you say, ‘All right. I have experienced that emotion. I recognize that emotion. Now I need to detach from that emotion for a moment.’ ’*The truth of detachment lies not in escape, but in experience. Only through facing emotions and experiencing it can you detach from emotions. If you try to avoid it, the fear will never be overcome. In our lives, we often need to take the initiative to detach emotions. We feel lonely, sometimes to the point of tears, but we are afraid of showing loneliness because we are not supposed to cry. Or we feel a surge of love for a partner but we are frozen with the fear of expressing love to others will hurt the relationship. At the end, we refuse to express it. But Morrie taught us to ‘turn on the faucet’ and ‘wash yourself with the emotions’. We shouldn’t be overwhelmed with sadness, fear and pain. Escape cannot help us. Only when we open our hearts to accept it and feel it, can we overcome these emotions and then, to feel life.

From the beginning of the book, Morrie appeared as a terminally ill person. But a happy and lively professor who existed in Mitch's memories also came into my mind. Professor Morrie was always positive and always expressing love to others. He had won everyone's respect using his respect, optimism and love. I may not have enough life experience to totally understand his summary of life, but his attitude and views will deeply influence my conception, allowing me to consciously pay attention to my spirit, forgive myself. He help me to feel, to accept, to detach, to respect, to love.