

# Anime, Manga, Movie, Music, Quote, & Sport

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## Tóm tắt nội dung

A personal collection of animes, mangas, movies, music (lyrics, instrumental music, etc.), legends, & quotes.

Latest version:

- *Anime, Manga, Movie, Music, Quote, & Sport.*

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## 1 Anime, Manga, & Manhwa

I have a habit to watch animes with the speed 1.5x, 1.75x, or 2x, not at the normal speed so that I can have more free time & watch much more animes & others also.

1. 2.5-jigen no Ririsa ★ 2.5 Dimensional Seduction (2024–) [S1.E19–]
2. 86 (2021–2022) [S1.E11][S2.E12]
3. AKIRA (1988)
4. ALICE TO THERESE NO MABOROSHI KÔJÔ ★ MABOROSHI (2023)
5. ANO HI MITA HANA NO NAMA E O BOKUTACHI WA MADA SHIRANAI ★ ANOHANA: THE FLOWER WE SAW THAT DAY (2011) [S1.E11]
6. ANAZÂ ★ ANOTHER (2012) [S1.E12]
7. Ao no Hako ★ Blue Box (2024) [S1.E7–]
8. Aoashi (2022–) [S1.E24][Chap. 327–]
9. ARCANE: LEAGUE OF LEGENDS ★ ARCANE (2021–) [S1.E9][S2.E1–]
10. Arifureta Shokugyou de Sekai Saikyou ★ Arifureta: From Commonplace to World’s Strongest (2019–2024) [S1.E13][SP2][S2.E12][SP][S3.E5–]
11. BAKEMONO NO KO ★ THE BOY & THE BEAST (2015)
12. BAKEMONOGATARI (2009–2013) [S1.E15]
13. Bleach: Sennen Kessen-hen ★ Bleach: Thousand-Year Blood War [S1.E27–]
14. BLOOD-C (2011) [S1.E13]
15. Blood-C: The Last Dark (2012)
16. BLUE EYE SAMURAI (2023) [S1.E12]
17. Blue Lock (2022) [S1.E24][S2.E1–][Chap. 1–]
18. Bocchi the Rock! (2022–) [S1.E12]
19. BoJACK HORSEMAN (2014–2020) [S1.E12][S2.E12][S3.E12][S4.E12][S5.E12][S6.E16]

**BoJack Horseman.**

- “He’s so stupid he doesn’t realize how miserable he should be. I envy that.”
- “Ow, crap. I hate this. Running is terrible. Everything is the worst.”
- “You know sometimes I feel like I was born with a leak, & any goodness I started with just slowly spilled out of me, & now it’s all gone. And I’ll never get it back in me. It’s too late. ... Life is a series of closing doors, isn’t it?”
- “You are a horrible person, & you not understanding that you’re a horrible person, doesn’t make you less of a horrible person.”
- “I’m responsible for my own happiness? I can’t even be responsible for my own breakfast!”
- “You sleep on my couch & you don’t pay rent. I’ve had tapeworms that are less parasitic. I don’t even remember why I let you stay with me in the 1st place.”
- “Man, I really regret buying those muffins & then eating them all on the drive home.”
- “I feel like my life is just a series of unrelated wacky adventures”
- “I don’t understand how people... live. It’s amazing to me that people wake up every morning & say: ‘Yeah, another day, let’s do it.’ How do people do it? I don’t know how.”
- “Look, for a lot of people, life is just one long hard kick in the urethra.”
- “Same thing that always happens. You didn’t know me & then you fell in love with me. And now you know me.”
- “Now if you excuse me, I need to go take a shower so I can’t tell if I’m crying or not.”
- “I spend a lot of time with the real me & believe me, nobody’s gonna love that guy.”
- “Yeah, I ate them all in one sitting because I have no self-control & I hate myself.”
- “nothing on the outside, nothing on the inside” as he runs his hand over the oven
- “Settle. Because otherwise you’re just gonna get older & harder, & more alone. And you’re gonna do everything you can to fill that hole, with friends, & your career, & meaningless sex, but the hole doesn’t get filled. One day, you’re gonna look around & you’re going to realize that everybody loves you, but nobody likes you. And that is the loneliest feeling in the world.”
- “I want to feel good about myself. The way you do. And I don’t know how. I don’t know if I can.”

- “Fool me once, shame on you. But teach a man to fool me & I’ll be fooled for the rest of my life”
- “Dead on the inside, dead on the outside.”
- “I have half a mind...”
- “I can’t say no to people because I want everyone to like me.”
- “It’s made up by Steven Spielberg to sell movie tickets. It’s like the happiness or the Munich Olympics, it doesn’t exist in the real world. The only thing to do now is just to keep living forward.”
- “We’re just two lonely people trying to hate ourselves a little less.”
- “your girlfriend has a stripper name”
- “Kelsey, in this terrifying world, all we have are the connections that we make. I’m sorry I got you fired, I’m sorry I never called you after.”
- “Being a movie star is the hardest job, & we get no recognition!”
- “Todd, your good-hearted naivety has once again conspired with outrageous happenstance to completely dick me over!”
- “Why 12 steps? Nobody wants to do 12 of anything. Did you see ‘12 Years A Slave’ & think ‘that’s a short number of years to be a slave?’”
- “When your father dies, you ask yourself a lot of questions, like ‘Wait, did you say he died in a duel?’ & ‘Who dies in a duel?’”
- “Is it possible that this whole time, I’ve been an amazing feminist hero & nobody knew it?”
- “Diane, I am a famous – everyone gives me everything I want all the time. It is an existential curse, but a huge day-to-day convenience.”
- “You’ve got a nice set of pipes. You’re like a Josh Groban who doesn’t also think he’s funny.”
- “I want to do things with you. Fully clothed, sober, in daylight hours.”
- “How can I put this... imagine if the Holocaust happened every four years like the Olympics. I would rather THAT happen than your rock opera.”
- “Goddammit, Honeydew? Jesus, why does Cantaloupe think every time it gets invited to a party it can bring along its dumb friend Honeydew? You don’t get a plus one Cantaloupe.”
- “There’s that old saying: Liquor before beer, never fear, don’t do heroin.”
- “Why put the skip ad button so late? I’m not skipping now. I’m invested.”
- “I drove, but I moved my arm a bunch so the Fitbit counted the miles.”
- “That was, & I don’t say this lightly, worse than 100 September 11ths.”
- “‘Here’s the thing about most long distance plans.’ I hate that. ‘Here’s the thing.’ It’s so stupid! Just say the thing! You don’t need to introduce the concept that there’s going to be a thing.”
- “Todd! Get in the car. It is time to get serious about autoerotic asphyxiation.”
- “Also, are you wearing comfortable shoes? Because I feel like that was a long road to walk to get to that punchline.”
- “I’m sorry I accused you of murder, American TV legend Henry Winkler.”
- “Slap my salami, the guy’s a commie.”
- “I told you, that’s not what was happening that time! I was masturbating to what the picture represented! And you came in at the worst possible time!”
- “‘Neigh way, Jose!’ I improvised that line. I mean, it was scripted, but I gave it the ol’ BoJack spin.”
- “Well, that was another in a long series of regrettable life choices.”
- “It’s so sad that when you see someone as they really are, it ruins them.”
- “I’ve had a lot of what I thought were rock bottoms, only to discover another, rockier bottom underneath.”
- “Just pretend you are happy, & eventually you’ll forget you’re pretending.”
- “I have poison inside me, & I destroy everything I touch.”
- “The only thing to do now is just to keep living forward.”
- “My darling mother gave the eulogy. My entire life, I never heard her say a kind word to OR about my father, but at his funeral, she said, “My husband is dead, & everything is worse now.”
- “I’m gonna say “Hello. I am BoJack Horseman. Obviously, you know who I am, because I’m very famous, & also because we called ahead. And I am here because ... I need help.”
- “I don’t hate the troops, I just hate one specific troop. I don’t even hate him, I just think he’s wrong about the muffins.”
- “All I learned about being good, I learned from TV. And in TV, flawed characters are constantly showing people they care with these surprising grand gestures. And I think that part of me still believes that’s what love is.”

- “I told you, that’s not what was happening that time. I was masturbating to what the picture represented! You walked in at the worst possible moment.”
- “You turn yourself around. That’s what it’s all about.”
- “I don’t cry in front of other people.”
- “But in real life, the big gesture isn’t enough. You need to be consistent, you need to be dependably good. You need to do it every day, which is so ... hard.”
- “What more do you want?! What else could the Universe possibly owe you?”

#### **Diane Nguyen.**

- “It’s not about being happy, that is the thing. I’m just trying to get through each day. I can’t keep asking myself ‘Am I happy?’ It just makes me more miserable. I don’t know If I believe in it, real lasting happiness, All those perky, well-adjusted people you see in movies & TV shows ? I don’t think they exist.”
- “Idea for a new app: an undo button that can undo long amounts of time. Three months. A year. A life.”
- “Even if no one appreciates you, it’s important that you don’t stop being good.”
- “When I was a kid, I used to watch you on TV, & you know I didn’t have the best family. Things weren’t that great for me. But, for half an hour, every week, I got to watch this show about four people who had nobody, who came together & became a family, & for half an hour, every week, I had a home, & it helped me survive.”
- “Well, that’s the problem with life, right? Either you know that you want & then you don’t get what you want, or you get what you want, & then you don’t know what you want.”
- “Most people don’t even get to do the brady bunch version of the thing they want to do with their lives.”
- “You’re responsible for your own happiness, you know?”
- “You learn that you can survive being alone.”
- “Sometimes life’s a bitch & you keep living.”
- “There are people in your life that help you become the person you end up being, & you can be grateful for them, even if they were never meant to be in your life forever.”
- “Every happy ending has the day after the happy ending.”
- “There’s no deep down, I believe that all we are is what we do.”
- “There’s no such thing as “bad guys” or “good guys”. We’re all just... guys, who do good stuff sometimes & bad stuff sometimes. And all we can do is try to do less bad stuff & more good stuff, but you’re never going to be good because you’re not bad.”

#### **Todd Chavez.**

- “Things don’t become traditions because they’re good, BoJack, they become good because they’re traditions.”
- “You can’t keep doing shitty things, & then feel bad about yourself like that makes it okay! You need to be better!”
- “You are all the things that are wrong with you.”

#### **Princess Carolyn.**

- “Oh fish. Of course! Why would you ever make things easy for me when instead you could make things incredibly difficult. Laura! Clear our my schedule! I have to push a boulder up a hill & then have it roll over me time & time again with no regard for my well-being!”
- “That woman can knock a drink back like a Kennedy at a wake for another Kennedy, but I’ll be damned if she doesn’t get shit done!”
- “BoJack, I’m gonna level with you, honey. This whole you-hating-the-troops thing is not great.”
- “Because my life is a mess right now & I compulsively take care of other people.”
- “I got into this business because I love stories. They comfort us, they inspire us, they create a context for how we experience the world. But also, you have to be careful, because if you spend a lot of time with stories, you start to believe that life is just stories, & it’s not. Life is life, & that’s so sad because there’s so little time & ... what are we doing with it?”
- “So, are you available for Tuesday, or are you gonna be too busy masturbating to old pictures of yourself.”
- “Stop pissing off the orphans. A lot of them grow up to be serial killers.”

#### **Mr. Peanutbutter.**

- “Sweetie, you know I support you, whatever you want to do, but you’re not gonna find what you’re looking for in these awful made-up places. The universe is a cruel, uncaring void. The key to being happy isn’t the search for meaning; it’s just to keep yourself busy with unimportant nonsense, & eventually, you’ll be dead.”
- “Everybody deserves to be loved”

- “Crack an egg on your head. Let the yolk drip down.”
- “All I ever wanted was to be your friend ... & you treat me like a big joke. You think I don’t notice? Why don’t you like me?”
- “I told you I don’t know where it is. Don’t put things in my butt if you want them back.”

#### **Herb Kazzaz.**

- “You know what your problem is? You want to think of yourself as the good guy. Well, I know you better than anyone, & I can tell you that you’re not. In fact, you’d probably sleep a lot better at night if you just admitted to yourself that you’re a selfish goddamn coward who just takes whatever he wants & doesn’t give a shit about who he hurts. That’s you. That’s BoJack Horseman.”
- “There is no other side.”

#### **Beatrice Horseman.**

- “I’m punishing you for being alive.”
- “I just wanted to tell you that I know. I know you want to be happy, but you won’t be... & I’m sorry.”  
BoJack: “... What?”  
“It’s not just you, you know. Your father & I, we, well... you come by it honestly, the ugliness inside you. You were born broken, that’s your birthright. And now you can fill your life with projects your books & your movies & your little girlfriends but... that won’t make you whole. You’re BoJack Horseman. There’s no cure for that.”
- “Don’t throw your dreams away for this child. Don’t let that man poison your life the way he did mine. You are going to finish your schooling & become a nurse. You’ll meet a man, a good man, & you’ll have a family, but please, believe me, you don’t want this. Please, Henrietta, you have to believe me. Please ... don’t do what I did.”
- “Henrietta, don’t use a foreign language in front of the child, she’ll get ideas!”

#### **Henry Winkler.**

- “There is no shame in dying for nothing. That’s why most people die.”

#### **Hollyhock.**

- “That voice, the one that tells you you’re stupid, worthless, & ugly... it goes away right? It’s just a dumb teenage girl thing, but... then it goes away?”, “Yeah”

#### **Secretariat.**

- “BoJack, when I was your age, I got sad. A lot. I didn’t come from such a great home, but one day, I started running, & that seemed to make sense, so then I just kept running. BoJack, when you get sad you run, straight ahead & you keep running forward no matter what there are people in your life that who are going to try to hold you back , slow you down , but you don’t let them. Don’t you ever stop running, don’t ever look behind you there is nothing for you behind you. All that exists is whats ahead.”

#### **Wanda Pierce.**

- “When you look at someone through rose-colored glasses, all the red flags just look like flags.”

#### **Amanda Hannity.**

- ”When we know what we know about a monster like that & we still put him on TV every week, we’re teaching a generation of young boys & girls that a man’s reputation is more important than the lives of the women he’s ruined.”

#### **Fuzzy Whiskers.**

- “I don’t know what to tell you. I’m happy for the 1st time in my life & I’m not gonna feel bad about it. It takes a long time to realise how truly miserable you are & even longer to see it doesn’t have to be that way. Only after you give up everything can you begin to find a way to be happy.”

#### **Sextina Aquafina.**

- “I think about my child’s heartbeat & oh, it makes me weep. I hope & pray to God my little fetus has a soul. Because I want it to feel pain when I eject it from my hole.”

#### **Miscellaneous.**

- “There has been another mass shooting. I am totally unqualified to cover a news story this important, but as a straight white male, I will plow forward with confidence & assume I’m doing fine!”
- “It gets easier. Every day it gets a little easier. But you gotta do it every day – that’s the hard part. But it does get easier”

- “When you do bad things, you have something you can point to when people eventually leave you. It’s not you, you tell yourself, it’s that bad thing you did. Do you often keep people at arm’s length? Are you afraid of being known & knowing others?”
- “He’s probably just razzin’ ya. But he’s a good dog. All bark, no bite. Oh, sorry! That’s a labrador expression. I guess in human terms it would be: he’s all talk, no shooting you with an assault rifle.”
- “Do you ever get the feeling that to know you more is to love you less?”
- “It doesn’t matter where you are, it’s who you are, that’s not gonna change whether you’re in California or Maine or New Mexico. You know, you can’t escape you.”

20. BOKU DAKE GA INAI MACHI ★ ERASED (2016) [S1.E12]
21. Boku no hîrô akademia ★ My Hero Academia (2016–) [S1.E13][S2.E1–]
22. BOUSHOKU NO BERSERK ★ BERSERK OF GLUTTONY (2023–) [S1.E12]
23. BUTTOBI ITTO [Chap. 102]
24. BYÔSOKU 5 SENCHIMÊTORU ★ 5 CENTIMETERS PER SECOND (2007)
25. CASTLEVANIA (2017–2021) [S1.E4][S2.E8][S3.E10][S4.E10]
26. CHAINSAW MAN [Chap. 182–][S1.E12]
27. CHIYU MAHÔ NO MACHIGATTA TSUKAI-KATA: SENJÔ O KAKERU KAIFUKU YÔIN ★ THE WRONG WAY TO USE HEALING MAGIC (2024–)[S1.E13]
28. CLANNAD (2007–2008) [S1.E23]
29. CLANNAD: AFTER STORY (2008–2009) [S1.E22][OVA3]
30. CYBERPUNK: EDGERUNNERS (2022) [S1.E10]
31. Dandadan (2024–) [S1.E6–]
32. DARK GATHERING (2023–) [S1.E25]
33. DARLING IN THE FRANXX (2018) [S1.E24]

*Fandom. A list of quotes from DARLING in the FRANXX*

HIRO ★ 016.

- “Our sole reason to exist is to become FRANXX & fight. We were born only for that purpose, raised only for that purpose. But to me, the failure of the group, that’s something I can’t forgive. With nowhere I can feel like I belong... that’s when I met you.” - Hiro’s 1st narrative in Episode 01 preview
- “It was like I was put under a spell. Her two alluring horns, & my 1st ever look at a naked girl’s body, left me transfixed, unable to take my eyes off of her.” - Hiro to himself, upon his 1st meeting with Zero Two
- “I feel myself going deeper inside you!” - Hiro to Zero Two, piloting Strelizia for the second time
- “Getting mocked for my lack of a partner would be one thing. But the fact that there was still a part of me that still hoped for one made me feel pathetic.” - Hiro to himself after 1st meeting Zero Two
- “The act of bringing two pairs of lips together, which we’d never heard of, was called a kiss, she said.” - Hiro remembering what a kiss means from Zero Two
- “My wings exist for you. I’m your partner. I’m not going to leave you alone.” - Hiro promising to be Zero Two’s partner
- “It’s only I met you, that I can stand here right now.” - Hiro to Zero Two
- “When we 1st met, I couldn’t take my eyes off you. You were confident, held your head high, & I found that beautiful.” - Hiro as he confesses to Zero Two
- “You & I; alone & lonesome. With the wings that I tore apart with my own hands, it will never be possible again to fly away. The days that I could spend as your wing, the sky that I dreamed we could take to some day. It has all started fading away, far, far away.” - Hiro about wanting to fly with Zero Two
- “And I called you a monster! Now we’re even!” - Hiro to Zero Two when they reconcile
- “I feel the same! Zero Two, I love you too!” - Hiro declaring his love to Zero Two
- “If Zero Two can’t smile for me, than I might as well be dead.” - Hiro to Goro after announcing he is going to space
- “Liar. If that were true, than why is your last page left blank? Don’t fly off on your own. Please, Zero Two, let me stay with you. Together... let’s rewrite that story.” - Hiro to Zero Two before going into the warp gate

- “The distant skies. Beyond time & distance. An overwhelmingly long journey just for the two of us. You’re a part of me. I’m a part of you. I’ll remember your warmth, along with the memories we’ve made together. I’ll never let you go again!” - Hiro & Zero Two about their bond
- “I love you!” - Hiro confessing to Zero Two
- “Zero Two... we’re becoming one. Now you are me... We’re probably going to disappear soon but the path we walked on, others will take it from here... I love you, Zero two” - Hiro’s last words, to Zero Two before his death

ZERO TWO ★ 002.

- “The Jian, also known as “the bird that shares wings,” only possesses one wing. Unless a male & female pair lean on each other & act as one, they’re incapable of flight. They’re imperfect, incomplete creatures. But, for some reason, their way of life, struck me as profoundly beautiful. It was beautiful, I felt.” - Zero Two’s narrative debut
- “I’m always alone, too. Thanks to these horns.”
- “I’m always alone, too. Thanks to these horns.” - Zero Two talking to Hiro
- “If you don’t belong here, just build a place where you do. If you don’t have a partner, find one you. And if you can’t, take one by force.” - Zero Two after Hiro explains his lack of partner
- “Your taste makes my heart race. It bites & lingers... the taste of danger.” - Zero Two after licking Hiro
- “I think I’ve taken a liking to you. How would you feel about being my darling?” - Zero Two to Hiro
- “Let me get a taste of you. After all... you are now my darling!” - Zero Two declaring Hiro as her darling
- “It’s been a long time since I last saw a human cry.” - Zero Two after seeing Hiro’s tears
- “Found you, my darling.” - Zero Two about Hiro
- “Once we die, we’ll just become a statistic. It won’t matter what we were called. Just look at this lifeless city. There are no skies or oceans here. It’s a one-way street to nowhere. A dead-end life.” - Zero Two to Hiro while life looking at the city
- “Darling, wanna run away with me? I can get you out of here.” - Zero Two to Hiro as they look at the inner city
- “You’re mine. I love the way you taste. It’s true: all the weaklings before died. That’s to be expected. But you’re special. Believe in me, okay, Darling?” - Zero Two about Hiro
- “What is human to you people?” - Zero Two to Ichigo
- “A kiss is something you share with your special someone. Is the one you kissed special to you?” - Zero Two talking about a kiss with Ichigo
- “Don’t worry. We’ll always be together until we die.” - Zero Two to Hiro after the partner shuffle
- “The weak ones die. Big deal.” - Zero Two to 090 after his confrontation
- “If you have anything you wanna say, you better spit it out while you can. Because you’re all going to die sooner or later.” - Zero Two to Ichigo, Miku, Kokoro & Ikuno during the Boys x Girls fight
- “They’re tiny fragments of memories. It’s white, cold & filled with things unknown, but it’s beautiful. In the outside world that I felt for the 1st time, I heard a voice calling to me from somewhere. And before my eyes, a warm hand was reaching out for me.” - Zero Two about her childhood memories
- “The leaving something behind part. My body can’t do that. It’s wonderful. You’re all wonderful. You have the ability to decide your futures with your own hearts.” - Zero Two to Squad 13
- “The distant skies. Beyond time & distance. An overwhelmingly long journey just for the two of us. You’re a part of me. I’m a part of you. I’ll remember your warmth, along with the memories we’ve made together. I’ll never let you go again!” - Zero Two & Hiro about their bond
- “And you are me... It doesn’t matter how long it takes, as long as we have souls, I’m sure I will meet you again on Earth & we’ll pick up where we left off... I feel the same. I love you, darling.” - Zero Two’s last words before her death

ICHIGO ★ 015.

- “Maybe we can’t win alone, but the two of us together can!” - Ichigo to Goro after swimming in the klaxosaur to rescue him
- “She puts a curse to drain the life out of stamen, the one who’s not human. I can’t consider her as one of us anymore. Even if she’s considered as the key to save the world, even if as a result that I’m hated by the person that I consider the most important.” - Ichigo about Zero Two devouring her partners
- “I... I love you, Hiro!” - Ichigo to Hiro when she confessed
- “I’m happy for them.” - Ichigo about Hiro & Zero Two
- “But, you know, no one can swim in the same river water twice. We must choose our own path. Until then, our lives have just begun.” - Ichigo to Goro

GORO ★ 056.

- “You are such a complete, utter fool!” - Goro to Hiro about Hiro choosing to keep riding with Zero Two



- “Presents bring out special feelings. The feeling inspired by receiving something from someone. The feeling you get when you want to give something to someone. And then, there’s that feeling when in the end, you couldn’t give. I have been wondering for a long time what that emotion was, but it has finally hit me.” - Goro about his feelings for Ichigo
- “Things keep changing. Until now, food, shelter, a reason to live, even a place to die, everything was only given to us. But, that’s over too. Now, we have woken up from that long dream & we will never go back to being CHILDREN. That choice, we made it on our own.” - Goro after the parasites are abandoned
- “What do you mean, you feel bad? What do you mean, you want us to understand? Have you ever spared a thought for how the people close to you feel? You’ve always been like this: you run off, make your own decisions, & never stop to think about us. Papa & the adults are gone, but forget freedom, we’ve got our hands tied on every single thing. Have you stopped thinking about how worried we are about this? When someone collapses, all we can do is watch. And yet we’re trying our damnest hard to live on! But here you are, running off to die. There are people doing all they can to support you because they want you to live. And you’re trampling their feelings as you leave! What the hell do you want us to understand about you?!” - Goro snapping at Hiro for wanting to go on a death mission
- “That was never about how everyone felt. It was all about me. I’m the one scared of the world that I chose myself.” - Goro to Ichigo, about his rant earlier on
- “This is the path we’ve chosen in order to live. You don’t get to fight it, either.” - Goro to Hiro, after forgiving him

ZOROME ★ 666.

- “I’ve never directly spoken with an adult. But they are always looking after us. If we do our best, they praise us & even give us rewards. If I continue fighting for them, I’m sure that someday I can also become an adult. I’ve been dreaming forever for this day to come.” - Zorome about his dream of becoming an adult
- “Hey! Nobody asked for a calm & composed analysis!” - Zorome to Mitsuru
- “Whoa, Whoa! Did you guys just try to press your bodies together? Are you imitating Hiro & Zero Two?” - To Kokoro & Mitsuru
- “We won’t become ADULTS. We just keep on fighting until we die. That’s what we were born & raised for. But, we’re about to decide our own future. We’re finally ready to take flight. Now is the time for us, nestlings, to leave the nest.” - Zorome about the future

MIKU ★ 039.

- “No ordinary person has horns.” - Miku to Kokoro about Zero Two
- “Better than the boys we’re stuck with” - To Kokoro about the stamen of Squad 26
- “The beginning of adolescence, it’s just a small realization. You can’t understand the others, & they misunderstand you. It seems to me there’s such a huge divide between us. A change of heart like this makes a lot of things that were obvious, not obvious anymore.” - Miku prior to the Boys vs Girls conflict
- “Nana... Please help us?!” - To Nana when the crops die
- “Do you think we will find that? Something that means the world to us, that we’d choose it over everything else?” - To Zorome, Futoshi, Mitsuru, & Ikuno

MITSURU ★ 326.

- “I say Hiro’s showing real integrity. It must be hard for him to face us after what happened, too. Spare a thought for how he feels.” - Mitsuru speaking sarcastically about Hiro
- “If you place your hopes in anything, they will be betrayed. Promises will go unfulfilled & faith will let you down.” - Mitsuru to himself after dreaming about his broken childhood promise
- “In a name, there’s power. While we were still young, when all we had was code numbers, you could say we lacked individuality. The one who gave us names was the young Hiro. At that time, you were a guidepost to us. But that’s in the past. Right now, I don’t expect anything from you.” - Mitsuru about Hiro
- “Sure, Hiro was special. Even among the double-digits, he was a cut above. We were all certain that he’d be our leader & show us the way. But reality had other ideas. Hiro couldn’t become a parasite. He’s not who he used to be. We must give up & cut our losses. I don’t want to see this pathetic side of Hiro anymore.” - Mitsuru talking about Hiro to Ichigo
- “Doesn’t it scare you to trust someone so much? You’re unbelievable.” - Mitsuru to Kokoro during their 1st sortie together in Genista
- “I promise to protect Kokoro from now on.” - Mitsuru’s promise to Futoshi to protect Kokoro
- “That’s what this is... I love Kokoro?” - Mitsuru realizing his feelings for Kokoro
- “Don’t decide things on your own. I’m here. Lean on me more, Kokoro. I want to make you happy.” - Mitsuru to Kokoro
- “If I look up, I see thousands of lives shining deep in the sky. So far away & although I try, I just can’t reach out. Yet, even with broken wings, we’ll fly away once again. For the promise we must keep. For the future we must pass on.” - Mitsuru & Kokoro about their future

- “Please don’t say you have nothing. If you don’t have anything, neither do I! But that’s not true. I’ve found my reason to live... in you. I want to protect you & that baby’s future. I’m a weakling! And I don’t really understand what love is, I don’t. But if I’m with you, I can keep walking. That’s what I’ve come to believe. Even without our memories, we can start over.” - Mitsuru reconciling with Kokoro
- “I read an old book that said how you two feel means you love each other. We want our child, our Ai, to inherit that bond.” - Mitsuru to Hiro & Zero Two about Ai

KOKORO ★ 556.

- “We were raised in an institution & now we live in the Bird Cage. There are so many things we don’t know. Take the sea, for example. How it actually smells, the sound of the washing waves, the fact that sea water tastes salty. All those things that we’d only seen in books & all those scenes, it was all kept intact there.” - Kokoro about going to the beach for the 1st time
- “Do you know the language of flowers?” - Kokoro to Mitsuru during the Boys x Girls fight
- “In the past, having a baby was the most natural thing.” - Kokoro to Mitsuru about why humans stopped having children
- “Mitsuru, you can rely on others more, you know. I’ll believe in you, so believe in me too.” - Kokoro trying to comfort Mitsuru during their 1st sortie in Genista together
- “We lived our lives believing our only purpose was to ride the FRANXX into battle. But you know what? That might not be true! We could carry new lives & leave them for the future. When I learned about that, I was very happy.” - Kokoro to Squad 13
- “Is it wrong to create a new life? Are we not allowed to think of the future?” - Kokoro to Mitsuru about having a child
- “Together, we’ll find happiness.” - Kokoro to Mitsuru on their wedding day
- “f I look up, I see thousands of lives shining deep in the sky. So far away & although I try, I just can’t reach out. Yet, even with broken wings, we’ll fly away once again. For the promise we must keep. For the future we must pass on.” - Kokoro & Mitsuru about their future
- “Why do you call my name even when it hurts you?” - Kokoro to Mitsuru during the thunderstorm
- “Look, there’s your papa.” - Kokoro to Ai, when Mitsuru arrives
- “Thanks to Hiro & Zero Two, this planet go go back & start over from square one.” - Kokoro after Hiro & Zero Two’s sacrifice

FUTOSHI ★ 214.

- “If the Plantation has no magma-fuel, the city can’t maintain function. That’s why there’s mining facilities everywhere, to keep digging out the fuel. It’s the same with us & food. When we eat lots, it gives us strength. So, let’s eat!” - Futoshi about magma energy providing necessities
- “Will you promise to be my partner forever?!” - Futoshi to Kokoro
- “The birdcage is still here. And so are we. The people we were supposed to protect aren’t there anymore & our wings are still being repaired, but we believe that the ten of us will all be able to fly again soon. Until then, we’ll make it through on our own.” - Futoshi after Squad 13 is left to fend for themselves

IKUNO ★ 196.

- “We’re always fighting our fears. We might end up dragging down our partner. We might end up failing to move our FRANXX correctly. We might become unnecessary. Will we be able to overcome our fears someday?” - Ikuno about failing as a parasite
- “Everything comes to an end. The only difference is whether it comes sooner or later. And even though we sense the end is near, we spend another day, idling in the cradle of our lives.” - Ikuno about life
- “A pain. Even if it is, so what?!” - Ikuno to Alpha after he berated Kokoro
- “I love you, Ichigo.” - Ikuno confessing her love to Ichigo
- “We will leave the birdcage when the sakura blooms. Together, we had our laughs & we had our clashes. All these memories are as delicate as glass, but they’re also the beautiful & invaluable testimony that we were here.” - Ikuno before leaving Mistilteinn
- “It’s different for each person” - To Miku about finding the most important thing in the world to them
- “I’ve decided to make most of the time I have left” - To Hiro & Zero Two about her accelerated aging process

NANA.

- “These children... they’re not like the others.” - Nana describing the squad after the bathroom fight
- “Don’t think you & your squad are special” - To Kokoro about her breaking the rules

- “CHILDREN are usually obedient, docile & rational. They only live to fulfil their mission: fight the Klaxosaur & protect the ADULTS. Not these kids. Too many times, they don’t know what to do with their emotions & get carried away. That’s definitely not CHILD-like.” - Nana talking about Squad 13

HACHI.

- “The numbers conclusively prove Code 016’s compatibility with Strelizia” - Upon Hiro suffering no damage from his second sortie
- “Code 016 is hereby appointed Code 002’s partner” - Declaring Hiro as Zero Two’s partner
- “We call the training facility for Parasites, the Garden. There, CHILDREN are brought up to develop a sound mind & learn how to behave properly as CHILDREN, they are then pruned & only the Parasites who leave the Garden’s nest with their heads high have the honor of defending ADULTS against the Klaxosaur threat.” - Hachi prior to taking Squad 13 to the Garden
- “That feeling... is having it that wrong? The children’s sole purpose in life was to fight & if this is truly their final battle, & in their lives after, Don’t you think they’ll need someone like you.” - Hachi to Nana about the children’s future

PAPA.

- “My children, you have had the good fortune to be chosen as parasites. Your great predecessors defended our cities & our people, & they splendidly took flight as our representatives. Turn your life into a blaze of glory & shed every last drop of blood you have. I pray that you will become a shining ray of hope for humanity.” - Papa to Squad 13 During the graduation ceremony
- “VIRM will not die. I’m certain we will face each other again in the apex of evolution. As long as this universe contains a flicker of life.” - Papa to Hiro & Zero Two after the VIRM planet is destroyed

9’A.

- “Humans have evolved & cast their reproductive functions aside in the process. Reject that, & we’ll all have to go back to conforming to one gender” - Alpha to Kokoro about her ‘leaving a mark’
- “The gender is a pain, an annoyance that’s only tolerated to operate the FRANXX? And that’s all it really is.” - Alpha criticizing Kokoro
- “Humans have also cast away their tendency to be ruled by emotions like that because it serves zero purpose in life.” - Alpha to Ikuno after she slaps him
- “Meeting you guys helped me a little about being human, but my home is the battlefield & nowhere else. Tell Iota hi for me. It’s been kinda fun, I guess.” - Alpha’s last words before his death

DR. FRANXX.

- “Fate is cruel. In order to obtain something, one must lose something else. Humanity has searched & sacrificed a lot for what lies beyond life which is our limit. And then we met her, such a beautiful & perfect being.” - Dr.FRANXX about humanity & 001
- “You two become the children’s new adults” - Dr. FRANXX’s final wish upon his death

NEW NANA.

- “It is considered impossible for a pregnant woman to pilot a FRANXX. Past records indicate abortion, that is the removal of the fetus as one of the possible treatments. Please let me know what you decide to do.” - To Kokoro upon informing her of her pregnancy

NAOMI.

- “I hope you find a good partner, Hiro” - To Hiro when she leaves

KLAXOSAUR PRINCESS.

- “I smell my brethren on you. It seems your sins are far too grave to be punished with mere death.”
- “Ah, the fake that the humans created. A duplicate that does not realize it is being used by the invaders.”
- “I shall devour your body & soul.”
- “Damned human wannabes.” - 001 about VIRM after killing Tarsier
- “We are the defenders of this planet. Once upon a time, during a long battle, we turned ourselves into an immortal weapon. Except fighting, all was lost, so we went to sleep at the bottom of death, our bond was to prepare for the returning invader.” - 001 about the war with VIRM
- “Perhaps some lives only shine when in unison with others.” - 001 about Hiro & Zero Two’s bond

- “Is this what living is for you? We believed that by abandoning our ties & embracing solitude, we could perfect ourselves, make ourselves stronger. Very well. I shall give you every ounce of strength that remains within me. Whether or not you can take over the controls will be up to you. I stake this planet’s future on you two.”
- “Decide whether you want to fight or accept your ruin.” - 001’s last words before she sacrifices herself & entrusts the world’s fate to Hiro & Zero Two

AI.

- “Papa, Darling, darling!” - Ai to Mitsuru
- “Mama?” - Ai to Kokoro

34. Dead Mount Death Play (2023–)	[S1.E7–]
35. DEATH NOTE: DESU NÔTO ★ DEATH NOTE (2006–2007)	[S1.E37]
36. DEATH PARADE (2015)	[S1.E12]
37. DEKIRU NEKO WA KYOU MO YUUUTSU ★ THE MASTERFUL CAT IS DEPRESSED AGAIN TODAY (2023)	[S1.E13]
38. DEVILMAN: CRYBABY (2018)	[S1.E10]
39. DOROHEDORO (2020)	[S1.E12][OVA]
40. DORORO (2019)	[S1.E24]
41. Dr. Stone (2019–)	[S1.E5–]
42. DUNGEON MESHİ ★ DELICIOUS IN DUNGEON (2024–)	[S1.E24]
43. ERUFEN RÎTO ★ ELFEN LİED (2004)	[S1.E14]
44. Fate/stay night (2006)	[S1.E5–]
45. FOOD WARS!: SHOKUGEKI NO SOMA ★ FOOD WARS (2015–2020)	[S1.E24][S2.E13][OVA4][S3.E12][S4.E12][S5.E13]
46. Fumetsu no Anata e ★ To Your Eternity (2021–)	[S1.E8][Chap. 144–]
47. GANTZ	[Chap. 383]
48. GEKİJOUBAN JUJUTSU KAISEN 0 ★ JUJUTSU KAISEN 0: THE MOVİE (2021)	
49. GİMAİ SEİKATSU ★ DAYS WITH MY STEPSİSTER (2024–)	[S1.E12]
50. Gintama (2005–2021)	[S1.E2–]
51. Girls Band Cry (2024–)	[S1.E2–]
52. GOBLİN SLAYER (2018–)	[S1.E14][S2.E12][Chap. 83–]
53. GOBLİN SLAYER: GOBLİN’S CROWN (2020)	
54. GOLDEN BOY: SASURAI NO O-BENKYÔ YARÔ ★ GOLDEN BOY (1995–1996)	[S1.E6][Chap. 1/94]
55. Grand Blue (2018–)	[S1.E12][Chap. 2–]
56. GTO ★ GTO: Great Teacher Onizuka (1999–2000)	[S1.E28–]
57. HAGANE NO RENKİNJUTSUSHİ ★ FULLMETAL ALCHEMİST: BROTHERHOOD (2009–2012)	[S1.E64][Chap. 1/108.2]
58. Haigakura (2024–)	[S1.E1–]
59. HAIKYUU!! (2014–2020)	[S1.E26][S2.E26][S3.E11][S4.E25]
60. HAJİME NO İPPO ★ FİGHTİNG SPIRİT	[S1.E75]
61. HAMETSU NO OUKOKU ★ THE KİNGDOMS OF RUİN (2023–)	[S1.E12]
62. HANAMONOGATARI (2014)	[S1.E5]
63. HANDYMAN SAITOU İN ANOTHER WORLD (2023–)	[S1.E12]
64. HELCK (2023–)	[S1.E24]
65. HİGE WO SORU. SOSHİTE JOSHİKOSEİ WO HİROU (2021–)	[S1.E13][Chap. 29–]
66. HİKİKOMARI KYUUKETSUKİ NO MONMON ★ THE VEXATIONS OF A SHUT-İN VAMPIRE PRİNCESİ (2023–)	[S1.E12]

67. HOMUNCULUS [Chap. 158]
68. HORIMIYA (2021–) [S1.E13]
69. HORIMIYA: PIECE ★ HORIMIYA: THE MISSING PIECES (2023) [S1.E13]
70. HOSHI O OU KODOMO ★ CHILDREN WHO CHASE LOST VOICES (2011)
71. HUNTER × HUNTER (2011–2014) [S1.E148]
72. INUYASHIKI (2017) [S1.E11]
73. Invincible (2021–) [S1.E1–]
74. Isekai Ojisan ★ Uncle from Another World (2022–) [S1.E13]
75. Isekai Shikkaku ★ No Longer Allowed in Another World (2024–) [S1.E1–]
76. ISLE OF DOGS (2018)
77. Jigoku shôjo ★ Hell Girl (2005–2006) [S1.E3–]
78. Jigokuraku (2023–) [S1.E13]
79. JIISAN BAASAN WAKAGAERU ★ GRANDPA & GRANDMA TURN YOUNG AGAIN (2024–) [S1.E11]
80. JUJUTSU KAISEN (2020–) [S1.E24][S2.E23][SP01][Chap. 271]
81. Kaguya-sama wa kokurasetai ~Tensai tachi no ren'ai zunô sen~ ★ Kaguya-sama: Love Is War (2019–) [S1.E12][S2.E12][S3.E13]
82. KAGUYA-SAMA WA KOKURASETAI: FIRST KISS WA OWARANAI ★ KAGUYA-SAMA: LOVE IS WAR - THE FIRST KISS THAT NEVER ENDS (2022) [E4]
83. Kaiju No. 8 (2024–) [S1.E12][Chap. 111–]
84. Kaiko sareta Ankoku Heishi (30-dai) no Slow na Second Life (2023–) [S1.E12]
85. KAMINAKI SEKAI NO KAMISAMA KATSUDOU ★ KAMIKATSU: WORKING FOR GOD IN A GODLESS WORLD (2023–) [S1.E12]
86. KAMONOHASHI RON NO KINDAN SUIRI ★ RON KAMONOHASHI'S FORBIDDEN DEDUCTIONS (2023–) [S1.E13][S2.E6–]
87. KATTOBI ITTO [Chap. 102]
88. KAUBÔI BIBAPPU ★ COWBOY BEBOP (1998–1999) [S1.E26]
89. Kawaiisugi Crisis (2023–) [S1.E3–]
90. KENGAN ASHURA (2019–2024) [S1.E12][S2.E28]
91. KENPŪ DENKI BERSERK ★ BERSERK (1997–1998) [S1.E25][Chap. 373–]

See [Wikiquote/Berserk \(anime\)](#).

#### **Narrator.**

- “In this world, is the destiny of mankind controlled by some transcendental entity or law? Is it like the hand of god hovering above? At least it is true that man has no control; even over his own will.”
- “It was much too big to be called a sword. Massive, thick, heavy, & far too rough. Indeed, it was like a heap of raw iron.”
- “Dreams, ambition, love, hope; in this world, could the glories of a youthful heart be ... forbidden?”
- “Dreams. Each man longs to pursue his dream. Each man is tortured by this dream, but the dream gives meaning to his life. Even if the dream ruins his life, man cannot allow himself to leave it behind. In this world, is man ever able to possess anything more solid, than a dream?”
- “In this world, there is a time that one is forever unable to retrieve. In pursuit for forgiveness one is destined to atone by living through agony & letting time slip away. The sorrow in the furthest reaches of one's memory... The sorrow just beyond one's memory... Which is more heartbreaking?”
- “Providence may guide a man to meet 1 specific person, even if such guidance eventually leads him to darkness. Man simply cannot forsake the beauty of his own chosen path. When will man learn a way to control his soul?”
- “A man draws his sword in order to protect the small wound deep in his heart, it was inflicted in the days long past at the farthest reach of his memories, a man wields his sword in order to depart life with a smile...”

#### **Guts.**

- “Even if we painstakingly piece together something lost, it doesn't mean things will ever go back to how they were.”

- “You’re going to be all right. You just stumbled over a stone in the road. It means nothing. Your goal lies far beyond this. Doesn’t it? I’m sure you’ll overcome this. You’ll walk again. . . soon.”
- “One who does something he hates just because he’s told to.. is called an errand boy.”
- “You’re right, we are mortal & fragile. But even if we are tortured or wounded, we’ll fight to survive. You should feel the pain we feel & understand. I am the messenger that will deliver you to that pain & understanding.”
- “When you meet your God tell him to leave me alone.”
- “Throughout my life, the moments, & people who have defined me. . . they have all been illuminated by sparks.”
- “If you’re alone. . . if it’s just your life, you can use it however you please. Wear yourself out, get cut to ribbons, doesn’t matter. But when there’s two, the blade grows heavy. Fighting like death doesn’t concern you becomes a thing of the past. It’s no longer just you. I threw away my way of life, relied on the strength of others, & somehow pushed on.”
- “In the end the winner is still the last man standing.”
- “I don’t want what another man can give me. If he grants me anything, then it’s his to give & not my own.”
- “Look, look around carefully. Strain your eyes. At the darkness around us. . . At the darkness. . . around me. You said, “anywhere but here”. This is where. Here at the border. Gathered by the winds. Those who’ve met their final destiny hanging between jealousy & regret. Those who failed, swept together here. You say “It doesn’t matter where”. If you follow me, this is where you’ll go! This is your Eden! You run from it. It is no Eden. If you follow me. . . to this place. . . the entire world. . . is a battlefield.”
- “FUCK YOU. I’m human, the real deal, right down to the fuckin’ marrow of my bones. Don’t lump me together with you faggot-ass monsters.”
- “The reward for ambition too great. . . is self destruction.”
- “People bring the small flames of their wishes together. . . since they don’t want to extinguish the small flame. . . they’ll bring that small flame to a bigger fire. A big flame named Griffith. But you know. . . I didn’t bring a flame with me. I think I just stopped by to warm myself by the bonfire.”
- “My place really was here. I was too foolish & stubborn to notice. But, what I truly hoped for then was here. Why do I always realize it. . . when I’ve already lost it.”
- “If you’re always worried about crushing the ants beneath you. . . you won’t be able to walk.”
- “I’d rather fight for my life than live it.”
- “People who perish in other’s battles are worms. . . If one can’t live their life the way they want, they might as well die.”
- “You have the strongest armor, because you are the weakest!”
- “In this world is the destiny of mankind controlled by some transcendental entity or law? Is it like the hand of god hovering from above? Perhaps men have no control even over their own will.”
- “Dreams, ambition, love, hope; in this world, could the glories of a youthful heart be.. forbidden?”
- “DO NOT PRAY! If you pray, your hands will close together. You will not be able to fight!”
- “That thing was too big to be called a sword. Too big, too thick, too heavy, & too rough, it was more like a large hunk of iron.”
- “I will never draw my sword for another man again, or be dangled by another mans dream. From now on, I will fight my own battles.”
- “Look around you carefully. Strain your eyes at the darkness around us. . . At the darkness around me. You said anywhere but here. This is where, here, at the border. Gathered by the winds. Those who have met their final destiny hanging between jealousy & regret. Those who failed, swept together here. You say it doesn’t matter where. If you follow me, this is where you’ll go. This is your eden.”
- “If you’re always worried about crushing the ants beneath you. . . you won’t be able to walk.”
- “Do whatever you want now. But if you disturb me, I’ll kill you.”
- “My place really was here. I was too foolish & stubborn to notice. But, what I truly hoped for then was here. . . Why do I always realize it. . . When I’ve already lost it. . .”
- “You have the strongest armor, because you are the weakest!”
- “When you meet your God, tell him to leave me alone.”
- “God shows himself on the ground. These are his miracles.”
- “I don’t have time for miracles. They make me puke.”
- “He appeared right in front of me, & he wasn’t a demon. . . but what looked like a human. As if he’d been yanked from before into the present unchanged. I gazed at him & for a second. . . **I forgot to kill him.**”
- “I’d rather fight for my life than live it.”
- “Couldn’t you settle for a smile, & a fond farewell?”

- “I don’t want what another man can give me. If he grants me anything, then it’s his to give & not my own.”
- “In the end the winner is still the last man standing.”
- “I can’t compare to you. . . Sure I can kill a hundred enemies but. . . & not only you, but Griffith too. You both hold on to something, gambling with your very lives. It’s amazing to me, I can’t compare. I just kill for the sake of killing. Everyday, hundreds, thousands. . . There’s nothing. . . honorable. . . about it.”
- “Looking from up here, it’s as if each flame were a small dream, for each person. They look like a bonfire of dreams, don’t they? . . . - But, there’s not flame for me here. I’m just. . . a temporary visitor, taking comfort from the flame.”
- “Monsters shouldn’t call themselves warriors, you self-centered bastard.”
- “Humans are weak. . . but we want to live. . . even if we’re wounded. . . or tortured. . . we feel the pain. . .”
- “A beast, a monster? Heh. . . Don’t make me laugh. I. . . am me. & nothing on earth. Can change me. No matter who chases me.”
- “So I guess you’re like a mad dog that bit his master’s hand. Not bad. I can’t say that I don’t like stuff like that. But you know. . . I hate to say this. . . But I don’t have the time for that shit right now, like I would care about pissing contests between monsters. Go find someone else.”
- “Revenge. . . War. . . Maybe that’s enough reason. I’m all alone, I think. For now. & within me is the black berserker rage. . . & only that. . . Will keep me on my feet. As I head toward you. . . Pressing on.”
- “Why do you shrink back from these sights? If you were in a place of worship, you’d call them angels. Talk to “God.””
- “People who perish in other’s battles are worms. . . If one can’t live their life the way they want, they might as well die.”
- “The reward for ambition too great. . . is self destruction.”
- “People bring the small flames of their wishes together. . . since they don’t want to extinguish the small flame. . . they’ll bring that small flame to a bigger fire. A big flame named Griffith. But you know. . . I didn’t bring a flame with me. I think I just stopped by to warm myself by the bonfire.”
- “Throughout my life, the moments, & people who have defined me. . . they have all been illuminated by sparks.”
- “Where am I going? If I just collapsed back there I would be better off. If I were dead back there, there would be nothing. Now there’s only bad.”

#### **Griffith.**

- “While many can pursue their dreams in solitude, other dreams are like great storms blowing hundreds, even thousands of dreams apart in their wake. Dreams breathe life into men & can cage them in suffering. Men live & die by their dreams. But long after they have been abandoned they still smolder deep in men’s hearts. Some see nothing more than life & death. They are dead, for they have no dreams.”
- “It is my perception, that a true friend never relies on another’s dream. A person with the potential to be my true friend, must be able to find his reason for life without my help. And, he would have to put his heart & soul into protecting his dream. He would never hesitate to fight for his dream, even against me. For me, a true friend is one who stands equal on those terms. . .”
- “Is he living his dreams in death? Or. . . is death the end of dreams?”
- “A friend would not just follow another’s dream. . . a friend would find his own reason to live.”
- “Death on the battlefield comes regardless of class, royal or common. The loser must die!”
- “Among thousands of comrades & ten thousand enemies, only you. . . only you made me forget my dream. I see it!”
- “A dream. . . It’s something you do for yourself, not for others.”
- “I feel no responsibility to comrades who’ve lost lives under my command. Because they chose to fight in each battle.. Just as I chose this. But if there is something that. . . I can do for them. Something I can do for the dead. . . Then it is to win! I must keep winning to attain my dream. The same one they clung to, & risked their lives for!! To realize my dream, I will perch on top of their corpses.. It is a blood-smeared dream, after all. I don’t regret or feel guilty about it.. But to risk thousands of lives while never getting myself dirty. It’s not a dream that can be so easily realized!”
- “A friend would not just follow another’s dream. . . a friend would find his own reason to live. . .”
- “A dream. . . It’s something you do for yourself, not for others.”
- “It is my perception that a true friend never relies on another’s dream. A person with the potential to be my true friend must be able to find his reason for life without my help. &, he would have to put his heart & soul into protecting his dream. He would never hesitate to fight for his dream, even against me. For me, a true friend is one who stands equal on those terms.”
- “A dream can make a man feel alive, or it can kill him instead. But to simply exist. . . just because one’s been born is the sort of notion that I hate. . . I can’t stand it.”

#### **Judeau.**

- “Whether it’s good or bad, it’s so unfortunate to wake up during a dream.”
- “I realized that I could never be the best, so I decided to find the man that could & serve by his side.”
- “I’m a jack of all trades. . . a little better than most at everything, but I don’t shine at anything.”
- “It’s okay to cry. . .”
- “You cry a lot when you’re alone, don’t you Casca?”

#### **Skull Knight.**

- “God gave them this destiny. This encounter.”
- “What you want. . . may not be what she wants.”
- “The world is as moonlight reflected on the water’s surface. The moon’s light will not be extinguished. So long as the moon exists in the sky, moonlight will remain on the water. . . . & this is a thing that already was. What will follow now is a shadow. . . No more than a shadow cast high above the earth. . . By light from a distant dying sun. We already subsist. . . Within the current of causality. We who exist beyond the physical are still merely shadows on the water. Maybe you aren’t a shadow on the water. . . But instead, a fish that breaches water’s surface.”

#### **Schierke.**

- “No matter how strong, for a human to fight a monster means he has submerged his humanity & transformed himself into a greater monster.”

#### **Godo.**

- “Hate is a place, where a man who can’t stand sadness goes.”
- “If you desire one thing for so long, it’s a given that you’ll miss other things along the way. That’s how it is. . . that’s life.”

#### **Judeau.**

- “Whether it’s good or bad, it’s so unfortunate to wake up during a dream.”

#### **Void.**

- “Dreams. Each man longs to pursue his dream. Each man is tortured by this dream, but the dream gives meaning to his life. Even if the dream ruins his life, man cannot allow himself to leave it behind. In this world, is man ever able to possess anything more solid, than a dream?”
- “If fate is a principle beyond Human comprehension which capriciously torments man, then it is karma that man confront fate by embracing sorcery.”

#### **Kentaro Miura.**

- “Living for the future is more important than trying to avenge the past.” - Kentaro Miura, Berserk, Vol. 2
- “Don’t forget. . . when you gaze into the darkness. . . the darkness gazes back into you.” - Kentaro Miura, Berserk, Vol. 26
- “Dreams. Win or lose. . . I’m sure you could spend your whole life chasing one.” - Kentaro Miura, Berserk, Vol. 7
- “From where I stand. . . you’re the same as that idol you worship. Completely hollow.” - Kentaro Miura, Berserk, Vol. 16
- “You went alone. You were right beside those irreplaceable things. . . yet you couldn’t bear to immerse yourself together in sorrow with them. So instead. . . you ran away so that your own malice could burn within you.” - Kentaro Miura, Berserk, Vol. 17
- “Things you have now, things you’ve lost. People who’re near by, people who’ve gone far away. No matter what you choose, truth is, both regret & reluctance are going to follow you around. You just have to make sure you don’t make excuses to yourself down the road.” - Kentaro Miura, Berserk, Vol. 38
- “Even these thoughts will slip my mind in time. And then. . . only. . . the beat of my heart still remains.” - Kentaro Miura, Berserk, Vol. 7
- “Beneath an unsinking black sun. . . through the boundless gloom. . . our journey continues.”

92. Kikansha no Mahou wa Tokubetsu desu ★ A RETURNER’S MAGIC SHOULD BE SPECIAL (2023–) [S1.E12]

93. Kimetsu No Yaiba ★ Demon Slayer [S1.E26][S2.E7][S3.E11][S4.E11][S4.E8][Chap. 205]

Tanjiro Kamado.

Inosuke Hashibira.

Zenitsu Agatsuma.

Nezuko Kamado.

Akaza.



- *“I hate weak people. Weak people... never fight face to face. And poison well. Despicable. Weak people... They lack patience. They will quickly reap what they sow. I killed people with these ‘protecting fists’. I blooded my master’s previous Soryuu style. I couldn’t respect my father’s last words. That’s right. That’s who I wanted to kill.”* - Akaza, before committing suicide, Chap. 155.
- 94. KIMETSU NO YAIBA: MUGEN RESSHA-HEN ★ DEMON SLAYER: MUGEN TRAIN (2020)
- 95. KIMI NO KOTO GA DAIDAI DAIDAI DAISUKI NA 100-NIN NO KANOJO ★ THE 100 GIRLFRIENDS WHO REALLY, REALLY, REALLY, REALLY, REALLY LOVE YOU (2023–) [S1.E12]
- 96. KIMI NO NA WA ★ YOUR NAME (2016)
- 97. KIMI NO SUIZÔ O TABETA I ★ I WANT TO EAT YOUR PANCREAS (2018)
- 98. KISEIJÛ: SEI NO KAKURITSU ★ PARASYTE: THE MAXIM (2015–2015) [S1.E24]
- 99. KIZUMONOGATARI I: TEKKETSU-HEN ★ KIZUMONOGATARI PART 1: TEKKETSU (2016)
- 100. KIZUMONOGATARI II: NEKKETSU-HEN ★ KIZUMONOGATARI PART 2: NEKKETSU (2016)
- 101. KIZUMONOGATARI III: REIKETSU-HEN ★ KIZUMONOGATARI PART 3: REIKETSU (2017)
- 102. KÔDO GIASU - HANGYAKU NO RURÛSHU: CODE GEASS - LELOUCH OF THE REBELLION ★ CODE GEASS (2006–2008) [S1.E25][S2.E25]
- 103. KOE NO KATACHI ★ A SILENT VOICE: THE MOVIE (2016)
- 104. Kôkaku kidôtai: Stand Alone Complex ★ Ghost in the Shell: Stand Alone Complex (2002–2005) [S1.E5–]
- 105. Komi-san wa, Komyushou Desu ★ Komi Can’t Communicate (2021–) [S1.E1–]
- 106. KONYAKU HAKI SARETA REIJOU WO HIROTTA ORE GA, IKENAI KOTO WO OSHIEKOMU ★ I’M GIVING THE DISGRACED NOBLE LADY I RESCUED A CRASH COURSE IN NAUGHTINESS (2023–) [S1.E12]
- 107. Koroshi Ai ★ Love of Kill (2022–) [S1.E3][Chap. 31–]
- 108. KOTO NO HA NO NIWA ★ THE GARDEN OF WORDS (2013)
- 109. KÔKAKU KIDÔTAI ★ GHOST IN THE SHELL (1995)
- 110. KOYOMIMONOGATARI (2016) [S1.E12]
- 111. KUREIMOA ★ CLAYMORE (2007) [S1.E26]
- 112. KUSURIYA NO HITORIGOTO ★ THE APOTHECARY DIARIES (2023–) [S1.E24]
- 113. Link Click (2021–) [S1.E12][S2.E12]
- 114. Love, Death & Robots (2019–) [S1.E18][S2.E8][S3.E9]
- 115. Lycoris Recoil (2022–) [S1.E13]
- 116. Made in Abyss (2017–) [S1.E13][S2.E12]
- 117. MAJO TO YAJÛ ★ THE WITCH & THE BEAST (2024–) [S1.E12]
- 118. MAKE HIROIN GA ÔSUGIRU! ★ MAKEINE: TOO MANY LOSING HEROINES! (2024–) [S1.E12]
- 119. MASHLE: MAGIC & MUSCLES (2023–) [S1.E12][S1.E12]
- 120. MATO SEIHEI NO SLAVE ★ CHAINED SOLDIER (2024–) [S1.E12]
- 121. ME!ME!ME! (2014)
- 122. Meiji Gekken: 1874 (2024–) [S1.E9–]
- 123. Mieruko-chan (2021–) [S1.E12][Chap. 40–]
- 124. Migi to Dali ★ Migi & Dali (2023–) [S1.E11–]
- 125. Mob Psycho 100 (2016–2019) [S1.E12][S2.E13][S3.E1–]

**CBR/Monogatari: 10 Most Iconic Quotes From The Entire Franchise:** “The Monogatari Series is one of the most dialogue heavy anime out there. Fans are attracted to the series for its narration, character interaction & character development over anything else. While it has some amazing animation, character design & music, what really sells it is the dialogue. The series is filled with amazing quotes, & all sorts of different character types to attribute them to. The series deals heavily in character relations, & how different personalities are perceived by those around them as well as the people themselves. With so many great lines to go through, some might get left out of the conversation. Regardless, these are the most iconic quotes from the massive anime franchise.”

Uncategorized.

- “If you consider yourself unlucky, blame it on your habitual actions.
- “Unfortunately, I don’t know any apparition stories that surpass what I experienced.”

**Koyomi Araragi.** Koyomi Araragi serves as the series narrator, & as a result, a lot of what happens throughout the Monogatari Series narrative is seen from his perspective. Koyomi has had some great lines over the years, but this is one of his best. A lot of the Monogatari series revolves around themes of identity & change. There are all sorts of character type that are introduced throughout the series, all of whom have their own sort of youthful naiveté. Koyomi’s quote about optimism speaks to his understanding & helpful nature.

- “But being optimistic isn’t a bad thing, is it? It’s not like you’re doing anything bad. It’s also not like you’re cheating either.”
- “We, who wounded each other, now lick each other’s wounds.  
We, who were wounded, now need each other to heal.  
If tomorrow you die, tomorrow my life will end.  
If today you live, then today i too will live on.  
Thus, a tale of the wounded begins.  
A tale of blood.  
Red when wet, black when dry.  
A tale of our precious wounds that will never disappear.  
I will not tell it to anyone.”
- “Even if mistaken, even if cruel, even if stupid, if many people acknowledge it, I found out that it can become the right thing. I found out that righteousness was able to be infinitely mass-produced. I found out that righteousness was established by the number of people. I found out that maneuvering for a majority was everything.”
- “It may have been impossible, it may have been unreasonable, but it wasn’t useless.”

**Mother Araragi.**

- “People can run from the things they don’t like all they want. But if they’re just averting their eyes, they’re not running. As long as you think the current situation is okay, no one can help.”

**Kaiki Deishu.**

- “Have suspicions, not faith.”
- “No character looks the same from all angles.”
- “The fake is of far greater value. In its deliberate attempt to be real, it’s more real than the real thing.”
- “A woman I know, a woman I know very well always treats her current romance like it’s her 1st. She always looks like she’s never fallen in love before. & that’s the way to go. That’s how it should be. There is no peerless person, there is nothing that cannot be replaced. Because humans, as humans can redo anything however many times they want.”

**Mayoi Hachikuji.**

- “I know love. The convenience store was selling it. For 298 yen.”

**Tsubasa Hanekawa.**

- “I don’t know everything. I just know what I know.”

**Senjougahara Hitagi.** Senjougahara isn’t the type of person to let all of her emotions show when she says or does something. That’s in good part thanks to her traumatizing past experiences, & though it may seem a little harsh, this quote speaks volumes about Senjougahara & her own experiences above anything else. Senjougahara is often shown to be a no-nonsense type of character. She’s empathetic of others, but cuts right to the heart of the issue when it comes to the problems the characters in the series have faced – including herself.

- “Those who get fooled are partially at fault.”
- “I am not a friend of justice. I am an enemy of evil.”
- “It’s like I’d want to ask what justice is doing right now if it existed in this world. Well, justice is empty & ineffectual.”
- “The last thing I can offer you is this starry sky.”
- “If it’s because of this misfortune that caught your eye, then I’m glad that it happened.”

**Suruga Kanbaru.** Like most of the other characters in the series, Kanbaru goes through quite a bit of soul searching before she finally comes to terms with herself. Though outwardly friendly & easygoing, Kanbaru has her own problems that she has to deal with. This is a pretty loaded line from a character who often gets straight to the point. It would make sense for Kanbaru to feel somewhat alone given her situation, but she luckily overcomes that with the help of Araragi & those around her as the series progresses.

- “I start chasing all the rabbits I see & end up catching none of them.”
- “I’m a bit too empty-headed for thinking, a little too dull for feeling. There’s only one thing I’m much good at, & that’s running. When I run, I can leave everything else behind. They say the legs are like a second brain. I imagine that comes from people often having a flash of insight while they’re out for a stroll, but that only applies to walking. While they’re running, humans don’t do any thinking at all. We may not be able to walk without looking back – but we can run without looking back. Our minds, our worries. We leave it all on the starting line. That said I do usually have my course planned out beforehand when I go for my early morning jog, but that night I left even that up to chance. Whenever I came to a corner, I turned it. Traversing roads in my own town that I’d never been down gave me just the slightest feeling of freshness, but I left that feeling behind too. It felt good. It felt good to run with every ounce of strength I had. Come to think of it, isn’t running really the only chance we have to use every ounce of our strength? Most of the time, people have a limiter in place. Whatever they’re doing, frankly they’re not giving it everything they’ve got because if they don’t regulate their strength, they’ll end up breaking something. Themselves or their surroundings – something gets broken. So they look at their watches, keep tabs on how many lives they have left before game over, & try to avoid leaning too far towards industry or sloth. To avoid using their full strength. In that sense, I guess people regulate themselves while they’re running as well – not a person alive can complete a marathon at the speed they would run a sprint. It’s always important to pace yourself, no matter what you’re doing. But that night, I even left all thoughts of pacing myself behind – and ran with every ounce of strength I had. Push it too far & your pace drops. But even then, give it everything you’ve got. Run to the breaking point. Run until you run out. It was an ugly run, without proper form or anything. My gait & breathing were all over the place. The appropriate expression to describe it was probably less “mad dash” than “running blind” – or more likely “running around like a chicken with its head cut off.” But I ran like that until dawn, all night long. I ran for over ten hours without a rest – I don’t know how many circuits of the town I made, but I must have run over sixty miles. I was probably in for worse than just a few sore muscles. I could very easily have pulled the muscles in my thighs or, yes, suffered a stress fracture. Given that I slammed down hard onto the asphalt after pushing myself to the point that my legs literally buckled under me. But it didn’t feel like a forfeit, it felt like I’d crossed some invisible finish line. I had that feeling of elation. Like I’d completed the race. No one had told me to run, & I hadn’t actually resolved a damn thing with Numachi, but I nevertheless felt like my slate had been wiped clean. “My legs... are killing me.” Not just my legs, my whole body was killing me. It was a struggle even to blink. But it was probably nothing compared to the pain Numachi had felt—according to Higasa, she’d been dealing with a lot of other stuff too, but it was hard for me to believe that she’d chosen death for any reason other than that pain. What besides that suffering would have driven her to die – since her emotional pain seemed to be eased to some degree by her unhappiness collecting, the foundation for which she laid even before transferring. But maybe that was just what I wanted to believe. At this point, I couldn’t really know how much of her story was true & how much of it was a lie. Common sense dictated that she was nothing but a hallucination, something I saw at a particularly sensitive moment in my life with my seniors gone & my environment altered – including the devil’s arm. “I guess I should have at least paid some attention to my form...” I muttered as I lifted my head slightly. It felt like lifting a ten-ton weight, & once I got it up I saw that the soles of my brand-new Reeboks had worn down to nothing. “But if I did, I doubt I would’ve made it.” Only after the words got out did I realize that I had no idea what I’d made, & I looked up at the sky with a wry smile on my face.”

**Yotsugi Ononoki.**

- “But still ... Not trying to undo misunderstanding is the same as telling a lie.”

**Meme Oshino.** Meme Oshino might’ve not stuck around for very long, but he certainly made an impact on the series & some of its most important characters. Initially introduced as an oddity problem solver, Meme became a quick fan favorite for his aloof personality & no-nonsense attitude.

- “People have to save themselves. 1 person saving another is impossible.”
- “You look energetic, did something good happen?”

**Oshino Ougi.**

- “I don’t know anything. You’re the one that knows everything.”

- “When the world is filled with red lights signaling danger, the world is safer than usual. But when it’s filled with green lights signaling safety, it creates a place more dangerous than anywhere.”

Nadeko Sengoku.

- “Since that isn’t good, let’s try this.”

Gaen Tooe.

- “If you can’t be medicine, be poison. Otherwise you’re nothing but water.”
- “Don’t let your opposite side become your opposing side.”

127. Monogatari: Off & Monster Season (2024) [S1.E14–]
128. MÔSÔ DAIRININ ★ PARANOIA AGENT (2004) [S1.E11]
129. Mushoku-tensei ~Isekai ittara honki dasu~ ★ Mushoku Tensei: Jobless Reincarnation (2021–) [S1.E11][S2.E24][Chap. 87–]
130. My Balls [Chap. 41]
131. My Home Hero (2023–) [S1.E1]
132. NEKOMONOGATARI (KURO) (2012)[S1.E4]
133. N.H.K NI YÔKOSO! ★ WELCOME TO THE N.H.K. (2006) [S1.E24]
134. NIER: AUTOMATA VER1.1A [S1.E24]
135. NINJA KAMUI (2024) [S1.E13]
136. NOZOMANU FUSHI NO BÔKENSHA ★ THE UNWANTED UNDEAD ADVENTURER (2024–) [S1.E12]
137. ODD TAXI (2021) [S1.E13]
138. ORANGE (2016) [S1.E13]
139. ORE DAKE LEVEL UP NA KEN ★ SOLO LEVELING (2024–) [S1.E12][Chap. 200]
140. ORE WA SUBETE WO [PARÎ] SURU GYAKU KANCHIGAI NO SEKAI SAIKYÔ WA BÔKENSHA NI NARITAI ★ I PARRY EVERYTHING (2024–) [S1.E12]
141. Oshi no Ko (2023–) [S1.E11][S2.E13][S3.E1–][Chap. 165–]
142. ÔKAMI KODOMO NO AME TO YUKI ★ WOLF CHILDREN (2012)
143. One Punch Man: Wanpanman ★ One Punch Man (2015–) [S1.E12][S2.E12]
144. Ôsama Ranking ★ Ranking of Kings (2021–) [S1.E23][S2.E3–]
145. Otonari no tenshi-sama ni itsu no ma ni ka dame-ningen ni sareteita ken ★ The Angel Next Door Spoils Me Rotten (2023–) [S1.E12]
146. OWARIMONOGATARI (2015–2017) [S1.E13][S2.E7]
147. PAPURIKA ★ PAPRIKA (2006)
148. Paradox Live the Animation (2023–) [S1.E3–]
149. PÂFEKUTO BURÛ ★ PERFECT BLUE (1997)
150. Perfect Half [Chap. 145/145–]
151. PLUTO (2023) [S1.E8]
152. PSYCHO-PASS (2012–) [S1.E22][S2.E11][S3.E8]
153. PUSS IN BOOTS: THE LAST WISH (2022)
154. RAGNA CRIMSON (2023–) [S1.E24]
155. RATATOUILLE (2007)
156. RE: MONSTER (2024–) [S1.E12]
157. Re:Zero kara Hajimeru Isekai Seikatsu ★ Re: Zero, Starting Life in Another World (2016–) [S1.E25][S2.E15–]

158. Rick & Morty (2013–) [S1.E11][S2.E10][S3.E10][S4.E10][S5.E10][S6.E10]
159. SAIKI KUSUO NO PSI NAN ★ THE DISASTROUS LIFE OF SAIKI K. (2016–2018) [S1.E24][S2.E24][S3.E2]
160. Saikyô no Shienshoku [Wajutsushi] Dearu ore wa Sekai Saikyô Kuran o Shitagaeru ★ The Most Notorious “Talker” Runs the World’s Greatest Clan (2024–) [S1.E7–]
161. SAIKYOU ONMYOUJI NO ISEKAI TENSEIKI ★ THE REINCARNATION OF THE STRONGEST EXORCIST IN ANOTHER WORLD (2023) [S1.E13]
162. SAMA TAIMU RENDA ★ SUMMER TIME RENDERING (2022–) [S1.E25][Chap. 139]
163. SAMÂ UÔZU ★ SUMMER WARS (2009)
164. Samurai chanpurû ★ Samurai Champloo (2004–2005) [S1.E8/E26]
165. SANGATSU NO LION ★ MARCH COMES IN LIKE A LION (2016–2018) [.E23][S2.E22]
166. SASAKI TO PI-CHAN ★ SASAKI & PEEPS (2024–) [S1.E12]
167. SEIKEN GAKUIN NO MAKENTSUKAI ★ THE DEMON SWORD MASTER OF EXCALIBUR ACADEMY (2023–) [S1.E12]
168. SEISHUN BUTA YARO WA BUNNY GIRL-SENPAI NO YUME WO MINAI ★ RASCAL DOES NOT DREAM OF BUNNY GIRL SENPAI (2018–) [S1.E14]
169. SEISHUN BUTA YARO WA YUMEMIRU SHOUJO NO YUME WO MINAI ★ RASCAL DOES NOT DREAM OF BUNNY GIRL SENPAI THE MOVIE (2019)
170. SEISHUN BUTA YARO HA ODEKAKE SISUTA NO YUME WO MINAI ★ RASCAL DOES NOT DREAM OF A SISTER VENTURING OUT (2023)
171. SEISHUN BUTA YARO WA RANSEL GIRL NO YUME O MINAI ★ RASCAL DOES NOT DREAM OF A KNAPSACK KID (2023)
172. SERIAL EXPERIMENTS LAIN (1998) [S1.E13]
173. SHANGRI-LA FRONTIER: KUSOGE HUNTER, KAMIGE NI IDOMAN TO SU ★ SHANGRI-LA FRONTIER (2023) [S1.25][S2.E5–]
174. SHIGATSU WA KIMI NO USO ★ YOUR LIE IN APRIL (2014–2015)  
ARIMA KOUSEI.
  - “Spring will be here soon. Spring, the season I met you, is coming. A Spring without you... is coming.”
  - “Everything you say & do... it all sparkles so brightly. It’s too blinding for me, & I end up closing my eyes. But I can’t help aspiring to be like you.”
  - “Maybe... just maybe, the light can reach even the bottom of a dark ocean.”
  - “Music speaks louder than words.”
  - “For you, I am casting about for an excuse again.”
  - “This silence belongs to us... & every single person out there, is waiting for us to fill it with something.”
  - “This silence belongs to us. Every single person here... is waiting for us to start producing sounds.”
  - “Isn’t it funny how the most unforgettable scenes can be so trivial?”
  - “A lump of steel, like a shooting star. Just seeing the same sky as you makes familiar scenery look different. I swing between hope & despair at your slightest gesture, & my heart starts to play a melody. What kind of feeling is this again? What do they call this kind of feeling? I think it’s probably... called love. I’m sure this is what they call love.”
  - “Sure I’m okay. Because that’s how I was built, after all.”
  - “The piano is meant to be played like you’re embracing it, right?”
  - “You know, I discovered something. Everyone has something... Something deep inside their hearts. For some, it might have been enmity. For others, admiration. Wishes, a craving for the spotlight, feelings that one wants to deliver, feelings for one’s mother. Everyone was supported by their own feelings. I realize now that, perhaps, no one can stand alone on stage.”
  - “You’re like a cat. If I get close, you’ll ignore me & go far away. If I get hurt, you’ll play around to share the pain.”
  - “The more I concentrate, the more I get consumed by my performance. The sounds I play fade away from my reach, tangling up like flowers seized by the spring wind & vanish.”
  - “But I wasn’t slacking at all. I practiced till I passed out. I gave my all. And if I still turned in a sloppy performance after all that, then... That’s who I am now. It’s the current me, playing with everything I’ve got.”
  - “The moment I met her, my life changed. Everything I saw, everything I heard, everything I felt, all the scenery around me... started to take on color.”

- “I want to hear it again, yet I don’t want to hear it. I want to see her, yet I don’t want to see her. What do you call this kind of feeling again?”
- “As if you can see right through me, into my heart... Always, out of nowhere, you... just show up.”
- “She’s merciless. That unbending gaze even from the back, she won’t let me give up. The one who was being supported... was me. Thank you. Thank you.”
- “A single petal that drifted into my life. The worst 1st impression ever. The girl who likes my best friend. Will it reach her? I hope it reaches her.”
- “You exist inside a spring that can’t be replaced.”
- “Naïve... Bizarre... it’s like I’m on a rollercoaster. I’m being jerked around & around. It’s like this girl herself is the journey with no clear destination. You’re freedom itself.”
- “That moment, when my music reached them... there’s no way I could ever forget that. Because I’m a musician, just like you.”
- “She moves me. With such power, like the pounding of my heart. I can hear your sound. You’re here.”
- “Because of music, I was given the chance to meet others. I was moved by those encounters. There are people I got to meet. I got to discover emotion. These are all... memories that my mother, who taught me how to play the piano, left me.”
- “Just one person matters to me. Only you matter.”
- “You’re in love with food, you’re in love with the violin, you’re in love with music. I guess that’s why you sparkle.”
- “After struggling, losing my way, & suffering... the answer I arrived at was so laughably simple...”
- “This is all your fault. Because you put me back on the stage. Always... you move me. I’m going to prove it. That I’m incredible. That Kaori Miyazono, who’s named me to be her accompanist... is even more incredible.”
- “I’m... going on a journey. The applause raining down. Pursuing that moment when my music reached them. Pursuing that sight of her with her back to me. until one day, for sure, I’ve pulled even with her... until that day comes.”
- “There’s no-one who’d ever fall in love with me.”
- “To me it all looks like it’s in monotone. Just like music scores... just like a keyboard.”
- “Setbacks come with the territory of becoming a superstar.”
- “Even it the depths of the darkest oceans, some light always pierces through.”
- “I knew all along. The ghost of my mother was a shadow of my own creation. An excuse for me to run away. My own weakness. Mom isn’t there anymore. Mom... is inside me.”
- “The way I touch the keys, the way I move my fingers, my habit of squeezing the pedals, my tastes, the order that I eat... Mom’s in every little gesture of mine. We’re... Mom & I... are connected.”
- “I’m a guy who hurled my precious sheet music away. I don’t deserve to be a performer.”
- “I look like I’m suffering, huh? That’s not good... but of course I’d be suffering. I mean, I’m gonna sail in charted waters, right? Both, taking on a challenge & creating something. It is painful, but it’s fulfilling. So thank you. For sweeping away the dust that had collected on my body. .. For encountering me... ever since that day... my world, even the keyboard... became colorful.”
- “Spring will be here soon. Spring, the season I met you, is coming. A Spring without you... is coming.”
- “That smile of yours, who flew threw the window & died. I’ll never forget it.”
- “I couldn’t ask her the reason for her tears.”
- “How can I forgot about you, when everything about you, already became a part of me?”
- “Hold on. Don’t go! Let’s argue again. I’ll bribe you with a canalé. I’ll call you to kill time. I don’t mind being Friend A. Please don’t go. Please don’t go. Please don’t go...please don’t leave me behind...”
- “Nothing better than memories & there’s nothing worse than them.”
- “You gave me forever within the numbered days. And I’m grateful.”
- “I just really wish that you were her. To compose another memory. I promise when I’m missing you. I’ll play your symphony.”
- “What did you have in your heart? What did you lean on?”
- “One day in April, I met a really weird violist. Totally outrageous. Self-righteous. But the smile she shows to people, she is like angelic.”
- “I have no idea what lies ahead, but I’ve taken the 1st steps.”
- “Ever since that day I met you, the world became colorful.”

KAORI MIYAZONO.

- “Was I able to live inside someone’s heart? Was I able to live inside your heart? Do you think you’ll remember me at least a little? You’d better not hit “reset!” Don’t forget me, okay? That’s a promise, okay? I’m glad it’s you, after all. Will I reach you? I hope I can reach you.”

- “If you can’t move with your hands then play with your feet! If you don’t have enough fingers, then use your nose as well. Whether you’re sad, you’re a mess, or you’ve hit rock bottom, you still have to play. That’s how people like us survive.”
- “Maybe there’s only a dark road ahead. But you still have to believe & keep going. Believe that the stars will light your path, even a little bit. Come on... Let’s go on a journey!”
- “Mozart’s telling us from up the sky... “Go on a journey,” he’s saying.”
- So ephemeral & weak. But it’s shining with all its might. Thump, Thump, like a heartbeat. This is the light of life.”
- “Such a cruel boy. Telling me to dream one more time. I thought I was satisfied because my dream had come true... And I’d told myself it was enough... Yet here you are, watering this withered heart again.”
- “We’re all afraid, you know.. to get up on stage. Maybe you’ll mess up. Maybe they’ll totally reject you. Even so, you grit your teeth & get up on stage anyway.”
- “Music is freedom.”
- “By exchanging notes, you get to know one another, to understand one another. As if your souls were connected & your hearts were overlapping. It’s a conversation through instruments. A miracle that creates harmony. In that moment, music transcends words.”
- “Do you think you will be able to forget?”
- “Memories are always special. Sometimes we smile by remembering the days we cried. And cry by remembering the days we smile.”
- “Even if you know what’s coming you’re never prepared for the feels.”
- “You were my greatest hello. My saddest goodbye & the biggest what if. I will question it for the rest of my life.”
- “Don’t worry if you’re rejected. They maybe the people you want not the people you need.”
- “I want you to smile everytime you think about me & in your smile I will live forever.”
- “Sometimes laughter is not the best medicine it can also be a disguise.”
- “You & I, we have music in our bones.”

TSUBAKI SAWABE.

- “Even though I’m bitter over losing, even though I’m depressed, even though my ankle hurts, & my eyes are smeared with tears... even though I’ve never felt worse... I wonder why the stars are sparkling like this.”
- “Sure, I know that I have no right to be feeling this way. But I still don’t like it! I just don’t like it. We were always together. I was always by his side. During time of joy, & grief as well. But... I realize he’s far away from me now... I’m not by his side... there’s somebody else there.”
- “The boy I took for granted would always be my side, the boy I want to be by my side forever. I’m such an idiot.”
- “I wish time would just stand still.”

HIROKO SETO.

- “We’re all connected. Just like the notes are intermittently connected. It’s shared by us all. Through music, with the people you know, with the people you don’t know, with all the people in this world.”
- “Defiance toward parents is an establishment of one’s self; it’s a sign of independence.”
- It’s not just allies who support each other. From your enemies, you learn so much & gain so much. Until the day you meet again... Just knowing they exist helps you to withstand the loneliness. Those who compete, even if they’re enemies, help each other out.”
- “As a musician, in the process of learning from a teacher, your differences breed a sense of discomfort which you should cherish. It’s because of those differences that we have individuality.”
- “When you say you “can’t hear the sound”, doesn’t it really mean you “aren’t restrained by the sound”? Rather than the sound you hear with your ears, an image inside you is boiling up from the depths of yourself & taking over without you even knowing. The sound inside, the landscape in your heart, your wishes, a sound loaded with your thoughts; didn’t you feel it, even for a moment? “Not being able to hear the sound.” That is a gift.”

WATARI RYOUTA.

- “Setbacks are inevitable to superstars. Adversity is what separates the good from the great. After all, stars can only shine during the night.”
- “It’s only natural for the girl you’re crushing on to be in love with someone else. Since you’re in love with her, she sparkles in your eyes. That’s why people fall so irrationally in love.”

EMI IGAWA.

- “The music felt like April.”

175. SHIMONETA TO IU GAINEN GA SONZAI SHINAI TAIKUTSU NA SEKAI ★ SHIMONETA: A BORING WORLD WHERE THE CONCEPT OF DIRTY JOKES DOESN'T EXIST (2015–) [S1.E12]

176. SHIN SEIKI EVANGELION ★ NEON GENESIS EVANGELION (1995–1996) [S1.E26]

**Kaworu Nagisa.**

- “Humans cannot create anything out of nothingness. Humans cannot accomplish anything without holding onto something. After all, humans are not gods.”
- “The fact that you have a place where you can return home, will lead you to happiness. That is a good fact.”

**Shinji Ikari.**

- “I still don't know where to find happiness. But I'll continue to think about whether it's good to be here ... whether it was good to have been born. But in the end, it's just realizing the obvious over & over again. Because I am myself.”
- “No one can justify life by linking happy moments into a rosary<sup>1</sup>.”
- “I didn't have a choice! They made me pilot the stupid thing!”
- “I mustn't run away! I mustn't run away! I mustn't run away!”

**Ritsuko Akagi.**

- “This is man's ultimate fighting machine the synthetic life form know as Evangelion, Unit 1. But here in secret, it is mankind's last hope.”
- “Even though a hedgehog may want to become close with another hedgehog. The closer they get the more they injure each other with their spines.”

**Misato Katsuragi.**

- “This city is a fortress designed to stand against the angels. This is Tokyo3, this is our city & it's the city that you saved.”
- “If getting into the Eva means nothing but pain to him, I don't think he should pilot again. Ugh, otherwise he'll be killed.”

**Asuka Langley.**

- “My mind is being eaten away ... Kaji-san, it's unraveling my mind! What do I do? It's defiling my mind.”

**Yui Ikari.**

- “Anywhere can be paradise as long as you have the will to live. After all, you are alive, so you will always have the chance to be happy.”

177. SHIN SEIKI EVANGELION GEKIJŌ-BAN: AIR/MAGOKORO WO, KIMI NI ★ NEON GENESIS EVANGELION: THE END OF EVANGELION (1997)

178. SHINGEKI NO KYOJIN ★ ATTACK ON TITAN (2013–2022) [S1.E25][S2.E12][S3.E22][S4.E30][Chap. 139]

**Eren Jaeger.**

- “If you think reality is just living comfortably & following your own whims, can you seriously dare to call yourself a soldier?”
- “What is the point if those with the means & power do not fight?”
- “I don't have time to worry if it's right or wrong, you can't hope for a horror story with a happy ending.”
- “I want to see & understand the world outside. I don't want to die inside these walls without knowing what's out there!”
- “Nothing can suppress a human's curiosity.”
- “I'll slaughter you all ... & take back what you stole ... All of it!”
- “If you win you live. If you lose you die. If you don't fight, you can't win.”
- “I knew ... you were more of a hero than anyone else.”
- “I can do this. No, we can do this! Because we've all been special since the day we were born. We're free!”
- “No matter how messed up things get, you can always figure out the best solution.”
- “I disposed of some dangerous beasts. Mere animals that just happened to resemble humans.”

**Hange Zoe.**

- “Ever since I joined the survey corps, I've had people dying on me everyday. But you understand, don't you? 1 day or another, everyone you care about eventually dies. It's something we simply can't accept. It's a realization that could drive you insane.”

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<sup>1</sup>**rosary** [n] (plural **rosaries**) **1.** [countable] a string of beads that are used by some Roman Catholics for counting prayers as they say them; **2. the Rosary** [singular] the set of prayers said by Roman Catholics while counting rosary beads.



- “Even in moments of the deepest despair . . . I guess we can still find hope, huh?”

#### **Armin Arlert.**

- “People are crazy for believing that these walls will protect us forever. Even though the walls have been intact for the past 100 years, there’s nothing that can guarantee they won’t be broken down today.”
- “You’re only resorting to physical abuse because you can’t prove that I’m wrong.”
- “I think there are times people have to die . . . even if I don’t like it.”
- “When people are faced with a situation they don’t understand, it’s easy for fear to take hold.”
- “People who can’t throw something important away, can never hope to change anything.”
- “I’m leaving it all with Eren. My dream, my life, everything. I have nothing else left to lose. I’m sure Eren will be able to reach the ocean. He’ll have to see it for both of us.”
- “To surpass monsters, you must be willing to abandon your humanity.”
- “Willpower alone isn’t enough in battle.”
- “We’re going to explore the outside world someday, right? Far beyond these walls, there’s flaming water & made of ice, & fields of sand spread wide. It’s the world my parents wanted to go to.”
- “I don’t like the terms good person or bad person because it’s impossible to be entirely good to everyone, or entirely bad to everyone. To some, you are a good person, while to others you are a bad person.”
- “The strong feed upon the weak. It’s such an obligingly simple rule. Except in this world, my friends tried to be strong.”
- “Endure it. Don’t let go.”
- “Everyone can make a choice after they have learned what it will result in. It is so easy to say we should have done in this way afterwards. But you can’t know what your choice will result in before actually choosing.”
- “I was, I am, & I remain a soldier, sworn to devote my heart & soul to the restoration of humankind. There is no greater glory than dying for that belief!”
- “I’d rather die than become a burden.”

#### **Ymir.**

- “I want to survive . . . & see her again. As a person, I’m really lower than shit. But she knows that, & she smiles kindly at me anyway.”
- “Do you always want to live hiding behind the mask you put up for the sake of others? You’re you, & there’s nothing wrong with that.”
- “Living this way is my way of getting revenge. I’m going to be living proof that your fate isn’t decided at birth!”
- “I too used to believe that the world would be a better place if I hadn’t been born. I was hated merely for the fact that I existed, & I died for the happiness of many people. But there was 1 thing I wished for with all my heart. If I’m ever given a 2nd chance in life, I want to live for only myself. That is my sincere wish.”

#### **Erwin Smith.**

- “If we only focus on making the best moves, we will never get the better of our opponent. When necessary, we must be willing to take big risks, & be prepared to lose everything. Unless we change how we fight, we cannot win.”
- “If you begin to regret, you’ll dull your future decisions & let others make your choices for you. All that’s left for you then is to die. Nobody can foretell the outcome. Each decision you make holds meaning only by affecting your next decision.”
- “It’s us who gives meaning to our comrades lives.”
- “They want to know what became of the heart they gave. Because the fighting isn’t over yet.”

#### **Historia Reiss.**

- “We need to stop living for others. From now on . . . Let’s live for ourselves.”
- “Even if you have your reasons & there are things you can’t tell me, no matter what, I’m on your side.”

#### **Levi Ackerman.**

- “A lot of the time, you’re going into a situation you know nothing about. So what you need is to be quick to act . . . & make tough decisions in worst-case scenarios.”
- “I don’t know which option you should choose. I could never advise you on that . . . No matter what kind of wisdom dictates you the option you pick, no one will be able to tell if it’s right or wrong until you arrive to some sort of outcome from your choice.”
- “Some scouts’ lives are more valuable than others, only those dumb enough to acknowledge that join us.”
- “Whether you have the body, dead is dead.”

- “The lesson you need to learn right now can’t be taught with words, only with action.”
- “The only thing we’re allowed to do is believe that we won’t regret the choice we made.”
- “Don’t get me wrong. It’s not like I trust him. If he betrays us or goes berserk, I’ll put him down without hesitation.”
- “I think pain is the best discipline.”
- “It’s good to see that someone has the balls to go. But don’t forget to do your damndest to stay alive.”
- “If you don’t want to die, think!”
- “The difference between your decision & ours is experience. But you don’t have to rely on that.”
- “No casualties, Don’t you dare Die!”

#### **Hannes.**

- “You couldn’t save your mom because you weren’t strong enough. I didn’t face the Titan . . . because I wasn’t brave enough.”

#### **Mikasa Ackerman.**

- “This world is merciless, & it’s also very beautiful.”
- “I don’t want to lose what little family I have left.”
- “There are only so many lives I can value. & . . . i decided who those people were 6 years ago. So you shouldn’t try to ask for my pity. Because right now, I don’t have time to spare or room in my heart.”
- “That’s right . . . This world . . . is cruel. It hit me that living was like a miracle.”
- “I’m sorry Eren. I won’t give up. I’ll never give up again. So I’ll win, no matter what! I’ll survive no matter what.”
- “The world is crammed with cruelty.”
- “I am strong, real strong. None of you come close.”
- “Only victors are allowed to live. This world is merciless like that.”
- “Believe in your own power.”
- “Asking me for compassion is mistaken. After all I have no heart or time to spare.”
- “My speciality is lacerating flesh. Anyone interested in experiencing my skill firsthand, step right up.”
- “Once I’m dead I won’t be able to remember you. So I’ll win no matter what. I’ll live no matter what.”
- “You don’t stand a single chance to win unless you fight.”

#### **Annie Leonhart.**

- “Going against the flow takes a lot of courage. I respect that. Maybe people who can do it are just stupid, but . . . Well, what I’m sure of is that people like that are rare.”

#### **Marco Bott.**

- “You’re not a strong person, so you can really understand how weak people feel. I mean . . . Most humans are weak, including me. But if I got an order from someone who saw things like I do, no matter how tough it was, I’d do my damndest to carry it out.”

#### **Jean Kirstein.**

- “The future of humanity will be doomed. Having said that, I’m not about to sit around while we all get slaughtered.”
- “Right now we’ve got no choice but to try. We gotta believe there’s a way to beat him!”

179. SHINMAI OSSAN BÔKENSASHI, SAIKYÔ PARTY NI SHINU HODO KITAERARETE MUTEKI NI NARU ★ THE OSSAN NEWBIE ADVENTURER, TRAINED TO DEATH BY THE MOST POWERFUL PARTY, BECAME INVINCIBLE (2024–) [S1.E12]
180. SHÔSHIMIN SHIRÎZU ★ SHOSHIMIN: HOW TO BECOME ORDINARY (2024–) [S1.E10]
181. Skip & Loafer (2023–) [S1.E11–]
182. Sokushi Cheat ga Saikyôsugite, Isekai no Yatsura ga Marude Aite ni Naranain Desu ga ★ My Instant Death Ability is Overpowered (2024–) [S1.E11–]
183. Sono Bisque Doll wa Koi wo Suru ★ My Dressing-Up Darling [S1.E12][Chap. 73–]
184. SOUSOU NO FRIEREN ★ FRIEREN: BEYOND JOURNEY’S END (2024) [S1.E28]
185. SPY × FAMILY (2022–) [S1.E25][S2.E12][Chap. 1–]
186. SPY X FAMILY CODE: WHITE (2023)

187. STEIN;GATE (2011–2015) [S1.E26]
188. STEINS;GATE: THE MOVIE - LOAD REGION OF DÉJÀ VU (2013)
189. STEIN;GATE 0 (2018) [S1.E24]
190. SUZUME NO TOJIMARI ★ SUZUME (2022)
191. SWEET GUY [Chap. 75]
192. Tengoku Daimakyou ★ Heavenly Delusion (2023–) [S1.E13]
193. TENKI NO KO ★ WEATHERING WITH YOU (2019)
194. The Eminence in Shadow (2022–) [S1.E20][S2.E12][Chap. 64–]
195. TOKI O KAKERU SHÔJO ★ THE GIRL WHO LEAPT THROUGH TIME (2006)
196. TOKIDOKI BOSOTTO RUSSIA-GO DE DERERU TONARI NO ALYA-SAN ★ ALYA SOMETIMES HIDES HER FEELINGS IN RUSSIAN (2024–) [S1.E12]
197. TOMODACHI GAME (2022–) [S1.E12]
198. Tondemo Skill de Isekai Hourou Meshi ★ Campfire Cooking in Another World with My Absurd Skill (2023–) [S1.E12]
199. TSUKI GA MICHIBIKU ISEKAI-DÔCHÛ ★ TSUKIMICHI: MOONLIT FANTASY (2021–2024) [S1.E12][S2.E25]
200. TSUKIMONOGATARI (2014) [S1.E4]
201. UNDEAD GIRL MURDER FARCE ★ UNDEAD MURDER FARCE (2023–) [S1.E13]
202. Undead Unluck (2023–) [S1.E24–]
203. UP (2009)
204. UZUMAKI ★ UZUMAKI: SPIRAL INTO HORROR (2024) [S1.E4]
205. VINLAND SAGA (2019–) [S1.E24][S2.E24]
206. VIOLET EVERGARDEN (2014) [S1.E14]
207. VIVY: FLUORITE EYE’S SONG (2021–) [S1.E13]
208. WALL·E (2008)
209. Watashi no Oshi wa Akuyaku Reijou ★ I’m in Love with the Villainess (2023–) [S1.E12–]
210. WATASHI NO SHIAWASE NA KEKKON ★ MY HAPPY MARRIAGE (2023–) [S1.E12][OVA]
211. YAHARI ORE NO SEISHUN RABUKOME WA MACHIGATTEIRU. ★ MY TEEN ROMANTIC COMEDY SNAFU [S1.E14][S2.E14][S3.E12]
212. YAKUSOKU NO NEVERLAND ★ THE PROMISED NEVERLAND [S1.E12][S2.E11][Chap. 1/181.5]
213. Yamada-kun to Lv999 no Koi wo Suru ★ My Love Story with Yamada-kun at Lv999 (2023–) [S1.E13]
214. Yôkoso jitsuryoku shijô shugi no kyôshitsu e ★ Classroom of the Elite (2017–) [S1.E12][S2.E13][S1.E12–]
215. YOSUGA NO SORA (2010–) [S1.E12]
216. Yozakura-san Chi no Daisakusen ★ Mission: Yozakura Family, Mission of Yozakura family (2024–) [S1.E1–]
217. YÛSHA GA SHINDA! ★ THE LEGENDARY HERO IS DEAD! (2023–) [S1.E12]
218. YUUKOKU NO MORIARTY ★ MORIARTY THE PATRIOT (2020) [S1.E26]
219. ZANKYÔ NO TERORU ★ TERROR IN RESONANCE (2014) [S1.E11]
220. ZOKU OWARIMONOGATARI (2018)[S1.E6]
221. ZOM 100: ZOMBIE NI NARU MADE NI SHITAI 100 NO KOTO ★ ZOM 100: BUCKET LIST OF THE DEAD (2023–) [S1.E12]

## 2 Movie

1. 3 IDIOTS (2009)
2. A BEAUTIFUL MIND (2001)
3. ALITA: BATTLE ANGEL (2019)
4. AMERICAN PSYCHO (2000)
5. ANT-MAN (2015)
6. ANT-MAN & THE WASP (2018)
7. AQUAMAN (2018)
8. ARRIVAL (2016)
9. AVATAR (2009)
10. AVENGERS: AGE OF ULTRON (2015)
11. AVENGERS: ENDGAME (2019)
12. AVENGERS: INFINITY WAR (2018)
13. BATMAN BEGINS (2005)
14. BETTER CALL SAUL (2015–2022) [S1.E10][S2.E10][S3.E10][S4.E10][S5.E10][S6.E13]
15. BIRDMAN OR (THE UNEXPECTED VIRTUE OF IGNORANCE) (2014)
16. Black Mirror (2011–2019) [S1.E3][S2.E4][S3.E6][S4.E6][S5.E1/E3]
17. BLACK PANTHER (2018)
18. BLACK SWAN (2010)
19. BLADE RUNNER 2049 (2017)
20. BLOOD DIAMOND (2006)
21. BREAKING BAD (2008–2013) [S1.E7][S2.E13][S3.E13][S4.E13][S5.E16]  
WALTER WHITE.
  - “You clearly don’t know who you’re talking to, so let me clue you in. I am not in danger, Skyler. I am the danger. A guy opens his door & gets shot, & you think that of me? No! I am the one who knocks!”
  - “Right now, what I need, is for you to climb down out of my ass. Can you do that? Will you do that for me honey? Will you please, just once, get off my ass? You know? I’d appreciate it. I really would.”
  - “Smoking marijuana, eating Cheetos, & masturbating do not constitute plans in my book.”
  - “Fuck you, & your eyebrows.”
  - **On the importance of caution.** “If you don’t know who I am, then maybe your best course would be to tread lightly.” - Walter White, Breaking Bad, Season 5, Blood Money
  - “Is this just a genetic thing with you? Is it congenital? Did your, did your mother drop you on your head when you were a baby?”
  - **On overcoming your fears.** “I have spent my whole life scared, frightened of things that could happen, might happen, might not happen, 50 years I spent like that. Finding myself awake at three in the morning. But you know what? Ever since my diagnosis, I sleep just fine. What I came to realize is that fear, that’s the worst of it. That’s the real enemy. So, get up, get out in the real world & you kick that bastard as hard you can right in the teeth.” - Walter White, Breaking Bad, Season 2, Better Call Saul
  - **On selfishness.** “I did it for me. I liked it. I was good at it. And, I was really... I was alive.”
  - “Jesse, you asked me if I was in the meth business, or the money business... Neither. I’m in the empire business.”
  - “We tried to poison you. We tried to poison you because you’re an insane, degenerate piece of filth, & you deserve to die.”
  - “I watched Jane die. I was there. And I watched her die. I watched her overdose & choke to death. I could have saved her. But I didn’t.”
  - “I told you Skyler, I warned you for a solid year: You cross me, & there will be consequences.”
  - “Say my name.”

- “Stay out of my territory.”
- **On trauma.** “You need to stop focusing on the darkness behind you. The past is the past. Nothing can change what we’ve done.” - Walter White, Breaking Bad, Season 5, Blood Money
- **On living life on your own terms.** “I’ve been living with cancer for the better part of a year. Right from the start it’s a death sentence. That’s what they keep telling me. Well, guess what? Every life comes with a death sentence. So, every few months I come in here for my regular scan knowing full well that one of these times - hell, maybe even today - I’m gonna hear some bad news. But until then, who’s in charge? Me. That’s how I live my life.” - Walter White, Breaking Bad, Season 4, Hermanos
- **On change.** “Electrons - they change their energy levels. Molecules change their bonds. Elements - they combine & change into compounds. Well, that’s all of life, right? It’s the constant. It’s the cycle. It’s solution, dissolution, just over & over & over. It is growth, then decay, then transformation.” - Walter White, Breaking Bad, Season 1, Pilot
- **On seizing opportunity.** “There is gold in the streets just waiting for someone to come & scoop it up.” - Walter White, Breaking Bad, Season 5, Madrigal
- “Well, technically, chemistry is the study of matter. But I prefer to see it as the study of change.”
- “We’re done when I say we’re done.”
- “To all law enforcement entities, this is not an admission of guilt.”
- “I am speaking to my family now. Skyler, you are the love of my life. I hope you know that.”
- “I won.”
- “I have lived under the threat of death for a year now. And because of that, I’ve made choices.”
- “All I can do is wait . . . For the cancer to come back.”
- “If you believe that there’s a hell.”
- “My name is Walter Hartwell White. I live at 308 Negra Aroya Lane, Albuquerque, New Mexico, 87104. To all law enforcement entities, this is not an admission of guilt. I am speaking to my family now. Skyler, you are the love of my life. I hope you know that. Walter Jr., you’re my big man. There are going to be some things that you’ll come to learn about me in the next few days. But just know that no matter how it may look, I only had you in my heart. Goodbye.”

JESSE PINKMAN.

- **On personal freedom.** “This is my own private domicile & I will not be harassed. . . bitch!” - Jesse Pinkman, Breaking Bad, Season 3, Sunset
- “Ah, like I came to you, begging to cook meth. Oh, hey, nerdiest old dude I know, you wanna come cook crystal? Please. I’d ask my diaper-wearing granny, but her wheelchair wouldn’t fit in the RV.”
- “Did you know that there’s an acceptable level of rat turds that can go into candy bars? It’s the government, jack. Even government doesn’t care that much about quality. You know what is okay to put in hot dogs? Huh? Pig lips & assholes. But I say, hey, have at it bitches ‘cause I love hot dogs.”
- “Some straight like you, giant stick up his ass, age what, 60? He’s just gonna break bad?”
- “So you do have a plan! Yeah Mr. White! Yeah Science!”
- “You don’t need a criminal lawyer. You need a *criminal* lawyer.”
- “Look. . . look, you two guys are just. . . guys, OK? Mr. White. . . he’s the devil. You know, he is. . . he is smarter than you, he is luckier than you. Whatever. . . whatever you think is supposed to happen. . . I’m telling you, the exact reverse opposite of that is gonna happen, OK?”
- “You got me riding shotgun to every dark anal recess of this state. It’d be nice if you clued me in a little.”
- “Right on. New Zealand. That’s where they made Lord of the Rings. I say we just move there, yo. I mean, you can do your art, right? Like, you can paint the local castles & s\*\*t. And I can be a bush pilot.”
- “Look, I like making cherry product, but let’s keep it real, alright? We make poison for people who don’t care. We probably have the most unpicky customers in the world.”
- **On keeping promises.** “Oh well, heil Hitler, bitch. And let me tell you something else. We flipped a coin, okay? You & me. You & me! Coin flip is sacred! Your job is waiting for you in that basement, as per the coin!” - Jesse Pinkman, Breaking Bad, Season 1, And the Bag’s in the River
- “What good is being an outlaw when you have responsibilities?”
- “Yeah, bitch! Magnets!”
- “I uh. . . I eat a lot of frozen stuff. . . It’s usually pretty bad, I mean the pictures are always so awesome, you know? It’s like ‘hell yeah, I’m starved for this lasagna!’ & then you nuke it & the cheese gets all scabby on top & it’s like. . . it’s like you’re eating a scab. . . I mean, seriously, what’s that about?”
- “What if this is like math, or algebra? And you add a plus douchebag to a minus douchebag, & you get, like, zero douchebags?”

- “I got two dudes that turned into raspberry slushie then flushed down my toilet. I can’t even take a proper dump in there. I mean, the whole damn house has got to be haunted by now.”
- “I am not turning down the money! I am turning down you! You get it? I want nothing to do with you! Ever since I met you, everything I ever cared about is gone! Ruined, turned to shit, dead, ever since I hooked up with the great Heisenberg!£
- “Possum. Big, freaky, lookin’ bitch. Since when did they change it to opossum? When I was comin’ up it was just possum. Opossum makes it sound like he’s irish or something. Why do they gotta go changing everything?”
- **On the need for consequences.** “The thing is, if you just do stuff & nothing happens, what’s it all mean? What’s the point?” - Jesse Pinkman, Breaking Bad, Season 4, Problem Dog
- “We’re all on the same page. The one that says, if I can’t kill you, you’ll sure as shit wish you were dead.”
- “So you do have a plan! Yeah, Mr. White! Yeah, Science!”
- “You’re my free pass... bitch.”

GUSTAVO FRING.

- **On responsibilities.** “When you have children, you always have family. They will always be your priority, your responsibility. And a man - a man provides. And he does it even when he’s not appreciated, or respected, or even loved. He simply bears out & he does it.” - Gustavo Fring, Breaking Bad, Season 3, Más
- “I hide in plain sight, same as you.”
- “If you try to interfere, this becomes a much simpler matter. I will kill your wife. I will kill your son. I will kill your infant daughter.”

HANK SCHRADER.

- **On regret.** “Been thinking about a summer job I used to have marking trees in the woods. Tagging trees is a lot better than chasing monsters.” - Hank Schrader, Breaking Bad, Season 5, Gliding Over All
- “You’re the smartest guy I’ve ever met. And you’re too stupid to see... he made up his mind ten minutes ago.”
- “No, they’re minerals, Jesus Marie!”
- “My name is ASAC Schrader, & you can go fuck yourself.”

MIKE EHRLMANTRAUT.

- **On hubris.** “Just because you shot Jesse James, don’t make you Jesse James.” - Mike Ehrmantraut, Breaking Bad, Season 5, Hazard Pay
- **On learning from failure.** “The moral of the story is I chose a half measure when I should have gone all the way. I’ll never make that mistake again. No more half measures, Walter.” - Mike Ehrmantraut, Breaking Bad, Season 3, Half Measures
- **On toxic relationships.** “You are a time bomb tick, tick, ticking. And I have no intention of being around for the ‘boom’.” - Mike Ehrmantraut, Breaking Bad, Season 5, Madrigal
- “You are not the guy. You’re not capable of being the guy. I had a guy, but now I don’t. You are not the guy.”
- “Shut the fuck up & let me die in peace”

SKYLER WHITE.

- **On knowing when to quit.** “There is more money here than we could spend in 10 lifetimes. Please tell me: how much is enough? How big does this pile have to be?” - Skyler White, Breaking Bad, Season 5, Gliding Over All
- “You know what Walt? Someone needs to protect this family from the man who protects this family.”

SAUL GOODMAN.

- **On self-confidence.** “I once told a woman I was Kevin Costner, & it worked because *I believed it.*” - Saul Goodman, Breaking Bad, Season 3, Abiquiu
- **On choosing your battles.** “Some people are immune to good advice.” - Saul Goodman, Breaking Bad, Season 5, Confessions
- **On breaking the law.** “As to your dead guy: occupational hazard. Drug dealer getting shot? I’m gonna go out on a limb here & say it’s been known to happen.” - Saul Goodman, Breaking Bad, Season 2, Mandala
- “Scientists love lasers.”
- “If you’re committed enough, you can make any story work.”
- “Sending him on a trip to Belize.”
- “The fun’s over. From here on out, I’m Mr. Low Profile. Just another douche bag with a job & three pairs of Dockers. If I’m lucky, month from now, best-case scenario, I’m managing a Cinnabon in Omaha.”
- “I’m not saying it’s not bad. It’s bad. But it could be worse.”

- “Hey, I’m a civilian! I’m not your lawyer anymore. I’m nobody’s lawyer.”
- “Congratulations, you’ve just left your family a second-hand Subaru.”

JANE MARGOLIS.

- **On appreciating the little things.** “Why should we do anything more than once? Should I just smoke this one cigarette? Maybe we should only have sex once if it’s the same thing? Should we just watch one sunset? Or live just one day? Because it’s new every time. Each time is a new experience.” - Jane Margolis, *Breaking Bad*, Season 3, Abiquiu

TUCO SALAMANACA.

- “This kicks like a mule with its balls wrapped in duct tape!”

BADGER.

- “Darth Vader had responsibilities. He was responsible for the Death Star.”

22. CAPTAIN AMERICA: CIVIL WAR (2016)

23. CAPTAIN AMERICA: THE FIRST AVENGER (2011)

24. CAPTAIN AMERICA: THE WINTER SOLDIER (2014)

25. CASINO ROYALE (2006)

26. CATCH ME IF YOU CAN (2002)

27. CHERNOBYL (2019)

[S1.E5]

**Boris Schcherbina.**

- “You’ll do it because it must be done. You’ll do it because nobody else can. & if you don’t, millions will die. If you tell me that’s not enough, I won’t believe you.”
- “This is what has always set people apart. A thousand years of sacrifice in our veins. & every generation must know its own suffering.”
- “Have you ever spent time with miners?”  
“No.”  
“My advice: Tell the truth. These men work in the dark they see everything.”
- “The science is strong, but a test is only as good as the men carrying it out.”
- “When it’s your life & the lives of everyone you love, your moral conviction doesn’t mean anything.”
- “You came off like a naive idiot. & naive idiots are not a threat.”

**Charkov.**

- “Why worry about something that isn’t going to happen?” “Why worry about something that isn’t going to happen? Oh, that’s perfect. They should put that on our money.”

**Mikhail Gorbachev.**

- “Well all victories come at a cost.”
- “All victories inevitably come at a cost.”
- “Our power comes from the perception of our power.”

**Valery Legasov.**

- “The truth doesn’t care about our needs or wants – it doesn’t care about our governments, our ideologies, our religions – to lie in wait for all time. This, at last, is the gift of Chernobyl.”
- “What is the cost of lies? It’s not that we’ll mistake them for the truth. The real danger is that if we hear enough lies, then we no longer recognize the truth at all.”
- “There was nothing sane about Chernobyl. What happened there, what happened after, even the good we did, all of it ... all of it, madness.”
- “If we don’t find out how this happened, it will happen again.”
- “Where I once would fear the cost of truth, now I only ask, what is the cost of lies?”
- “You think the right question will get you the truth? There is no truth.”

- “It means the core is open. It means the fire we’re watching with our own eyes is giving nearly twice the radiation released by the bomb in Hiroshima. & that’s every single hour. Hour after hour, 20 hours since the explosion, so 40 bombs worth by now. 48 more tomorrow. & it will not stop. Not in a week, not in a month. It will burn & spread its poison until the entire continent is dead!”
- “To be a scientist is to be naive. We are so focused on our search for truth, we fail to consider how few actually want us to find it. But it is always there, whether we see it or not, whether we choose to or not.”
- “Every lie we tell incurs a debt to the truth. Sooner or later, that debt is paid.”
- “When the truth offends, we lie & lie until we can no longer remember it is even there but it is still there.”
- “In a just world, I’d be shot for my lies, but not for this, not for the truth.”

#### Uncategorized.

- “You know the old Russian proverb: ‘Trust But Verify’. & the Americans think that Ronald Reagan thought that up.”
- “You scientists, when there’s a disease you’re in a lab somewhere, with your nose buried in a book. But when there’s not a disease, you’re out in public, causing a panic.”
- “We live in a world where children have to die to save their mothers ... someone has to start telling the truth.”
- “You put a bullet in someone, you are not you anymore. You will never be you again. But then you wake up the next morning & you are still you. & you realize, that was you all along.”

See also, e.g., [Wikiquote/Chernobyl \(miniseries\)](#), [tvtropes/quotes/Chernobyl](#).

28. COHERENCE (2013)

29. COSMOS: A SPACETIME ODYSSEY (2014) [S1.E13]

30. CREED (2015)

31. CREED II (2018)

32. Dahmer - Monster: The Jeffrey Dahmer Story (2022) [S1.E2/E10]

33. DAREDEVIL (2015–2018) [S1.E13][S2.E13][S3.E13]

34. DARK (2017–2020) [S1.E10][S2.E8][S3.E8]

ADAM.

- “Only when we’ve freed ourselves of emotion can we be truly free. Only when you’re willing to sacrifice what you hold dearest.”
- “What we know is a drop. What we do not know... is an ocean.” - Adam (Jonas)
- “Life is a labyrinth. Some wander around until their death in search of a way out of it.” - Adam (Jonas)
- “Death is incomprehensible. But one can reconcile themselves with it.” - Adam (Jonas)
- “All is cause & effect.” - Adam (Jonas)
- “Every pain tends us to act, forms our will.” - Adam (Adam)
- “Life is a gift... for those who know how to use it.” - Adam (Jonas)
- “The end is the beginning, & the beginning is the end.”
- “A man... lives three lives.  
The first, ends with the loss of naivety,  
the second, with the loss of innocence  
and the third... with the loss of life itself.  
It’s inevitable that we go through all three stages.”

EVA.

- “But in the end, every death is just a new beginning.” - Eva (Martha)
- “The mistake in all of our thinking is that we each believe ourselves to be an independent entity. While in reality, we’re all just fractions of an infinite whole.” - Eva (Martha)

JONAS KAHNWALD.

- “Two days ago I kissed my aunt!!!”
- “The big things & the little things don’t follow the same rules. We won’t be able to change the grand scheme of things... but the details. We change a grain of sand, & with that, the whole world.”
- “You & I are made for each other, never believe anything else.” - Jonas & Martha



MARTHA NIELSEN.

- “We all face the same end. Those above have long forgotten us. They do not judge us. In death I am all alone, & my only judge... is me.”

NOAH.

- “Most people are nothing but pawns on a chessboard led by an unknown hand.”
- “We are all full of sin. No pure human being exists. But no matter what we do, we never fall any lower than into God’s hands.”
- “But every now & then it’s good to question those who question things.”
- “Fear is the worst enemy of progress.”
- “Your pain defines who you are but it no longer holds power on you.”
- “There’s nothing but chaos out there.”
- “Life is nothing but a spiral of pain.”
- “There was this sadness in his eyes. The kind you sometimes see in those who want to die, but life won’t let them.”

CLAUDIA.

- “There are moments when we must understand that the decisions we make influence more than just our own fate.”

MIKKEL NIELSEN.

- “Things only change when we change them. But you have to do it.”
- “There is no such thing as magic, just illusion. Things only change when we change them. But you have to do it skillfully, in secret. Then it seems like magic.”
- “Good & evil are a question of perspective.”

H.G. TANNHAUS.

- “Our thinking is shaped by dualism. Entrance, exit. Black, white. Good, evil. Everything appears as opposite pairs. But that’s wrong.”
- “There are things out there that our little minds will never comprehend.”
- “What if everything that came from the past was influenced by the future.”
- “Dreams change. Other things become important.”

OLD TANNHAUS’S FATHER.

- “But everything that once lived, lives on forever. In the eternity of time.”

MICHAEL KAHNWALD.

- “The truth is a strange thing. You can try to suppress it, but it will always find its way to the surface.”

THE STRANGER.

- “In the end, we will all get just what we deserve.”
- “If I now change my past, I will change who I am right now.”
- “We trust that time is linear. That it proceeds eternally, uniformly. Into infinity. But the distinction between past, present & future is nothing but an illusion. Yesterday, today & tomorrow are not consecutive, they are connected in a never-ending circle. Everything is connected.”
- “I’m hoping that by tomorrow, it’ll already be different from today.”
- “We’re not free in what we do, because we’re not free in what we want. We can’t overcome what’s deep within us.”

EVA’S SON.

- “Hell is empty & all devils are here.”

HELGE DOPPLER.

- “Tick Tack. Tick Tack.”

ALBERT EINSTEIN.

- “The distinction between past, present, & future is only a stubbornly persistent illusion.”

Adam.

- “Only when we’ve freed ourselves of emotion can we be truly free. Only when you’re willing to sacrifice what you hold dearest.”
- “Man is a strange creature. All his actions are motivated by desire, his character forged by pain. As much as he may try to suppress that pain, to repress the desire, he cannot free himself from the eternal servitude to his feelings. For as long as the storm rages within him, he cannot find peace. Not in life, not in death. & so he will do what he must, day in, day out. The pain is his vessel, desire his compass. It is all that man is capable of.”
- “A man lives 3 lives. The 1st one ends with the loss of naivety, the 2nd, with the loss of innocence & the 3rd ... with the loss of life itself. It’s inevitable that we go through all 3 stages.”
- “No matter how much we fight it we are connected by our blood. We can feel estranged from our families & not understand what they do. & still, in the end we will do anything for them.”

#### **Claudia.**

- “There are moments when we must understand that the decisions we make influence more than just our own fates.”

#### **H.G. Tannhaus.**

- “What if everything that came from the past was influenced by the future.”
- “Our thinking is shaped by dualism. Entrance, exit. Black, white. Good, evil. Everything appears as opposite pairs. But that’s wrong.”
- “Black holes are considered to be the hellmouths of the universe. Those who fall inside disappear. Forever. But where to? What lies behind a black hole? Along with things, do space & time also vanish there? Or would space & time be tied together & be part of an endless cycle? What if everything that came from the past were influenced by the future?”

#### **Ines Kahnwald.**

- “Have you heard of Master Zhuang’s paradox? ‘I dreamt I was a butterfly. Now I’ve woken up & I no longer know if I’m a person who dreamed he’s a butterfly or if I’m a butterfly who’s dreaming it’s a person.’”

#### **Jonas.**

- “2 days ago I kissed my aunt!!!”
- “You & I are perfect for each other. Never believe anything else.”

#### **Martha.**

- “We all face the same end. Those above have long forgotten us. They do not judge us. In death I am all alone, & my only judge ... is me.”

#### **Michael.**

- “The truth is a strange thing. You can try to suppress it, but it will always find its way to the surface. We make a lie into our truth in order to survive. We try to forget, until we can’t anymore. We don’t even know half of the mysteries of this world. We’re wanderers in the darkness.”

#### **Mikkel Nielsen.**

- “There is no such thing as magic, just illusion. Things only change when we change them. But you have to do it skillfully, in secret. Then it seems like magic.”
- “Good & evil are a question of perspective.”

#### **Noah.**

- “There was this sadness in his eyes. The kind you sometimes see in those who want to die, but life won’t let them.”
- “But every now & then it’s good to question those who question things.”
- “Most people are nothing but pawns on a chessboard led by an unknown hand.”
- “We are all full of sin. No pure human being exists. But no matter what we do, we never fall any lower than into God’s hands.”
- “Your pain defines who you are but it no longer holds power on you.”
- “God doesn’t have a plan. There is no plan at all. There’s nothing but chaos out there. Pain ... & chaos! People are bad. Malicious, evil. Life is nothing but a spiral of pain. & the world is doomed to be destroyed.”

#### **The Stranger.**

- “We trust that time is linear. That it proceeds eternally, uniformly. Into infinity. But the distinction between past, present & future is nothing but an illusion. Yesterday, today & tomorrow are not consecutive, they are connected in a never-ending circle. Everything is connected.”

- “We’re not free in what we do because we’re not free in what we want. We can’t overcome what’s deep within us.”
- “If I now change my past, I will change who I am right now.”
- “But every decision for something is a decision against something else.”

#### Uncategorized.

- “There are things out there that our little minds will never comprehend.”
- “What we know is a drop. What we don’t know is an ocean.”
- “The end is the beginning, & the beginning is the end.”
- “Everything is connected to everything else.”
- “Fear is the worst enemy of progress.”
- “Dreams change. Other things become important.”
- “The distinction between past, present & future is only a stubbornly persistent illusion.”
- “Tick Tack. Tick Tack.”
- “The big things & the little things don’t follow the same rules. We won’t be able to change the grand scheme of things ... but the details. We change a grain of sand, & with that, the whole world.”
- “Maybe the Big Bang is nothing more than God’s act of creation.”
- “God has a plan for every human being.”
- “Nothing is normal in this town. & we’re all a part of it.”
- “That everything’s repeating That this has all happened before Like a massive déjà vu.”
- “Some people wander around their whole lives looking for a way out, but there’s only 1 path & it leads you ever deeper.”
- “What if God doesn’t know what he’s doing? If the plan is wrong? If God is wrong?”
- “You came in the door like thunder. Then hit the floor like thunder. Laying me down you wonder. Shaking the walls like thunder.”
- “My only aim is to take many lives. The more the better I feel.”
- “The world is full of such paradoxes we simply choose to ignore them most of the time.”
- “In the end we will all get just what we deserve.”
- “In short, the god mankind has prayed to for thousands of years the god that everything is bound with, this god exists as nothing other than time itself.”
- “Death is always inevitable. Destiny is nothing but the connection of cause & effect. In light, in shadow.”
- “I’m just a tiny section of a huge tumor that is much bigger than any of us can imagine.”
- “There are moments when we must understand that the decisions we make influence more than just our own fates.”
- “We’re wanderers in the darkness.”
- “The pain is his vessel, desire his compass. It is all that man is capable of.”
- “Fold out your hands. Give me a sign. Put down your lies. Lay down next to me. Don’t listen when I scream. Bury your doubts & fall asleep. For neither ever. Nor never.”
- “Time is God.”

#### 35. DEAD POETS SOCIETY (1989)

- “So avoid using the word ‘very’ because it’s lazy. A man is not very tired, he is exhausted. Don’t use very sad, use morose. Language was invented for 1 reason, boys – to woo women – &, in that endeavor, laziness will not do. It also won’t do in your essays.” – N.H. Kleinbaum, Dead Poets Society
- “We don’t read & write poetry because it’s cute. We read & write poetry because we are members of the human race. & the human race is filled with passion. & medicine, law, business, engineering, these are noble pursuits & necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for. To quote from Whitman, “O me! O life! ... of the questions of these recurring; of the endless trains of the faithless ... of cities filled with the foolish; what good amid these, O me, O life?” Answer. That you are here - that life exists, & identity; that the powerful play goes on & you may contribute a verse. That the powerful play *goes on* & you may contribute a verse. What will your verse be?” – N.H. Kleinbaum, Dead Poets Society
- “No matter what anybody tells you, words & ideas can change the world.” – Tom Schulman, Dead Poets Society
- “When you read, don’t just consider what the author thinks, consider what you think.” – Tom Schulman, Dead Poets Society: The Screenplay
- “If you listen real close, you can hear them whisper their legacy to you. Go on, lean in. Listen, you hear it? – Carpe – hear it? – Carpe, Carpe Diem, seize the day boys, make you lives extraordinary.” – N.H. Kleinbaum, Dead Poets Society

- “Only in their dreams can men be truly free. ‘Twas always thus, & always thus will be.” – Tom Schulman, Dead Poets Society
- “I close my eyes, & this image floats beside me.  
A sweaty toothed mad man with a stare that pounds my brain.  
His hands reach out & choke me, & all the time he’s mumbling.  
“Truth, truth.”  
Like a blanket that always leaves your feet cold.  
You push it, stretch it, but it’ll never be enough.  
You kick at it, beat it, it’ll never cover any of us.  
From the moment we enter crying,  
to the moment we leave dying,  
it’ll just cover your face,  
as you wail & cry & scream.” – Tom Schulman, Dead Poets Society
- “Sucking the marrow out of life doesn’t choking on the bone.” – Tom Schulman, Dead Poets Society

36. DEADPOOL (2016)

37. DEADPOOL 2 (2018)

38. DEADPOOL & WOLVERINE (2024)

39. Detachment (2011)

### **Henry Barthes.**

- “Whatever is on my mind, I say it as I feel it, I’m truthful to myself; I’m young & I’m old, I’ve been bought & I’ve been sold, so many times. I am hard-faced, I am gone. I am just like you.”
- “How are you to imagine anything if the images are always provided for you?”
- “Doublethink. To deliberately believe in lies, while knowing they’re false.”
- DOUBLETHINK is on the blackboard, from Orwell’s “1984”. When none of the students knows what it means he tells them It’s deliberately believing in lies while knowing they’re false.
- “Examples of this in everyday life: “Oh, I need to be pretty to be happy. I need surgery to be pretty. I need to be thin, famous, fashionable.” Our young men today are being told that women are whores, bitches, things to be screwed, beaten, shit on, & shamed. This is a marketing holocaust. 24 hours a day for the rest of our lives, the powers that be are hard at work dumbing us to death.”
- “So to defend ourselves, & find against assimilating this dullness into our thought processes, we must learn to read. To stimulate our own imagination, to cultivate our own consciousness, our own belief systems. We all need skills to defend, to preserve our own minds.”
- “I realized something. I’m a non-person, Sarah. You shouldn’t be here, I’m not here. You may see me, but I’m hollow.”
- “A child’s intelligent heart can fathom the depth of many dark places, but can it fathom the delicate moment of its own detachment?”
- “We have such a responsibility to guide our young so that they don’t end up falling apart, falling by the wayside, becoming insignificant.”
- “I am money, I change hands like the dollar bill, that has been rubbed by a lamp; Then a genie appeared & cried loudly, with volume; But the tears were all for myself, & that’s where it all went wrong.”
- “Y’know it’s funny, I spend a lot of time trying to not have to deal . . . to not really commit. I’m a substitute teacher, there’s no real responsibility to teach. Your responsibility is to maintain order, make sure nobody kills anybody in your classroom, & then they get to their next period.”
- Henry Barthes: Y’know you can’t . . . you can’t keep living on the street . . .  
Erica: I’m not, I mean, I’m staying here with you.  
Henry Barthes: Well, you can’t continue to stay here with me. I’m not good for you . . .  
Erica: That’s not true. You’re like, the only family I’ve ever had . . .  
Henry Barthes: Well, I can’t be your family, I can’t give you what you need. You have to understand, you should be . . .  
Erica: You’re good & gentle, you’re the most kind . . . I love you Henry. Don’t let them take me, please noooooooooo, you’re all I have, please don’t let me go.  
[Social workers take her away still protesting]
- It doesn’t take strength Meredith, you’ve gotta understand that, unfortunately, most people lack self awareness.

- Henry Barthes: [In nursing home] Grampa, you doing any writing in your journal?  
[Thumbs through empty journal]  
Grampa: I don't remember much, I lost the habit. You can't think in this place, you can't make new memories.
- [agitated at assisted living nurse] "Let me be very clear here, you stop neglecting his needs, or I will start fucking with yours! I will have you fired! Then it's going to be your family! Your children are gonna be at risk! You got it?"

**Meredith.**

- "Suicide is a permanent solution to a temporary problem."

**Mr. Wiatt.**

- "I was in my room for 2 hours & saw 1 parent. Where are they? Where is everybody? It's uncanny, no air raid sirens, not bombs. It doesn't happen that way. It starts with a whisper, & then nothing."

40. DEXTER (2006–2013) [S1.E12][S2.E12][S3.E12][S4.E12][S5.E12][S6.E12][S7.E12][S8.E12]
41. DISTRICT 9 (2009)
42. DIVERGENT (2014)
43. DJANGO UNCHAINED (2012)
44. DOCTOR STRANGE (2016)
45. DOCTOR STRANGE IN THE MULTIVERSE OF MADNESS (2022)
46. DONNIE DARKO (2001)
47. EDGE OF TOMORROW (2014)
48. EVERYTHING EVERYWHERE ALL AT ONCE (2022)
49. FIGHT CLUB (1999)
50. FINDING FORRESTER (2000)

**William Forrester:** "You don't know a goddamn thing about reason. There are no reasons! Reasons why some of us live & why some of us don't! Fortunately for you, you have decades to figure that out!"

**Jamal Wallace:** "Yeah, & what's the reason in having a file cabinet full of writing & keep the shit locked so nobody can read it? What is that man? I'm done with this shit." [William & Jamal are arguing & William throws a glass against wall & breaks it]

**Jamal Wallace:** "Women will sleep with you if you write a book?"

**William Forrester:** "Women will sleep with you if you write a bad book."

**William Forrester.**

- "Someone I once knew wrote that we walk away from our dreams afraid that we may fail or worse yet, afraid we may succeed. You need to know that while I knew so very early that you would realize your dreams, I never imagined I would once again realize my own."
- "Why is it that the words that we write for ourselves are always so much better than the words we write for others?"
- "Writers write things to give readers something to read."
- "No thinking – that comes later. You must write your 1st draft with your heart. You rewrite with your head. The 1st key to writing is ... to write, not to think!"
- "The key to a woman's heart is an unexpected gift at an unexpected time."
- "An expression is worth a thousand words. Perhaps in your case, just two."

**Jamal Wallace.**

- "The rest of those who have gone before us cannot steady the unrest of those to follow."
- "Be sure to write."

51. FORREST GUMP (1994)
52. FRACTURE (2007)
53. FURY (2014)
54. GAME OF THRONES (2011–2019) [S1.E10][S2.E10][S3.E10][S4.E10][S5.E10][S6.E10][S7.E7][S8.E6]

55. GET OUT (2017)
56. GISAENGCHUNG ★ PARASITE (2019)
57. GLADIATOR (2000)
58. GONE BABY GONE (2007)
59. GONE GIRL (2014)
60. GOOD WILL HUNTING (1997)
61. GRAVITY (2013)
62. GREEN BOOK (2018)
63. GUARDIANS OF THE GALAXY (2014)
64. GUARDIANS OF THE GALAXY VOL. 2 (2017)
65. HACHI: A DOG’S TALE (2009)
66. HACKSAW RIDGE (2016)
67. HANNIBAL (2013–2015) [S1.E13][S2.E13][S3.E13]
68. HARRY POTTER & THE CHAMBER OF SECRETS (2002)
69. HARRY POTTER & THE DEATHLY HALLOWS: PART 1 (2010)
70. HARRY POTTER & THE DEATHLY HALLOWS: PART 2 (2011)
71. HARRY POTTER & THE GOBLET OF FIRE (2005)
72. HARRY POTTER & THE HALF-BLOOD PRINCE (2009)
73. HARRY POTTER & THE ORDER OF THE PHOENIX (2007)
74. HARRY POTTER & THE PRISONER OF AZKABAN (2004)
75. HARRY POTTER & THE SORCERER’S STONE (2001)
76. I AM LEGEND (2007)
77. INCEPTION (2010)
78. INGLOURIOUS BASTERDS (2009)
79. INSIDE MAN (2006)
80. INTERSTELLAR (2014)
81. IRON MAN (2008)
82. IRON MAN 2 (2010)
83. IRON MAN 3 (2013)
84. JOHN WICK (2014)
85. JOHN WICK: CHAPTER 2 (2017)
86. JOHN WICK: CHAPTER 3 - PARABELLUM (2019)
87. JOKER (2019)
88. LÉON: THE PROFESSIONAL (1994)
89. LIMITLESS (2011)
90. LOGAN (2017)
91. LUCY (2014)
92. MAD MAX: FURY ROAD (2015)
93. Marguerite’s Theorem ★ Marguerite’s Theorem (2023)

94. MEMENTO (2000)
95. MINDHUNTER (2017–2019) [S1.E10][S2.E9]
96. MINORITY REPORT (2002)
97. MONSTER (2004–2010) [S1.E74]
98. Moon Knight (2022–) [S1.E6/E6]
99. MOONLIGHT (2016)
100. MR. NOBODY (2009)
101. MYSTIC RIVER (2003)
102. Narcos (2015–2017) [S1.E1/E10][S2.E1/E10][S3.E1/E10]

103. Naui Haebangilji ★ My Liberation Diary/My Liberation Notes (2022–) [S1.E16]

For its quotes categorized by topics, not by characters, see, e.g., [Korean Binge/100+ Quotes From “My Liberation Notes”](#)

#### **Bo-Ram.**

- “I think you’re unhappy because you don’t know how good you are.”
- “There will be people who frustrate you anywhere you go, & those people will never change. Then that means it’s me who has to change.”

#### **Cho Tae-Hun.**

- “I found out why I was suffering, but other than that ...”

#### **Choi Jun-Ho.**

- “What do you do in the Liberation Club? What are you being liberated from? Work?” – Choi Jun-Ho  
“From people. From tedious people.” – Yeom Mi-Jeong

#### **Ji Hyeon-A.**

- “I only feel alive when I exhaust myself completely. If I have energy left, I feel heavy.”
- “I once read a book about how to be a good writer to become a writer, & it is said that a good drama is one where the main character tries hard to achieve something but can’t do it. So I gave up.”
- “Why would I write something that’s like life? It’s so boring.”
- “There are a lot of crazy jerks who do bad things & blame you for it.”
- “You could use a little self-awareness. Everyone else knows you except for you.”
- “Once you reach a certain point, you start playing with your words. & once you start to enjoy drawing attention to yourself with your words, there’s no turning back.”
- “I like that you don’t try to get attention from people with your words. That’s why each & every word you utter is so special.”

#### **Kwak Hye-Suk.**

- “& it’s not like I have any days off. It’s 365 days a year.”
- “Fate is nothing more than a person’s outlook on life.”

#### **Mr. Gu.**

- “Do you want a part-time job?” – Mr. Gu  
“What kind of part-time job? Cleaning?” – Yeom Mi Jeong  
“No.” – Mr. Gu  
“Then what?” – Yeom Mi Jeong  
“Listening to me talk.” – Yeom Mi Jeong
- “I get irritable when I’m in places with a lot of people. Even someone sitting alone at a table next to mine in a cafe irritates me.”
- “You should get paid to listen to someone else talking.”
- “How have you been? Have you managed to liberate yourself?”
- “I’m not sad at all. But why do I keep tearing up?”

- “Does anyone live without pretending?”
- “The weaker you are, the more evil you get.”
- “That’s how life is. It seems to go well & then stabs you in the back. Did you think it was always going to be peachy?”
- “Just a few seconds ago, they thought dying was the only way out & jumped. But in just a few seconds, that feeling started to feel like nothing.”
- “Misfortunes should come in small doses, but you keep stopping them & making them bigger.”
- “Women with sharp instincts can be scary.”
- “Women always asks for things like I owe them something.”
- “I was practically a dead man walking. I was barely alive. But you saved my life by stabbing me in the back.”
- “When I drink, it feels like the puzzle pieces that have been floating around in my head fall into place.”
- “You should know who you are.”
- “When I am drunk, I’m more human than I am when I’m sober.”
- “It felt as if I was walking out of my own grave. Completely hopeless.”
- “Why do you act like you’ve done something wrong when you’re asking for what’s rightfully yours?”
- “Let’s go together. Step by step, trudging on.”

**Mr. Park.**

- “The feeling of holding something in your heart. My liberation.”
- “So why do I keep looking at my watch? I think I feel a compulsion to live a productive day, but there’s not much to show for it. I’m just constantly looking at my watch & being chased by time.”
- “I go to work, finish work, eat, & sleep. Everyday is the same.”
- “Do not give advice. Do not try to comfort. Those are the rules of our club.”
- “I may not be able to be completely liberated from time, but resting when I’ve done enough, & waking up when I’ve slept enough. Finding my own rhythm like that might be the liberation I need the most.”
- “Are we under special care or something? Can’t they just leave introverted people alone?”

**Office Staff.**

- “No matter what job is, after 6 months, it becomes mundane. But it’s a lot better when you get along with others. It also increases productivity.”

**Oh Du-Hwan.**

- “Deleting it won’t make me forget what happened. I just have to bear it.”

**So Hyang-Gi.**

- “We can’t exactly say we accomplish nothing, don’t you think? Well, some days, I feel like I am. & some days, I feel like I’m back to square 1. But I still feel I’ve been liberated even just a little.”
- “When I see someone in front of me, my face automatically makes this expression. Even though I’m not happy at all.”

**The Liberation Club.**

- “I will not pretend to be happy. I will not pretend to be unhappy. I will be honest.”

**Yeom Chang-Hee.**

- “It might not be because they’re shameless. It might be because they don’t have the money.”
- “I don’t think I was a 1-coin won. I think I’ve been that mountain all along. I think I’ll return to that mountain.”
- “That’s why they say you can get away with anything if you have love.”
- “Do I have to have a goal? Can’t I just live my life without one? I can’t force myself to live for something I don’t really desire.”
- “I think I’ve come far enough. This isn’t the right path for me. I don’t have to force myself to keep walking on it.”
- “You’ve worked really hard. Take a break. Can’t you just say that?”
- “Nothing goes my way.”
- “I guess I have been putting up a facade with people. Now that I’m alone, I’ve become so calm & gentle.”
- “Life is a series of embarrassments. It’s embarrassing from the moment you’re born. You are born naked.”



- “When you desperately long for something, your soul already knows deep down that it’s not yours. You want it but you know it’s not yours. That’s what drives you crazy.”
- “If you hesitate to say something but then actually say it, you’re guaranteed to regret it. You hesitate because you know you shouldn’t say it. But you still end up saying it & making yourself miserable. Humans are really nonsensical animals, you know?”
- “I’ve never felt real joy, pleasure, or excitement in my life.”
- “How did you end up moving here?” – Yeom Chang-Hee  
“I got off at the wrong stop.” – Mr. Gu
- “Do you know what she said about Gyeonggi-do? She said Gyeonggi-do’s like an egg white. An egg white that wraps around Seoul.”

**Yeom Chang-Hee’s friend.**

- “I wish I could work in an office. I want to sit inside a building where it’s quiet even if there’s a thunderstorm going on outside.”

**Yeom Gi-Jeong.**

- “How do you know what suits you better? You have to try different workplaces.”
- “This comes & goes in cycles. 3 days of the week are so tiring, the other 3 are just barely manageable, & I don’t even know how the last day goes.”
- “There are just too many people. So it takes forever for my turn to come. I can’t get anything when I want them. I have to wait for everything. For food, to get back home, & even men.”
- “I think I would be liberated if I shaved my head.”
- “Let’s run away. Telling myself that, I got on the train in a hurry.”
- “I want to face the mountains 1 by 1 instead of avoiding them.”
- “If I die, it will be because of commuting to Seoul for work.”
- “I’m hungry but there’s nothing I want to eat.”
- “I’ve been so impatient lately. I just want to die already. After 14 years, my job is the same, the meetings are the same, & the people are the same. I curse & get mad the same way. It’s all the same endless repetition.”
- “You can afford to have a good outlook if you have money.”
- “The saying that love makes you kind has some truth to it. Whether it’s money or a man, if you have something, you become positive but do I have a man or any money? Neither.”
- “I don’t want to just say things to feel like I exist. I want to talk to relax. Words that make you feel relaxed.”

**Yeom Gi-Jeong’s friend.**

- “Even if you live alone, it’s fine. You can be perfectly happy. You can eat whatever you want, whenever you want, & sleep whenever you want.”

**Yeom Je-Ho.**

- “Even when you don’t know how you’ll go on, if you pull yourself together, you can still find things that are bearable.”

**Yeom Mi-Jeong.**

- “I think that’s what this is all about. Finding out what my issue is.”
- “5 minutes a day. If you have 5 minutes of peace, it’s bearable.”
- “Even if I thought I did a good job, if they said no, all the work I did would go down the drain.”
- “When I get frustrated, I go out for a walk at night thinking, ‘I don’t care if I die tonight.’ I walk through a pitch-dark mountain.”
- “Tonight, I have nothing to fear. I’ll become a warrior.”
- “When I wander around aimlessly, I can catch the briefest glimpse. ‘So that’s what is in my head.’ The feeling of being abandoned.”
- “I think humans are only sane when they’re lonely. So I think I’m saner at night.”
- “I’m hungry. My face is burning up. I feel like I’ll collapse.”
- “He may be somebody at work, but he’s a nobody outside.”
- “I’ve never felt better after getting angry. It would take me 2 to 3 days to forget about it if I didn’t get angry, but if I get angry, it lasts more than 10 days.”

- “When I was a child, I was asked to hand in what we had prayed about at church. Looking at what my friends wrote, I thought, ‘Why would they pray for that? Grades, the school they want to get into, friends. They’re seriously praying for that? To God? But it’s God.’ There was only 1 thing I was curious about. ‘What am I? Why am I here?’”
- “I didn’t exist before 1991 & I won’t exist in 50 years, but I feel like I existed before that & will still exist after that. The feeling that I’ll exist forever. I’ve been frustrated by that feeling & I’ve never, in my heart, ever, felt settled.”
- “I feel uneasy in bed, I feel uneasy around people. ‘Why can’t I laugh happily like other people? Why am I sad all the time? Why am I always nervous? Why is everything so boring?’”
- “It feels like people are all scarecrows. They don’t really know what they are. They’re just acting as if they do.”
- “People who say they live healthily & happily maybe the people who decided to put all these questions behind them. People who have decided to lie & say, ‘This is just how life is.’ I’ll never do that.”
- “I don’t care about where I’ll go after I die. I want to see heaven while I’m alive.”
- “It’s bizarre when you see a thing somewhere it doesn’t belong. A bird lying on the ground, a man hanging on a tree, even a dog on a farm.”
- “I drink to feel high.” – Yeom Mi-Jeong  
“I drink to feel calm.” – Mr. Gu
- “Why am I feeling sad? Why am I sad?”
- “Then it’s not food you want.”
- “Out of the 24 hours in a day, I only feel okay for about a couple. & it’s not like I even feel good, I just feel okay. I just try to get through the rest.”
- “I want liberation. I want to be liberated. I don’t know where I’m trapped but I feel trapped. There’s nothing in my life that relaxes me. I feel cramped & stifled. I want to break free.”
- “I’m not unhappy but I’m not happy either.”
- “If you think about it, all the assholes in my life started with that same look in their eyes. Eyes that seemed to say, ‘You’re not good enough.’ It makes you feel so small. Like you’re insignificant.”
- “People are scared of thunder & lightning but strangely, I find them calming.”
- “It feels like I’m stuck but I don’t know how to get out. That’s probably why I hope everything ends all at once.”
- “Everyone is on their way to their graves, so why is everyone so happy & excited?”
- “Sometimes, I think that people who are damaged are much more honest than those who live their lives happily.”
- “I don’t know where I’m stuck but I want to break free.”
- “I wish I was genuinely happy & be able to say things like ‘Yes, this is life,’ ‘This is what life is all about.’”
- “If we had lived in Seoul, would we have been any different?”
- “If I imagine that I’m sitting here working next to you, even awful tasks like these turn into something beautiful. Work becomes bearable.”
- “Rather than going through exhausting, difficult times without you, isn’t it more admirable that I’m finding strength thinking of you?”
- “No matter where I live, I think I would have been the same. I’d be living the same mundane life & no one would ever be interested in me. I felt like if I lived like this for too long, I’d shrivel up & die.”
- “People are so good with words.”
- “I want all of us to be happy. As bright & cheery as a sunny day. Without so much as a crease in our hearts.”
- “Maybe it’s just me who’s worth 20 points.”
- “I’m exhausted. I don’t know when it all started to go wrong, but I’m exhausted.”

104. NIGHTCRAWLER (2014)

105. NISEMONOGATARI (2012)

[S1.E11]

106. NO COUNTRY FOR OLD MEN (2007)

107. NO TIME TO DIE (2021)

108. NOCTURNAL ANIMALS (2016)

109. NORUWEI NO MORI ★ NORWEGIAN WOOD (2010)

110. NOW YOU SEE ME (2013)

111. NOW YOU SEE ME 2 (2016)

112. OBLIVION (2013)
113. OPPENHEIMER (2023)
114. PASSENGERS (2016)
115. PK (2014)
116. PREDESTINATION (2014)
117. PRIMAL FEAR (1996)
118. PRISONERS (2013)
119. PULP FICTION (1994)
120. QUANTUM OF SOLACE (2008)
121. RANGO (2011)
122. READY PLAYER ONE (2018)
123. RED DRAGON (2002)
124. RUSH (2013)
125. SAVING PRIVATE RYAN (1998)
126. SE7EN (1995)
127. SERBUAN MAUT ★ THE RAID: REDEMPTION (2011)
128. SERBUAN MAUT 2: BERANDAL ★ THE RAID 2 (2014)
129. SHERLOCK (2010–2017) [S1.E3][S2.E3][S3.E3][S4.E1/E3]
130. Shin seiki evangerion ★ Neon Genesis Evangelion (1995–1996) [S1.E26]
131. SHUTTER ISLAND (2010)
132. SICARIO (2015)
133. SKYFALL (2012)
134. SORIDO EOPSI ★ VOICE OF SILENCE (2020)
135. SOURCE CODE (2011)
136. SOUTHPAW (2015)
137. SPECTRE (2015)
138. SPIDER-MAN (2002)
139. SPIDER-MAN 2 (2004)
140. SPIDER-MAN 3 (2007)
141. SPIDER-MAN: FAR FROM HOME (2019)
142. SPIDER-MAN: HOMECOMING (2017)
143. SPIDER-MAN: INTO THE SPIDER-VERSE (2018)  
PETER B. PARKER.
  - **Miles Morales:** “*When will I know I’m ready?*”
  - **Peter B. Parker:** “*You won’t. It’s a leap of faith. That’s all it is, Miles. A leap of faith.*”
144. SPIDER-MAN: NO WAY HOME (2021)
145. SPLIT (2016)
146. Stranger Things (2016–) [S1.E8][S2.E9][S3.E8][S4.E]
147. THE AMAZING SPIDER-MAN (2012)

148. THE AMAZING SPIDER-MAN 2 (2014)
149. THE AVENGERS (2012)
150. The Boys (2019–) [S1.E8][S2.E8][S3.E8][S4.E7–]
151. THE BUTTERFLY EFFECT (2004)
152. THE CURIOUS CASE OF BENJAMIN BUTTON (2008)
153. THE DARK KNIGHT (2008)
154. THE DARK KNIGHT RISES (2012)
155. THE DEPARTED (2006)
156. THE DIVERGENT SERIES: INSURGENT (2015)
157. THE GAME (1997)
158. THE GIRL WITH THE DRAGON TATTOO (2011)
159. THE GODFATHER (1972)
160. THE GODFATHER: PART II (1972)
161. THE GRAND BUDAPEST HOTEL (2014)
162. THE GREAT GATSBY (2013)
163. THE GREEN MILE (1999)
164. THE HUNGER GAMES (2012)
165. THE HUNGER GAMES; CATCHING FIRE (2013)
166. THE HUNGER GAMES: MOCKINGJAY - PART 1 (2014)
167. THE HUNGER GAMES: MOCKINGJAY - PART 2 (2015)
168. THE HUNT (2012)
169. THE IMITATION GAME (2014)
170. THE INCREDIBLE HULK (2008)
171. THE INVISIBLE GUEST (2016)
172. THE LORD OF THE RINGS: THE FELLOWSHIP OF THE RING (2001)
173. THE LORD OF THE RINGS: THE TWO TOWERS (2002)
174. THE LORD OF THE RINGS: THE RETURN OF THE KING (2003)
175. THE MACHINIST (2004)
176. THE MARTIAN (2015)
177. THE MATRIX (1999)
178. THE MATRIX RELOADED (2003)
179. THE MATRIX REVOLUTIONS (2003)
180. THE MAZE RUNNER (2014)
181. THE PRESTIGE (2006)
182. THE PUNISHER (2017–2019) [S1.E13][S2.E13]
183. THE PURSUIT OF HAPPYNESS (2006)
184. THE REVENANT (2015)
185. THE SHAWSHANK REDEMPTION (1994)
186. THE SILENCE OF THE LAMBS (1991)

187. THE SOCIAL NETWORK (2010)
188. THE THEORY OF EVERYTHING (2014)
189. THE USUAL SUSPECTS (1995)
190. THE WOLF OF WALL STREET (2013)
191. THOR (2011)
192. THOR: RAGNAROK (2017)
193. THOR: THE DARK WORLD (2013)
194. The Witcher (2019–) [S1.E8][S2.E8]
195. TIME LAPSE (2014)
196. TITANIC (1997)
197. Tomorrow (2022) [S1.E5/E16]
198. TRIANGLE (2009)
199. True Detective (2014–2019) [S1.E8][S2.E8][S3.E1/E8]
200. WARRIOR (2011)
201. West World (2016–) [S1.E10][S2.E5/E10][S3.E1/E8]
202. WHIPLASH (2014)
203. WIND RIVER (2017)
204. WORLD WAR Z (2013)
205. ZODIAC (2007)

### 3 Music

#### Anime Music

1. [Shatter Me \[AMV\] ~ \[SEIZURE WARNING!\]](#)
  2. [SAVAGE - AMV - \[Anime MV\]](#)
  3. [Shigatsu wa Kimi no Uso - Boku to Kimi to no Ongakuchou](#)
  4. [AMV | Tanjiro \(Demon Slayer\) - Gasoline \(Halsey\)](#)
  5. [When Giorno's theme gets stuck in your head](#)
  6. [Dynasty - AMV - \[Anime MV\]](#)
  7. [Violet Evergarden - Young & Beautiful AMV](#)
- 
1. 2PAC.
    - 2PAC + EMINEM. Mr Lucifer.
  2. 24KGOLDN.
    - 24KGOLDN + IANN DIOR. Mood.
  3. 7!!. Orange [Shigatsu wa Kimi no Uso ED 2].
  4. AARON SMITH. Dancin (KRONO Remix).
  5. ABO TAKESHI. Someday (Believe me) [Steins;Gate OST].
  6. ADAM LAMBERT. Runnin'. Whataya Want From Me.
  7. ADELE. Rolling In The Deep. Set Fire To The Rain. Skyfall. Someone Like You.
  8. AEROSMITH. Dream On.

9. ÁI PHƯƠNG. Tôi Thấy Hoa Vàng Trên Cỏ Xanh.
10. ALIZÉE. La Isla Bonita.
11. AKIRA PHAN. Điều Ước Giản Đơn. Lời Nguyên.
12. ALAN WALKER. Alone. Sing Me To Sleep. The Spectre. Unity.
  - ALAN WALKER + INA WROLDSEN. Blue.
  - ALAN WALKER + K-391 + EMELIE HOLLOW. Lily.
  - ALAN WALKER + K-391 + TUNGEVAAG + MANGOO. Play.
  - ALAN WALKER + SOFIA CARSON + K-391 + CORSAK. Different World.
  - ALAN WALKER + SOPHIA SOMAJÓ. Diamond Heart.
13. ALEC BENJAMIN. If We Have Each Other. Let Me Down Slowly. The Way You Felt. Water Fountain.
14. ALESSIA CARA. Scars To Your Beautiful.
15. ALLIE X. Downtown. Lifted. Paper Love.
16. ANNA BLUE. Silent Scream.

*I'm caught up in your expectations  
You're trying to make me live your dream  
But I'm causing you so much frustration  
And you only want the best for me*

*You wanted me to show more interests  
To always keep a big bright smile  
Be that pinky little perfect princess  
But I'm not that type of child*

*And this storm is rising inside of me  
Don't you feel that our whole worlds collide?  
It's getting harder to breathe  
It hurts deep inside*

*Just let me be  
Who I am  
It's what you really need to understand  
And I hope so hard for the pain to go away*

*And it's torturing me  
But I can't break free  
So I cry & cry but just won't get it out  
The silent scream*

*Tell me why you're putting pressure on me  
And everyday you 'cause me harm  
That's the reason why I feel so lonely  
Even though you hold me in your arms*

*Wanna put me in a box of glitter  
But I'm just trying to get right out  
And now you're feeling so so bitter  
Because I've let you down*

*And this storm is rising inside of me  
Don't you feel that our whole worlds collide?  
It's getting harder to breathe  
It hurts deep inside*

*Just let me be  
Who I am  
It's what you really need to understand*

*And I hope so hard for the pain to go away*

*And it's torturing me  
But I can't break free  
So I cry & cry but just won't get it out  
The silent scream*

*Can't you see how I cry for help  
'Cause you should love me just for being myself  
I'll drown in an ocean  
Of pain & emotion  
If you don't save me right away*

*Just let me be  
Who I am  
It's what you really need to understand  
And I hope so hard for the pain to go away*

*And it's torturing me  
But I can't break free  
So I cry & cry but just won't get it out  
The silent scream  
My silent scream*

17. ANNE-MARIE. 2002. Beautiful. Problems.

- ANNE-MARIE + KSI + DIGITAL FARM ANIMALS. Don't Play.
- ANNE-MARIE + LITTLE MIX. Kiss My (Uh Oh).
- ANNE-MARIE + NATHAN DAWE + MoSTACK. Way Too Long.
- ANNE-MARIE + NIALL HORAN. Everywhere (BBC Children In Need). Our Song.

18. ANTONIO VIVALDI. Four Seasons. Storm. Winter.

19. ARASH. Broken Angel.

20. ARIANA GRANDE. 7 Rings. Breathin. Focus. Into You. One Last Time.

*Yeah, breakfast at Tiffany's & bottles of bubbles  
Girls with tattoos who like getting in trouble  
Lashes & diamonds, ATM machines  
Buy myself all of my favorite things (yeah)  
Been through some bad shit, I should be a sad bitch  
Who woulda thought it'd turn me to a savage?  
Rather be tied up with calls & not strings  
Write my own checks like I write what I sing, yeah (yeah)  
My wrist, stop watchin', my neck is flossy  
Make big deposits, my gloss is poppin'  
You like my hair? Gee, thanks, just bought it  
I see it, I like it, I want it, I got it (yeah)  
I want it, I got it, I want it, I got it  
I want it, I got it, I want it, I got it  
You like my hair? Gee, thanks, just bought it  
I see it, I like it, I want it, I got it (yeah)  
Wearing a ring, but ain't gon' be no "Mrs."  
Bought matching diamonds for six of my bitches  
I'd rather spoil all my friends with my riches  
Think retail therapy my new addiction  
**Whoever said money can't solve your problems  
Must not have had enough money to solve 'em**  
They say, "Which one?" I say, "Nah, I want all of 'em"  
Happiness is the same price as red bottoms  
My smile is beamin', my skin is gleamin'  
The way it shine, I know you've seen it (you've seen it)  
I bought a crib just for the closet  
Both his & hers, I want it, I got it, yeah*

*I want it, I got it, I want it, I got it*  
*I want it, I got it, I want it, I got it (baby)*  
*You like my hair? Gee, thanks, just bought it (oh yeah)*  
*I see it, I like it, I want it, I got it (yeah)*  
*Yeah, my receipts, be lookin' like phone numbers*  
*If it ain't money, then wrong number*  
*Black card is my business card*  
*The way it be settin' the tone for me*  
*I don't mean to brag, but I be like, "Put it in the bag," yeah*  
*When you see them racks, they stacked up like my ass, yeah*  
*Shoot, go from the store to the booth*  
*Make it all back in one loop, give me the loot*  
*Never mind, I got the juice*  
*Nothing but net when we shoot*  
*Look at my neck, look at my jet*  
*Ain't got enough money to pay me respect*  
*Ain't no budget when I'm on the set*  
*If I like it, then that's what I get, yeah*  
*I want it, I got it, I want it, I got it (yeah)*  
*I want it, I got it, I want it, I got it (oh yeah, yeah)*  
*You like my hair? Gee, thanks, just bought it*  
*I see it, I like it, I want it, I got it (yeah)*

□

- ARIANA GRANDE + THE WEEKND. Love Me Harder.

21. ASTRID S. Hurts So Good.

22. AURORA. A Different Kind Of Human. A Little Place Called The Moon. A Temporary High. Artemis. Blood In The Wine. Churchyard. Conqueror. Cure For me. Daydreamer. Exhale Inhale. Exist For Love. Forgotten Love. Gentle Earthquakes. Giving In To The Love. Golden (Harry Styles cover, Radio 1 Piano Sessions). Half The World Away. Heathens. Queendom. Runaway. Running With The Wolf. The River. The Seed. The Woman I Am (live at Gullruten 2022). Warrior.

- AURORA + POMME. Everything Matters.

23. AVA MAX. So Am I. Sweet but Psycho.

24. AVRIL LAVIGNE. When You're Gone.

25. AXEL JOHANSSON. Wonderland.

26. B RAY.

- B RAY + ĐẠT G + MASEW + K-ICM. Cao Ốc 20.
- B RAY + SOFIA + CHÂU ĐĂNG KHOA. Thiêu Thân.

27. BACKSTREETS BOYS. As Long As You Love Me. I Want It That Way. Show Me The Meaning Of Being Lonely.

28. BAHJAT. Hometown Smile.

29. BẢO ANH. Anh Muốn Em Sống Sao. Trái Tim Em Cũng Biết Đau. Yêu Một Người Vô Tâm.

- BẢO ANH + MR SIRO. Sống Xa Anh Chẳng Dễ Dàng. Trái Tim Em Cũng Biết Đau.

30. BẢO THY.

- BẢO THY + QUANG VINH. Ngôi Nhà Hoa Hồng.
- BẢO THY + VƯƠNG KHANG. Please Tell Me Why. Xin Lỗi Anh (Sorry).

31. BẰNG CƯỜNG.

- BẰNG CƯỜNG + KHÁNH PHƯƠNG. Tôn Thờ Một Tình Yêu.

32. BASSHUNTER. DotA.

33. BEETHOVEN. Moonlight Sonata.

34. BELLA POARCH. Build a B\*tch.

35. BỆT. Nhẹ.

36. BEYONCÉ. Halo.



37. B.I.
- B.I + DeVITA. BTBT.
38. BÍCH PHƯƠNG. Bùa Yêu. Rằng Em Mãi Ở Bên.
39. BILLIE EILISH. No Time To Die. Ocean Eyes.
- BILLIE EILISH + KHALID. Lovely.
40. BLACKPINK. As If It's Your Last. Boombayah. Crazy Over You. Ddu-Du Ddu-Du. Forever Young. How You Like That. Kill this Love. Lovesick Girls. Pink Venom. Playing With Fire. Savage. Sure Thing. You Never Know. Whistle.
41. BLUE. All Rise. One Love.
- BLUE + ELTON JOHN. Sorry Seems To Be The Hardest Word.
42. BRITNEY SPEARS. Criminal. Everytime.
43. BRUNO MARS. Grenade. Talking To The Moon. That's What I Like.
44. BUITRUONGLINH. Đường Tôi Chở Em Về.
45. CAMILA CABELLO. Havana. Never Be The Same.
46. CẨM LY. Em Sẽ Là Người Ra Đi.
47. CARLY RAE JEPSEN. Call Me Maybe.
48. CÉLINE DION. Ashes. Lying Down. My Heart Will Go On.
49. CHARLY LUSKE. It's A Man's Man's Man's World.
50. CHARLIE PUTH. Attention. Dangerously. How Long. Light Switch. One Call Away.
- CHARLIE PUTH + SELENA GOMEZ. We Don't Talk Anymore.
51. CHI PU. Shh! Chỉ Ta Biết Thôi (Chị Chị Em Em OST).
52. CHILDISH GAMBINO. This Is America.
53. CKAY. Love Nwantiti.
54. CLEAN BANDIT.
- CLEAN BANDIT + SEAN PAUL + ANNE-MARIE. Rockabye.
55. COLDPLAY. Hymn For The Weekend. The Scientist.
- COLDPLAY + SELENA GOMEZ. Let Somebody Go.
56. COOLIO.
- COOLIO + L.V. Gangsta's Paradise.
57. DA LAB. Thanh Xuân. Thức Giấc. Từ Ngày Em Đến.
- DA LAB + MIU LÊ. Gác Lại Lo Âu.
58. DANIEL POWTER. Bad Day. Free Loop.
59. DAVID GUETTA.
- DAVID GUETTA + SIA. Titanium.
60. DEMI LOVATO. Cool For The Summer. Heart Attack.
61. DIDO. Thank You.
62. DIRE STRAITS. Sultans Of Swing. Walk Of Life.
63. DJ GIMI-O. Habibi.
64. DJ SNAKE.
- DJ SNAKE + SELENA GOMEZ + CARDI B + OZUNA. Taki Taki.

65. DON OMAR.

- DON OMAR + LUCENZO. Danza Kuduro.

66. DOUBLE NOIZE.

- DOUBLE NOIZE + CM1X + TRUNG I.U + HỒNG JP. Âm Bản.

67. DR. A.

- DR. A + YUN + VERCYNUS. Hồn Trôi.

68. DR. DRE.

- DR. DRE + EMINEM + SKYLAR GREY. I Need A Doctor.
- DR. DRE + SNOOP DOGG. Still D.R.E.
- DR. DRE + SNOOP DOGG + KURUPT + NATE DOGG. The Next Episode.

69. DUA LIPA. Homesick.

- DUA LIPA + BLACKPINK. Kiss & Make Up.

70. DUNCAN LAURENCE. Loving You Is A Losing Game.

- DUNCAN LAURENCE + FLETCHER. Arcade.

71. ĐA SẮC.

- ĐA SẮC + JGKiD + ĐEN + THẢO PHƯƠNG. Chạy Trốn Mặt Trời.

72. ĐẠT G.

- ĐẠT G + DU UYÊN. Khó Vẽ Nụ Cười.
- ĐẠT G + NGỌC HALEYY. Điều Khác Lạ (Masew Mix).

73. ĐẶNG THẠM MA QUÂN. Từ Cử Môn Hồi Ức.

74. ĐEN. Lộn Xộn I. Lộn Xộn II. Trời Hôm Nay Nhiều Mây Cực!.

- ĐEN + BIÊN. Cảm Ơn.
- ĐEN + CHI PU + LYNK LEE. Nếu Mình Gần Nhau.
- ĐEN + GIANG PHAM + TRIPLE D. Ngày Khác Lạ.
- ĐEN + LINH CÁO. Đưa Nhau Đi Trốn. Ta Cứ Đi Cùng Nhau.
- ĐEN + LYNK LEE. Đừng Gọi Anh Là Idol.
- ĐEN + MIN. Bài Này Chill Phết.
- ĐEN + MTV BAND. Trốn Tìm.
- ĐEN + NGỌC LINH. Mười Năm (Lộn Xộn 3).
- ĐEN + NGUYỄN THẢO. Mang Tiền Về Cho Mẹ.
- ĐEN + PHƯƠNG ANH ĐÀO. Lối Nhỏ.
- ĐEN + THÀNH ĐỒNG. Một Triệu Like.
- ĐEN + TRẦN TIẾN. Đi Trong Mùa Hè.
- ĐEN + WORM JB + SOL'BASS + LONGMIN. Hoàng Hôn.

75. ĐINH ĐẠI VŨ. Em Đâu Hay.

76. ĐÔNG NHI. Khóc.

77. ĐỨC PHÚC. Ánh Nắng Của Anh (Chờ Em Đến Ngày Mai OST). Còn Yêu, Đâu Ai Rồi Đi. Cũng Đành Thôi. Hết Thương Cạn Nhớ. Hơn Cả Yêu. Năm Ấy. Ngày Đầu Tiên. Ta Còn Yêu Nhau.

78. ED SHEERAN. Perfect. Shape Of You.

- ED SHEERAN + TAYLOR SWIFT. The Joker And The Queen.

79. EIFFEL 65. Blue (Da Ba Dee).

80. ELLIE GOULDING. Love Me Like You Do.

81. EMBER ISLAND. Umbrella.
82. EMILY.
- EMILY + LIL' KNIGHT + JUSTATEE. Xin Anh Dừng.
83. EMINEM. Fall. Lose Yourself. Mockingbird. Not Afraid. Rap God. The Real Slim Shady. Till I Collapse. Venom. When I'm Gone. Without Me.
- EMINEM + DIDO. Stan (long version).
  - EMINEM + RIHANNA. Love The Way You Lie. The Monster.
84. ERIK. Có Tất Cả Nhưng Thiếu Anh. Em Không Sai, Chúng Ta Sai. Sau Tất Cả.
- ERIK + MR. SIRO. Chạm Đáy Nỗi Đau.
85. EUROPE. The Final Countdown.
86. EURYTHMICS.
- EURYTHMICS + ANNIE LENNOX + DAVE STEWART. Sweet Dreams (Are Made Of This).
87. EVANESCENCE. Bring Me To Life. My Immortal.
88. FALL OUT BOY. Immortals (from "Big Hero 6").
89. FBBOIZ. Để Em Rời Xa.
90. FIONA FUNG. Proud Of You.
91. FLEETWOOD MAC. Dreams. Little Lies.
92. FLO RIDA.
- FLO RIDA + KE\$HA. Right Round.
  - FLO RIDA + T-PAIN. Low.
93. FORT MINOR. Remember The Name.
94. GARY JULES. Mad World.
95. G-EAZY.
- G-EAZY + HALSEY. Him & I.
  - G-EAZY + BEBE REXHA. Me, Myself & I.
96. GD + TAEYANG. Good Boy.
97. GILL CHANG + DANNI CARRA. Why Do I Try.
98. GOTYE.
- GOTYE + KIMBRA. Somebody That I Used To Know.
99. GRAIN IN EAR. Mang Chủng.
100. GREEN DAY. 21 Days. Boulevard Of Broken Dreams.
101. HÀ ANH TUẤN. Tháng Tư Là Lời Nói Dối Của Em.
102. HALSEY. Colors. Gasoline. Nightmare. Without Me.

*Are you insane like me?*

*Been in pain like me?*

*Bought a hundred dollar bottle of champagne like me?*

*Just to pour that motherfucker down the drain like me?*

*Would you use your water bill to dry the stain like me?*

*Are you high enough without the Mary Jane like me?*

*Do you tear yourself apart to entertain like me?*

*Do the people whisper 'bout you on the train like me?*

*Saying that you shouldn't waste your pretty face like me?*

*And all the people say  
**You can't wake up, this is not a dream**  
**You're part of a machine, you are not a human being**  
 With your face all made up, living on a screen  
 Low on self-esteem, so you run on gasoline*

*I think there's a flaw in my code  
 (Oh, ooh-oh, ooh-oh, oh)  
 These voices won't leave me alone  
 Well, my heart is gold & my hands are cold*

*Are you deranged like me?  
 Are you strange like me?  
 Lighting matches just to swallow up the flame like me?  
 Do you call yourself a fucking hurricane like me?  
**Pointing fingers 'cause you'll never take the blame like me?***

*And all the people say  
 You can't wake up, this is not a dream  
 You're part of a machine, you are not a human being  
 With your face all made up, living on a screen  
**Low on self-esteem, so you run on gasoline***

***I think there's a flaw in my code**  
 (Oh, ooh-oh, ooh-oh, oh)  
 These voices won't leave me alone  
 Well, **my heart is gold & my hands are cold***

□

103. HẠNH SINO. Em Mây.

104. HANS ZIMMER. A Dark Knight. Leave No Man Behind. Mountains. S.T.A.Y. The Da Vinci Code. Time (Inception).

105. HARO.

- HARO + PHONG MAX + MASEW. Lừa Tình.

106. HAWK NELSON. Sold Out.

107. HIỀN THỰC. Nhật Ký Của Mẹ. Yêu Dấu Theo Gió Bay.

108. HIROYUKI SAWANO. Project [emU] “Attack on Titan” suite.

109. HOÀNG YẾN CHIBI. Đồi Hoa Mặt Trời. No Boyfriend.

110. HOA VINH. Đừng Quên Tên Anh.

111. HOÀNG THUỖ LINH. Bánh Trôi Nước (Woman). Duyên Âm (Love of Ghost). Để Mị Nói Cho Mà Nghe (Le Mi tell). Em Đây Chẳng Phải Thúy Kiều (I Am Not Thuy Kieu). Kẽ Cắp Gặp Bà Già (Diamond Cut Diamond). Kéo Cà Kéo Kẹt (The Creeking). Lắm Mối Tối Ngồi Không (Run After Two Hares, Catch Nones). See Tình.

- HOÀNG THUỖ LINH + BINZ. Kẽ Cắp Gặp Bà Già (Diamond Cut Diamond) (VisconC Remix).
- HOÀNG THUỖ LINH + ĐEN. Gieo Quẻ (Casting Coins).
- HOÀNG THUỖ LINH + HỒ HOÀI ANH + TRIPLED. Tứ Phủ.
- HOÀNG THUỖ LINH + THANH LAM, TÙNG DƯƠNG. Đánh Đố.

112. HOAPROX.

- HOAPROX + NICK STRAND + MIO. With You (Ngẫu Hứng).
- HOAPROX + XESI. Vô Tình.

113. HOZIER. Take Me To Church.

*My lover's got humor  
 She's the giggle at a funeral  
 Knows everybody's disapproval  
 I should've worshiped her sooner  
 If the Heavens ever did speak*

*She's the last true mouthpiece  
Every Sunday's getting more bleak  
A fresh poison each week  
"We were born sick", you heard them say it  
My church offers no absolutes  
She tells me, "Worship in the bedroom"  
The only Heaven I'll be sent to  
Is when I'm alone with you  
I was born sick, but I love it  
Command me to be well  
A-, Amen, Amen, Amen*

*Take me to church  
I'll worship like a dog at the shrine of your lies  
I'll tell you my sins & you can sharpen your knife  
Offer me that deathless death  
Good God, let me give you my life  
Take me to church  
I'll worship like a dog at the shrine of your lies  
I'll tell you my sins & you can sharpen your knife  
Offer me that deathless death  
Good God, let me give you my life*

*If I'm a pagan of the good times  
My lover's the sunlight  
To keep the Goddess on my side  
She demands a sacrifice  
Drain the whole sea  
Get something shiny  
Something meaty for the main course  
That's a fine looking high horse  
What you got in the stable?  
We've a lot of starving faithful  
That looks tasty  
That looks plenty  
This is hungry work*

*Take me to church  
I'll worship like a dog at the shrine of your lies  
I'll tell you my sins so you can sharpen your knife  
Offer me my deathless death  
Good God, let me give you my life  
Take me to church  
I'll worship like a dog at the shrine of your lies  
I'll tell you my sins so you can sharpen your knife  
Offer me my deathless death  
Good God, let me give you my life*

*No masters or kings when the ritual begins  
There is no sweeter innocence than our gentle sin  
In the madness & soil of that sad earthly scene  
Only then I am human  
Only then I am clean  
Oh, oh, Amen, Amen, Amen*

*Take me to church  
I'll worship like a dog at the shrine of your lies  
I'll tell you my sins & you can sharpen your knife  
Offer me that deathless death  
Good God, let me give you my life  
Take me to church  
I'll worship like a dog at the shrine of your lies  
I'll tell you my sins & you can sharpen your knife  
Offer me that deathless death*

114. HỒ NGỌC HÀ.

- HỒ NGỌC HÀ + NOO PHƯỚC THỊNH. Nỗi Nhớ Đầy Vội.

115. HỒ QUỲNH HƯƠNG. Hoang Mang.

116. HUANG LING.

- HUANG LING + TĂNG DUY TÂN + PHONG MAX. Ngây Thơ Chinese version.

117. HUỲNH TÚ. Thinking Of You.

118. HUYR. Anh Thanh Niên.

- HUYR + TÙNG VIU + QUANG ĐĂNG. Cô Gái Vàng.

119. HỨA LAM TÂM. Hồng Mã.

120. HƯƠNG LY. Thế Thái.

121. HƯƠNG TRÂM. Cho Em Gặp Anh Thêm Chút Nữa. Duyên Minh Lỡ.

122. INDILA. Love Story.

123. IDINA MENZEL.

- IDINA MENZEL + AURORA. Into the Unknown (from “Frozen 2”).

124. iKON. Love Scenario.

125. IMAGINE DRAGONS. Bad Liar. Believer. I’m Happy. 6Whatever It Takes.

126. ITZY. Wannabe.

127. JADE. Control (Zoe Wees cover). Homesick (Dua Lipa cover). Lately. Straw House. Your Type.

128. JAMES BROWN. It’s A Man’s Man’s Man’s World.

129. JAYKII. Chiều Hôm Ấy.

130. JAYMES YOUNG. Infinity.

131. JENNIE. Solo.

132. JENNIFER LOPEZ. Papi.

- JENNIFER LOPEZ + PITBULL. Live It Up. On The Floor.

133. JESSIE J. Flashlight (from Pitch Perfect 2).

- JESSIE J + ARIANA GRANDE + NICKI MINAJ. Bang Bang.

134. JGKiD.

- JGKiD + ĐEN. Ta Và Nàng.

135. JIM CROCE. Time In A Bottle.

136. JOE HISAISHI. Kiki’s Delivery Service. Merry-Go-Round of Life (from Howl’s Moving Castle). “Princess Mononoke” Suite. The Wind Forest (from My Neighbor Totoro).

137. JOHN LEGEND. All of Me.

138. JOHN NEWMAN. Love Me Again.

139. JUSTATEE. Bâng Khuâng. Đã Lỡ Yêu Em Nhiều. Forever Alone. Người Nào Đó. She Neva Knows.

- JUSTATEE + BINZ. Crying Over You.
- JUSTATEE + HOÀNG THÙY LINH + ĐEN. Làm Gì Phải Hốt.
- JUSTATEE + KIMMESE. Lời Nói Dối Chân Thật.

140. JUSTIN BIEBER. Boyfriend. Love Yourself. What Do You Mean?.

- JUSTIN BIEBER + LUDACRIS. Baby.

141. JUSTINE SKYE.
- JUSTINE SKYE + TYGA. Collide.
142. JVKE. Golden Hour.
143. K-391. Summertime [Sunshine].
- K-391 + ALAN WALKER + JULIE BERGAN + SEUNGRI. Ignite.
  - K-391 + RØRY. Aurora.
144. KALEO. Way Down We Go.
145. KATY PERRY. Firework. Harleys In Hawaii. The One That Got Away.
146. KARIK. Lần Cuối. Nơi Những Cảm Xúc Nói Dài. Từng Là Tất Cả.
- KARIK + DANIEL MASTRO. Anh Là Sinh Viên.
  - KARIK + EMMA. Tất Cả Tại Anh.
  - KARIK + ORANGE. Vô Thường.
  - KARIK + THÁI TRINH. Cạn Cả Nước Mắt.
  - KARIK + VŨ PHỤNG TIÊN. Chưa Từng Vì Nhau. Đau Vậ Đủ Rồi.
147. KATY PERRY. The One That Got Away.
148. KENDRICK LAMAR.
- KENDRICK LAMAR + SZA. All The Stars.
149. KENSHI YONEZU. Lemon.
150. KE\$HA. Die Young. TiK ToK.
151. KHALID. Young Dumb & Broke.
152. KHẮC HÙNG.
- KHẮC HÙNG + MIN + ERIK. Ghen.
153. KHÔNG TÚ QUỲNH.
- KHÔNG TÚ QUỲNH + RIN9. Mãi Mãi Là Một Lời Nói Dối.
154. KIMMESE.
- KIMMESE + ĐEN. Loving You Sunny (Prod.by Touliver).
  - KIMMESE + JUSTATEE. Real Love.
155. LADY GAGA. Always Remember Us This Way. Bad Romance. Poker Face.
- LADY GAGA + BLACKPINK. Sour Candy.
  - LADY GAGA + COLBY O'DONIS. Just Dance.
156. LANA DEL REY. Born To Die. Summertime Sadness.
157. LE SSERAFIM. Easy. Perfect Night. Smart.
158. LIL NAS X.
- LIL NAS X + BILLY RAY CYRUS. Old Town Road.
159. LIL TJAY.
- LIL TJAY + 6LACK. Calling My Phone.
160. LIMP BIZKIT. Behind Blue Eyes.
161. LINDSEY STIRLING. Boulevard of Broken Dreams (Green Day cover). Carol of The Bells. Crystallize. Elements. My Immortal (Evanescence cover). Phantom Of The Opera. River Flows In You. Senbonzakura (cover). Shadows. Take Flight. Til The Light Goes Out.
- LINDSEY STIRLING + LZZY HALE. Shatter Me.

- LINDSEY STIRLING + PENTATONIX. Radioactive (Imagine Dragons cover).
162. LINKIN PARK. Breaking The Habit. Burn It Down. Burning In The Skies. Castle Of Glass. Faint. Final Masquerade. From The Inside. Leave Out All The Rest. New Divine. Numb. Somewhere I Belong. Until It's Gone. What I've Done.
163. LISA. Lalisa. Money.
164. LIL'KNIGHT (LK). At Last. Cơn Mưa Qua. Dị Mộng. Hà Nội Xịn. K 2. Không Tin Một Sớm Mai Bình Yên. Lip.
- LK + EDDY VIỆT. Ánh Sáng Nơi Cuối Con Đường.
  - LK + JUSTATE. Người Lạ Nơi Cuối Con Đường.
  - LK + JUSTATEE + ANDREE + EMILY. Ngọn Nến Trước Gió.
  - LK + MC ILL + WOWY. Thầy Hiệu Trưởng.
165. LITTLE MIX.
- LITTLE MIX + TY DOLLA \$IGN. Think About Us.
166. LOU HOÀNG. Mình Là Gì Của Nhau. Yêu Em Dại Khờ.
- LOU HOÀNG + MIU LÊ. Yêu Một Người Có Lẽ.
  - LOU HOÀNG + ONLYC PRO. Bắt Cóc Con Tim.
167. LYNK LEE. Buồn Thì Cứ Khóc Đi.
168. M2M. Pretty Boy. The Day You Went Away.
169. MAGIC!. Rude.
170. MAJOR LAZER.
- MAJOR LAZER + DJ SNAKE + MØ. Lean On.
171. MÅNESKIN. Beggin'.
172. MAROON 5. Animals. Memories. One More Night.
- MAROON 5 + MEGAN THREE STALLION. Beautiful Mistakes.
  - MAROON 5 + WIZ KHALIFA. Payphone.
173. MARSHMELLO.
- MARSHMELLO + ANNE-MARIE. Friends.
  - MARSHMELLO + HALSEY. Be Kind.
174. MARTIN GARRIX.
- MARTIN GARRIX + DAVID GUETTA. So Far Away.
175. MASEW.
- MASEW + KHOI VU. Ái Nộ.
  - MASEW + KHOI VU + YẾN TATOO. Ái Nộ.
  - MASEW + PHÁO. Điều Toa.
  - MASEW + TUẤN CRY. Mời Trầu.
176. MAX OAZO.
- MAX OAZO + MOONESSA. Once Upon A Time.
177. MC MONG.
- MC MONG + MELLOW. Sick Enough To Die.
  - MC MONG + SWEDEN LAUNDRY. Sick Enough To Die (Part 2).
178. MICHAEL LEARNS TO ROCK. Take Me To Your Heart.
179. MIGUEL. Sure Thing.
180. MILEY CYRUS. Jolene. Mother's Daughter. Wrecking Ball.



181. MIN. Đừng Yêu Nữa, Em Mệt Rồi. Trên Tình Bạn Dưới Tình Yêu.
- MIN + MR. A. Có Em Chờ.
  - MIN + HỨA KIM TUYỀN + VEYO. Tìm X.
182. MINH VƯƠNG M4U. Em Ồi Lên Phố. Nỗi Đau Xót Xa.
183. MIU LÊ. Giả Vờ Nhưng Em Yêu Anh.
- MIU LÊ + KARIK + CHÂU ĐĂNG KHOA. Vì Mẹ Anh Bất Chia Tay.
184. MR. T.
- MR. T + YANBI + BẢO THY. Nothing In Your Eyes 2.
  - MR. T + YANBI + HÀ BI. Nothing In Your Eyes.
  - MR. T + YANBI + HẰNG BINGBOONG. Thu Cuối.
185. MỸ TÂM. Chuyện Như Chưa Bắt Đầu (Pretend We Had No Start). Đau Chỉ Riêng Em. Như Một Giấc Mơ (Like A Dream).
186. NATALIE TAYLOR. Surrender.
187. NELLY. Just A Dream.
188. NGÃI THẦN. Thời Không Sai Lệch.
189. NGỌC DOLIL. Cùng Anh.
190. NGUYỄN ĐÌNH VŨ. Chúng Ta Dừng Lại Ở Đây Thôi. Cứ Thế Mong Chờ. Em Của Quá Khứ.
191. NGUYỄN HÀ. Chờ Ngày Lời Hứa Nở hoa. Nhắm Mắt Thấy Mùa Hè. Sau Này Hãy Gặp Lại Nhau Khi Hoa Nở. Ta Có Hẹn Với Tháng 5. Xin Lỗi.
192. NGUYỄN KIỀU ANH. Độc Ắm.
193. NGUYỄN TRỌNG TÀI.
- NGUYỄN TRỌNG TÀI + SAN JI + DOUBLE X. HongKong1.
194. NICCOLO PAGANINI. La Campanella.
195. NIGHTWISH. Amaranth. Élan. Nemo. Over The Hills And Far Away. The Islander. While Your Lips Are Still Red. Wish I Had An Angel.
196. NOO PHƯỚC THỊNH. Cause I Love You. Chờ Ngày Mưa Tan.
- NOO PHƯỚC THỊNH + TONNY VIỆT. Gạt Đi Nước Mắt.
197. ONEREPUBLIC. Counting Stars.
198. ONLY C.
- ONLY C + LOU HOÀNG. Đêm Ngày Xa Em.
199. ORANGE. Em Hát Ai Nghe. Ok Anh Đúng.
- ORANGE + KHÓI + CHÂU ĐĂNG KHOA. Chân Ái.
200. OUTR3ACH.
- OUTR3ACH + J-MARIN + KAITLIN GRACE. Worth It.
201. PASSENGER. Let Her Go.
202. PHẠM TRƯỞNG. Không Được Khóc.
203. PHAN ĐÌNH TÙNG. Cào Cào Lá Tre. Kiếp Dã Tràng.
204. PHAN MẠNH QUỲNH. Anh Ghét Làm Bạn Em. Có Chàng Trai Viết Lên Cây. Hãy Ra Khỏi Người Đó Đi. Hồi Ức. Huyền Thoại | The Legend. Khi Người Mình Yêu Khóc. Khi Phải Quên Đi. Nhặt. Nước Ngoài. Tri Kỷ. Từ Đó (Mất Biếc OST). Xa Kỷ Niệm.
205. PHÁO.
- PHÁO + MASEW. 2 Phút Hơn.

206. PHÙNG KHÁNH LINH. Hôm Nay Tôi Buồn.
207. PHƯƠNG LY.
- PHƯƠNG LY + JUSTATEE. Mặt Trời Của Em.
208. PITPULL.
- PITPULL + MARC ANTHONY. Rain Over Me.
209. PLVTINUM + TARRO. Champagne & Sunshine.
210. QUEEN. Bohemian Rhapsody.
211. R. CITY.
- R. CITY + ADAM LEVINE. Locked Away.
212. RACHEL PLATTEN. Fight Song.
213. RAG’N’BONE MAN. Skin.
214. REDFOO. New Thang.
215. RHYMASTIC. Nến & Hoa.
216. RICHARD MARX. I Will Be Right Here Waiting For You.
217. RIXTON. Me & My Broken Heart.
218. ROSÉ (BLACKPINK). A Little Girl. Can’t Help Falling In Love. Coming Home. Don’t Look Back In Anger (Oasis). Eyes Closed. Eyes, Nose, Lips. Fallin’ All In You. Fix You. Gone. If It Is You. Irreplaceable. Let It Be. Let It Go. Not For Long. Officially Missing You. On The Ground. Only Look At Me. Read My Mind. Somebody Else. Someone You Loved. The Only Exception. Until I Found You. Viva La Vida (Coldplay cover). You & I (Park Bom).
- ROSÉ (BLACKPINK) + G-Dragon. Without You.
  - ROSÉ (BLACKPINK) + JISOO (BLACKPINK). Love Yourself.
  - ROSÉ (BLACKPINK) + LISA (BLACKPINK). L.O.V.E.
  - ROSÉ (BLACKPINK) + MILLENIUM. Just Dance.
219. RUELLE. Madness.
220. SADBOXX. I Don’t Wanna Be Me.
221. SAM SMITH. Diamonds. Fire On Fire. Writing’s On The Wall.
222. SAM TINNESZ. Bloodshot. Carry On. Even If It Hurts. Far From Home (The Raven). Fight On. Hold On For Your Life. Leading The Pack. Savage. When The Truth Hunts You Down.
- SAM TINNESZ + SILVERBERG. Wolves.
  - SAM TINNESZ + SUPER DUPER. Babel.
  - SAM TINNESZ + YACHT MONEY. Play With Fire.
223. SASHA SLOAN. Older.
224. SAYGRACE + G-EAZY. You Don’t Own Me.
225. SEAN KINGSTON. Beautiful Girls.
226. SEAN PAUL.
- SEAN PAUL + DUA LIPA. No Lie.
227. SELENA GOMEZ. Come & Get It. Kill Them With Kindness. Lose You To Love Me. Same Old Love. Slow Down. The Heart Wants What It Wants.
- SELENA GOMEZ + MARSHMELLO. Wolves.
228. SERENA. Safari.
229. SHAWN MENDES. Imagination. In My Blood. It’ll Be Okay. Kid In Love. Memories. Mercy. Never Be Alone. Running Low. Stitches. Treat You Better.

- SHAWN MENDES + CAMILA CABELLO. I Know What You Did Last Summer. Señorita.

230. SHAYNE WARD. Breathless. No Promises. Until You.

231. SHONTELLE. Impossible.

232. S1A. California Dreamin'. Chandelier. Elastic Heart. Unstoppable.

*All smiles, I know what it takes to fool this town  
I'll do it 'til the sun goes down & all through the night time  
Oh yeah  
Oh yeah, I'll tell you what you wanna hear  
Leave my sunglasses on while I shed a tear  
It's never the right time  
Yeah, yeah*

*I put my armor on, show you how strong how I am  
I put my armor on, I'll show you that I am*

*I'm unstoppable  
I'm a Porsche with no brakes  
I'm invincible  
Yeah, I win every single game  
I'm so powerful  
I don't need batteries to play  
I'm so confident  
Yeah, I'm unstoppable today  
Unstoppable today  
Unstoppable today  
Unstoppable today  
I'm unstoppable today*

*Break down, only alone I will cry on out  
You'll never see what's hiding out  
Hiding out deep down  
Yeah, yeah  
I know, I've heard that to let your feelings go  
Is the only way to make friendships grow  
But I'm too afraid now  
Yeah, yeah*

*I put my armor on, show you how strong how I am  
I put my armor on, I'll show you that I am*

*I'm unstoppable  
I'm a Porsche with no breaks  
I'm invincible  
Yeah, I win every single game  
I'm so powerful  
I don't need batteries to play  
I'm so confident  
Yeah, I'm unstoppable today  
Unstoppable today  
Unstoppable today  
Unstoppable today  
I'm unstoppable today  
Unstoppable today  
Unstoppable today  
Unstoppable today  
I'm unstoppable today*

*I put my arm around, show you how strong I am  
I put my arm around, I'll show you that I am*

*I'm unstoppable*

*I'm a Porsche with no breaks*  
*I'm invincible*  
*Yeah, I win every single game*  
*I'm so powerful*  
*I don't need batteries to play*  
*I'm so confident*  
*Yeah, I'm unstoppable today*  
*Unstoppable today*  
*Unstoppable today*  
*Unstoppable today*  
*I'm unstoppable today*  
*Unstoppable today*  
*Unstoppable today*  
*Unstoppable today*  
*I'm unstoppable today*

□

233. SKYLAR GREY. Coming Home. Everything I Need (Aquaman soundtrack).

234. SOFIA. Rồi Một Ngày Mình Nói Về Tình Yêu.

- SOFIA + ADDY TRẦN. Ai Chung Tình Được Mãi (Cover).
- SOFIA + KHÔI + CHÂU ĐĂNG KHOA. Là Do Em Xui Thôi. Nhớ Người Hay Nhớ.
- SOFIA + SUPERBROTHER. Ai Chung Tình Được Mãi (Remake).

235. SOOBIN HOÀNG SƠN. Phía Sau Một Cô Gái.

236. SƠN TÙNG M-TP. Buông Đôi Tay Nhau Ra. Chạy Ngay Đi (Run Now). Chắc Ai Đó Sẽ Về. Chúng Ta Không Thuộc Về Nhau. Cơn Mưa Ngang Qua. Hãy Trao Cho Anh. Muộn Rồi Mà Sao Còn. Nắng Ấm Xa Distant.

237. STEPHEN SANCHEZ. Until I Found You.

238. STEVIE WONDER. Pastime Paradise.

239. STING. Shape of My Heart.

“He deals the cards to find the answer  
 The sacred geometry of chance  
 The hidden law of a probable outcome  
 The numbers lead a dance” – Sting, *Shape of My Heart*

240. SUNI HẠ LINH. Em Đã Biết.

- SUNI HẠ LINH + LOU HOÀNG. Không Sao Mà Em Đây Rồi.

241. SURVIVOR. Burning Heart. Eye Of The Tiger.

242. TAEYANG. Eyes, Nose, Lips.

243. T-ARA. Cry Cry. Don't Leave. Day By Day.

- T-ARA + SUPERNOVA. TTL (Time To Love).

244. TATE MCRAE. You Broke Me First.

245. TAYLOR SWIFT. 22 (Taylor's version). All Too Well (Sad Girl Autumn Version; Taylor's version; 10 minute version, Taylor's version, From The Vault). All Too Well: The Short Film. Babe (Taylor's version, From The Vault). Back To December. Bad Blood. Begin Again (Taylor's version). Better Man (Taylor's version, From The Vault). Breath (Taylor's version). Bye Bye Baby (Taylor's version, From The Vault). Change (Taylor's version). Cardigan. Champagne Problems. Closure. Come Back ... Be Here (Taylor's version). Come In With The Rain (Taylor's version). Cowboy Like Me. Don't You (Taylor's version, From The Vault). Dorothea. Everything Has Changed (Taylor's version). Fearless (Taylor's version). Fifteen (Taylor's version). Forever & Always (Taylor's version; Piano version, Taylor's version). Forever Winter (Taylor's version, From The Vault). Girl At Home (Taylor's version). Gold Rush. Happiness. Hey Stephen (Taylor's version). Holy Ground (Taylor's version). I Almost Do (Taylor's version). I Bet You Think About Me (Taylor's version, From The Vault). I Knew You Were Trouble. Love Story (Taylor's version; Elvira remix, Taylor's version, From The Vault). It's Time To Go. Ivy. Jump Then Fall (Taylor's version). Long Short Story. Marjorie. Message In A Bottle (Taylor's version, From The Vault). Mr. Perfectly Fine (Taylor's version). Nothing New (Taylor's version, From The Vault). Right Where You Left Me. Red (Taylor's version). Ronan (Taylor's version). Run (Taylor's version, From The Vault). Sad Beautiful Tragic (Taylor's version). Safe & Sound. State Of Grace (Taylor's version; Acoustic version). Star Light (Taylor's version). Stay Stay Stay (Taylor's version). Superstar (Taylor's version). Tell Me Why (Taylor's version). That's When (Taylor's version, From The Vault). The Best Day (Taylor's version). The Last

Time (Taylor's version). The Lucky One (Taylor's version). The Moment I Knew (Taylor's version). The Other Side Of The Door (Taylor's version). The Very 1st Night (Taylor's version, From The Vault). The Way I Loved You (Taylor's version). 'Tis The Damn Season. Today Was A Fairytale (Taylor's version). Tolerate It. Treacherous (Taylor's version). Untouchable (Taylor's version). We Are Never Ever Getting Back Together (Taylor's version). We Were Happy (Taylor's version, From The Vault). White Horse (Taylor's version). Willow (lonely witch version; dancing witch version; moonlit witch version; dancing witch version, Elvira remix; moonlit witch version, yule log; lonely witch version, yule log; dancing witch version, yule log). You're Not Sorry (Taylor's version). You Belong With Me (Taylor's version).

- TAYLOR SWIFT + BON IVER. Evermore.
- TAYLOR SWIFT + CHRIS STAPLETON. I Bet You Think About Me (Taylor's version).
- TAYLOR SWIFT + HAIM. No Body, No Crime.
- TAYLOR SWIFT + MAREN MORRIS. You All Over Me (From The Vault).
- TAYLOR SWIFT + THE NATIONAL. Coney Island.

246. TÀNG DUY TÂN. Bên Trên Tầng Lầu. Dạ Vũ. Mất Nâu. Tình Đầu.

- TÀNG DUY TÂN + PHONG MAX. 05 (Không Phai). Ngây Thơ.

247. TEAMV.

- TEAMV + NHATNGUYEN. Bình Yên Nơi Anh.

248. THANH BÙI.

- THANH BÙI + HỒ NGỌC HÀ. Lặng Thầm Một Tình Yêu ( Dề Mai Tính OST).
- THANH BÙI + TATA YOUNG. Tình Về Nơi Đâu - Where Do We Go.

249. THE ANIMALS. House of the Rising Sun.

250. THE CHAINSMOKERS + HALSEY. Closer.

251. THE CRANBERRIES. Zombie.

252. THEFATRAT. Afterlife. Arcadia [Chapter 2]. Ascendancy. Electrified. Elevate. Envelope. Fire [Chapter 8]. Jackpot (Jackpot EP Track 1). Kingdom Come. Mad Moon Falling. Nemesis. Never Be Alone. No No No. Origin. Origin Reprise. Reminiscence. Rise Up. Rise Up (Orchestra Version). Telescope. Threnody. Time Lapse. Unity. Upwind [Chapter 4]. Warrior Songs (DOTA 2 music pack). Windfall. Xenogenesis.

- THEFATRAT + ALEXA. Rule The World.
- THEFATRAT + ANJULIE. Close To The Sun. Fly Away. Let Love Win [Chapter 10]. Love It When You Hurt Me [Chapter 9].
- THEFATRAT + ANNA YVETTE + LAURA BREHM. Chosen.
- THEFATRAT + CECILIA GAULT. Our Song [Chapter 5]. Violet Sky [Chapter 6].
- THEFATRAT + EVEREN MAXWELL + LINDSEY STIRLING. Warbringer [Chapter 7].
- THEFATRAT + LAURA BREHM. MAYDAY. Monody. The Calling. We'll Meet Again.
- THEFATRAT + LOLA BLANC. Oblivion.
- THEFATRAT + MAISY KAY. The Storm.
- THEFATRAT + RIELL. Hiding In The Blue [Chapter 1]. Pride & Fear [Chapter 3].
- THEFATRAT + SLAYDIT. Solitude.
- THEFATRAT + SLAYDIT + ANJULIE. Stronger [Monstercat Release].
- THEFATRAT + STASIA ESTEP. Warrior Song.

253. THE MAMAS & THE PAPAS. California Dreamin'.

254. THE MEN. Chờ Em Trong Đêm.

255. THE SCORE. Born For This. Fire. Higher. In My Bones. Legend. Miracle. Never Going Back. On And On. Only One. Revolution. Rush. Shakedown. The Fear. The Heat. Tightrope. Who I Am.

- THE SCORE + XYLØ. Bulletproof.

256. THE WEEKND. False Alarm. Starboy. The Hills.

257. THU THỦY.

- THU THỦY + LƯƠNG BẰNG QUANG. Anh Tin Mình Đã Cho Nhau Một Kỷ Niệm.

258. THÙY CHI. Con Đường Hạnh Phúc. Giấc Mơ Trưa. Giữ Em Đi.
- THÙY CHI + M4U. Mưa. Phía Cuối Con Đường. Xe Đạp.
  - THÙY CHI + PHẠM HỒNG PHƯỚC. Anh Sẽ Tốt Mà.
  - THÙY CHI + PHAN ĐÌNH TÙNG. Thần Thoại (OST The Myth 2005).
  - THÙY CHI + TIÊN TIÊN. Giữ Em Đi.
  - THÙY CHI + TRUNG QUÂN IDOL. Cô Bé Mùa Đông.
  - THÙY CHI + WANBI TUẤN ANH. Cho Em.
259. TIÊN COOKIE.
- TIÊN COOKIE + JUSTATEE + BIGDADDY. Thời Gian Sẽ Trả Lời.
260. THU MINH. Bay.
261. TIÊN COOKIE. Tâm Sự Với Người Lạ.
262. TIÊN TIÊN. Đi Về Đâu. Em Không Thể. My Everything.
- TIÊN TIÊN + TOULIVER. Em Không Thể.
263. TIMBALAND.
- TIMBALAND + ONEREPUBLIC. Apologize.
264. TIMEBELLE. Apollo.
265. TÓC TIÊN.
- TÓC TIÊN + TOULIVER. Có Ai Thương Em Như Anh.
266. TOULIVER.
- TOULIVER + LÊ HIẾU + SOOBIN HOÀNG SƠN. Ngày Mai Em Đi.
267. TRẦN THÀNH.
- TRẦN THÀNH + THÙY CHI. Đêm Cô Đơn.
268. TRỊNH ĐÌNH QUANG. Nếu Em Còn Tồn Tại.
269. TRUNG QUÂN. Chưa Bao Giờ. Trót Yêu.
270. TƯỜNG TUYẾT NHI. Yến Vô Hiết.
271. VÂN MAI HƯƠNG. Nếu Như Anh Đến.
272. VICETONE.
- VICETONE + COZI ZUEHLSDORFF. Nevada. Way Back.
  - VICETONE + MERON RYAN. Walk Thru Fire.
273. VINCENT VINET. Lose Yourself.
274. VITAS. Lucia Di Lammermoor. Opera #2. The 7th Element.
275. VIVALDI. Winter.
276. VŨ CÁT TƯỜNG. Vết Mưa.
277. WANBI TUẤN ANH. Đôi Mắt. Vụt Mắt.
278. WESTLIFE. I Lay My Love On You. If I Let You Go. My Love. Nothing Gonna Change My Love For You. Soledad. You Raise Me Up.
279. WHITNEY HOUSTON. I Will Always Love You.
280. WIZ KHALIFA. See You Again.
281. XESI.
- XESI + MASEW + NHATNGUYEN. Túy Âm.

282. YANNI. A Love for Life. Butterfly Dance. Dance With a Stranger. Deliverance. Felitsa. For All Seasons. If I Could Tell You. Into The Deep Blue. Keys To Imagination. Love Is All. Marching Season. Never Too Late. Nightingale. Niki Nana. Nostalgia. On Sacred Ground. Opening + Desire. Playtime. Prelude. Rainmaker. Reflections of Passion. Renegade. Southern Exposure. Standing in Motion. Swept Away. The Mermaid. The Rain Must Fall. The Storm. Thirst For Life. Tribute. Waltz in 7/8. Within Attraction. World Dance.
283. YẾN TATOO. Cứ Thế Rồi Xa. Đấng Nồng Cay.
284. YUN.
- YUN + DR. A + DENIRO + DIZZY. Cố Nhân. Cố Nhân 2.
  - YUN + VERCYNUS + DIZZY + DR. A. Quỷ Tha Ma Bất.
285. ZARA LARSSON. Ain't My Fault. Lush Life.
286. ZAYN.
- ZAYN + SIA. Dusk Till Dawn.
287. ZEDD.
- ZEDD + ELLEY DUHÉ. Happy Now.
288. ZELLA DAY. East of Eden.

## 4 Quotes

### 1. GUSTAVE LE BON.

### 2. CERVANTES.

### 3. VÂN NHƯ CƯƠNG.

### 4. JOHN DRYDEN.

### 5. W. FAULKNER.

### 6. MAHATMA GANDHI.

### 7. VINCENT VAN GOGH.

- “The way to succeed is to keep your courage & patience, & to work energetically.”
- ISAAC NEWTON.
    - Letter to Robert Hooke, 1675: “If I have seen further it is by standing on the shoulders of giants.”
  - GEORGIA O’KEEFFE.
    - “Details are confusing. It is only by selection, by elimination, by emphasis that we get at the real meaning of things.”
  - M.L. PARASHAR.
    - “If God is not in mathematics, then where is He?”<sup>2</sup>
  - SAMUEL PATERSON.
    - “Books, like friends, should be few & well-chosen.” – Samuel Paterson, *Joineriana*
  - SIMÉON POISSON.
    - “Life is good for only 2 things, discovering mathematics & teaching mathematics.” – [GA17, p. v]
  - GEORGE PÓLYA.
    - “To understand mathematics means to be able to do mathematics. & what does it mean doing mathematics? In the 1st place it means to be able to solve mathematical problems.”
  - SARTRE.
    - “Every word has consequences. Every silence, too.”
  - WILLIAM SHAKESPEARE.
    - “There is divinity in odd numbers, either in nativity, chance, or death.”
  - RABINDRANATH TAGORE.
    - “We come nearest to the great when we are great in humility.”
  - LUC TARTAR.
    - “As for me, once the doubt had entered my mind, what other choice did it leave me but to search for the truth, in all fields?” – [Tar06]
    - “To an uninformed observer, it may seem that there is more interest in the Navier–Stokes equation nowadays, but many who claim to be interested show such a lack of knowledge about continuum mechanics that one may wonder about such a superficial attraction. *Could one of the Clay Millennium Prizes be the reason behind this renewed interest?* Reading the text of the conjectures to be solved for winning that particular prize leaves the impression that the subject was not chosen by people interested in continuum mechanics, as the selected questions have almost no physical content.” – [Tar06, Preface, p. vii]
    - “One should learn to distinguish between a mathematical property of an equation & a conjecture that some property holds which one guesses from the belief that the equation corresponds to a physical problem. One should learn about which defects are already known concerning how a mathematical model describes physical reality, but one should not forget that a mathematical model which is considered obsolete from the physical point of view may still be useful for mathematical reasons. I often wonder why so many forget to mention the defects of the models that they study.” – [Tar06, Preface, p. vii]
    - “If one had used the word “turbulence” to make the donator believe that he would be giving one million dollars away for an important realistic problem in continuum mechanics, why has attention been restricted to unrealistic domains without boundary (the whole space  $\mathbb{R}^3$ , or a torus for periodic solutions), as if one did not know that vorticity is created at the boundary of the domain? The problems seem to have been chosen in the hope that they will be solved by specialists of harmonic analysis, & it has given the occasion to some of these specialists to help others in showing the techniques that they use, as in a recent book by [Lem16]” – [Tar06, Preface, p. viii]
    - “Being a mathematician interested in science, & having learnt more than most mathematicians about various aspects of mechanics & physics, one reason for teaching various courses & writing lecture notes is to help isolated researchers to learn about some aspects unknown to most mathematicians whom they could meet, or read. A consequence of this choice is then to make researchers aware that some who claim to work on problems of continuum mechanics or physics have forgotten to point out known defects of the models that they use.” – [Tar06, Preface, pp. viii–ix]
    - “Of course, I also suffer from the same disease of not having learnt enough<sup>3</sup>, but my hope is that by explaining what I have already understood & by showing how to analyze & criticize classical models, many will acquire my understanding & a few will go much further than I have on the path of discovery.” – [Tar06, Preface, p. ix]

<sup>2</sup>“Tat Twam Asi”, Isha Upanishad.

<sup>3</sup>NQBH: i.e., imposter syndrome obviously.



- “I once heard my advisor, Jacques-Louis LIONS, mention that once the detailed plan of a book is made, the book is almost written, & he was certainly speaking of experience as he had already written a few books at the time. He gave me the impression that he could write directly a very reasonable text, which he gave to a secretary for typing; maybe he then gave chapters to one of his students, as he did with me for one of his books, & very few technical details had to be fixed. His philosophy seemed to be that there is no need to spend too much time polishing the text or finding the best possible statement, as the goal is to take many readers to the front of research, or to be more precise to one front of research, because in the beginning he changed topics every two or three years.” – [Tar06, Preface, p. ix]
- “As for myself, I have not yet written a book, & the main reason is that I am quite unable to write in advance a precise plan of what I am going to talk about, & I have never been very good at writing even in my mother tongue (French). When I write, I need to read again & again what I have already written until I find the text acceptable (and that notion of acceptability evolves with time & I am horrified by my style of twenty years ago), so this way of writing is quite inefficient, & makes writing a book prohibitively long. One solution would be not to write books, & when I go to a library I am amazed by the number of books which have been written on so many subjects, & which I have not read, because I never read much. *Why then should I add a new book?* However, I am even more amazed by the number of books which are not in the library, & although I have access to a good inter-library loan service myself, I became concerned with how difficult it is for isolated students to have access to scientific knowledge (and I do consider mathematics as part of science, of course).” – [Tar06, Preface, p. ix]
- “It is clear that fewer & fewer students in industrialized countries are interested in studying mathematics, for various reasons, & as a consequence more & more mathematicians are likely to come from developing countries. It will therefore be of utmost importance that developing countries should not simply become a reservoir of good students that industrialized countries would draw upon, but that these countries develop a sufficiently strong scientific environment for the benefit of their own economy & people, so that only a small proportion of the new trained generations of scientists would become interested in going to work abroad.” – [Tar06, Preface, p. ix]
- “I have seen the process of decolonization at work in the early 1960s, & I have witnessed the consequences of too hasty a transition, which was not to the benefit of the former colonies, & certainly the creation of a scientific tradition is not something that can be done very fast. I see the development of mathematics as a good way to start building a scientific infrastructure, & inside mathematics the fields that I have studied should play an important role, where mathematics interacts with continuum mechanics & physics.” – [Tar06, Preface, pp. ix–x]
- “I decided at that time to add some information that one rarely finds in courses of mathematics, something about the people who have participated in the creation of the knowledge related to the subject of the course. I had the privilege to study in Paris in the late 1960s, to have great teachers like Laurent SCHWARTZ & Jacques-Louis LIONS, & to have met many famous mathematicians. This has given me a different view of mathematics than the one that comes from reading books & articles, which I find too dry, & I have tried to give a little more life to my story by telling something about the actors; for those mathematicians whom I have met, I have used their 1st names in the text, & I have tried to give some simple biographical data for all people quoted in the text, in order to situate them, both in time & in space.” – [Tar06, Preface, p. x]
- “I observe that there have been efficient schools in some areas of mathematics at some places & at some moments in time, & when I was a student in Paris in the late 1960s, Jacques-Louis LIONS had mentioned that Moscow was the only other place comparable to Paris for its concentration of mathematicians. Although the conditions might be less favorable outside important centers, I want to think that a lot of good work could be done elsewhere, & my desire is that my lecture notes may help isolated researchers participate more in the advance of scientific knowledge. A few years ago, an Italian friend, GianPietro DEL PIERO, told me that he had taught for a few months in Somalia, & he mentioned that one student had explained to him that he should not be upset if some of the students fell asleep during his lectures, because the reason was not their lack of interest in the course, but the fact that sometimes they had eaten nothing for a few days. It was by thinking about these courageous students who, despite the enormous difficulties that they encounter in their everyday life, are trying to acquire some precious knowledge about mathematics, that I devised my plan to write lecture notes & make them available to all, wishing that they could arrive freely to isolated students & researchers, working in much more difficult conditions than those having access to a good library, or in contact with good teachers. I hope that publishing this revised version will have the effect that it will reach many libraries scattered around the world, where isolated researchers have access.” – [Tar06, Preface, p. xi]
- “I hope that my lack of organizational skills will not bother the readers too much. I consider teaching courses like leading groups of newcomers into countries which are often unknown to them, but not unknown to me, as I have often wandered around; some members of a group who have already read about the region or have been in other expeditions with guides more organized than me might feel disoriented by my choice of places to visit, & indeed I may have forgotten to show a few interesting places, but my goal is to familiarize the readers with the subject & encourage them to acquire an open & scientific point of view, & not to write a definitive account of the subject.” – [Tar06, Preface, p. xii]
- “There are results which are repeated, but it is inevitable in a real course that one should often recall results which have already been mentioned. There are also results which are mentioned without proof, & sometimes they are proven later but sometimes they are not, & if no references are given, one should remember that I have been trained as a mathematician, & that my statements without proofs have indeed been proven in a mathematical sense, because if they had not I would have called them conjectures instead;<sup>4</sup> however, I am also human & my memory is not perfect & I may have made mistakes. I

<sup>4</sup>Some people like to talk of pure mathematics versus applied mathematics, but I do not think that such a distinction is accurate, as I mentioned in

think that the right attitude in mathematics is to be able to explain all the statements that one makes, but in a course one has to assume that the reader already has some basic knowledge of mathematics, & some proofs of a more elementary nature are omitted. Here & there I mention a result that I have heard of, but for which I never read a proof or did not make up my own proof, & I usually say so. If many proofs are mine it does not necessarily mean that I was the 1st to prove the corresponding result, but that I am not aware of a prior proof, maybe because I never read much. Actually, my advisor mentioned to me that it is useful to read only the statement of a theorem & one should read the proof only if one cannot supply one.” – [Tar06, Preface, pp. xii–xiii]

- “My personal mathematical training has been in functional analysis & PDEs, starting at École Polytechnique, Paris, France, where I had two great teachers, Laurent SCHWARTZ & Jacques-Louis LIONS. Having studied there in order to become an engineer, but having had to change my orientation once I had been told that such a career required administrative skills (which I lack completely), I opted for doing research in mathematics with an interest in other sciences & I asked Jacques-Louis LIONS to be my advisor, & it was normal that once I had been taught enough on the mathematical side, I would apply my improved understanding to investigating questions of continuum mechanics & physics which I had heard about as a student, & to developing the new mathematical tools which are necessary for that.” – [Tar06, Preface, p. xiii]
- “In my lectures I also try to teach mathematicians about the defects of the models used, but I want to apologize for some of the words which I use, which may have offended some. I have a great admiration for the achievements of physicists & engineers<sup>5</sup> during the last century, & a lot of the improvements in our lives result from their understanding, which is so different than the type of understanding that mathematicians are trained to achieve. If I write that something that they say does not make any sense, it is not a criticism towards physicists or engineers, who are following the rules of their profession, but it is a challenge to my fellow mathematicians that there is something there that mathematicians ought to clarify.” – [Tar06, Preface, p. xiii]
- “Most problems are much too academic from the point of view of continuum mechanics, because the model used by Jean LERAY is too crude to be meaningful, & the difficulties of the open questions are merely of a technical mathematical nature. Also, Jean LERAY unfortunately called turbulent the weak solutions that he was seeking, & it must be stressed that turbulence is certainly not about regularity or lack of regularity of solutions, nor about letting time go to infinity either.” – [Tar06, Introduction, p. xv]
- “It seems to have become my trade mark among mathematicians, that I do not want to lie about the usefulness of models when some of their defects have already been pointed out. This is obviously the way that any scientist is supposed to behave, but in explaining why I have found myself so isolated & stubborn in maintaining that behavior, I have often invoked a question of religious training.” – [Tar06, Introduction, p. xvi]
- “I am not good at following plans.” – [Tar06, Introduction, p. xvi]
- “I opted for describing the general techniques for nonlinear partial differential equations that I had developed, *homogenization*, *compensated compactness* & *H-measures*; there are obviously many important situations where they should be useful, & I found it more important to teach them than to analyze in detail some particular models for which I do not feel yet how good they are (which means that I suspect them to be quite wrong). Regularly, I was trying to explain why what I was teaching had some connection with questions about *fluids*.” – [Tar06, Introduction, pp. xvi–xvii]
- “It goes with my philosophy to *explain the origin of mathematical ideas* when I know about them, & as my ideas are often badly attributed, I like to mention *why & when I had introduced an idea*.” – [Tar06, Introduction, p. xvii]
- “I have also tried to *encourage mathematicians to learn more about continuum mechanics & physics*, listening to the specialists & then trying to put these ideas into a sound mathematical framework.” – [Tar06, Introduction, p. xvii]
- “The framework of functional analysis is not just a change of language, because it is crucial for understanding the point of view that I developed in the 1970s for relating what happens at a macroscopic level from the description at a microscopic/mesoscopic level, using convergences of weak type (and not just weak convergences), which is quite a different idea than the game of using ensemble averages, which destroys the physical meaning of the problems considered.” – [Tar06, Introduction, p. xvii]

#### 18. DESMOND TUTU.

- “My father always used to say, “Don’t raise your voice. Improve your argument.”

#### 19. MIKE TYSON.

- “Another thing that freaks me out is time. Time is like a book. You have a beginning, a middle & an end. It’s just a cycle.”

the introduction of an article for a conference at École Polytechnique (Palaiseau, France) in the fall of 1983, but because that introduction was cut by political censors, it is worth repeating that for what concerns different parts of mathematics there are those which I know, those which I do not know well but think that they could be useful to me, & those which I do not know well but do not see how they could be useful to me, & all this evolves with time, so I finally wonder if it is reasonable to classify mathematics as being pure or applied. I consider myself as an “applied” mathematician, although I give it a French meaning (a mathematician interested in other fields of science), opposed to a British meaning (a specialist of continuum mechanics, allowed to use an incomplete mathematical proof without having to call the result a conjecture), & in French universities, applied mathematicians in the British style are found in departments of *mécanique*. Probably for the reason of funding, which strangely enough is given more easily to people who pretend to do applied research, some who have studied to become mathematicians practice the art of using words which make naive people wrongly believe that they know continuum mechanics or physics, & I find this attitude potentially dangerous for the university system.

<sup>5</sup>I am not mentioning biologists & chemists because biology was not part of my studies, & although I have learnt some chemistry, I only hope to understand it in a better way once my program for understanding continuum mechanics & physics has progressed enough.

- “As long as we persevere & endure, we can get anything we want.”
- “Everybody’s got plans . . . until they get hit.”
- “Everyone has a plan ’till they get punched in the mouth.”
- “God lets everything happen for a reason. It’s all a learning process, & you have to go from 1 level to another.”
- “Greatness is not guarding yourself from the people; greatness is being accepted by the people.”
- “I’m a dreamer. I have to dream & reach for the stars, & if I miss a star then I grab a handful of clouds.”
- “I’m a Muslim, but I think Jesus would have a drink with me. He would be cool. He would talk to me.”
- “I’m in trouble because I’m normal & slightly arrogant. A lot of people don’t like themselves & I happen to be totally in love with myself.”
- “I’m not Mother Teresa, but I’m not Charles Manson, either.”
- “I’m not much for talking. You know what I do. I put guys in body bags when I’m right.”
- “I’m just like you. I enjoy the forbidden fruits in life, too.”
- “I could feel his muscle tissues collapse under my force. It’s ludicrous these mortals even attempt to enter my realm.”
- “I don’t react to a tragic happening anymore. I took so many bad things as a kid & some people think I don’t care about anything. It’s just too hard for me to get emotional. I can’t cry no more.”
- “I don’t try to intimidate anybody before a fight. That’s nonsense. I intimidate people by hitting them.”
- “I don’t understand why people would want to get rid of pigeons. They don’t bother no one.”
- “I feel like sometimes that I was not meant for this society.”
- “I’ve lived places these guys can’t defecate<sup>6</sup> in.”
- “I love to hit people. I love to.”
- “I’ll go back & take what the people own me.”
- “Real freedom is having nothing. I was freer when I didn’t have a cent.”
- “I just want to be humble at all times.”
- “I just want to conquer people & their souls.”
- “I try to catch them right on the tip of this nose, because I try to punch the bone into the brain.”
- “I think I’ll take a bath in his blood.”
- “It’s good to know how to read, but it’s dangerous to know how to read & not how to interpret what you’re reading.”
- “My biggest weakness is my sensitivity. I am too sensitive a person.”
- “When I fight someone, I want to break his will. I want to take his manhood. I want to rip out his heart & show it to him.”
- “When I was in prison, I was wrapped up in all those deep books. That Tolstoy crap – people shouldn’t read that stuff.”
- “When Jesus comes back, these crazy, greedy, capitalistic men are gonna kill him again.”
- “When you see me smash somebody’s skull, you enjoy it.”

#### 20. LAO TZU.

- “The journey of a thousand miles begins with one step.”

#### 21. VOLTAIRE.

- “Mặt người khác nhau, tâm người còn khác hơn.”

Source: [Great Expectations](#).

## 4.1 Quotes on Citizenship

1. “A house divided against itself cannot stand.” – Abraham Lincoln
2. “This city is what it is because our citizens are what they are.” – Plato
3. “United we stand, divided we fall.” – Aesop
4. “We must all live together as brothers or perish alone as fools.” – Martin Luther King Jr.
5. “Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.” – Margaret Mead
6. “Citizenship is the chance to make a difference to the place where you belong.” – Charles Handy
7. “There can be no daily democracy without daily citizenship.” – Ralph Nader
8. “& as we let our light shine, we unconsciously give other people permission to do the same.” – Nelson Mandela
9. “Citizenship consists in the service of the country.” – Jawaharlal Nehru

<sup>6</sup>**defecate** [v] (*British English also defaecate*) [intransitive] (*formal*) to get rid of solid waste from your body through your bowels.

## 4.2 Quotes on Compassion

1. “People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” – Maya Angelou
2. “What do we live for, if it is not to make life less difficult for each other?” – George Eliot (Mary Ann Evans)
3. “Small deeds done are better than great deeds planned.” – Peter Marshall
4. “Never look down on anybody unless you’re helping them up.” – The Reverend Jesse Jackson
5. “A good heart is better than all the heads in the world.” – Edward George Bulwer-Lytton
6. “No act of kindness, however small, is ever wasted.” – Aesop

## 4.3 Quotes on Cooperation

1. “Teamwork divides the task & multiples the success.” – Author Unknown
2. “Team work  
Coming together is a beginning.  
Keeping together is progress.  
Working together is success.” – Henry Ford
3. “If you want to go fast, go alone. If you want to go far, go together.” – Author Unknown
4. “United we stand, divided we fall.” – Author Unknown
5. “Only strength can cooperate.” – Dwight D. Eisenhower
6. “Alone we can do little; together we can do so much.” – Helen Keller
7. “If we don’t all row the boat won’t go.” – Author Unknown
8. “Together ordinary people can achieve extraordinary results.” – Becca Schoettle
9. “No man is an island, entire of itself; every man is a piece of the continent.” – John Donne

## 4.4 Quotes on Courtesy

1. “Politeness costs nothing & gains everything.” – Lady Montague
2. “Courtesy is as much a mark of a gentleman as courage.” – Theodore Roosevelt
3. “The true greatness of a person, in my view, is evident in the way he or she treats those with whom courtesy & kindness are not required.” – Joseph B. Wirthlin
4. “All doors open to courtesy.” – Thomas Fuller
5. “A tree is known by its fruit; a man by his deeds. A good head is never lost; he who sows courtesy reaps friendship, & he who plants kindness gathers love.” – Saint Basil
6. “Courtesies of a small & trivial character are the ones which strike deepest in the grateful & appreciating heart.” – Henry Clay
7. “As we are, so we do; & as we do, so is it done to us; we are the builders of our fortunes.” – Ralph Waldo Emerson
8. “Talk to strangers politely . . . Every friend you have now was once a stranger, although not every stranger becomes a friend.” – Israelmore Ayivor
9. “Not only the footwear, wear also the courtesy, respect, & gratitude in your heart while stepping out of home.” – Rupali Desai
10. “Politeness is a desire to be treated politely, & to be esteemed polite oneself.” – Francois de La Rochefoucauld

## 4.5 Quotes on Curiosity

1. “Judge a man by his questions, rather than his answers.” – Voltaire
2. “Better to ask a question than to remain ignorant.” – Author Unknown
3. “I never learned anything talking. I only learn things when I ask questions.” – Lou Holz

## 4.6 Quotes on Effort

1. “Happiness lies in the joy of achievement & the thrill of creative effort.” – Theodore Roosevelt
2. “Continuous effort – not strength or intelligence – is the key to unlocking our potential.” – Winston Churchill
3. “All things are difficult before they are easy.” – Thomas Fuller
4. “Knowing is not enough; we must apply. Willing is not enough; we must do.” – Johann Wolfgang von Goethe
5. “Hope is wishing for a thing to come true. Faith is believing it will come true. Work is making it come true.” – Dr. Norman Vincent Peale
6. “A man of words, & not of deeds, is like a garden full of weeds.” – English Proverb
7. “Thinking well is wise; planning well wiser; doing well wisest & best of all.” – Persian Proverb
8. “Enthusiasm is the mother of effort, & without it nothing great was ever achieved.” – Ralph Waldo Emerson
9. “Just try to be the best you can be; never cease trying to be the best you can be. That’s in your power.” – John Wooden
10. “If a task is once begun, never leave it till it’s done. Be the labor great or small, do it well or not at all.” – Author Unknown
11. “If we were supposed to talk more than we listen, we would have 2 mouths & 1 ear.” – Mark Twain
12. “No bees, No honey, No work, No money.” – Author Unknown

## 4.7 Quotes on ESPRIT de CORPS

1. “Associate yourself with men of good quality if you esteem your own reputation, for ‘tis better to be alone than in bad company.” – George Washington
2. “We must all live together as brothers or perish alone as fools.” – Martin Luther King Jr.
3. “Stand with anybody that stands right. Stand with him while he is right & part with him when he goes wrong.” – Abraham Lincoln
4. “Alone we can do little; together we can do so much.” – Helen Keller
5. “Teamwork divides the task & multiplies the success.” – Author Unknown
6. “Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work.” – Vince Lombardi
7. “Regardless of differences, we strive shoulder to shoulder ... Teamwork can be summed up in 5 short words: “We believe in each other.” – Author Unknown
8. “Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.” – Margaret Mead
9. “In union there is strength.” – Aesop

## 4.8 Quotes on Friendship

1. “Don’t walk behind me; I may not lead.  
Don’t walk in front of me; I may not follow.  
Just walk beside me & be my friend.” – Albert Camus
2. “Friendship is not a big thing ... it’s a million little things.” – Author Unknown
3. “Truly great friends are hard to find, difficult to leave, & impossible to forget.” – G. Randolph
4. “A friend is one that knows who you are, understands where you have been, accepts what you have become, & still, gently allows you to grow.” – William Shakespeare
5. “True friends are those who dare to let you know your mistakes rather than agreeing with you over the wrong things.” – Author Unknown
6. “Don’t expect your friend to be a perfect person. But, help your friend to become a perfect person. That’s true friendship.” – Mother Teresa
7. “Be genuinely interested in people. Just try, & you can like almost everyone.” – Author Unknown
8. “Treat people as if they were what they ought to be & you help them become what they are of capable of being.” – Johann Wolfgang von Goethe
- 9.

## 4.9 Quotes on Honesty

1. “Honesty is the 1st chapter in the book of wisdom.” – Thomas Jefferson
2. “A half truth is a whole lie.” – Yiddish Proverb
3. “Every lie is 2 lies, the lie we tell others & the lie we tell ourselves to justify it.” – Robert Brault
4. “Integrity is telling myself the truth. & honesty is telling the truth to other people.” – Spencer Johnson
5. “Honesty is the best policy. If I lose mine honor, I lose myself.” – William Shakespeare
6. “Honesty is more than not lying. It is truth telling, truth speaking, truth living, & truth loving.” – James E. Faust
7. “No legacy is so rich as honesty.” – William Shakespeare, *All's Well That Ends Well*
8. “It takes strength & courage to admit the truth.” – Rick Riordan, *The Red Pyramid*
9. “Honest people don’t hide their deeds.” – Emily Brontë, *Wuthering Heights*
10. “When you tell a lie, you steal someone’s right to the truth.” – Khaled Hosseini, *The Kite Runner*

## 4.10 Quotes on Integrity

1. “In the matters of style, swim with the current. In matters of principle, stand like a rock.” – Thomas Jefferson
2. “If it is not right, do not do it; if it is not true do not say it.” – Marcus Aurelius
3. “Integrity is telling myself the truth. & honesty is telling the truth to other people.” – Spencer Johnson
4. “Our deeds determine us, as much as we determine our deeds.” – George Eliot
5. “There can be no friendship without confidence, & no confidence without integrity.” – Samuel Johnson
6. “Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.” – W. Clement Stone
7. “Dependability, integrity, the characteristic of never knowingly doing anything wrong, that you would never cheat anyone, that you would give everybody a fair deal. Character is a sort of all-inclusive thing. If a man has character, everyone has confidence in him.” – Omar Nelson Bradley
8. “Lead your life so you wouldn’t be ashamed to sell the family parrot to the town gossip.” – Will Rogers
9. “Day by day, your choices, your thoughts, your actions fashion the person you become. Your integrity determines your destiny.” – Heraclitus
10. “Wisdom is knowing the right path to take ... Integrity is taking it.” – Author Unknown

## 4.11 Quotes on Perseverance

1. “It’s not where you start, it’s where you end up. You haven’t failed until you’ve stopped trying.” – Unknown
2. “The man who removes mountains begins by carrying away small stones.” – Chinese Proverb
3. “We are never in the land of done.” – Dr. Thomas Dooley’s letter to a young doctor
4. “The difficult we do immediately; the impossible takes a little longer.” – Air Force motto
5. “Some people see things & say, “Why?” I see things & ask, “Why not?” – Robert F. Kennedy
6. “Many of life’s failures are people who did not realize how close they were to success when they gave up.” – Thomas Edison
7. “It’s not that I’m so smart, it’s just that I stay with problems longer.” – Albert Einstein
8. “If you can’t fly, then run. If you can’t run, then walk. If you can’t walk, then crawl. But whatever you do, you have to keep moving forward.” – Martin Luther King Jr.
9. “Never, never, never give up.” – Winston Churchill
10. “It always seems impossible until it’s done.” – Nelson Mandela
11. “The right angle to approach a difficult problem is the TRY-angle.” – Unknown

## 4.12 Quotes on Problem–Solving

1. “A problem is a chance for you to do your best.” – Duke Ellington
2. “We cannot solve our problems with the same level of thinking that created them.” – Albert Einstein
3. “A problem well stated is a problem half solved” – John Dewey
4. “A sum can be put right: but only by going back till you find the error & working it afresh from that point, never by simply going on.” – C. S. Lewis, *The Great Divorce*
5. “If your only tool is a hammer then every problem looks like a nail.” – Abraham Maslow
6. “Too often we give our children answers to remember rather than problems to solve.” – Roger Lewin
7. “There’s no use talking about the problem unless you talk about the solution.” – Betty Williams

## 4.13 Quotes on Respect

1. “You can demand courtesy, but you have to earn respect.” – Lawrence Goldstone
2. “I will speak ill if no man & speak the good I know of everybody.” – Benjamin Franklin
3. “I’m not concerned with your liking me or disliking me ... All I ask is that you respect me as a human being.” – Jackie Robinson
4. “Respect for ourselves guides our morals, respect for others guides our manners.” – Laurence Sterne
5. “A person’s a person, no matter how small.” – Dr. Seuss
6. “That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong.” – William J. H. Boetcker
7. “Respect yourself & others will respect you.” – Confucius
8. “I cannot conceive of a greater loss than the loss of one’s self-respect.” – Mahatma Gandhi
9. “Set the standard! Stop expecting others to show you love, acceptance, commitment, & respect when you don’t even show that to yourself.” – Steve Maraboli
10. “Be a reflection of what you’d like to see in others! If you want love, give love. If you want honesty, give honesty. If you want respect, give respect. You get in return what you give!” – Author Unknown

## 4.14 Quotes on Responsibility

1. “You cannot escape the

# 5 Video

## 5.1 Mathematics

1. [Fields Medal – Peter Scholze – ICM2018.](#)
2. [Fields Medal – Alessio Figalli – ICM2018.](#)
3. [Fields Medal – Akshay Venkatesh – ICM2018.](#)
4. [Fields Medal Winner 2018 Caucher Birkar.](#)
5. [Fields Medal: Artur Avila.](#)
6. [Simons Foundation/Fields Medal: June Huh](#)

## 5.2 TED

1. [ADAM GRANT. YouTube/Are you a giver or a taker? TED/Are you a giver or a taker? YouTube/The surprising habits of original thinkers](#)
2. [YouTube/Nicole Avena, How sugar affects the brain. TED/Nicole Avena, How sugar affects the brain](#)
3. [Adam Benn. Write Well. Start Writing Now. TEDxVitoriaGasteiz](#)
4. [Susan Cain: The power of introverts](#)

## 6 Miscellaneous

### 6.1 Game

Actually, I only play 1 game, DotA 2, which is good for training strategies & concentration.

#### 6.1.1 DotA 2

I have used DotA 2 as an “intermediate break”: When I feel tired with words & research, I will take some notes & pause my work, I play some DotA 2 matches until I lose (if I win, I continue to find another MMR match). The reason is simple: The toxicity of DotA 2 community & stupidity of some DotA 2 players, especially in some matches I have done all my best to carry them, make me intellectually bored with gaming & thus motivate me to get back to my research work. The boring–stimulating loop/cycle will continue until the end of the day everyday.

- [YouTube/NQBH/NQBH's 4th Night Stalker DotA 2 Rampage.](#)

### 6.2 Joke

1. “My penis was in the Guinness Book of World Records. But then the librarian asked me to take it out.” [9gag/funny content](#)
2. Never stick your dick in any toxic crazy bitch. Because if you stick, your dick will be poisoned. Love your own dick!

### 6.3 Jump Rope

1. [Legacy Jump Rope.](#)
2. [Icon Freestyle Rope.](#)
3. [Rush Athletics Speed Rope – Limited Edition – Ghost White.](#)

### 6.4 Laptop

1. DELL XPS 15 i7. 15.6 inches.
2. MSI KATANA GF76 11UC i7. 17.3 inches.

I really want to have a Workstation, especially the latest DELL PRECISION, & 1 of the (stupid) reasons is that I love the term “precision”.

### 6.5 Software

1. Sublime Text 4
2. Sublime Merge (I prefer to use Git on Terminal.)
3. Vanilla T<sub>E</sub>XLive 2022

## 7 Psychology

### 7.1 YouTube/WordToTheWise

#### 7.1.1 YouTube/Jordan Peterson Motivational Videos & Life Advice

1. [LOOK UP, MOVE AHEAD - Powerful Motivational Video | Jordan Peterson](#)

*“What should move forward in time with me? And what should be let go as if it’s deadwood?” - Jordan Peterson*

2. [STUMBLE TOWARDS THE LIGHT - Powerful Motivational Video | Jordan Peterson](#)

*“Maybe the star that Geppetto wished on was the wrong damn star. But at least it was a star. At least it was in the sky. At least it moved him forward.” - Jordan Peterson*

3. [You Need To Pay Attention! | Jordan Peterson | Best Life Advice](#)

*“Habitable order is generated by spoken truth. I think that’s the truest thing I know.” - Jordan Peterson*

4. [LOOK WHERE YOU LEAST WANT TO - Powerful Life Advice | Jordan Peterson](#)

*“That which you most need will be found where you least want to look.” - Carl Jung*

5. [Sanity | Jordan Peterson | Best Life Advice](#)



## 6. Dealing With Dark Times | Jordan Peterson | 12 Rules for Life | Best Life Advice

*“There’s a big gap between tragedy & hell.” - Jordan Peterson*

## 7. The World Shifts Itself Around Your Aim | Jordan Peterson | Best Life Advice

*“If you dare to do the most difficult thing that you can conceptualize, your life will work out better than it will if you do anything else.” - Jordan Peterson*

## 8. How To Beat Fear And Anxiety | Jordan Peterson | Powerful Life Advice

*“To be fully self-conscious means that you’re perfectly aware of your limitations & how you might be hurt. And then to make the decisions to move forward into the unknown & the land of the stranger anyways... That’s one of the secrets to a good life.” - Jordan Peterson*

## 7.2 YouTube/Zala Films

### 1. I Want to Be a Mathematician: A conversation with Paul Halmos - trailer

## 7.3 YouTube/astudyofeverything

### 1. Beauty Is Suffering [Part 1 - The Mathematician]

*“Suffering becomes beautiful when anyone bears great calamities with cheerfulness, not through insensibility but through greatness of mind.” - Aristotle*

## 7.4 YouTube/Rio ICM2018

### 1. Fields Medal - Peter Scholze - ICM2018

## 7.5 YouTube/Web of Stories - Life Stories of Remarkable People

### 1. Donald Knuth - My advice to young people (93/97)

## 7.6 YouTube/Better Ideas

1. Why you can’t get anything done?
2. Why you feel so stuck in life
3. The worst self improvement mistake
4. How video games are changing my life
5. How to be miserable for the rest of your life
6. My morning routine
7. How the algorithm controls your life
8. The mindset that’s changing my life
9. 3 habits that boost mental clarity
10. Why your ego is (slowly) ruining your life
11. Why it’s so hard to be happy
12. Why you’re always tired
13. Why you don’t have enough money
14. How I learned to make more friends
15. Why self improvement is ruining your life
16. How overstimulation is ruining your life
17. The simple idea that changed my life
18. How to stop quarantine from ruining your life
19. How the comfort zone is ruining your life

20. The brain's hidden superpower
21. The most important skill for improving your life
22. A method for sticking to habits
23. Why your life is so boring

## 8 Book & Articles

### Library

Websites to download, respectively, books & scientific articles freely: <https://libgen.is/>, <https://sci-hub.se/>.

Có rất nhiều sách liệt kê ở đây nhưng mình không mua. Đơn giản là hứng lên thì liệt kê vào danh sách những sách *có tiềm năng* để mua nhưng 1 thời gian sau phát hiện hướng viết không cần những sách đó nên thôi. Cứ liệt kê đã, mài dũa sau. Do it 1st, sharpen it later.

### 8.1 Elementary STEM Book – Sách STEM Sơ Cấp

#### 8.1.1 Elementary Mathematics Book – Sách Toán Sơ Cấp

##### 8.1.1.1 Grade 6

1. [Bin23a]. VŨ HỮU BÌNH. *Nâng Cao & Phát Triển Toán 6. Tập 1.* [done]
2. [Bin23b]. VŨ HỮU BÌNH. *Nâng Cao & Phát Triển Toán 6. Tập 2.* [done]
3. [BQT23]. VŨ HỮU BÌNH, ĐẶNG VĂN QUÂN, BÙI VĂN TUYỀN. *Bồi Dưỡng Toán 6. Tập 1.* [done]
4. [Bin+23a]. VŨ HỮU BÌNH, NGUYỄN THỊ QUỲNH ANH, PHAN THANH HỒNG, BÙI VĂN TUYỀN, ĐẶNG VĂN TUYỀN, NGUYỄN THỊ THANH XUÂN. *Bồi Dưỡng Toán 6. Tập 2.* [done]
5. [BS23]. VŨ HỮU BÌNH, NGUYỄN TAM SƠN. *Tài Liệu Chuyên Toán THCS Toán 6. Tập 1: Số Học.* [done]
6. [BC23]. VŨ HỮU BÌNH, ĐÀM HIẾU CHIẾN. *Tài Liệu Chuyên Toán THCS Toán 6. Tập 2: Hình Học.* [done]
7. [Thá+23c]. ĐỖ ĐỨC THÁI, ĐỖ TIẾN ĐẠT, NGUYỄN SƠN HÀ, NGUYỄN THỊ PHƯƠNG LOAN, PHẠM SỸ NAM, PHẠM ĐỨC QUANG. *Toán 6 Tập 1. Cánh Diều.* [done]
8. [Thá+23d]. ĐỖ ĐỨC THÁI, ĐỖ TIẾN ĐẠT, NGUYỄN SƠN HÀ, NGUYỄN THỊ PHƯƠNG LOAN, PHẠM SỸ NAM, PHẠM ĐỨC QUANG. *Toán 6 Tập 2. Cánh Diều.* [done]
9. [Thá23a]. ĐỖ ĐỨC THÁI. *Bài Tập Toán 6 Tập 1. Cánh Diều.* [done]
10. [Thá23b]. ĐỖ ĐỨC THÁI. *Bài Tập Toán 6 Tập 2. Cánh Diều.* [done]
11. [Trq+21]. ĐẶNG ĐỨC TRỌNG, NGUYỄN ĐỨC TẤN, PHẠM LÊ QUỐC THẮNG, NGUYỄN PHÚC TRƯỜNG, CAO HOÀNG LỢI. *Bồi Dưỡng Năng Lực Tự Học Toán 6.* [reading]
12. [Tuy23a]. BÙI VĂN TUYỀN. *Bài Tập Nâng Cao & 1 Số Chuyên Đề Toán 6.* [done]

##### 8.1.1.2 Grade 7

1. [Bin23c]. VŨ HỮU BÌNH. *Nâng Cao & Phát Triển Toán 7. Tập 1.* [done]
2. [Bin23d]. VŨ HỮU BÌNH. *Nâng Cao & Phát Triển Toán 7. Tập 2.* [done]
3. VŨ HỮU BÌNH. *Tài Liệu Chuyên Toán THCS Toán 7. Tập 1: Đại Số.*
4. VŨ HỮU BÌNH. *Tài Liệu Chuyên Toán THCS Toán 7. Tập 2: Hình Học.*
5. [Bin+23b]. VŨ HỮU BÌNH, NGUYỄN XUÂN BÌNH, ĐÀM HIẾU CHIẾN, PHAN THANH HỒNG, NGUYỄN THỊ THANH XUÂN. *Bồi Dưỡng Toán 7 Tập 1.* [reading]
6. [BBC23]. VŨ HỮU BÌNH, NGUYỄN XUÂN BÌNH, ĐÀM HIẾU CHIẾN. *Bồi Dưỡng Toán 7 Tập 2.* [reading]
7. [HM23]. TRẦN QUANG HÙNG, ĐÀO THỊ HOA MAI. *Tuyển Chọn Các Chuyên Đề Bồi Dưỡng Học Sinh Giỏi Toán 7 Hình Học.*
8. [Thá+23e]. ĐỖ ĐỨC THÁI, ĐỖ TIẾN ĐẠT, NGUYỄN SƠN HÀ, NGUYỄN THỊ PHƯƠNG LOAN, PHẠM SỸ NAM, PHẠM ĐỨC QUANG. *Toán 7 Tập 1. Cánh Diều.* [done]

9. [Thá+23f]. Đỗ Đức Thái, Đỗ Tiến Đạt, Nguyễn Sơn Hà, Nguyễn Thị Phương Loan, Phạm Sỹ Nam, Phạm Đức Quang. *Toán 7 Tập 2. Cánh Diều*. [done]
10. [Trợ+22a]. Đặng Đức Trọng, Nguyễn Đức Tấn, Phạm Lê Quốc Thắng, Nguyễn Phúc Trường, Cao Hoàng Lợi, Nguyễn Thị Kiều Anh. *Bồi Dưỡng Năng Lực Tự Học Toán 7*. [reading]
11. [Tuy23b]. Bùi Văn Tuyên. *Bài Tập Nâng Cao & 1 Số Chuyên Đề Toán 7*. [done]

#### 8.1.1.3 Grade 8

1. [Bin23e]. Vũ Hữu Bình. *Nâng Cao & Phát Triển Toán 8. Tập 1*. [reading]
2. [Bin23f]. Vũ Hữu Bình. *Nâng Cao & Phát Triển Toán 8. Tập 2*. [reading]
3. Vũ Hữu Bình, Tôn Thân, Đỗ Quang Thiều. *Toán Bồi Dưỡng Học sinh Lớp 8 Đại Số*.
4. Vũ Hữu Bình, Tôn Thân, Đỗ Quang Thiều. *Toán Bồi Dưỡng Học sinh Lớp 8 Hình Học*.
5. [Bin+23c]. Vũ Hữu Bình, Nguyễn Xuân Bình, Phan Thanh Hồng, Phạm Thị Bạch Ngọc, Nguyễn Thị Thanh Xuân. *Bồi Dưỡng Toán 8 Tập 1*. [reading]
6. [Bin+23d]. Vũ Hữu Bình, Đàm Hiếu Chiến, Nguyễn Bá Đang, Phạm Thị Bạch Ngọc. *Bồi Dưỡng Toán 8 Tập 2*. [reading]
7. [Bin+21b]. Vũ Hữu Bình, Trần Hữu Nam, Phạm Thị Bạch Ngọc, Nguyễn Tâm Sơn. *Tài Liệu Chuyên Toán THCS Toán 8. Tập 1: Đại Số*. [reading]
8. [Bin+21a]. Vũ Hữu Bình, Văn Như Cương, Nguyễn Ngọc Đạm, Nguyễn Bá Đang, Trương Công Thành. *Tài Liệu Chuyên Toán THCS Toán 8. Tập 2: Hình Học*. [reading]
9. [Chí+22a]. Phan Đức Chính, Tôn Thân, Vũ Hữu Bình, Trần Đình Châu, Ngô Hữu Dũng, Phạm Gia Đức, Nguyễn Duy Thuận. *Toán 8 Tập 1*. [done]
10. [Chí+22b]. Phan Đức Chính, Tôn Thân, Nguyễn Huy Doan, Lê Văn Hồng, Trương Công Thành, Nguyễn Hữu Thảo. *Toán 8 Tập 2*. [done]
11. [Thá+23a]. Đỗ Đức Thái, Lê Tuấn Anh, Đỗ Tiến Đạt, Nguyễn Sơn Hà, Nguyễn Thị Phương Loan, Phạm Sỹ Nam, Phạm Đức Quang. *Toán 8 Cánh Diều Tập 1*. [reading]
12. [Thá+23b]. Đỗ Đức Thái, Lê Tuấn Anh, Đỗ Tiến Đạt, Nguyễn Sơn Hà, Nguyễn Thị Phương Loan, Phạm Sỹ Nam, Phạm Đức Quang. *Toán 8 Cánh Diều Tập 2*. [reading]
13. [Tuy23c]. Bùi Văn Tuyên. *Bài Tập Nâng Cao & 1 Số Chuyên Đề Toán 8*. [reading]
14. [Tuy22]. Bùi Văn Tuyên. *Bài Tập Nâng Cao & 1 Số Chuyên Đề Toán 8*. [done]

#### 8.1.1.4 Grade 9

1. [Bin23g]. Vũ Hữu Bình. *Nâng Cao & Phát Triển Toán 9. Tập 1*. [done]
2. [Bin23h]. Vũ Hữu Bình. *Nâng Cao & Phát Triển Toán 9. Tập 2*. [done]
3. [BBN23a]. Vũ Hữu Bình, Nguyễn Xuân Bình, Phạm Thị Bạch Ngọc. *Bồi Dưỡng Toán 9. Tập 1*. [done]
4. [BBN23b]. Vũ Hữu Bình, Nguyễn Xuân Bình, Phạm Thị Bạch Ngọc. *Bồi Dưỡng Toán 9. Tập 2*. [done]
5. [BNS23]. Vũ Hữu Bình, Phạm Thị Bạch Ngọc, Đàm Văn Nhí. *Tài Liệu Chuyên Toán THCS Toán 9. Tập 1: Đại Số*. [done]
6. [Bin+23e]. Vũ Hữu Bình, Nguyễn Ngọc Đạm, Nguyễn Bá Đang, Lê Quốc Hán, Hồ Quang Vinh. *Tài Liệu Chuyên Toán THCS Toán 9. Tập 2: Hình Học*. [done]
7. [DCA20]. Nguyễn Văn Dũng, Võ Quốc Bá Cẩn, Trần Quốc Anh. *Phương Pháp Giải Toán Bất Đẳng Thức & Cực Trị Dành Cho Học Sinh 8, 9*. [reading]
8. [Tuy23d]. Bùi Văn Tuyên. *Bài Tập Nâng Cao & 1 Số Chuyên Đề Toán 9*. [done]
9. Vũ Dương Thụy, Nguyễn Ngọc Đạm. *Toán Nâng Cao & Các Chuyên Đề Hình Học 9*.

#### 8.1.1.5 Secondary School – Trung Học Cơ Sở [THCS]

1. Vũ Hữu Bình. *9 Chuyên Đề Đại Số THCS*.
2. Vũ Hữu Bình. *9 Chuyên Đề Số Học THCS*.
3. Vũ Hữu Bình. *9 Chuyên Đề Hình Học THCS*.
4. [Dan18]. Nguyễn Bá Đàng. *Phát Triển Kỹ Năng Giải Toán Hình Học Phẳng Dành Cho Bậc THCS*. [reading]
5. [Đôn21a]. Nguyễn Đức Đồng. *23 Chuyên Đề Giải 1001 Bài Toán Sơ Cấp. Tập 1*. [reading]
6. [Đôn21b]. Nguyễn Đức Đồng. *23 Chuyên Đề Giải 1001 Bài Toán Sơ Cấp. Tập 2*. [reading]
7. [Hùn+23c]. Trần Quang Hùng, Nguyễn Tiến Dũng, Đào Thị Hoa Mai, Nguyễn Đăng Quả, Đỗ Xuân Long. *Tuyển Chọn Các Chuyên Đề Bồi Dưỡng Học Sinh Giỏi Toán 9 Hình Học*. [reading]
8. [Kiê+23]. Nguyễn Trung Kiên, Đặng Thành Trung, Nguyễn Duy Khương, Bùi Hồng Hạnh, Vũ Trung Bồn. *Một Số Chủ Đề Hay & Khó Trong Kỳ Thi Tuyển Sinh Vào Lớp 10*. [reading]
9. [LAT23]. Nguyễn Tiến Lâm, Trương Quang An, Trịnh Khắc Tuân. *Tuyển Chọn Các Chuyên Đề Bồi Dưỡng Học Sinh Giỏi Toán 9 Đại Số*. [reading]
10. Phạm Minh Phương, Trần Văn Tấn, Nguyễn Thị Thanh Thủy. *Bồi Dưỡng Học Sinh Giỏi Toán THCS: Số Học*.
11. [Sơn+25]. Nguyễn Ngọc Sơn, Chu Đình Nghiệp, Lê Hải Trung, Võ Quốc Bá Cẩn. *Các Chủ Đề Bất Dạng Thức Ôn Thi Vào Lớp 10*. [reading]
12. [Sơn+22]. Nguyễn Ngọc Sơn, Trần Văn Tình, Lê Hải Trung, Vũ Văn Cầu. *Luyện Thi Vào Lớp 10 Môn Toán Chuyên Đề Rút Gọn Biểu Thức*. [reading]
13. [Tấn+20]. Nguyễn Đức Tấn, Nguyễn Ngọc Hân, Cao Văn Dũng, Phí Trung Đức, Tạ Minh Hiếu, Thái Nhật Phụng, Hoàng Công Hậu, Trần Thị Phi Nga, Phùng Văn Long, Nguyễn Quang Tuấn. *Ôn Luyện Thi Vào Lớp 10 Chuyên Môn Toán Tập 2*.
14. [TVM22]. Nguyễn Tất Thu, Đoàn Quốc Việt, Vũ Công Minh. *Tự Luyện Giải Toán THCS Theo Chuyên Đề. Tập 3: Phương Trình Bậc 2*. [done]
15. [Thu+23]. Nguyễn Tất Thu, Đào Quốc Chung, Đoàn Quốc Việt, Vũ Công Minh. *Tự Luyện Giải Toán THCS Theo Chuyên Đề. Tập 8: Các Bài Toán Chứng Minh Hệ Điểm Nằm Trên Đường Tròn*. [done]

#### 8.1.1.6 Grade 10

1. [Hải+25a]. Phạm Việt Hải, Trần Quang Hùng, Ninh Văn Thu, Phạm Đình Tùng. *Nâng Cao & Phát Triển Toán 10 Tập 1*.
2. [Hải+25b]. Phạm Việt Hải, Trần Quang Hùng, Ninh Văn Thu, Phạm Đình Tùng. *Nâng Cao & Phát Triển Toán 10 Tập 2*.

#### 8.1.1.7 Grade 11

1. [Hùn+23a]. Trần Quang Hùng, Lê Thị Việt Anh, Phạm Việt Hải, Khiếu Thị Hương, Tạ Công Sơn, Nguyễn Xuân Thọ, Ninh Văn Thu, Phạm Đình Tùng. *Nâng Cao & Phát Triển Toán 11 Tập 1*. [reading]
2. [Hùn+23b]. Trần Quang Hùng, Lê Thị Việt Anh, Phạm Việt Hải, Khiếu Thị Hương, Tạ Công Sơn, Nguyễn Xuân Thọ, Ninh Văn Thu, Phạm Đình Tùng. *Nâng Cao & Phát Triển Toán 11 Tập 2*. [reading]
3. [LT20]. Nguyễn Xuân Liêm, Đặng Hùng Thắng. *Bài Tập Nâng Cao & 1 Số Chuyên Đề Đại Số & Giải Tích 11*. [reading]
4. [Tấn17]. Trần Văn Tấn. *Bài Tập Nâng Cao & Một Số Chuyên Đề Hình Học 11*. [reading]
5. [Quỳ+20b]. Đoàn Quỳnh, Phạm Khắc Ban, Văn Như Cương, Nguyễn Đăng Phát, Lê Bá Khánh Trình. *Tài Liệu Chuyên Toán Hình Học 11*. [reading]

#### 8.1.1.8 Grade 12

1. [Kis23]. A. P. Kiselev. *Hình Học Không Gian*. [reading]
2. [Quỳ+20c]. Đoàn Quỳnh (CB), Trần Nam Dũng, Hà Huy Khoái, Đặng Hùng Thắng, Nguyễn Trọng Tuấn. *Tài Liệu Chuyên Toán Giải Tích 12*. [reading]
3. [Quỳ+20a]. Đoàn Quỳnh (CB), Hạ Vũ Anh, Phạm Khắc Ban, Văn Như Cương, Vũ Đình Hòa. *Tài Liệu Chuyên Toán Hình Học 12*. [reading]

### 8.1.1.9 Miscellaneous

1. [Bin20]. Vũ Hữu Bình. *Hình Học Tổ Hợp*. [reading]
2. [Bin21]. Vũ Hữu Bình. *Phương Trình Nghiệm Nguyên & Kinh Nghiệm Giải*. [reading]
3. Võ Quốc Bá Cẩn, Trần Quốc Anh. *Sử Dụng Phương Pháp AM–GM Để Chứng Minh Bất Đẳng Thức*.
4. Võ Quốc Bá Cẩn, Trần Quốc Anh. *Sử Dụng Phương Pháp Cauchy–Schwarz Để Chứng Minh Bất Đẳng Thức*.
5. [Đôn21a]. Nguyễn Đức Đồng. *23 Chuyên Đề Giải 1001 Bài Toán Sơ Cấp I: 12 Chuyên Đề Về Đại Số Sơ Cấp*. [reading]
6. [Đôn21b]. Nguyễn Đức Đồng. *23 Chuyên Đề Giải 1001 Bài Toán Sơ Cấp II: 11 Chuyên Đề Về Toán Rời Rạc & Hình Học Sơ Cấp*. [reading]
7. [KH22]. Phan Huy Khải, Đoàn Thanh Hương. *Các Phương Pháp Hiệu Quả Giải Bài Toán Về Bất Đẳng Thức & Giá Trị Lớn Nhất Nhỏ Nhất*. [reading]
8. [Việ14]. Dương Quốc Việt. *Những Tư Tưởng Cơ Bản Ẩn Chứa Trong Toán Học Phổ Thông*. [done]
9. [Dũn+22]. Trần Nam Dũng, Nguyễn Văn Huyện, Lê Phúc Lữ, Tống Hữu Nhân, Lương Văn Khải, Bùi Khánh Vĩnh, Nguyễn Công Thành, Nguyễn Nam, Trang Sĩ Trọng, Trần Bình Thuận, Trần Nguyễn Nam Hưng, Trương Tuấn Nghĩa, Đặng Cao Minh, Đào Trọng Toàn. *Các Phương Pháp Giải Toán Qua Các Kỳ Thi Olympic*. [reading]
10. [Chí21a]. Phan Đức Chính. *Tuyển Tập Những Bài Toán Sơ Cấp Đại Số Tập 1*. [reading]
11. [Chí21b]. Phan Đức Chính. *Tuyển Tập Những Bài Toán Sơ Cấp Đại Số Tập 2*. [reading]
12. [Hà19]. NGUYỄN MINH HÀ. *Hướng Trong Hình Học Phẳng*. [done]
13. [Hùn18]. TRẦN QUANG HÙNG. *Mỗi Tuần Một Bài Toán Hình Học*. [reading]
14. [Huy22]. Nguyễn Nhất Huy. *Một Số Chủ Đề Số Học Hướng Tới Kỳ Thi HSG & Chuyên Toán*. [reading]
15. [Lin23]. Nguyễn Văn Linh. *1 Số Chủ Đề Hình Học Phẳng*. [reading]
16. [Lin18]. Nguyễn Văn Linh. *108 Bài Toán Hình Học Sơ Cấp*. [reading]
17. [Nhã23]. Tống Hữu Nhân. *8 Định Lý Chọn Lọc Trong Hình Học Phẳng*. [reading]
18. [Quỹ22]. Bùi Quỹ. *TikZ & Vẽ Hình L<sup>A</sup>T<sub>E</sub>X Vẽ Hình Toán Phổ Thông*. [reading]
19. Đặng Hùng Thắng, Nguyễn Văn Ngọc, Vũ Kim Thùy. *Bài Giảng Số Học*.
20. [Sơn06]. Đỗ Thanh Sơn. *Chuyên Đề Bồi Dưỡng Học Sinh Giỏi Toán Trung Học Phổ Thông: Phép Biến Hình Trong Mặt Phẳng*. [reading]

### 8.1.2 Elementary Physics Book

#### 8.1.2.1 Grade 7

1. [TLT23]. Bùi Gia Thịnh, Lê Thị Lua, Nguyễn Thị Tâm. *Nâng Cao & Phát Triển Vật Lý 7*. [reading]

#### 8.1.2.2 Grade 8

1. [Qua+22]. Vũ Quang, Bùi Gia Thịnh, Dương Tiến Khang, Vũ Trọng Rỹ, Trịnh Thị Hải Yến. *Vật Lý 8*. [reading]
2. [Thị+22]. Bùi Gia Thịnh, Dương Tiến Khang, Vũ Trọng Rỹ, & Trịnh Thị Hải Yến. *Bài Tập Vật Lý 8*. [reading]
3. [TL23]. Bùi Gia Thịnh, Lê Thị Lua. *Nâng Cao & Phát Triển Vật Lý 8*. [reading]

#### 8.1.2.3 Grade 9

1. [Qua+23]. Vũ Quang, Đoàn Duy Hinh, Nguyễn Văn Hòa, Vũ Quang, Ngô Mai Thanh, Nguyễn Đức Thâm. *Vật Lý 9*. [reading]
2. [Hin+23]. Đoàn Duy Hinh, Nguyễn Văn Hòa, Vũ Quang, Ngô Mai Thanh, Nguyễn Đức Thâm. *Bài Tập Vật Lý 9*. [reading]
3. [Hòa23]. Nguyễn Cảnh Hòa. *Nâng Cao & Phát Triển Vật Lý 9*. [reading]
4. [HH20]. Nguyễn Cảnh Hòa, Lê Thanh Hoạch. *Vật Lý Nâng Cao 9 Bồi Dưỡng Học Sinh Giỏi Thi Vào Lớp 10*. [reading]

#### 8.1.2.4 Secondary School – Trung Học Cơ Sở [THCS]

1. [Văn22b]. Phan Hoàng Văn. *500 Bài Tập Vật Lý Trung Học Cơ Sở*. [reading]
2. [Văn+22]. Nguyễn Văn, Phan Thị Quyên, Bùi Thị Lý Hạnh, Phạm Thị Quỳnh Như. *Giải Thích Chuyên Đề Thi Vào 10 Chuyên Lý*. [reading]
3. [Vươ22]. Phạm Hồng Vương. *Giải Thích Bộ Đề Thi Vào 10 Chuyên Lý*. [reading]

#### 8.1.2.5 Grade 10

1. [GHT25]. Tô Giang, Trần Thúy Hằng, Lê Minh Trung. *Nâng Cao & Phát Triển Vật Lý 10*. [reading]
2. Tô Giang. *Tài liệu chuyên Vật lý. Vật lý 10. Tập 1*.
3. Phạm Quý Tư, Nguyễn Đình Noãn. *Tài liệu chuyên Vật lý. Vật lý 10. Tập 2*.

#### 8.1.2.6 Grade 11

1. Vũ Thanh Khiết, Nguyễn Thế Khôi. *Tài liệu chuyên Vật lý. Vật lý 11. Tập 1*.
2. Vũ Quang. *Tài liệu chuyên Vật lý. Vật lý 11. Tập 2*.

#### 8.1.2.7 Grade 12

1. Tô Giang, Vũ Thanh Khiết, Nguyễn Thế Khôi. *Tài liệu chuyên Vật lý. Vật lý 12. Tập 1*.
2. Vũ Quang, Vũ Thanh Khiết. *Tài liệu chuyên Vật lý. Vật lý 12. Tập 2*.
3. Tô Giang, Đặng Đình Tối, Bùi Trọng Tuân. *Tài liệu chuyên Vật lý – Bài tập Vật lý 10*.
4. Lưu Hải An, Nguyễn Hoàng Kim, Vũ Thanh Khiết, Nguyễn Thế Khôi, Lưu Văn Xuân. *Tài liệu chuyên Vật lý – Bài tập Vật lý 11*.
5. Tô Giang, Vũ Thanh Khiết, Đặng Đình Tối. *Tài liệu chuyên Vật lý – Bài tập Vật lý 12*.
6. Đàm Trung Đồn. *Tài liệu chuyên Vật lý – Thực hành Vật lý Trung học phổ thông*.
7. Tô Giang. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Cơ học 1*. [reading]
8. Tô Giang. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Cơ học 2*. [reading]
9. Tô Giang. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Cơ học 3*. [reading]
10. Vũ Thanh Khiết, Nguyễn Thế Khôi. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Điện học 1*. [reading]
11. Vũ Thanh Khiết, Tô Giang. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Điện học 2*. [reading]
12. Phạm Quý Tư. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Nhiệt Học & Vật Lý Phân Tử*.
13. Ngô Quốc Quỳnh. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Quang học 1*. [reading]
14. Vũ Quang. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Quang học 2*.
15. [Khi23]. Vũ Thanh Khiết. *Bồi Dưỡng Học Sinh Giỏi Vật Lý Trung Học Phổ Thông: Vật Lý Hiện Đại*. [reading]
16. Phạm Văn Thiều. Đoàn Văn Ro, Nguyễn Văn Phán. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Phương pháp giải 1 số bài toán điển hình*.
17. Phạm Văn Thiều. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Những bài toán tổng hợp: phân tích & lời giải*.
18. Bùi Quang Hân, Nguyễn Duy Hiền, Nguyễn Tuyền. *Giải Toán & Trắc Nghiệm Vật Lý 10. Tập 1: Cơ học*.
19. Bùi Quang Hân, Nguyễn Duy Hiền, Nguyễn Tuyền. *Giải Toán & Trắc Nghiệm Vật Lý 10. Tập 2: Nhiệt học*.
20. Bùi Quang Hân, Nguyễn Duy Hiền, Nguyễn Tuyền. *Giải Toán & Trắc Nghiệm Vật Lý 11. Tập 1: Tĩnh điện & Dòng điện không đổi*.
21. Bùi Quang Hân, Nguyễn Duy Hiền, Nguyễn Tuyền. *Giải Toán & Trắc Nghiệm Vật Lý 11. Tập 2: Điện từ & Quang học*.
22. Bùi Quang Hân, Nguyễn Duy Hiền, Nguyễn Tuyền. *Giải Toán & Trắc Nghiệm Vật Lý 12. Tập 1: Động lực học vật rắn, Dao động cơ, Sóng cơ*.



23. Bùi Quang Hân, Nguyễn Duy Hiền, Nguyễn Tuyền. *Giải Toán & Trắc Nghiệm Vật Lý 12. Tập 2: Dao động & sóng điện từ, Dòng điện xoay chiều.*
24. Bùi Quang Hân, Nguyễn Duy Hiền, Nguyễn Tuyền. *Giải Toán & Trắc Nghiệm Vật Lý 12 – Tập 3: Sóng ánh sáng, Lượng tử ánh sáng, Thuyết tương đối hẹp, Hạt nhân nguyên tử, Từ vi mô đến vĩ mô.*
25. Vũ Thanh Khiết, Lưu Hải Ân, Phạm Vũ Kim Hoàng, Nguyễn Đức Hiệp, Nguyễn Hoàng Kim. *Bồi Dưỡng Học Sinh Giỏi Vật Lý THPT: Bài Tập Điện Học – Quang Học Vật Lý Hiện Đại.*

### 8.1.3 Elementary Chemistry Book

#### 8.1.3.1 Grade 7

1. [Tuá+25a]. Mai Sỹ Tuấn, Đinh Quang Báo, Nguyễn Văn Khánh, Đặng Thị Oanh, Nguyễn Văn Biên, Đào Tuấn Đạt, Phan Thị Thanh Hội, Ngô Văn Hưng, Đỗ Thanh Hữu, Đỗ Thị Quỳnh Mai, Phạm Xuân Quế, Trương Anh Tuấn, Ngô Văn Vụ. *KHTN 7. Cánh Diều.* [reading]

#### 8.1.3.2 Grade 8

1. [An20d]. Ngô Ngọc An. *Hóa Học Nâng Cao Bồi Dưỡng Học Sinh Giỏi Các Lớp 8, 9.* [done]
2. [Cươ+22]. Nguyễn Cường, Ngô Ngọc An, Đỗ Tất Hiển, Lê Xuân Trọng. *Bài Tập Hóa Học 8.* [reading]
3. [Giá21]. Cao Cự Giác. *Bồi Dưỡng Học Sinh Giỏi Hóa Học 8.* [reading]
4. Nguyễn Xuân Trường, Quách Văn Long, Hoàng Thị Thúy Hương. *Các Chuyên Đề Bồi Dưỡng Học Sinh Giỏi Hóa Học 8.*
5. [Trư22]. Nguyễn Xuân Trường. *Bài Tập Nâng Cao Hóa Học 8.* [reading]
6. [Tuá+25b]. Mai Sỹ Tuấn, Đinh Quang Báo, Nguyễn Văn Khánh, Đặng Thị Oanh, Nguyễn Thị Hồng Hạnh, Đỗ Thị Quỳnh Mai, Lê Thị Phượng, Phạm Xuân Quế, Dương Xuân Quý, Đào Văn Toàn, Trương Anh Tuấn, Lê Thị Tuyết, Ngô Văn Vụ. *KHTN 8. Cánh Diều.* [reading]
7. [Hùn+23d]. Vũ Văn Hùng, Mai Văn Hưng, Lê Kim Long, Vũ Trọng Rỹ, Nguyễn Văn Biên, Nguyễn Hữu Chung, Nguyễn Thu Hà, Lê Trọng Huyền, Nguyễn Thế Hưng, Nguyễn Xuân Thành, Bùi Gia Thịnh, Nguyễn Thị Thuần, Mai Thị Tình, Vũ Thị Minh Tuyền, Nguyễn Văn Vịnh. *KHTN 8. Kết Nối Tri Thức Với Cuộc Sống.* [reading]
8. [TCH22]. Lê Xuân Trọng, Nguyễn Cường, Đỗ Tất Hiển. *Hóa Học 8.* [reading]

#### 8.1.3.3 Grade 9

1. [TTV23]. Lê Xuân Trọng, Cao Thị Thặng, Ngô Văn Vụ. *Hóa Học 9.* [reading]
2. [TAV23]. Lê Xuân Trọng, Ngô Ngọc An, Ngô Văn Vụ. *Bài Tập Hóa Học 9.* [reading]
3. [Trư21]. Nguyễn Xuân Trường. *Bài Tập Nâng Cao Hóa Học 9.* [reading]
4. [VH21]. Ngô Văn Vụ, Phạm Hồng Hoa. *Nâng Cao & Phát Triển Hóa Học 9.* [reading]

#### 8.1.3.4 Secondary School – Trung Học Cơ Sở [THCS]

1. [Tuá22]. Vũ Anh Tuấn. *Bồi Dưỡng Hóa Học THCS.* [reading]
2. [Nin+19]. Trần Trung Ninh, Khiếu Thị Hương Chi, Lê Văn Khu, Trần Thị Kim Liên, Nguyễn Thị Kim Thành. 500 *Bài Tập Hóa Học Chuyên Trung Học Cơ Sở (Bồi Dưỡng Học Sinh Giỏi).* [reading]
3. Nguyễn Đình Hành, Nguyễn Hữu Thọ. *22 Chuyên Đề Hay & Khó Bồi Dưỡng Học Sinh Giỏi Hóa Học THCS. Tập 1.*

#### 8.1.3.5 Grade 10

1. [Hà+22]. Nguyễn Thu Hà, Nguyễn Văn Hải, Lê Trọng Huyền, Vũ Anh Tuấn. *Nâng Cao & Phát Triển Hóa Học 10.* [reading]
2. [TLH22]. Nguyễn Xuân Trường, Quách Văn Long, Hoàng Thị Thúy Hương. *Bồi Dưỡng Học Sinh Giỏi Hóa Học 10 Theo Chuyên Đề.* [reading]
3. [An20b]. Ngô Ngọc An. *Hóa Học Cơ Bản & Nâng Cao 10.* [reading]
4. Đào Hữu Vinh, Nguyễn Duy Ái. *Tài liệu chuyên Hóa học 10. Tập 2.* [reading]

### 8.1.3.6 Grade 11

1. [An20c]. Ngô Ngọc An. *Hóa Học Nâng Cao 11*. [reading]
2. [An21]. Ngô Ngọc An. *400 Bài Tập Hóa Học 11*. [reading]

### 8.1.3.7 Grade 12

1. [Son21]. Trần Quốc Sơn. *Tài Liệu Chuyên Hóa Học 11–12. Tập 1: Hóa Học Hữu Cơ*. [reading]
2. [Ái22]. Nguyễn Duy Ái. *Tài Liệu Chuyên Hóa Học 11–12. Tập 2: Hóa Học Vô Cơ*. [reading]
3. [Trư+22]. Lê Xuân Trọng, Nguyễn Hữu Đình, Từ Vọng Nghi, Đỗ Đình Răng, Cao Thị Thặng. *Hóa Học 12*. [reading]
4. [Trơ+22b]. Nguyễn Xuân Trường, Phạm Văn Hoan, Từ Vọng Nghi, Đỗ Đình Răng, Nguyễn Phú Tuấn. *Hóa Học 12 Nâng Cao*.
5. [TLH20]. Nguyễn Xuân Trường, Quách Văn Long, Hoàng Thị Thúy Hương. *Bồi Dưỡng Học Sinh Giỏi Hóa Học 12 Theo Chuyên Đề*. [reading]

### 8.1.3.8 High School – THPT

1. [An20a]. Ngô Ngọc An. *Giúp Trí Nhớ Chuỗi Phản Ứng Hóa Học*. [reading]
2. Trần Quốc Sơn. *Tài Liệu Chuyên Hóa Học THPT: Bài Tập Hữu Cơ. Tập 1*.
3. Trần Quốc Sơn. *Tài Liệu Chuyên Hóa Học THPT: Bài Tập Hữu Cơ. Tập 2*.
4. Nguyễn Duy Ái, Nguyễn Tinh Dung, Trần Quốc Sơn, Nguyễn Văn Tòng. *Bồi Dưỡng Học Sinh Giỏi Hóa Học THPT. Tập 3*.
5. [Lov22]. Gia Đình Lovebook. *Chinh Phục Đỉnh Cao Hóa Học Quốc Già – Quốc Tế*. [reading]

## 8.1.4 Elementary Natural Science Book

### 8.1.4.1 Grade 6

1. [Tuá+23]. *Khoa Học Tự Nhiên 6. Cánh Diều*. [done]
2. [Khá+25b]. *Bài Tập Khoa Học Tự Nhiên 6. Cánh Diều*. [done]
3. *Khoa Học Tự Nhiên 6. Chân Trời Sáng Tạo*.
4. *Bài Tập Khoa Học Tự Nhiên 6. Chân Trời Sáng Tạo*.
5. *Khoa Học Tự Nhiên 6. Kết Nối Tri Thức Với Cuộc Sống*.
6. *Bài Tập Khoa Học Tự Nhiên 6. Kết Nối Tri Thức Với Cuộc Sống*.
7. [Hà+23]. NGUYỄN THU HÀ, TRẦN THÚY HẰNG, LÊ TRỌNG HUYỀN, NGUYỄN THỊ THU HƯƠNG. *Nâng Cao & Phát Triển KHTN 6 Tập 1*. [done]
8. [DHT23]. HOÀNG THỊ ĐÀO, TRẦN THÚY HẰNG, VŨ THỊ MINH TUYẾN. *Nâng Cao & Phát Triển KHTN 6 Tập 2*. [done]

### 8.1.4.2 Grade 7

1. [Tuá+25a]. *Khoa Học Tự Nhiên 7. Cánh Diều*. [done]
2. [Khá+25a]. *Bài Tập Khoa Học Tự Nhiên 7. Cánh Diều*. [done]
3. *Khoa Học Tự Nhiên 7. Chân Trời Sáng Tạo*.
4. *Bài Tập Khoa Học Tự Nhiên 7. Chân Trời Sáng Tạo*.
5. *Khoa Học Tự Nhiên 7. Kết Nối Tri Thức Với Cuộc Sống*.
6. *Bài Tập Khoa Học Tự Nhiên 7. Kết Nối Tri Thức Với Cuộc Sống*.
7. [CHT25]. Nguyễn Thị Thanh Chi, Trần Thúy Hằng, Vũ Thị Minh Tuyến. *Nâng Cao & Phát Triển KHTN 7 Tập 1. (Hóa Học + Vật Lý)*. [done]
8. [LN25]. Nguyễn Thanh Loan, Trương Thị Nhân. *Nâng Cao & Phát Triển KHTN 7 Tập 2 (Sinh Học)*. [done]

Note. I do not teach Elementary Biology, except some computational biology problems, so I skip this book & give it to some of my best students who need to learn Elementary Biology.



### 8.1.4.3 Grade 8

1. [Tuấ+25b]. *Khoa Học Tự Nhiên 8 Cánh Diều*. [done]
2. [Báo+25]. *Bài Tập Khoa Học Tự Nhiên 8 Cánh Diều*. [done]
3. *Khoa Học Tự Nhiên 8. Chân Trời Sáng Tạo*.
4. *Bài Tập Khoa Học Tự Nhiên 8. Chân Trời Sáng Tạo*.
5. [Hùn+23d]. *Khoa Học Tự Nhiên 8 Kết Nối Tri Thức với Cuộc Sống*. [done]
6. *Bài Tập Khoa Học Tự Nhiên 8. Kết Nối Tri Thức Với Cuộc Sống*.

### 8.1.4.4 Grade 9

### 8.1.5 Elementary Computer Science

1. [Dúc22]. Nguyễn Tiến Đức. *Tuyển Tập 200 Bài Tập Lập Trình Bằng Ngôn Ngữ Python*. [reading]
  - Python source code + input/output files:  
[GitHub/NQBH/hobby/elementary\\_computer\\_science/Python/NTD 200 BTLT Python.7](https://github.com/NQBH/hobby/elementary_computer_science/Python/NTD_200_BTLT_Python.7)
2. [BTC10]. *Tuyển Tập Đề Thi Olympic 30 Tháng 4, Lần Thứ XVI – 2010 Tin học*. [reading]
3. [Dàm+14]. Hồ Sĩ Đàm, Hồ Cẩm Hà, Trần Đỗ Hùng, Nguyễn Đức Nghĩa, Nguyễn Thanh Tùng, Ngô Ánh Tuyết. *Tin Học 11*. [done]
4. [Dàm+19c]. Hồ Sĩ Đàm, Đỗ Đức Đông, Lê Minh Hoàng, Nguyễn Thanh Hùng. *Tài Liệu Chuyên Tin Học Quyển 1*. [reading]
5. [Dàm+19d]. Hồ Sĩ Đàm, Đỗ Đức Đông, Lê Minh Hoàng, Nguyễn Thanh Hùng. *Tài Liệu Chuyên Tin Học Quyển 2*. [reading]
6. [Dàm+19e]. Hồ Sĩ Đàm, Đỗ Đức Đông, Lê Minh Hoàng, Nguyễn Thanh Hùng. *Tài Liệu Chuyên Tin Học Quyển 3*. [reading]
7. [Dàm+18]. Hồ Sĩ Đàm, Đỗ Đức Đông, Lê Minh Hoàng, Nguyễn Thanh Hùng. *Tài Liệu Chuyên Tin Học Bài Tập Quyển 1*.
8. [Dàm+19a]. Hồ Sĩ Đàm, Đỗ Đức Đông, Lê Minh Hoàng, Nguyễn Thanh Hùng. *Tài Liệu Chuyên Tin Học Bài Tập Quyển 2*.
9. [Dàm+19b]. Hồ Sĩ Đàm, Đỗ Đức Đông, Lê Minh Hoàng, Nguyễn Thanh Hùng. *Tài Liệu Chuyên Tin Học Bài Tập Quyển 3*.
10. [Gia19a]. NGUYỄN NGỌC GIANG. *Sáng Tạo Trong Toán Lập Trình*.
  - “Năng lực sáng tạo là 1 trong những năng lực quan trọng nhất hiện nay. Đây là vấn đề sống còn, tồn tại của cá nhân, tập thể, & quốc gia. Tất cả mọi người đều đặt ra câu hỏi: “Làm thế nào để có được năng lực sáng tạo?” Nói về lĩnh vực này, nhà vật lý người Pháp F. Balibar nói: “*Thiên tài sáng tạo là bằng ý thức đổi mới, không lệ thuộc nếp cũ đem nhân với bình phương của trí tưởng tượng & khả năng trừu tượng hóa*.”. Trong khi đó, nhà bác học Poincaré viết: “*Trong sáng tạo khoa học ý tưởng chỉ là ánh chớp, nhưng ánh chớp đó là tất cả*.” – [Gia19a, Lời nói đầu]
11. [Tru23c]. Vương Thành Trung. *Tuyển Tập Đề Thi Học Sinh Giỏi Cấp Tỉnh Trung Học Cơ Sở & Đề Thi Vào Lớp 10 Chuyên Tin Môn Tin Học*. URL: [https://github.com/NQBH/elementary\\_STEM\\_beyond/tree/main/elementary\\_computer\\_science/VTT\\_THCS](https://github.com/NQBH/elementary_STEM_beyond/tree/main/elementary_computer_science/VTT_THCS). [reading]
12. [Tru23e]. Vương Thành Trung. *Tuyển Tập Đề Thi Học Sinh Giỏi Trung Học Phổ Thông Môn Tin Học*. URL: [https://github.com/NQBH/elementary\\_STEM\\_beyond/tree/main/elementary\\_computer\\_science/VTT\\_THPT](https://github.com/NQBH/elementary_STEM_beyond/tree/main/elementary_computer_science/VTT_THPT). [reading]
13. [Tru23d]. Vương Thành Trung. *Tuyển Tập Đề Thi Học Sinh Giỏi Cấp Tỉnh Trung Học Phổ Thông Tin Học*. [reading]
14. [Vie21]. Học Viện VietSTEM. *Sách Luyện Thi Hội Thi Tin Học Trẻ với Python Bảng B: Thi Kỹ Năng Lập Trình Cấp Trung Học Cơ Sở*. [reading]
15. [Vie22]. Học Viện VietSTEM. *Lập Trình với Python (Hành Trang Cho Tương Lai)*. [done]

<sup>7</sup> URL: [https://github.com/NQBH/hobby/tree/master/elementary\\_computer\\_science/Python/Duc\\_200\\_BTLT\\_Python](https://github.com/NQBH/hobby/tree/master/elementary_computer_science/Python/Duc_200_BTLT_Python).

## 8.2 Advanced STEM Book

### 8.2.1 Advanced Mathematics Book

1. [Ges09]. Masha Gessen. *Perfect Rigor: A Genius & the Mathematical Breakthrough of the Century*. [done]
2. [Ges22]. Masha Gessen. *Perfect Rigor: A Genius & the Mathematical Breakthrough of the Century – Thiên Tài Kỳ Dị & Đột Phá Toán Học Của Thế Kỷ*. [reading]
3. [Gia19b]. Nguyễn Ngọc Giang. *Tích Hợp Toán, Tin, & Vật Lý*. [reading]
4. [Lau22]. Mickaël Launay. *Toán Học: Một Thiên Tiểu Thuyết – Lịch Sử Toán Học Kể Từ Thời Tiền Sử Đến Nay*. [done]
5. [VC22]. Dương Quốc Việt, Lê Văn Chua. *Cơ Sở Lý Thuyết Galois*. [reading]
6. [Việ+22b]. Dương Quốc Việt, Lê Thị Hà, Trương Thị Hồng Thanh, Nguyễn Đạt Đăng, Nguyễn Quang Lộc. *Bài Tập Lý Thuyết Galois*. [reading]
7. Dương Quốc Việt. *Cơ Sở Lý Thuyết Module*.
8. Nguyễn Xuân Liêm. *Giải Tích Hàm*.
9. Nguyễn Văn Khuê, Lê Mậu Hải. *Giáo Trình Giải Tích Hàm*.
10. Lê Mậu Hải, Tăng Văn Long. *Bài Tập Giải Tích Hàm*.
11. [Viet\_Nhi2022]. Dương Quốc Việt, Đàm Văn Nhĩ. *Cơ Sở Lý Thuyết Số & Đa Thức*. [reading]
12. [Việ+22a]. Dương Quốc Việt, Nguyễn Đạt Đăng, Lê Văn Đình, Lê Thị Hà, Đặng Đình Hanh, Đào Ngọc Minh, Trương Thị Hồng Thanh, Phan Thị Thủy. *Bài Tập Cơ Sở Lý Thuyết Số & Đa Thức*. [reading]
13. Nguyễn Doãn Tuấn, Sĩ Đức Quang, Nguyễn Thị Thảo. *Giáo Trình Hình Học Vi Phân*.
14. Trần Văn Tấn. *Hình Học của Nhóm Biến Đổi*.
15. Nguyễn Văn Đoàn. *Đa Tập Khả Vi*.
16. [Hal85]. PAUL HALMOS. *I Want To Be A Mathematician*.

“The book is about the career of a professional mathematician from the 1930’s–1980’s. It is presented, more or less, in chronological order, from high school to retirement, but its sections are organized by substance rather than time. [...] It expresses prejudices, it tells anecdotes, it gossips about people, & it preaches sermons. It tells about taking prelims, looking for a job, writing a book, traveling, teaching, & editing.

50 years ago I was cocky, iconoclastic, eager, ambitious, in a hurry, ignorant, insecure. I have slowed down, mellowed (?), & learned a few things. To some extent the book is from the me of today to the me of yore, revealing some of the secrets that I desperately wanted to know then.” – [Hal85, Overture]

– Cuốn sách nói về sự nghiệp của một nhà toán học chuyên nghiệp từ những năm 1930–1980. Nó được trình bày ít nhiều theo thứ tự thời gian, từ trung học đến nghỉ hưu, nhưng các phần của nó được sắp xếp theo nội dung hơn là theo thời gian. [...] Nó thể hiện những thành kiến, nó kể những giai thoại, nó nói xấu về mọi người, & nó rao giảng. Nó kể về việc tham gia các buổi sơ tuyển, tìm việc làm, viết sách, đi du lịch, giảng dạy, biên tập.

50 năm trước, tôi là người tự mãn, theo chủ nghĩa bài trừ biểu tượng, háo hức, đầy tham vọng, vội vàng, ngu dốt, bất an. Tôi đã sống chậm lại, êm dịu (?), & học được vài điều. Ở một mức độ nào đó, cuốn sách là từ tôi của ngày hôm nay đến tôi của ngày xưa, tiết lộ 1 số bí mật mà lúc đó tôi vô cùng muốn biết.

[time-traveling back to self-teach how to self-study]

“6 people read every word of a typescript version of this book. Their comments (cut this out – who was he? – not so bad – tone it down – are you sure?) cheered me up, or made me mad, but, in either case, spurred me on.” – [Hal85, Thanks]

– 6 người đọc từng chữ trong phiên bản đánh máy của cuốn sách này. Những nhận xét của họ (bỏ câu này đi – anh ấy là ai? – không tệ lắm – nói nhỏ lại – bạn có chắc không?) đã cổ vũ tôi hoặc khiến tôi tức giận, nhưng, trong cả hai trường hợp, đều đã thúc đẩy tôi tiếp tục.

“My expository style relies heavily on the exemplary singular, & the construction “everybody ... his” therefore comes up frequently. This “his” is generic, not gendered. “His or her” becomes clumsy with repetition & suggests that “his” alone elsewhere is masculine, which it isn’t. “Her” alone draws attention to itself & distracts from the topic at hand. “Their” solves the problem neatly but substitutes another. “Ter” is bolder than I am ready for. “One’s” defeats the purpose of the construction, which is meant to be vivid & particular. “Its” is too harsh a joke. Rather than play hob with the language, we feminists might adopt the position of pitying men for being forced to share their pronouns around.” – A note on pronouns from *A Handbook for Scholars*, by MARY-CLAIRE VAN LEUNEN 1978.

Phong cách trình bày của tôi chủ yếu dựa vào số ít mẫu mực, và do đó, cấu trúc “mọi người ... his” xuất hiện thường xuyên. “his” này mang tính chung chung, không phân biệt giới tính. “His or her” trở nên vụng về khi lặp lại và gợi ý rằng chỉ riêng

“của anh ấy” ở nơi khác là nam tính, nhưng không phải vậy. “Ter” táo bạo hơn mức tôi sẵn sàng. “One’s” đánh bại mục đích của việc xây dựng, vốn có ý nghĩa sống động và đặc biệt. ngôn ngữ, chúng ta, những nhà hoạt động vì nữ quyền, có thể có lập trường thương hại đàn ông vì bị buộc phải chia sẻ đại từ của họ với mọi người.

17. [Hum22]. NGUYỄN HỮU VIỆT HƯNG. *Đại Số Tuyến Tính*. [reading]
18. Trần Diên Hiền, Nguyễn Tiến Tài, Nguyễn Văn Ngọc. *Giáo Trình Lý Thuyết Số*.
19. [QL12]. Nguyễn Mạnh Quý, Nguyễn Xuân Liêm. *Giáo Trình Phép Tính Vi Phân & Tích Phân của Hàm 1 Biến Số: Phần Lý Thuyết*. [reading]
20. Đoàn Quỳnh. *Hình Học Vi Phân*.
21. Bùi Duy Hiền. *Bài Tập Đại Số Đại Cương*.
22. [Nhi+17]. Đàm Văn Nhỉ, Văn Đức Chín, Trần Thị Hồng Nhung, Lê Xuân Dũng, Trần Trung Tình, Đào Ngọc Dũng, Đặng Xuân Sơn, Nguyễn Anh Tuấn. *Đa Thức – Chuỗi & Chuyên Đề Nâng Cao*.
23. [Har40; Har92; Har22]. G. H. Hardy. *A Mathematician’s Apology*. [pdf]. [TeX]. [done]

#### 8.2.1.1 Mathematical Analysis

1. [Bre11]. Haïm Brezis. *Functional Analysis, Sobolev Spaces, & PDEs*. [reading]
2. [Eva10]. Lawrence C. Evans. *Partial Differential Equations*. [reading]
3. [Rud76]. Walter Rudin. *Principles of Mathematical Analysis*. [done]

#### 8.2.1.2 Finite Volume Method FVM

1. [EGH19]. Robert Eymard, Thierry Gallouët, Raphaële Herbin. *Finite Volume Methods*. [reading]
2. T. Gallouët, Raphaële Herbin, J.-C. Latché. *Convergence of the Marker-&Cell Scheme for the Incompressible Navier–Stokes Equations on Non-uniform Grids*. [reading]

#### 8.2.1.3 Optimal Control

1. [HK23]. Michael Hintermüller, Axel Kröner. *Differentiability properties for boundary control of fluid-structure interactions of linear elasticity with Navier-Stokes equations with mixed-boundary conditions in a channel*. [done]

#### 8.2.1.4 Shape Optimization

1. [BW23]. Catherine Bandle, Alfred Wagner. *Shape Optimization: Variations of Domains & Applications*. [reading]
2. [HSU21]. Johannes Haubner, Martin Siebenborn, Michael Ulbrich. *A continuous perspective on shape optimization via domain transformations*. [done]
3. [HUU20]. Johannes Haubner, Michael Ulbrich, Stefan Ulbrich. *Analysis of shape optimization problems for unsteady fluid-structure interaction*. [done]
4. [HPS15]. R. Hiptmair, A. Paganini, S. Sargheini. *Comparison of approximate shape gradients*. [done]

#### 8.2.1.5 Turbulence

1. [PBH04]. *A FVM to solve the 3D NSEs on Unstructured Collocated Meshes*. [reading]

#### 8.2.2 Advanced Physics Book

1. Lương Duyên Bình, Nguyễn Hữu Hồ, Lê Văn Nghĩa, Nguyễn Quang Bình. *Bài Tập Vật Lý Đại Cương. Tập 2: Điện – Dao Động – Sóng*.
2. [EI22]. Albert Einstein, Leopold Infeld. *The Evolution of Physics: From Early Concepts to Relativity & Quanta – Sự Tiến Hóa Của Vật Lý: Từ Những Khái Niệm Ban Đầu Đến Thuyết Tương Đối & Lượng Tử*. [done]

3. [Fey11]. RICHARD P. FEYNMAN. *Six Easy Pieces: Essentials of Physics Explained by Its Most Brilliant Teacher*. [3332 Amazon ratings][28807 Goodreads ratings]

Amazon review. Learn how to think like a physicist from a Nobel laureate & “1 of the greatest minds of the 20th century” (*New York Review of Books*) with these 6 classic & beloved lessons.

It was RICHARD P. FEYNMAN’s outrageous & scintillating method of teaching that earned him legendary status among students & professors of physics. From 1961 to 1963, FEYNMAN delivered a series of lectures at the California Institute of Technology that revolutionized the teaching of physics around the world. *6 Easy Pieces*, taken from these famous Lectures on Physics, represent the most accessible material from the series.

In these classic lessons, FEYNMAN introduces the general reader to the following topics: atoms, basic physics, energy, gravitation, quantum mechanics, & the relationship of physics to other topics. With his dazzling & inimitable wit, FEYNMAN presents each discussion with a minimum of jargon. Filled with wonderful examples & clever illustrations, *6 Easy Pieces* is the ideal introduction to the fundamentals of physics by 1 of the most admired & accessible physicists of modern times.

Editorial reviews.

- “1 of the greatest minds of the 20th century.” – *New York Review of Books*
- “The essence of physics & FEYNMAN. No jargon<sup>8</sup>, just ideas, excitement, & the straight dope. & real answers, like ‘we don’t know.’” – STEPHEN WOLFRAM
- “The most original mind of his generation.” – FREEMAN DYSON
- “If 1 book was all that could be passed onto the next generation of scientists it would undoubtedly have to be *6 Easy Pieces*.” – JOHN GRIBBIN, *New Scientist*

About the Author. RICHARD P. FEYNMAN (1918–1988) was the Richard Chace Tolman Professor of Theoretical Physics at the California Institute of Technology. He was awarded the 1965 Nobel Prize for his work on the development of quantum field theory. He was also 1 of the most famous & beloved figures of the 20th century, both in physics & in the public arena.

4. RICHARD P. FEYNMAN. *“Surely You’re Joking, Mr. Feynman!”: Adventures of a Curious Character*.

*“I learned there that innovation is a very difficult thing in the real world.”*

*“They had wasted all their time memorizing stuff like that, when it could be looked up in 15 minutes.”*

*“Of course, you only live 1 life, & you make all your mistakes, & learn what not to do, & that’s the end of you.”*

Review.

*“A storyteller in the tradition of MARK TWAIN. Feynman proves once again that it is possible to laugh out & scratch your head at the same time.”* – K. C. Cole, *New York Times Book Review*

*“Quintessential<sup>9</sup> Feynman – funny, brilliant, bawdy<sup>10</sup> ... enormously entertaining.”* – *Los Angeles Times Book Review*

5. RICHARD P. FEYNMAN.

6. Vũ Văn Hùng. *Cơ Học Lượng Tử*.

7. Vũ Văn Hùng. *Bài Tập Cơ Học Lượng Tử*.

8. Nguyễn Quang Học, Đinh Quang Vinh. *Bài Tập Vật Lý Lý Thuyết 2. Tập 2: Vật Lý Thống Kê*.

9. Nguyễn Quang Học, Vũ Văn Hùng. *Giáo Trình Vật Lý Thống Kê & Nhiệt Động Lực Học. Tập 1: Nhiệt Động Lực Học*.

10. [Haw20]. Stephen Hawking. *Black Holes: The BBC Reith Lectures – Lỗ Đen: Các Bài Giảng Trên Đài*. [done]

11. [Haw22a]. Stephen Hawking. *A Brief History of Time – Lược Sử Thời Gian*. [done]

12. [Haw22b]. Stephen Hawking. *The Universe In A Nutshell – Vũ Trụ Trong Vỏ Hạt Dẻ*. [done]

13. [Lei00]. RALPH LEIGHTON. *Tuva or Bust! Richard Feynman’s Last Journey*.

14. [Lei23]. RALPH LEIGHTON. *Tuva or Bust! Richard Feynman’s Last Journey – Cuộc Phiêu Lưu Cuối Cùng Của Feynman*. Tủ Sách Khoa Học Khám Phá. [done]

*“Tis holier to journey than to arrive.”* – CERVANTES.

– Vinh quang là hành trình chứ không phải đích đến. [Lei23, Suy ngẫm 2000, p. 269]

15. Đào Văn Phúc. *Lịch Sử Vật Lý Học*.

<sup>8</sup>words or expressions that are used by a particular profession or group of people, & are difficult for others to understand. tiếng lóng.

<sup>9</sup>representing the perfect example of something, tinh túy.

<sup>10</sup>(of jokes, songs, etc.) dealing with sex in a way that is slightly rude & makes people laugh, dâm dăng.

### 8.2.3 Advanced Chemistry Book

1. Hoàng Nhâm. *Hóa Học Vô Cơ Cơ Bản. Tập 1: Lý Thuyết Đại Cương về Hóa Học.*
2. Hoàng Nhâm. *Hóa Học Vô Cơ Cơ Bản. Tập 2: Các Nguyên Tố Hóa Học Điển Hình.*
3. Hoàng Nhâm. *Hóa Học Vô Cơ Cơ Bản. Tập 3: Các Nguyên Tố Chuyển Tiếp.*
4. Hoàng Nhâm. *Bài Tập Hóa Học Vô Cơ.*
5. Hoàng Nhâm, Hoàng Nhuận. *Bài Tập Hóa Học Vô Cơ. Quyển I + II: Lý Thuyết Đại Cương về Hóa Học.*
6. Hoàng Nhâm, Hoàng Nhuận. *Bài Tập Hóa Học Vô Cơ. Quyển III: Hóa Học Các Nguyên Tố.*
7. Hoàng Nhâm. *Hóa Học Vô Cơ Nâng Cao. Tập 1: Lý Thuyết Đại Cương về Hóa Học.*
8. Hoàng Nhâm. *Hóa Học Vô Cơ Nâng Cao. Tập 2: Các Nguyên Tố Hóa Học Tiêu Biểu.*
9. Hoàng Nhâm. *Hóa Học Vô Cơ Nâng Cao. Tập 3: Các Nguyên Tố Chuyển Tiếp.*
10. Đào Đình Thức. *Cấu Tạo Nguyên Tử & Liên Kết Hóa Học. Tập 1.*
11. Đào Đình Thức. *Cấu Tạo Nguyên Tử & Liên Kết Hóa Học. Tập 2.*
12. Đỗ Đình Răng, Đặng Đình Bạch, Lê Thị Anh Đào, Nguyễn Mạnh Hà, Nguyễn Thị Thanh Phong. *Hóa Học Hữu Cơ 3.*
13. Trần Thành Huế, Nguyễn Ngọc Hà. *Đối Xứng Phân Tử & Lý Thuyết Nhóm Trong Hóa Học.*

### 8.2.4 Advanced Computer Science

1. [CS14]. Scott Chacon, Ben Straub. *Pro Git: Everything You Need to Know About Git.* [reading]
2. [DV21]. Christoph Dürer, Jill-Jenn Vie. *Competitive Programming in Python: 128 Algorithms to Develop Your Coding Skills.*
3. [Ha22]. Bùi Việt Hà. *Python Cơ Bản.* [done]
4. [Ha21]. Bùi Việt Hà. *Lời Giải Bài Tập Python Cơ Bản.* [reading]
5. [Ha23]. Bùi Việt Hà. *Python Nâng Cao.* [done]
6. [Hiê21]. Nguyễn Hiền. *DevUP.* [done]
7. [Hoà17]. Phạm Huy Hoàng. *Code Đạo Ký Sự: Lập Trình Viên Dâu Phải Chỉ Biết Code.* [done]
8. [Hoà22]. Phạm Huy Hoàng. *Hello Các bạn, Mình Là Tôi Di Code Đạo: Chuyện Code, Chuyện Nghề, Chuyện Đời.* [done]
9. [Knu97]. Donald E. Knuth. *The Art of Computer Programming. Volume 1: Fundamental Algorithms.* [reading]
10. [Knu98]. Donald E. Knuth. *The Art of Computer Programming. Volume 3: Sorting & Searching.* [reading]
11. [Laa20]. Antti Laaksonen. *Guide to Competitive Programming: Learning & Improving Algorithms Through Contests.* [reading]
12. [LBH15]. Yann LeCun, Yoshua Bengio, Geoffrey Hinton. *Deep Learning.* [reading]
13. [Mat19]. Eric Matthes. *Python Crash Course: A Hands-on, Project-Based Introduction to Programming.* 2e. [reading]
14. [Mat23]. Eric Matthes. *Python Crash Course: A Hands-on, Project-Based Introduction to Programming.* 3e. [reading]
15. [Ngo08]. Quách Tuấn Ngọc. *Ngôn Ngữ Lập Trình Pascal.* [reading]
16. [Ngo09]. Quách Tuấn Ngọc. *Bài Tập Ngôn Ngữ Lập Trình Pascal.* [reading]
17. [Ngo02]. Quách Tuấn Ngọc. *Ngôn Ngữ Lập Trình C.* [reading]
18. [Ngo03]. Quách Tuấn Ngọc. *Ngôn Ngữ Lập Trình C++.* [done]
19. [Sho19]. William Shotts. *The Linux Command Line: A Complete Introduction.* [reading]
20. [Str13]. Bjarne Stroustrup. *The C++ Programming Language, 4th edition.* [reading]
21. [Str18a]. Bjarne Stroustrup. *A Tour of C++, 2nd edition.* [reading]
22. [Thu+21a]. Trần Đan Thư, Nguyễn Thanh Phương, Đinh Bá Tiến, Trần Minh Triết. *Nhập Môn Lập Trình.* [reading]
23. [Thu+21b]. Trần Đan Thư, Nguyễn Thanh Phương, Đinh Bá Tiến, Trần Minh Triết, Đặng Bình Phương. *Kỹ Thuật Lập Trình.* [reading]
24. [TTK21]. Trần Đan Thư, Đinh Bá Tiến, Nguyễn Tấn Trần Minh Khang. *Phương Pháp Lập Trình Hướng Đối Tượng.* [reading]



### 8.2.4.1 Artificial Intelligence AI

1. [BV14]. Lê Hoài Bắc, Tô Hoài Việt. *Cơ Sở Trí Tuệ Nhân Tạo*. [done]
2. Trieu H. Trinh, Yuhuai Wu, Quoc V. Le, He He, Thang Luong. *Solving olympiad geometry without human demonstrations*. Nature. [reading]

## 8.3 Education Book

1. [BRM14]. PETER C. BROWN, HENRY L. ROEDIGER III, MARK A. MCDANIEL. *Make It Stick: The Science of Successful Learning*.

**Amazon review.** The international bestseller that has helped millions of students, teachers, & lifelong learners use proven approaches to learn better & remember longer.

“We have made *Make It Stick* a touchstone for our instructors ... to gain a real advantage for our learners as they tackle some of the toughest work in the world.” – CARL CZECH, former Senior Instructional Systems Specialist/Advisor, US Navy SEALs

Are you tired of forgetting what you learn? This groundbreaking book, based on the latest research in cognitive science, offers powerful strategies to boost memory & learning.

To most of us, learning something “the hard way” means wasted time & effort. Good teaching, many believe, should be tailored to the different learning styles of students & should use strategies that make learning easier. *Make It Stick* turns fashionable ideas like these on their head. Drawing on recent discoveries in cognitive psychology & a 10-year collaboration among some of the world’s leading experts on human learning & memory, the authors explain what *really* drives successful learning. With clear, real-world examples, they show how we can confidently hone our skills & learn more effectively.

Many common study habits simply don’t work. Underlining, highlighting, rereading, cramming, & single-minded repetition of new skills create the illusion of mastery, but gains fade quickly. Science shows that more durable learning comes from self-testing, introducing certain difficulties in practice, waiting to re-study new material until a little forgetting has occurred, & interleaving the practice of 1 skills or topic with another. *Make It Stick* breaks down these proven approaches in compelling ways & offers concrete techniques for becoming more productive learners.

Full of eye-opening & inspiring stories for students, educators, & parents, *Make It Stick* is an indispensable guide for all those interested in the challenge of lifelong learning & self-improvement.

*“Elaboration is the process of giving new material meaning by expressing it in your own words & connecting it with what you already know.”*

– Xây dựng là quá trình tạo ra ý nghĩa vật chất mới bằng cách diễn đạt nó bằng từ ngữ của riêng bạn & kết nối nó với những gì bạn đã biết.

*“Trying to solve a problem before being taught the solution leads to better learning, even when errors are made in the attempt.”*

– Cố gắng giải quyết một vấn đề trước khi được dạy giải pháp sẽ dẫn đến việc học tập tốt hơn, ngay cả khi mắc lỗi trong nỗ lực đó.

*“Learning is stronger when it matters, when the abstract is made concrete & personal.”*

– Việc học tập sẽ mạnh mẽ hơn khi nó quan trọng, khi phần tóm tắt được cụ thể hóa & mang tính cá nhân.

*“Mastery requires both the possession of ready knowledge & the conceptual understanding of how to use it.”*

– Sự thành thạo đòi hỏi cả việc sở hữu kiến thức đã có sẵn & sự hiểu biết mang tính khái niệm về cách sử dụng nó.

#### Editorial reviews.

- “If you want to read a lively & engaging book on the science of learning, this is a must ... *Make It Stick* benefits greatly from its use of stories about people who have achieved mastery of complex knowledge & skills. Over the course of the book, the authors weave together stories from an array of learners – surgeons, pilots, gardeners, & school & university students – to illustrate their arguments about how to successful learning takes place ... This is a rich & resonant book & a pleasurable read that will leave you pondering the processes through which you, & your students, acquire new knowledge & skills.” – HAZEL CHRISTIE, *Times Higher Education*
- “Many educators are interested in making use of recent findings about the human brain & how we learn ... *Make It Stick* [is] the single best work I have encountered on the subject. Anyone with an interest in teaching or learning will benefit from reading this book, which not only presents thoroughly grounded research but does so in an eminently readable way that is accessible even to students.” – JAMES M. LANG, *Chronicle of Higher Education*
- “We have made *Made It Stick* a touchstone for our instructors ... to gain a real advantage for our learners as they tackle some of the toughest work in the world.” – CARL CZECH, former Senior Instructional Systems Specialist/Advisor, US Navy SEALs
- “It is surprising to me [that] we have such highly educated people coming to medical school who haven’t thought that deeply about learning. I feel like we are teaching the gospel of *Make It Stick* during our 1st weeks with the students ... With the immense time pressure you have as a medical student, the importance of these principles becomes very clear to them.” – RANDALL KING, Harry C. McKenzie Professor of Cell Biology, Harvard Medical School

- “It’s an illuminating read . . . Learning ability is probably the most important skill you can have. Unfortunately, lots of the techniques for learning that we pick up in school don’t help with long-term recall – like cramming or highlighting . . . For a deeper dig into the science of learning, make sure to pick up *Make It Stick*.” – DRAKE BAER, *Business Insider*
- “Aimed primarily at students, parents, & teachers, *Make It Stick* also offers practical advice for learners of all ages, at all stages of life . . . With its credible challenge to conventional wisdom, *Make It Stick* does point the way forward, with a very real prospect of tangible & enduring benefits.” – GLENN C. ALTSCHULER, *Psychology Today*
- “*Make It Stick* will help you become a much more productive learner. [It] presents a compelling case for why we are attracted to the wrong strategies for learning & teaching – & what we can do to remedy our approaches . . . In clear language, *Make It Stick* explains the science underlying how people learn. But the authors don’t simply recite the research; they show readers how it is applied in real-life learning scenarios, with engaging stories of real people in academic, professional, & sports environments . . . The learning strategies proposed in this book can be implemented immediately, at no cost, & to great effect.” – STEPHANIE CASTELLANO, *TD Magazine*
- “If I could, I would assign all professors charged with teaching undergraduates 1 book: *Make It Stick: The Science of Successful Learning* . . . It lays out what we know about the science of learning in clear, accessible prose. Every educator – & parent, & student, & professional – ought to have it on their own personal syllabus.” – ANNIE MURPHY PAUL, author of *The Extended Mind*
- “The authors have provided a great service for educators by capturing the important lessons from decades of research in the learning sciences . . . It should be highly recommended reading for anyone in the teaching, learning, & training professions.” – ROBERT H. BRUININKS, Professor & President Emeritus, University of Minnesota
- “This is a quite remarkable book. It describes important research findings with startling implications for how we can improve our own learning, teaching, & coaching. Even more, it shows us how more positive attitudes toward our own learning, teaching, & coaching. Even more, it shows us how more positive attitudes toward our own abilities – & the willingness to tackle the hard stuff – enables us to achieve our goals. The compelling stories bring the ideas out of the lab & into the real world.” – ROBERT BJORK, University of California, Los Angeles
- “Learning is essential & life-long. Yet as these authors argue convincingly, people often use exactly the wrong strategies & don’t appreciate the ones that work. We’ve learned a lot in the last decade about applying cognitive science to real-world learning, & this book combines everyday examples with clear explanations of the research. It’s easy to read – & should be easy to learn from, too!” – DANIEL L. SCHACTER, author of *The 7 Sins of Memory*
- “Anyone who teaches anything would benefit from reading this book: coaches, tutors, classroom teachers, parents, even corporate trainers. Instead of doing what we’ve always done & wondering why some learners just don’t get it, we can take a different approach that’s based on research, even if it seems counterintuitive.” – JENNIFER GONZALES, *Cult of Pedagogy*

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2. [Sup22]. SUPERSUMMARY. *Study Guide: Make It Stick by Peter C. Brown, Henry L. Roediger III, Mark A. McDaniel (SuperSummary)*.
3. [Oak14]. Barbara Oakley. *A Mind for Numbers: How to Excel at Math & Science (Even If You Flunked Algebra)*. [reading]
4. [Oak14]. Barbara Oakley. *A Mind for Numbers: How to Excel at Math & Science (Even If You Flunked Algebra)* – Cách Chinh Phục Toán & Khoa Học (Ngay Cả Khi Bạn Vừa Trượt Môn Đại Số). [done]
5. [OSM18]. Barbara Oakley, Terrence Sejnowski, Alistair McConville. *Learning How to Learn: How to Succeed in School Without Spending All Your Time Studying; A Guide for Kids & Teens*. [reading]
6. [OSM18]. Barbara Oakley, Terrence Sejnowski, Alistair McConville. *Learning How to Learn: How to Succeed in School Without Spending All Your Time Studying; A Guide for Kids & Teens* – Học Cách Học: Công Cụ Trí Tuệ Mạnh Mẽ Chinh Phục Mọi Môn Học. [done]
7. [ORS21]. Barbara Oakley, Beth Rogowsky, Terrence J. Sejnowski. *Uncommon Sense Teaching: Practical Insights in Brain Science to Help Students Learn* – Dạy Học Không Theo Lối Mòn: Hiểu Đúng Về Trí Nhớ & Khoa Học Não Bộ Để Dạy Học Hiệu Quả Trong Mọi Hoàn Cảnh. [done]
8. [Yuk13]. FUKUZAWA YUKICHI. *An Encouragement of Learning*. [reading]
9. [Yuk23]. FUKUZAWA YUKICHI. *An Encouragement of Learning* – Khuyến Học. [done]

## 8.4 Literary Book

1. [Cần19b]. NGUYỄN DUY CẦN – THU GIANG. *Để Thành Nhà Văn*. [done]
2. [Cần19c]. NGUYỄN DUY CẦN – THU GIANG. *Ốc Sáng Suốt*. [reading]

3. [Cần19d]. NGUYỄN DUY CẦN – THU GIANG. *Thuật Tư Tưởng*. [reading]
4. [Cần19e]. NGUYỄN DUY CẦN – THU GIANG. *Tôi Tự Học*. [reading]
5. [Cần19a]. NGUYỄN DUY CẦN – THU GIANG. *Cái Dũng Của Thánh Nhân*. [reading]
6. [Chi18]. HUYỀN CHIP. *Giấc Mơ Mỹ – Đường Đến Stanford*. [done]
7. [Coe23]. PAUL COELHO. *Nhà Giả Kim*. [done]
8. [Gia24]. DẶNG HOÀNG GIANG. *Vẻ Đẹp Của Cảnh Sắc Tầm Thường Hay Vì Sao Chúng Ta Cần Thay Đổi Cách Thường Thức Thiên Nhiên?* [done]
9. [Her16]. PETER HERRING. *The Farlex Grammar Book: Complete English Grammar Rules: Examples, Exceptions, Exercises, & Everything You Need to Master Proper Grammar*. [reading]
10. [Kin00; Kin10]. Stephen King. *On Writing: On Writing: A Memoir of the Craft*. [done]
11. [Kra97]. JON KRAKAUER. *Into The Wild*.
12. [Mur23e]. Haruki Murakami. *The Wind-Up Bird Chronicle: A Novel – Biên Niên Ký Chim Vặn Dây Cót*. [done]
13. [Mur23c]. Haruki Murakami. *Kafka on the Shore – Kafka Bên Bờ Biển*. [done]
14. [Mur23g]. Haruki Murakami. *What I Talk about When I Talk about Running: A Memoir – Tôi Nói Gì Khi Nói Về Chạy Bộ*. [done]
15. [Mur00]. Haruki Murakami. *Norwegian Wood – Rừng Na Uy*. [done]
16. [Mur23f]. Haruki Murakami. *Tokyo Kitan-Shu – Những Chuyện Lạ Ở Tokyo*. [done]
17. [Mur23d]. Haruki Murakami. *Sputnik Sweetheart – Người Tình Sputnik*. [done]
18. [Mur23a]. Haruki Murakami. *Colorless Tsukuru Tazaki & His Years of Pilgrimage – Tazaki Tsukuru Không Màu & Những Năm Tháng Hành Hương*. [done]
19. [Mur21a]. HARUKI MURAKAMI. *First Person Singular: Stories*.
20. [Mur23b]. HARUKI MURAKAMI. *First Person Singular: Stories – Ngôi Thứ Nhất Số Ít* [done]

- “Thật khó hình dung cô gái nhỏ nhắn, gầy gò, nhợt nhạt đang ngồi trước mặt lại chính là cô gái đã ở trong vòng tay tôi đêm qua, hét lên những tiếng hân hoan nhức cảm dưới ánh trăng mùa đông rơi vào từ cửa sổ.” – [Mur23b, Trên Gối Đá, p. 14]
- “Nhưng liệu con người ta có thể làm 1 vụ quấy rối kỳ công đến như vậy chỉ vì ghét không? Việc in bưu thiếp chắc chắn là tốn kém. Con người có thể xấu tính đến mức ấy ư? Tôi không nhớ mình đã làm gì để bị cô ghét. Nhưng đôi khi, ta chà đạp lên cảm xúc của người khác, xúc phạm danh dự hoặc khiến họ khó chịu mà ta không nhận ra.” – [Mur23b, Kem, pp. 34–35]
- “Kỳ lạ thay, khi mở tập thơ, lướt qua những bài thơ được in bằng chữ màu đen cỡ lớn, sau đó đọc lên thành tiếng, cơ thể cô mà tôi đã nhìn thấy dưới ánh nắng vào buổi sáng hôm sau mà là cơ thể với làn da sáng mịn nằm trong vòng tay tôi dưới ánh trăng. Bầu vú tròn trịa, đầu vú nhỏ & cứng, lông mu đen & thưa, âm đạo ướt đầm. Lúc lên đỉnh, cô nghiền chặt chiếc khăn, mắt nhắm nghiền, liên tục gọi da diết tên 1 người đàn ông bên tai tôi. 1 cái tên rất đời thường mà tôi không tài nào nhớ ra.” – [Mur23b, Trên Gối Đá, p. 19]
- ““Nghe này, hãy tưởng tượng bằng năng lực của mình. Vắt kiệt trí thông minh để hình dung ra. 1 hình tròn có nhiều tâm, đã vậy lại không có đường ngoại biên. Nỗ lực 1 cách nghiêm túc như thể phải trầy da tróc vẩy vậy, khi đó cậu mới dần nhận ra hình tròn đó trông như thế nào.”

“Có vẻ khó nhỉ,” tôi nói.

“Hiển nhiên rồi,” ông nói như vừa nhổ đi 1 vật cứng. “Trên đời này chẳng có thứ gì giá trị mà lại có được dễ dàng cả.” Rồi ông khẽ đằng hắng, rành rọt như thể ngắt câu xuống dòng. “Nhưng, khi đạt được thứ khó khăn đó với nhiều thời gian & công sức, thứ đó sẽ trở thành kem của cuộc đời.”

... trong tiếng Pháp có câu ‘crème de la crème’ ...

“Kem của kem, nghĩa là thứ tốt nhất trong những thứ tốt nhất. Tinh hoa quan trọng nhất của cuộc đời ... đó chính là ‘crème de la crème’. Cậu hiểu không? Còn lại thì toàn là những thứ nhạt nhẽo, vô giá trị!” – [Mur23b, Kem, pp. 39–40]

“Có lúc, tôi cảm giác như mình gần như đã lý giải được chuyện đó, nhưng khi suy nghĩ sâu hơn, tôi lại không hiểu gì nữa. Chuyện đó cứ lặp đi lặp lại. Nhưng có lẽ, đó không phải là hình tròn với hình dạng cụ thể mà là hình tròn chỉ tồn tại trong tâm trí của con người. Tôi nghĩ vậy. Rằng khi chúng ta thật lòng yêu ai đó, cảm thông sâu sắc với điều gì đó, có lý tưởng về thế giới này, tìm thấy niềm tin (hoặc thứ giống như niềm tin), chúng ta sẽ hiểu & chấp nhận sự tồn tại của hình tròn đó như lẽ đương nhiên. Tất nhiên đây chỉ là suy diễn mơ hồ của tôi.

Đầu óc của cậu là để suy nghĩ những thứ khó. Biến điều không biết thành biết. Thứ đó sẽ trở thành kem của cuộc đời. Còn lại thì toàn là những thứ nhạt nhẽo, vô giá trị.” – [Mur23b, Kem, p. 44]



- “Trong suốt nhiều năm, tôi quên hẳn mình đã từng viết bài luận đó hồi sinh viên. Phần vì đời sống của tôi sau này hồi hã hơn tôi tưởng, vả lại, bài phê bình âm nhạc giả tưởng đó rốt cuộc cũng chỉ là 1 trò đùa tặc trách vô ưu thời tuổi trẻ. Tuy nhiên, khoảng 15 năm sau, bài luận đó đã trở về với tôi theo 1 cách đầy bất ngờ. Hệt như cái boomerang ta quên bằng mình đã ném đi bỗng nhiên bay về vào lúc ta không ngờ đến.” – [Mur23b, Charlie Parker Plays Bossa Nova, p. 55]
- “Khi tiếp tục lang thang tản bộ sau đó, đột nhiên cảm giác hồi hận dâng trào trong tôi. Lẽ ra tôi nên mua đĩa hát đó. Dù đó là đĩa hát giả mạo vô nghĩa, dù giá của nó quá đắt đi nữa thì vẫn nên mua. Coi như 1 món đồ kỷ niệm kỳ quặc trong cuộc đời nhiều ngã rẽ của tôi.” – [Mur23b, Charlie Parker Plays Bossa Nova, p. 57]
- “Tôi chỉ có thể nói đó là thứ âm nhạc chạm được tới nơi sâu thẳm nhất trong tâm hồn. Thứ âm nhạc mà trước & sau khi nghe, ta dường như thấy cấu tạo cơ thể mình đã khác đi đôi chút ... Quả thật, trên thế giới có tồn tại thứ âm nhạc như vậy.” – [Mur23b, Charlie Parker Plays Bossa Nova, p. 61]

- [Ran05]. Ayn Rand. *The Fountainhead – Suối Nguồn*. [done]
- [Ros21a]. Rosie Nguyễn. *Ta Ba Lô Trên Đất Á*. [done]
- [Ros21b]. Rosie Nguyễn. *Trên Hành Trình Tự Học*. [done]
- [Ros22a]. Rosie Nguyễn. *Mình Nói Gì Khi Nói Về Hạnh Phúc?*. [done]
- [Ros22b]. Rosie Nguyễn. *Tuổi Trẻ Đáng Giá Bao Nhiêu?*. [done]
- [Sal01]. J. D. SALINGER. *The Catcher In The Rye*. [done]
- [Sal23]. J. D. SALINGER. *The Catcher In The Rye – Bắt Trẻ Đồng Xanh*. [done]
- [Sha14]. Dani Shapiro. *Still Writing: The Perils & Pleasures of a Creative Life*. [reading]
- [Str18b]. William Strunk Jr. *The Elements of Style*. [done]
- [SW19]. William Strunk Jr, E. B. White. *The Elements of Style*. [done]
- [Văn22a]. Nguyễn Phương Văn. *Mặt Trời Trong Suối Lạnh*. [done]
- [Văn22c]. Vũ Hà Văn. *Giáo Sư Phiêu Lưu Ký: Tản Mạn với 1 Nhà Toán Học*. [done]
- [Vas23]. José Mauro de Vasconcelos. *My Sweet Orange Tree – Cây Cam Ngọt Của Tôi*. [done]
- [Wal09]. David Foster Wallace. *This Is Water: Some Thoughts, Delivered on a Significant Occasion, about Living a Compassionate Life*. [done]
- [Wal11]. David Foster Wallace. *Infinite Jest*. [reading]
- [Wie18]. BRIANNA WIEST. *101 Essays That Will Change The Way You Think*. [done]
- [Wie23]. BRIANNA WIEST. *101 Essays That Will Change The Way You Think – Sống Khai Vãn, Sống Tỉnh Thức*. [done]
- [Zin05]. William Zinsser. *Writing About Your Life: A Journey into the Past*. [done]
- [Zin16]. William Zinsser. *On Writing Well: The Classic Guide to Writing Nonfiction*. [reading]

## 8.5 Psychology Book

Về các cuốn sách tâm lý, mình có nên liệt kê chúng theo thứ tự hay dần/theo chiều tăng của sự tâm đắc cá nhân, riêng những cuốn đang mua chưa đọc sẽ tạm để ở cuối danh sách, sau khi đọc 1 phần/xong đủ để đánh giá mức độ hay của những cuốn sách đó thì mình sẽ sắp thứ tự sau. Chỉ riêng sách Văn Học, Tâm Lý & Triết Học mới được áp dụng cách liệt kê này, đặc biệt không áp dụng (được) cho các sách STEM – đơn giản vì chúng hay theo nhiều lĩnh vực khác nhau, nên không thể nào sắp duy nhất 1 thứ tự trên 1 tập hợp bán thứ tự được (poset – partial ordering set)?

- [Ald13a]. Alfred Adler. *The Science of Living*. [done]
- [Ald13b]. ALFRED ADLER. *Understanding Human Nature*. [done]
- [Ald24]. ALFRED ADLER. *Understanding Human Nature – Hiểu Về Bản Chất Con Người*. [done]
- [Ari22a]. Dan Ariely. *Phi Lý Trí Một Cách Hợp Lý: Câu Trả Lời Hài Hước Cho Những Hiện Tượng Tâm Lý Kỳ Quặc*. [done]
- [Ari23]. Dan Ariely. *Predictably Irrational: The Hidden Forces That Shape Our Decisions – Phi Lý Trí: Khám Phá Những Động Lực Vô Hình Ẩn Sau Những Quyết Định Của Con Người*. [done]
- [Ari21]. Dan Ariely. *The Upside of Irrationality: The Unexpected Benefits of Defying Logic – Lẽ Phải Của Phi Lý Trí: Lợi Ích Bất Ngờ Của Việc Phá Bỏ Những Quy Tắc Logic Trong Công Việc & Cuộc Sống*. [done]

7. [Ari22b]. Dan Ariely. *The Honest Truth About Dishonesty: How We Lie to Everyone—Especially Ourselves* – Bản Chất Của Dối Trá: Chúng Ta Đã Dối Gạt Mọi Người & Chính Mình Như Thế Nào?. [done]
8. [Aro13]. Elaine N. Aron. *The Highly Sensitive Person: How to Thrive When the World Overwhelms You*. [done]
9. [Ban03]. Lundy Bancroft. *Why Does He Do That?*. [reading]
  - “1 of the basic human rights he takes away from you is the right to be angry with him.”
  - 1 trong những quyền cơ bản của con người mà hắn tước đi của bạn là quyền được tức giận với hắn.
  - “Abuse & respect are diametric opposites: You do not respect someone whom you abuse, & you do not abuse someone whom you respect.”
  - Lạm dụng & tôn trọng hoàn toàn trái ngược nhau: Bạn không tôn trọng người mà bạn lạm dụng, & bạn không lạm dụng người mà bạn tôn trọng.
  - “Abuse grows from attitudes & values, not feelings. The roots are ownership, the trunk is entitlement, & the branches are control.”
  - Sự lạm dụng phát triển từ thái độ & giá trị chứ không phải cảm xúc. Gốc là quyền sở hữu, thân là quyền, & nhánh là quyền kiểm soát.
  - “Their value system is unhealthy, not their psychology.”
  - Hệ thống giá trị của họ không lành mạnh, không phải tâm lý của họ.
10. [Ban19]. Lundy Bancroft. *Why Does He Do That? – Tại Sao Anh Ta Làm Thế? Giải Mã Tâm Lý Kẻ Bạo Hành*. [done]
11. [Bon22a]. GUSTAVE LE BON. *Psychology of Crowds*.
12. [Bon22b]. GUSTAVE LE BON. *Psychology of Crowds – Tâm Lý Học Đám Đông*. [done]
13. [Cai13]. Susan Cain. *Quiet: The Power of Introverts in a World That Can't Stop Talking*. [reading]
14. [Cai22]. Susan Cain. *Quiet: The Power of Introverts in a World That Can't Stop Talking – Hướng Nội: Sức Mạnh của Sự Yên Lặng Trong 1 Thế Giới Nói Không Ngừng*. [done]
15. [CMM17]. Susan Cain, Gregory Mone, Erica Moroz. *Quiet Power: The Secret Strengths of Introverted Kids*. [reading]
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23. [Csi13]. MIHALY CSIKSZENTMIHALYI. *Creativity: Flow & the Psychology of Discovery & Invention*. [reading]
24. [Csi08]. MIHALY CSIKSZENTMIHALYI. *Flow: The Psychology of Optimal Experience*. [reading]
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Amazon review. Los Angeles Times bestseller. “If hygge<sup>11</sup> is the art of doing nothing, ikigai is the art of doing something – & doing it with supreme focus & joy.” – New York Post Bring meaning & joy to all your days with this internationally bestselling guide to the Japanese concept of ikigai (pronounced ee-key-guy) – the happiness of always being busy – as revealed by the daily habits of the world’s longest-living people. & from the same authors, don’t miss The Book of Ichigo Ichie – about making the most of every moment in your life.

<sup>11</sup>the quality of being warm & comfortable that gives a feeling of happiness.

“The grand essentials to happiness in this life are something to do, something to love, & something to hope for.”

– Những yếu tố thiết yếu nhất để có được hạnh phúc trong cuộc sống này là có việc gì đó để làm, có điều gì đó để yêu thương, có điều gì đó để hy vọng.

“Concentrating on 1 thing at a time may be the single most important factor in achieving flow.”

– Tập trung vào 1 việc tại một thời điểm có thể là yếu tố quan trọng nhất để đạt được dòng chảy.

“We are what we repeatedly do. Excellence, then, is not an act but a habit.”

– Chúng ta là những gì chúng ta làm đi làm lại nhiều lần. Vì vậy, sự xuất sắc không phải là một hành động mà là một thói quen.

““He who has a why to live for can bear with almost any how.””

– “Người có lý do để sống có thể chịu đựng được hầu hết mọi việc.”

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35. [Gla07]. Malcolm Gladwell. *Blink: The Power of Thinking Without Thinking.* [reading]

36. [Gla23]. Malcolm Gladwell. *Blink: The Power of Thinking Without Thinking – Trong Chớp Mắt: Sức Mạnh Của Việc Nghĩ Mà Không Cần Suy Nghĩ.* [done]

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38. [Gla22a]. Malcolm Gladwell. *Outliers: The Story of Success – Những Kẻ Xuất Chúng: Cái Nhìn Mới Lại Về Nguồn Gốc Của Thành Công.* [done]

39. [Gla09]. Malcolm Gladwell. *What The Dog Saw: And Other Adventures.* [reading]

40. [Gla19b]. Malcolm Gladwell. *What The Dog Saw: And Other Adventures – Chú Chó Nhìn Thấy Gì?: Lật Tẩy Những Góc Khuất Trong Cuộc Sống Xã Hội.* [done]

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42. [Gla22b]. Malcolm Gladwell. *Talking to Strangers: What We Should Know about the People We Don't Know – Đọc Vị Người lạ: Điều Ta Nên Biết Về Những Người Không Quen Biết.* [done]

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44. [Gla22c]. Malcolm Gladwell. *The Bomber Mafia: A Dream, a Temptation, & the Longest Night of the Second World War – The Bomber Mafia: Giấc Mơ, Cám Dỗ, & Đêm Dài Nhất Trong Thế Chiến II.* [done]

45. [Gla22d]. Malcolm Gladwell. *The Tipping Point: How Little Things Can Make a Big Difference.* [reading]

46. [Gla22e]. *The Tipping Point: How Little Things Can Make a Big Difference – Điểm Bùng Phát: Làm Thế Nào Những Điều Nhỏ Bé Tạo Nên Sự Khác Biệt Lớn Lao?* [done]

47. [Gra13]. ADAM GRANT. *Give & Take: A Revolutionary Approach to Success.* [reading]

48. [Gra20]. Adam Grant. *Originals: How Non-Conformists Move the World – Tư Duy Ngược Dịch Chuyển Thế Giới.* [done]

49. [Gra22a]. Adam Grant. *Give & Take: Why Helping Others Drives Our Success – Cho & Nhận: Vì Sao Giúp Người Đưa Ta Đến Thành Công?* [done]

50. [Gra22b]. Adam Grant. *Think Again: The Power of Knowing What You Don't Know – Dám Nghĩ Lại: Sức Mạnh của Việc Biết Mình Không Biết.* [done]

51. [Gre00]. ROBERT GREENE. *The 48 Laws of Power.* [80696 Amazon ratings][182673 Goodreads ratings]

Amazon review. Amoral, cunning, ruthless, & instructive, this multi-million-copy *New York Times* bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*.

In the book that *People* magazine proclaimed “beguiling” & “fascinating,” ROBERT GREENE & JOOST ELFFERS have distilled 3000 years of the history of power into 48 essential laws by drawing from the philosophies of MACHIAVELLI, SUN TZU, & CARL VON CLAUSEWITZ, & also from the lives of figures ranging from HENRY KISSINGER to P.T. BARNUM.

Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), & many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has 1 thing in common: an interest in total domination. In a bold & arresting 2-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

“Never take your position for granted & never let any favors you receive go to your head.”

“Never waste valuable time, or mental peace of mind, on the affairs of others – that is too high a price to pay.”

“When it comes to power, outshining the master is perhaps the worst mistake of all.”

“Impatience, on the other hand, only makes you look weak. It is a principal impediment to power.”

#### Editorial reviews.

- “MACHIAVELLI has a new rival. & SUN TZU had better watch his back. GREEN ... has put together a checklist of ambitious behavior. Just reading the table of contents is enough to stir a little corner-office lust.” – *New York* magazine
- “Beguiling ... literate ... fascinating. A wry primer for people who desperately want to be on top.” – *People* magazine
- “An heir to MACHIAVELLI’s *Prince* ... gentler souls will find this book frightening, those whose moral compass is oriented solely to power will have a perfect *vade mecum*.” – *Publishers Weekly*
- “Satisfyingly dense ... literary, with fantastic examples of genius power-game players. It’s *The Rules* meets *In Pursuit of Wow!* with a degree in comparative literature.” – *Allure*

52. [Gre23a]. ROBERT GREENE. *The 48 Laws of Power* – Nguyên Tác Chủ Chốt Của Quyền Lực.

[done]

53. [Gre19]. ROBERT GREENE. *The Laws of Human Nature*. [15502 Amazon ratings][22993 Goodreads ratings]

Amazon review. From the #1 New York Times-bestselling author of *The 48 Laws of Power* comes the definitive new book on decoding the behavior of the people around you. ROBERT GREENE is a master guide for millions of readers, distilling ancient wisdom & philosophy into essential texts for seekers of power, understanding & mastery. Now he turns to the most important subject of all – understanding people’s drives & motivations, even when they are unconscious of them themselves.

We are social animals. Our very lives depend on our relationships with people. Knowing why people do what they do is the most important tool we can possess, without which our other talents can only take us so far. Drawing from the ideas & examples of PERICLES, QUEEN ELIZABETH I, MARTIN LUTHER KING JR., & many others, GREENE teaches us how to detach ourselves from our own emotions & master self-control, how to develop the empathy that leads to insight, how to look behind people’s masks, & how to resist conformity to develop your singular sense of purpose. Whether at work, in relationships, or in shaping the world around you, *The Laws of Human Nature* offers brilliant tactics for success, self-improvement, & self-defense.

“Your 1st impulse should always be to find the evidence that disconfirms your most cherished beliefs & those of others. That is true science.”

– Động lực đầu tiên của bạn phải luôn là tìm ra bằng chứng bác bỏ niềm tin ấp ủ nhất của bạn & của người khác. Đó là khoa học đích thực.

“The truth is that we humans live on the surface, reacting emotionally to what people say & do. We form opinions of others & ourselves that are rather simplified. We settle for the easiest & most convenient story to tell ourselves.”

– Sự thật là con người chúng ta sống bề nổi, phản ứng theo cảm xúc với những gì mọi người nói & làm. Chúng ta hình thành quan điểm của người khác và chính mình khá đơn giản. Chúng ta chọn câu chuyện dễ dàng & thuận tiện nhất để kể cho chính mình.

“1st, the laws will work to transform you into a calmer & more strategic observer of people, helping to free you from all the emotional drama that needlessly drains you.”

– Thứ nhất, luật pháp sẽ có tác dụng biến bạn thành một người quan sát mọi người bình tĩnh hơn & có chiến lược hơn, giúp giải phóng bạn khỏi tất cả những bi kịch cảm xúc đang làm bạn kiệt sức một cách không cần thiết.

#### Editorial reviews.

- “The writing is engaging & the ideas are fascinating ... we could all use the insights GREENE provides ... a hopeful book that advocates freedom & creativity.” – *Quartz*
- “The lessons have profound implications. There’s a chapter on reading body language that is absolutely profound; each “law” has stunningly vivid descriptions of an historical figure.” –Inc.
- “*The Laws of Human Nature* provides some 1st-rate comprehensive & in-depth information about how to deal with our fellow human beings effectively. GREENE’s intense curiosity about the inner workings of humanity is contagious, as he invites us to join him as fellow sleuths on his investigation of why people, including ourselves, do what we do. He rightly (& frequently) reminds us that in order to understand others, we must 1st & foremost understand what makes ourselves tick.” – *New York Journal of Books*
- “In this detailed & expansive guide, GREENE (*Mastery*) seeks to ... transform the reader into a ‘calmer & more strategic observer’, immune to ‘emotional drama.’ Those are lofty promises, but even skeptics will become believers after diving into GREENE’s well-organized text. Overcoming the “law of irrationality,” e.g., leads to the ability to “open your mind to what is really happening, as opposed to what you are feeling.” GREENE’s thoughtful examination of self & society will, for the committed reader, deliver a refreshing & revitalizing perspective.” – *Publishers Weekly*
- “GREENE’s specialty is analyzing the lives & philosophies of historical figures like SUN TZU & NAPOLEON, & extracting from them tips on how to manipulate people & situations – a cutthroat worldview that has earned him a devoted following among a like-minded readership of rappers, drug dealers & corporate executives.” – *The New York Times*
- “Compelling.” – *Forbes*



- “Illuminating.” – The Guardian

**About the Author.** ROBERT GREENE is the author of the New York Times bestsellers *The 48 Laws of Power*, *The Art of Seduction*, *The 33 Strategies of War*, & *The 50th Law*. His highly anticipated fifth book, *Mastery*, examines the lives of great historical figures such as Charles Darwin, Mozart, Paul Graham & Henry Ford & distills the traits & universal ingredients that made them masters. In addition to having a strong following within the business world & a deep following in Washington, DC, Greene’s books are hailed by everyone from war historians to the biggest musicians in the industry (including Jay-Z & 50 Cent).

Greene attended U.C. Berkeley & the University of Wisconsin at Madison, where he received a degree in classical studies. He currently lives in Los Angeles.

54. [Gre23b]. ROBERT GREENE. *The Laws of Human Nature – Những Quy Luật Của Bản Chất Con Người*. [done]
55. ROBERT GREENE. *The Art of Seduction*.
56. ROBERT GREENE. *Mastery*.
57. ROBERT GREENE. *The Daily Laws: 366 Meditations on Power, Seduction, Mastery, Strategy, & Human Nature*.
58. ROBERT GREENE. *The 33 Strategies Of War*.
59. ROBERT GREENE. *The 50th Law*.
60. [Har99]. ROBERT D. HARE. *Without Conscience: The Disturbing World of the Psychopaths Among Us*. [reading]
61. [Har17]. FAITH G. HARPER. *Unfuck Your Brain: Getting Over Anxiety, Depression, Anger, Freak-Outs, & Triggers with science (5-Minute Therapy)*.

*“Emotions last longer than 90 seconds because we continue to fuel them with our thoughts. We do this by telling ourselves the same stories about the triggering situation over & over. This is when they stop being emotions & start becoming moods.”*

– Cảm xúc tồn tại lâu hơn 90 giây vì chúng ta tiếp tục tiếp thêm năng lượng cho chúng bằng suy nghĩ của mình. Chúng ta làm điều này bằng cách tự kể cho mình những câu chuyện tương tự về tình huống kích hoạt lặp đi lặp lại. Đây là lúc chúng không còn là cảm xúc & bắt đầu trở thành tâm trạng.

*“Taking care of OURSELVES often becomes a luxury we can’t afford, rather than a necessity we can’t ignore.”*

– Việc chăm sóc BẢN THÂN MÌNH thường trở thành một điều xa xỉ mà chúng ta không thể mua được, hơn là một điều cần thiết mà chúng ta không thể bỏ qua.

*“Most of the time, it takes about 3 months to reestablish equilibrium after a trauma. That is, after about 90 days, our emotional sensors are no longer operating at hyper warp speed mode, & return to normal.”*

– Thông thường, phải mất khoảng 3 tháng để thiết lập lại trạng thái cân bằng sau chấn thương. Tức là, sau khoảng 90 ngày, các cảm biến cảm xúc của chúng ta không còn hoạt động ở chế độ siêu tốc độ nữa, & trở lại bình thường.

**Amazon review.** “A no-nonsense & helpful guide on how to cope with a slew of mental-health issues that are hellbent on ruining the lives of millions of people worldwide.

Our brains do their best to help us out, but every so often they can be real assholes – having melt downs, getting addicted to things, or shutting down completely at the worst possible moments. Your brain knows it’s not good to do these things, but it can’t help it sometimes – especially if it’s obsessing about trauma it can’t overcome. That’s where this life-changing book comes in.

With humor, patient, science, & lots of good-ole swearing, Dr. Faith explains what’s going on in your skull, & talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life, & to deal effectively with old, or newly acquired, traumas (particularly post-traumatic stress disorder).

“As a passionate professor, counselor, & follower of neuroscience research, I strongly recommend *Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, & Triggers*. Dr HARPER’s writing style definitely held my attention & made me laugh many times while still informing me about some complicated neuroscience & health related topics. This book is a wonderful change from all the dry, dull, writing I usually read on a daily basis. I encourage everyone dealing with any of these issues or who is interested in becoming updated in the recent neuroscience research to purchase a copy & start reading it today.” – ALLEN NOVIAN, PhD, LMFT, LPC-S, Adjunct Professor at St. Mary’s University

**About the Author.** Dr. FAITH G. HARPER, ACS, ACN, holds postdoctoral certifications in sexology & applied clinical nutrition & is trained in yoga, meditation, breathwork, mindful movement, & all of those other forms of care that make most people avoid her at parties. In the past, she has worked in academia, community mental health, & private practice as a licensed professional counselor. She maintains a connection with academia through her work with the Society of Indian Psychologists. She lives in San Antonio, TX, with her amazing friends & family & terrible rescue cats. She can be reached through her website, [faithgharper.com](http://faithgharper.com).

62. [Har20]. FAITH G. HARPER. *Unfuck Your Anger: Using Science to Understand Frustration, Rage, & Forgiveness (5-Minute Therapy)*.

Amazon review. “If you’ve ever been so pissed off that you did things that you regretted, or ruined your own day & some other people’s too, this book is for you. Or if you feel angry every single day & it’s affecting your health & sleep & love of life. Or if you’ve got very good reasons to be mad as hell, & you’re aren’t going to take it anymore. Or if you’ve repressed your anger all your life & now it’s all coming out at once. Microcosm Publishing bestseller Dr. FAITH HARPER explains here what the hell is going on in your brain & how to retrain yourself to deal with enraging situations more productively & without torpedoing your relationships. This is Your Brain on Anger gives you a heady dose of neuroscience & cultural explanation of what anger is & what it does to you, & then gives you a handy 4-step checklist to help you deal with maddening situations after (or before) the fact, guidance on getting over things, & a chapter on forgiveness. Your brain actually knows what it’s doing, & anger can be a good thing sometimes – just not if it’s ruining your life.”

[Endorsement] “Dr. FAITH HARPER has done it again. Using the foulest of language, Faith has written a book that explains anger, gives you tools to turn down the volume on anger & presents it in a way where you can actually read the whole fucking book (because it isn’t boring, constipated<sup>12</sup> & dry like most academic tomes). If you think you might be irritable, or if your wife says you are irritable, do yourself a big ass favor, buy this book, read it, put the tools in it into practice. You can thank me later – when you are happier, more connected & less fucking irritable!” – Dr. JOHN SCHINNERER, creator of the Ultimate Anger Management Course, host of *The Evolved Caveman Podcast*, & High Performance Coach at Guide to Self.

63. [Hea21a]. CELESTE HEADLEE. *Do Nothing: How to Break Away from Overworking, Overdoing, & Underliving*. [1321 Amazon ratings][8928 Goodreads ratings]

Amazon review. “A welcome antidotes to our toxic hustle culture of burnout.” – ARIANNA HUFFINGTON

“This book is so important & could truly save lives.” – ELIZABETH GILBERT

“A clarion call to work smarter [&] accomplish more by doing less.” – ADAM GRANT

We work feverishly<sup>13</sup> to make ourselves happy. So why are we so miserable?

Despite our constant search for new ways to optimize our bodies & minds for peak performance, human beings are working more instead of less, living harder not smarter, & becoming more lonely & anxious. We strive for the absolute best in every aspect of our lives, ignoring what we do well naturally & reaching for a bar that keeps rising higher & higher. Why do we measure our time in terms of efficiency instead of meaning? Why can’t we just take a break?

In *Do Nothing*, award-winning journalist CELESTE HEADLEE illuminates a new path ahead, seeking to institute a global shift in our thinking so we can stop sabotaging our well-being, put work aside, & start living instead of doing. As it turns out, we’re searching for external solutions to an internal problem. We won’t find what we’re searching for in punishing diets, productivity apps, or the latest self-improvement schemes. Yet all is not lost – we just need to learn how to take time for ourselves, without agenda or profit, & redefine what is truly worthwhile.

Pulling together threads from history, neuroscience, social science, & even paleontology (cổ sinh vật học). HEADLEE examines long-held assumptions about time use, idleness, hard work, & even our ultimate goals. Her research reveals that the habits we cling to are doing us harm; they developed recently in human history, which means they are habits that can, & must, be broken. It’s time to reverse the trend that’s making us all sadder, sicker, & less productive, & return to a way of life that allows us to thrive.

*“The key to well-being is shared humanity, even though we are pushing further & further toward separation.”*

– Chìa khóa của hạnh phúc là sự chia sẻ của nhân loại, mặc dù chúng ta đang tiến xa hơn nữa đến sự chia ly.

*“Far too many of us have been lured into the cult of efficiency. We are driven, but we long ago lost sight of what we were driving toward. We judge our days based on how efficient they are, not how fulfilling.”*

– Quá nhiều người trong chúng ta đã bị lôi cuốn vào sự sùng bái tính hiệu quả. Chúng ta bị thúc đẩy, nhưng từ lâu chúng ta đã đánh mất những gì chúng ta đang hướng tới. Chúng ta đánh giá một ngày của mình dựa trên mức độ hiệu quả của chúng chứ không phải mức độ thỏa mãn.

Editorial review.

- “A welcome antidote to our toxic hustle culture burnout.” – ARIANNA HUFFINGTON, founder & CEO of Thrive Global
- Do Less, Live More
- “If you’ve ever felt compelled to work harder, this book is a clarion call to work smarter instead. Sometimes you accomplish more by doing less.” – ADAM GRANT
- “Through deep research & evocative storytelling, CELESTE HEADLEE shows us how to break free from constant pressure & live the life we truly want.” – ARIANNA HUFFINGTON, founder & CEO of Thrive Global
- “Despite working harder than ever, people have never been more depressed, anxious, & unhappy. Without a doubt, our modern way of life is not working. In fact, it’s killing us. But what is to be done? With intelligence & compassion, HEADLEE presents realistic solutions for how we can reclaim our health & our humanity from a technological revolution that seems

<sup>12</sup>unable to get rid of waste material from the bowels easily, bị táo bón.

<sup>13</sup>1. in a way that shows strong feelings of excitement or worry, often with a lot of activity or quick movements; 2. in a way that is caused by a fever (= a high temperature).

hell-bent on destroying both. I'm so grateful to have read this book. It delivers on its promise of a better life." – ELIZABETH GILBERT, author of *Big Magic* & *Eat Pray Love*

- "CELESTE HEADLEE makes a powerful case that productivity is not an inherent virtue – if you're not careful, it can become a vice. If you've ever felt compelled to work harder, this book is a clarion call to work smarter instead. Sometimes you accomplish more by doing less." – ADAM GRANT, *New York Times* bestselling author of *Originals*, *Give & Take*, & host of the chart-topping TED podcast *WorkLife*
- "At a time when so many people are feeling overworked, overwhelmed, & addicted to busyness, work, & ever-present technology, CELESTE HEADLEE offers a pathway out. Drawing on extensive research & her own experience, *Do Nothing* is a powerful reminder that taking the time to stop, connect with others, & forge real bonds is vital for building community, fostering empathy, & ultimately leads to joy." – BRIGID SCHULTE, author of the *New York Times* bestselling *Overwhelmed*, & director of The Better Life Lab at New America
- "I needed this book. & chances are you need it, too. CELESTE HEADLEE does something amazing in *Do Nothing*. She battles this hectic, stressful time & highlights the things that makes our lives better. Connection. Experience. Self-care. &, above all, she reminds us to get busy living." – JARED YATES SEXTON, author of *The Man They Wanted Me to Be*
- "In this thought-provoking, well-researched book, CELESTE invites readers to push back against the I'm-too-busy narrative & discover what it means to be truly successful." – LAURA VANDERKAM, author of *Off the Clock* & *I Know How She Does It*
- "This book is honest, heartbreaking, & hopeful. It's that kind of gem that you read & know you need to hear, know you need to embrace, even if it's challenging. Incredibly well-researched & yet never preachy or dull, this book will help us all reclaim a bit of our humanness if we allow it." – NATALY KOGAN, author of *Happier Now*
- "[*Do Nothing*]'s conversational tone draws readers in, & it will appeal to those looking beyond self-help to something more meaningful." – *Booklist*
- "This is neither a self-help book nor a how-to for people looking for a guide for different working habits. Rather, HEADLEE systematically deconstructs the toxicity of hustle culture with historical & scientific research to help readers question their habits & impulses surrounding overwork." – *Shelf Awareness*

**About the Author.** CELESTE HEADLEE is an award-winning journalist & professional speaker, & is the bestselling author of *We Need To Talk: How to Have Conversations That Matter*. She is cohost of the new weekly series *Retro Report* on PBS & season 3 of the *Scene on Radio* podcast – *MEN*. CELESTE serves as an advisory board member for Procon & the Listen 1st Project. In her 20-year career in public radio, CELESTE has been the executive producer of *On 2nd Thought* at Georgia Public Radio & has anchored programs including, *Tell Me More*, *Talk of the Nation*, *All Things Considered*, & *Weekend Edition*. She also cohosted of the national morning news show *The Takeaway* for PRI & WNYC, anchored World Channel's presidential coverage in 2012, & received the 2019 Media Changemaker Award. CELESTE lives in Washington, DC.

64. [Hea21b]. CELESTE HEADLEE. *Do Nothing: How to Break Away from Overworking, Overdoing, & Underliving* – *Lười: 1 Lần Lười Bằng 10 Thang Thuốc Bỏ*.
65. [Hea18]. CELESTE HEADLEE. *We Need to Talk: How to Have Conversations That Matter*. [1115 Amazon ratings][4883 Goodreads ratings]

**Amazon review.** "WE NEED TO TALK." Now in paperback, public radio journalist CELESTE HEADLEE's insightful & urgent book on how to bridge what divides us – by having real conversations. Based on the TED Talk with > 10 · 10<sup>6</sup> views. NPR's Best Books of 2017.

"*We Need to Talk* is an important read for a conversationally-challenged, disconnected age. HEADLEE is a talented, honest storyteller, & her advice has helped me become a better spouse, friend, & mother." – JESSICA LAHEY, author of *New York Times* bestseller *The Gift of Failure*

Today most of us communicate from behind electronic screens, & studies show that Americans feel less connected & more divided than ever before. The blame for some of this disconnect can be attributed to our political landscape, but the erosion of our conversational skills as a society lies with us as individuals.

& the only way forward, says HEADLEE, is to start talking to each other. In *We Need to Talk*, she outlines the strategies that have made her a better conversationalist – & offers simple tools that can improve anyone's communication. E.g.:

- **BE THERE OR GO ELSEWHERE.** Human beings are incapable of multitasking, & this is especially true of tasks that involve language. Think you can type up a few emails while on a business call, or hold a conversation with your child while texting your spouse? Think again.
- **CHECK YOUR BIAS.** The belief that your intelligence protects you more vulnerable to them. We have blind spots that affect the way we view others. Check your bias before you judge someone else.
- **HIDE YOUR PHONE.** Don't just put down your phone, put it away. New research suggests that the mere presence of a cell phone can negatively impact the quality of a conversation.

Whether you're struggling to communicate with your kid's teacher at school, an employee at work, or the people you love the most – HEADLEE offers smart strategies that can help us all have conversations that matter.

Editorial review.

- “Civil discourse is 1 of humanity’s founding institutions & it faces an existential threat: We, the people, need to talk about how we talk to one another. CELESTE HEADLEE shows us how.” – RON FOURNIER, *New York Times* bestselling author of *Love That Boy* & Publisher of *Crain’s Detroit*.
  - “*We Need To Talk* is an important read for a conversationally-challenged, disconnected age. HEADLEE is a talented, honest storyteller, & her advice has helped me become better spouse, friend, & mother.” – JESSICA LAHEY, author of *New York Times* bestseller *The Gift of Failure*
  - “This powerful debut offers 10 strategies for improving conversational skills. Tidbits (mẩu tin nhỏ) from sociological studies & anecdotes from history, including from civil rights activist XERNONA CLAYTON’s groundbreaking conversations with KKK leader CALVIN CRAIG, round out a book that takes its own advice & has much to communicate.” – *Publishers Weekly*
  - “In the course of her career, HEADLEE has interviewed thousands of people from all walks of life & learned that sparking a great conversation is really a matter of a few simple habits that anyone can learn.” – JESSICA STILLMAN, Inc.
  - “This book is necessary . . . HEADLEE’s treatise on creating space for valuable mutual reciprocity is one that should become a handbook in any school, business or even a doctor’s office where the everyday person visits.” – GEORGE ELERICK, *Buzzfeed*
  - “A well-researched & careful analysis of how & why we talk with one another – our strengths & (myriad) weakness . . . A thoughtful discussion & sometimes-passionate plea for civility & consideration in conversation.” – *Kirkus Reviews*
  - “Refreshing honest . . . In the era of the lost art of conversation, HEADLEE helps us find our voice.” – HENRY BASS, *Essence*
  - “The perfect pre-Thanksgiving read to head off family squabbles & turn the holiday meal into a feast of ideas instead of a political fracas.” – KARIN ILLESPIE, AUGUSTA KARIN GILLESPIE, AUGUSTA CHRONICLE
66. [Hou20]. MORGAN HOUSEL. *The Psychology of Money: Timeless lessons on wealth, greed, & happiness*. [56424 Amazon ratings][221313 Goodreads ratings]

Amazon review. Doing well with money isn’t necessarily about what you know. It’s about how you behave. & behavior is hard to teach, even to really smart people.

Money – investing, personal finance, & business decisions – is typically taught as a math-based field, where data & formulas tell us exactly what to do. But in the real world people don’t make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, & odd incentives are scrambled together.

In *The Psychology of Money*, award-winning author MORGAN HOUSEL shares 19 short stories exploring the strange ways people think about money & teaches you how to make better sense of 1 of life’s most important topics.

“There is no reason to risk what you have & need for what you don’t have & don’t need.”

– Không có lý do gì để mạo hiểm những gì bạn có & cần cho những gì bạn không có & không cần.

“Having a strong sense of controlling one’s life is a more dependable predictor of positive feelings of wellbeing than any of the objective conditions of life we have considered.”

– Có ý thức mạnh mẽ về việc kiểm soát cuộc sống của mình là một yếu tố dự báo đáng tin cậy hơn về cảm giác hạnh phúc tích cực hơn bất kỳ điều kiện khách quan nào của cuộc sống mà chúng ta đã xem xét.

“Financial success is not a hard science. It’s a soft skill, where how you behave is more important than what you know.”

– Thành công về mặt tài chính không phải là một môn khoa học khó. Đó là một kỹ năng mềm, trong đó cách bạn cư xử quan trọng hơn những gì bạn biết.

“Therefore, focus less on specific individuals & case studies & more on broad patterns.”

– Do đó, hãy tập trung ít hơn vào các cá nhân cụ thể & nghiên cứu trường hợp & nhiều hơn vào các mô hình chung.

Editorial review.

- “It’s 1 of the best & most original finance books in years.” – JASON ZWEIG, *The Wall Street Journal*
- “*The Psychology of Money* is bursting with interesting ideas & practical takeaways. Quite simply, it is essential reading for anyone interested in being better with money. Everyone should own a copy.” – JAMES CLEAR, author, million-copy bestseller, *Atomic Habits*
- “MORGAN HOUSEL is that rare writer who can translate complex concepts into gripping, easy-to-digest narrative. *The Psychology of Money* is a fast-paced, engaging read that will leave you with both the knowledge to understand why we make bad financial decisions & the tools to make better ones.” – ANNIE DUKE, author, *Thinking in Bets*
- “HOUSEL’s observations often hit the daily double: they say things that haven’t been said before, & they make sense.” – HOWARD MARKS, Director & Co-Chairman, Oaktree Capital & Author, *The Most Important Thing & Mastering the Market Cycle*
- “MORGAN HOUSEL is 1 of the brightest new lights among financial writers. He is accessible to everyone wanting to learn more about the psychology of money. I highly recommend this book.” – JAMES P. O’SHAUGHNESSY, author, *What Works on Wall Street*



- “Few people write about finance with the graceful clarity of MORGAN HOUSEL. *The Psychology of Money* is an essential read for anyone who wants to make wiser decisions or live a richer life.” – DANIEL H. PINK, #1 New York Times Bestselling Author of *When, To Sell Is Human, & Drive* Review

About the Author. MORGAN HOUSEL is a partner at The Collaborative Fund & a former columnist at The Motley Fool & The Wall Street Journal. He is a 2-time winner of the Best in Business Award from the Society of American Business Editors & Writers, winner of the New York Times Sidney Award, & a 2-time finalist for the Gerald Loeb Award for Distinguished Business & Financial Journalism. He serves on the board of directors at Markel. He lives in Seattle with his wife & 2 kids.

67. [IF24a]. KISHIMI ICHIRO, KOGA FUMITAKE. *The Courage to Be Disliked: The Japanese Phenomenon That Shows You How to Change Your Life & Achieve Real Happiness*. [17559 Amazon ratings][90979 Goodreads ratings]

Amazon review. An international bestseller & TikTok sensation with > 10<sup>7</sup> copies sold worldwide, *The Courage to Be Disliked* is a transformative & practical guide to personal happiness & self-fulfillment.

Now you can unlock your full potential & free yourself from the shackles of past traumas & societal expectations to find true personal happiness. Based on the theories of renowned psychologist ALFRED ADLER, this book guides you through the principles of self-forgiveness, self-care, & mind decluttering in a straightforward, easy-to-digest style that's accessible to all.

*The Courage to Be Disliked* unfolds as a dialogue between a philosopher & a young man, who, over the course of 5 enriching conversations, realizes that each of us is in control of our life's direction, independent of past burdens & expectations of others.

Wise, empowering, & profoundly liberating, this book is a life-changing experience that shows you a path to lasting happiness & how to finally be the person you truly want to be. Millions are already benefiting from its teachings – & you can be next.

“Your life is not something that someone gives you, but something you choose yourself, & you are the one who decides how you live.”

– Cuộc sống của bạn không phải là thứ ai đó trao cho bạn mà là thứ bạn tự chọn, & bạn là người quyết định cách mình sống.

“No matter what has occurred in your life up to this point, it should have no bearing at all on how you live from now on.” That you, living in here & now, are the one who determines your own life.”

– Cho dù điều gì đã xảy ra trong cuộc sống của bạn cho đến thời điểm này, nó sẽ không ảnh hưởng gì đến cách bạn sống kể từ bây giờ. Rằng bạn, đang sống ở đây & bây giờ, chính là người quyết định cuộc sống của chính mình.

“You were so afraid of interpersonal relationships that you came to dislike yourself. You’ve avoided interpersonal relationships by disliking yourself.”

– Bạn sợ các mối quan hệ giữa các cá nhân đến mức bạn không thích chính mình. Bạn đã tránh xa các mối quan hệ giữa các cá nhân bằng cách không thích chính mình.

“The important thing is not what one is born with, but what use one makes of that equipment.”

– Điều quan trọng không phải là người ta sinh ra đã có tài năng gì mà là người ta sử dụng thiết bị đó vào việc gì.

Editorial reviews.

- “MARIE KONDO, but for your brain.” – *Hello Giggles*
- “Adlerian psychology meets Stoic philosophy in Socratic dialogue. Compelling from front to back. Highly recommended.” – MARC ANDREESSEN, venture capitalist & founder of Andreessen Horowitz
- “A nuanced discussion of a complex theory, with moments of real philosophical insights . . . [It’s] refreshing & useful to read a philosophy that goes against many contemporary orthodoxies. More than a century since ADLER founded his school of psychology, there’s still insight & novelty in his theories.” – *Quartz*
- “[*The Courage to be Disliked* guides] readers toward achieving happiness & lasting change . . . For those seeking a discourse that helps explain who they are in the world, KISHIMI, KOGA provide an illuminating conversation.” – *Library Journal*

About the Author. ICHIRO KISHIMI was born in Kyoto, where he currently resides. He writes & lectures on Adlerian psychology & provides counseling for youths in psychiatric clinics as a certified counselor & consultant for the Japanese Society of Adlerian Psychology. He is the translator, into Japanese, of selected writings by ALFRED ADLER – *The Science of Living & Problems of Neurosis* – & he is the author of *Introduction to Adlerian Psychology*, in addition to numerous other books.

FUMITAKE KOGA is an award-winning professional writer & author. He has released numerous bestselling works of business-related & general non-fiction. He encountered Adlerian psychology in his late 20s & was deeply affected by its conventional wisdom – defying ideas. Thereafter, KOGA made numerous visits to ICHIRO KISHIMI in Kyoto, gleaned from him the essence of Adlerian psychology, & took down the notes for the classical “dialogue format” method of Greek philosophy that is used in this book.

68. [IF25a]. KISHIMI ICHIRO, KOGA FUMITAKE. *The Courage to Be Disliked: The Japanese Phenomenon That Shows You How to Change Your Life & Achieve Real Happiness* – *Dám Bị Ghét*. [done]

69. [IF24b]. KISHIMI ICHIRO, KOGA FUMITAKE. *The Courage to Be Happy: Discover the Power of Positive Psychology & Choose Happiness Every Day*. [2357 Amazon ratings][7732 Goodreads ratings]

**Amazon review.** In this follow-up to the international bestseller & TikTok sensation *The Courage to Be Disliked*, discover how to reconnect with your true self, experience true happiness, & live the life you want.

*What if 1 simple choice could unlock your destiny?*

Already a major international bestseller, this eye-opening & accessible follow-up to the “compelling” (MARC ANDREESSEN) worldwide phenomenon *The Courage to Be Disliked* shares the powerful teachings of ALFRED ADLER, 1 of the giants of 19th-century psychology, through another illuminating dialogue between the philosopher & the young man.

3 years after their 1st conversation, the young man finds himself disillusioned & disappointed, convinced ADLER’s teachings only work in theory, not in practice. But through further discussions between the philosopher & the young man, they deepen their own understandings of ADLER’s powerful teachings, & learn the tools needed to apply ADLER’s teachings to the chaos of everyday life.

To be read on its own or as a companion to the bestselling 1st book, *The Courage to Be Happy* reveals a bold new way of thinking & living, empowering you to let go of the shackles of past trauma & th expectations of others, & to use this freedom to create the life you truly desire.

Plainspoken yet profoundly moving, reading *The Courage to Be Happy* will light a torch with the power to illuminate your life & brighten the world as we know it. Now you can discover the courage to choose happiness.

*“With regard to memory, think of it like this: from the innumerable events that have happened in a person’s past, that person chooses only those events that are compatible with the present goals, gives meaning to them & turns them into memories. & conversely, events that run counter to the present goals are erased.”*

– Về trí nhớ, hãy nghĩ như thế này: trong vô số sự kiện đã xảy ra trong quá khứ của một người, người đó chỉ chọn những sự kiện phù hợp với mục tiêu hiện tại, gán cho chúng ý nghĩa & biến chúng thành kỷ ức. & ngược lại, những sự kiện đi ngược lại mục tiêu hiện tại sẽ bị xóa.

*“Was one bitten by a dog? Or was one helped by another person? The reason Adlerian psychology is considered a ‘psychology of use’ is this aspect of ‘being able to choose one’s own life’. The past does not decide ‘now’. It is your ‘now’ that decides the past.”*

– Có bị chó cắn không? Hay một người đã được người khác giúp đỡ? Lý do tâm lý học Adlerian được coi là “tâm lý học sử dụng” là do khía cạnh “có thể lựa chọn cuộc sống của chính mình”. Quá khứ không quyết định ‘bây giờ’. Chính cái ‘bây giờ’ của bạn mới quyết định quá khứ.

*“The 2nd stage of problem behavior is ‘attention drawing’.”*

– Giai đoạn thứ 2 của hành vi có vấn đề là ‘thu hút sự chú ý’.

**Author’s Note.** “ALFRED ADLER, the thinker who was 100 years ahead of his time. Though he stands beside Sigmund Freud & CARL GUSTAV JUNG as 1 of the most important figures in the world of psychology, ADLER was for many years a “forgotten giant.” Since the publication of *The Courage to Be Disliked*, the context of ADLER & his school of thought has gone through a remarkable transformation. ADLER has been widely known in Europe & America for some time. But now, after our book spent a record-setting 51 weeks as a #1 bestsheller – having sold millions of copies in South Korea & Japan – I have a strong sense that ADLER is present within many people, & no longer needs introduction. There is something deeply moving about his ideals being accepted in Asia after the passage of 100 years.

*The Courage to Be Disliked* is a kind of map for informing people of the existence of Adlerian psychology, & for giving an overview of ADLER’s ideas. It is a grand map that we put together over the course of several years, with the intention of creating a definitive introduction to Adlerian psychology.

*The Courage to Be Happy*, once more we find the philosopher engaged in a dialogue with the pessimistic youth. 3 years after the conclusion of *The Courage to Be Disliked*, the youth, who has become a teacher with the intention of putting ADLER’s ideas into practice, calls on the philosopher 1 last time. Frustrated with Adlerian psychology & angry with the philosopher for introducing him to ADLER’s ideals, the youth has returned to the philosopher’s study to challenge everything the philosopher taught him & insist that he cease to corrupt other young minds with ideals that don’t hold up in the real world when interacting with real people. Calmly, the philosopher invites the youth to join him for 1 final conversation about having courage not only to take the 1st step toward happiness, but to continue walking along the path of self-improvement in order to love, be self-reliant, & nurture community feeling.

In what way can we make concrete progress on the path to happiness shown in the preceding volume, *The Courage to Be Disliked*? How can we put Adlerian psychology into practice in our everyday lives? & what is that conclusion arrived at by ADLER, “the biggest choice in life,” that everyone must make in order to live in happiness?

The curtain opens once more on this strong-medicine philosophical dialogue. Do you have the *courage* to climb the stairway of understanding with the youth?

70. [IF25b]. Kishimi Ichiro, Koga Fumitake. *The Courage to Be Happy: Discover the Power of Positive Psychology & Choose Happiness Every Day – Dám Hạnh Phúc*. [done]

71. [Jun68]. CARL GUSTAV JUNG. *Man & His Symbols*. [3809 Amazon ratings]. [30082 Goodreads ratings]

**Amazon review.** Explores JUNG’s psychological concepts regarding the nature, function, & importance of man’s symbols as they appear on both the conscious & subconscious level.

About the Author. CARL GUSTAV JUNG (1875–1961) was a Swiss psychiatrist, an influential thinker & the founder of analytical psychology (also known as Jungian psychology). Jung’s radical approach to psychology has been influential in the field of depth psychology & in counter-cultural movements across the globe. JUNG’s radical approach to psychology has been influential in the field of depth psychology & in counter-cultural movements across the globe. JUNG is considered the 1st modern psychologist to state that the human psyche is “by nature religious” & to explore it in depth. His major works include “Analytic Psychology: Its Theory & Practice”, “Man & His Symbols,” “Memories, Dreams, Reflections”, “The Collected Works of Carl G. Jung”, & “The Red Book”.

72. [Jun22]. CARL GUSTAV JUNG. *Man & His Symbols – Con Người & Biểu Tượng: Sự Thông Đạt Từ Những Biểu Tượng Trong Giấc Mơ*. [done]

73. CARL GUSTAV JUNG. *Memories, Dreams, Reflections: An Autobiography*.

74. CARL GUSTAV JUNG. *Modern Man in Search of a Soul*. [2875 Amazon ratings][12714 Goodreads ratings] Recommended by JORDAN B. PETERSON.

Amazon review. 2017 Reprint of 1933 U.S. Edition. Full facsimile of the original edition, not reproduced with Optical Recognition software. Considered by many to be 1 of the most important books in the field of psychology, *Modern Man in Search of a Soul* is a comprehensive introduction to the thought of CARL GUSTAV JUNG. The writing covers a broad array of subjects e.g. gnosticism, theosophy, Eastern philosophy & spirituality in general. The 1st part of the book deals with dream analysis in its practical application, the problems & aims of modern psychotherapy, & also his own theory of psychological types. The middle section addresses JUNG’s beliefs about the stages of life & Archaic man. He also contrasts his own theories with those of SIGMUND FREUD. In the latter parts of the book JUNG discusses psychology & literature & devotes a chapter to the basic postulates of analytical psychology. The last 2 chapters are devoted to the spiritual problem of modern man in aftermath of World War I. He compares it to the flowering of gnosticism in the 2nd century & investigates how psychotherapists are like the clergy.

75. CARL GUSTAV JUNG. *The Collected Works of C. G. Jung, Volume 9 (Part 1): Archetypes & the Collective Unconscious*.

76. CARL GUSTAV JUNG. *Synchronicity: An Acausal Connecting Principle*.

77. CARL GUSTAV JUNG. *Psychology of the Unconscious: A Study of the Transformations & Symbolisms of the Libido (The Collected Works of C. G. Jung – Supplements)*.

78. CARL GUSTAV JUNG. *The Undiscovered Self: With Symbols & the Interpretation of Dreams (Jung Extracts Book 31)*.

79. [Kah22a]. Daniel Kahneman. *Thinking, Fast & Slow – Tư Duy Nhanh & Chậm: Nên Hay Không Nên Tin Vào Trực Giác?*. [done]

80. [Kah22b]. Jennifer B. Kahnweiler. *Quiet Influence – Sức Mạnh của Sự Trầm Lặng – The Introvert’s Guide to Making a Difference*. [done]

81. [Kus04]. HAROLD S. KUSHNER. *When Bad Things Happen to Good People*. [4711 Amazon ratings][19007 Goodreads ratings]  
Amazon review. The #1 bestselling inspirational classic from the nationally known spiritual leader; a source of solace & hope for over 4 million readers.

When HAROLD KUSHNER’s 3-year-old son was diagnosed with a degenerative disease that meant the boy would only live until his early teens, he was faced with 1 of life’s most difficult questions: Why, God? Years later, RABI KUSHNER wrote this straightforward, elegant contemplation of the doubts & fears that arise when tragedy strikes. In these pages, KUSHNER shares his wisdom as a rabbi, a parent, a reader, & a human being. Often imitated but never superseded, *When Bad Things Happen to Good People* is a classic that offers clear thinking & consolation<sup>14</sup> in times of sorrow.

Editorial reviews.

- “Whether religious or not, this book will speak because it touches – profoundly, but simply – on questions no parent & no person can avoid.” – HARVEY COX, Harvard Divinity School
- “*When Bad Things Happen to Good People* offers a moving & humane approach to understanding life’s windstorms.” – ELISABETH KÛBLER-ROSS
- “A touching, heartwarming book for those of us who must content with suffering, & that, of course, is all of us.” – ANDREW M. GREELEY
- “This is a book all humanity needs. It will help you understand the painful vicissitudes of this life & enable you to stand up to them creatively.” – NORMAN VINCENT PEALE

About the Author. HAROLD S. KUSHNER is rabbi laureate of Temple Israel in Natick, Massachusetts, having long served that congregation. He is best known as the author of *When Bad Things Happen to Good People*.

82. [Lem23]. ANNA LEMBKE. *Dopamine Nation: Finding Balance in the Age of Indulgence*. [reading]

<sup>14</sup>sự an ủi.

*“This book is about pleasure. It’s also about pain. Most important, it’s about how to find the delicate balance between the two, & why now more than ever finding balance is essential.”*

– “Cuốn sách này nói về lạc thú. Nó cũng nói về nỗi đau. Nhưng trên hết, nó nói về mối quan hệ giữa lạc thú & nỗi đau, cũng như tầm quan trọng của việc hiểu được mối quan hệ đó để sống 1 cuộc đời đúng nghĩa.” – [Lem24, p. 9]

*“The paradox is that hedonism, the pursuit of pleasure for its own sake, leads to anhedonia, which is the inability to enjoy pleasure of any kind.”*

– Điều nghịch lý là chủ nghĩa khoái lạc, việc theo đuổi thú vui vì lợi ích riêng của nó, dẫn đến anhedonia, tức là không có khả năng tận hưởng bất kỳ loại khoái cảm nào.

*“The reason we’re all so miserable may be because we’re working so hard to avoid being miserable.”*

– Lý do khiến tất cả chúng ta đau khổ đến vậy có thể là vì chúng ta đang cố gắng quá nhiều để tránh bị đau khổ.

*“Dopamine may play a bigger role in the motivation to get a reward than the pleasure of the reward itself. Wanting more than liking.”*

– Dopamine có thể đóng một vai trò lớn hơn trong việc tạo động lực để nhận được phần thưởng hơn là niềm vui khi nhận được phần thưởng đó. Muốn nhiều hơn là thích.

## Editorial Reviews.

- “ANNA LEMBKE deeply understands an experience I hear about often in the therapy room at the nexus between our modern addictions & our primal brains. Her stories of guiding people to find a healthy balance between pleasure & pain have the power to transform your life.” – LORI GOTTLIEB, “Dear Therapist” columnist at *The Atlantic*, *New York Times* bestselling author of *Maybe You Should Talk to Someone*  
– ANNA LEMBKE hiểu sâu sắc về trải nghiệm mà tôi thường nghe thấy trong phòng trị liệu ở mối liên hệ giữa những cơn nghiện hiện đại & bộ não nguyên thủy của chúng ta. Những câu chuyện hướng dẫn mọi người tìm ra sự cân bằng lành mạnh giữa niềm vui và nỗi đau của cô có sức mạnh thay đổi cuộc sống của bạn.
- “Just when you thought you knew all you needed to know about the addiction crisis, along comes Dr. ANNA LEMBKE with her 2nd brilliant book on the topic – this one not about a drug but about the most powerful chemical of all: the dopamine that rules the pain & pleasure centers of our minds. In an era of overconsumption & instant gratification, *Dopamine Nation* explains the personal & societal price of being ruled by the next fix – & how to manage it. No matter what you might find yourself over-indulging in – from the Internet to food to work to sex – you’ll find this book riveting, scary, cogent, & cleverly argued. Lembke weaves patient stories with research, in a voice that’s as empathetic as it is clear-eyed.” – BETH MACY, author of *Washington Post* Best Book of the Year, *New York Times* Notable Book of 2018 & bestseller *Dopesick: Dealers, Doctors, & the Drug Company That Addicted America*  
– Ngay khi bạn nghĩ rằng bạn đã biết tất cả những gì cần biết về cuộc khủng hoảng nghiện ngập thì Tiến sĩ ANNA LEMBKE xuất hiện với cuốn sách xuất sắc thứ 2 về chủ đề này – cuốn sách này không phải về ma túy mà về loại hóa chất mạnh nhất: dopamine điều khiển các trung tâm đau đớn & khoái cảm trong tâm trí chúng ta. Trong thời đại tiêu thụ quá mức & sự hài lòng ngay lập tức, *Dopamine Nation* giải thích cái giá cá nhân & xã hội của việc bị chi phối bởi giải pháp tiếp theo – & cách quản lý nó. Bất kể bạn có thấy mình quá đam mê điều gì - từ Internet, đồ ăn, công việc đến tình dục - bạn sẽ thấy cuốn sách này hấp dẫn, đáng sợ, có sức thuyết phục, & được lập luận một cách khéo léo. Lembke dệt nên những câu chuyện của bệnh nhân bằng nghiên cứu, bằng một giọng nói vừa đồng cảm vừa trong sáng.
- “We all desire a break from our routines & those parts of life that upset us. What if, instead of trying to escape these things, we learn to turn toward them, to reach a peaceful harmony with our selves & the people we share our lives with? Lembke has written a book that radically changes the way we think about mental illness, pleasure, pain, reward, & stress. Turn about it. You’ll be happy you did.” – DANIEL LEVITIN, *New York Times* bestselling author of *The Organized Mind & Successful Aging*  
– Tất cả chúng ta đều mong muốn được thoát khỏi những thói quen thường ngày của mình & những phần cuộc sống khiến chúng ta khó chịu. Điều gì sẽ xảy ra nếu thay vì cố gắng trốn tránh những điều này, chúng ta học cách hướng về phía chúng, đạt được sự hòa hợp yên bình với bản thân và những người mà chúng ta chia sẻ cuộc sống? Lembke đã viết một cuốn sách làm thay đổi hoàn toàn cách chúng ta nghĩ về bệnh tâm thần, niềm vui, nỗi đau, phần thưởng, & căng thẳng. Xoay quanh nó. Bạn sẽ rất vui vì bạn đã làm.
- “Explore[s] the dichotomy between seeking a readily accessible hit of dopamine – from our phones, gambling, or a bag of Fritos – & maintaining healthy, productive, stable lives.” – *The New York Times*, Inside the Bestseller List  
– Khám phá [các] sự phân đôi giữa việc tìm kiếm nguồn dopamine dễ tiếp cận – từ điện thoại, cờ bạc hoặc một túi Fritos – & duy trì cuộc sống khỏe mạnh, hiệu quả, ổn định.
- “[An] eye-opening survey on pleasure-seeking & addiction . . . Readers looking for balance will return to Lembke’s informative & fascinating guidance.” – *Publishers Weekly* (starred review)  
– [Một] cuộc khảo sát mở mang tầm mắt về việc tìm kiếm niềm vui & chứng nghiện . . . Những độc giả đang tìm kiếm sự cân bằng sẽ quay lại với hướng dẫn đầy thông tin & hấp dẫn của Lembke.
- “Fascinating case histories, & a sensible formula for treatment.” – *Kirkus Reviews*  
– Lịch sử các trường hợp hấp dẫn, & một công thức điều trị hợp lý.



83. [Lem24]. ANNA LEMBKE. *Dopamine Nation: Finding Balance in the Age of Indulgence* – Giải Mã Hoóc-môn Dopamine: Sống Cân Bằng Trong Thời Đại Dầy Cám Dỗ. [done]
84. [Lit17]. BRIAN R. LITTLE. *Who Are You, Really? The Surprising Puzzle of Personality*. [done]
85. [Lit23]. BRIAN R. LITTLE. *Who Are You, Really? The Surprising Puzzle of Personality* – Bạn Thật Sự Là Ai? Khám Phá Đáng Kinh Ngạc Về Tính Cách Con Người. [done]
86. [Lon21]. Vũ Hoàng Long (chủ biên). *Học Trường Chuyên – Những Góc Nhìn Đa Chiều*. [done]
87. HENRI POINCARÉ. *Reflections Mathematical Creation*. [done]
88. [Sha23]. Ma Nữ Sha Sha. *Sức Hút Của Sự Diễm Tình*<sup>15</sup>. [done]
89. [Mac15]. Jackson MacKenzie. *Psychopath Free: Recovering From Emotionally Abusive Relationships with Narcissists, Sociopaths, & Other Toxic People*. [done]
90. [Mac23]. Macmart. *Một Cuốn Sách Trầm Cảm*. [reading]
91. [Man23a]. Mark Manson. *The Subtle Art of Not Giving A F\*ck: A Counterintuitive Approach to Living a Good Life*. [reading]
92. [Man23b]. Mark Manson. *The Subtle Art of Not Giving A F\*ck: A Counterintuitive Approach to Living a Good Life* – Nghệ Thuật Tinh Tế của Việc “Đếch” Quan Tâm: Một Cách Tiếp Cận Khác Thường Để Sống Tốt. [done]
93. [Mar23]. Amy Mariaskin. *Phát Triển Các Mối Quan Hệ Khi Mắc OCD*. [done]
94. [McR12]. DAVID MCRANEY. *You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself*.
95. [McR22a]. DAVID MCRANEY. *You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself* – Bạn Không Thông Minh Lắm Dâu. [done]
96. [McR14]. DAVID MCRANEY. *You are Now Less Dumb: How to Conquer Mob Mentality, How to Buy Happiness, & All the Other Ways to Outsmart Yourself*.
97. [McR22b]. DAVID MCRANEY. *You are Now Less Dumb: How to Conquer Mob Mentality, How to Buy Happiness, & All the Other Ways to Outsmart Yourself* – Bạn Đỡ Ngủ Ngờ Rồi Đây. [done]
98. [Min22]. Cao Minh. *Thiên Tài Bên Trái, Kẻ Diên Bên Phải*. [done]
99. [Mir17]. DEBBIE MIRZA. *The Covert Passive Aggressive Narcissist: Recognizing the Traits & Finding Healing After Hidden Emotional & Psychological Abuse (The Narcissism Series)*. [4420 Amazon ratings][2497 Goodreads ratings] [done]

Amazon review. Do you feel confused & exhausted by a relationship, & you can't figure out why? Do you feel like you can't think straight, & the person in your life seems fine, so you wonder if maybe you are the problem?

Has someone mentioned you might be with a narcissist, or you wonder yourself, & when you research narcissism, they don't seem completely fit the description, although some of the traits do ring true?

*The Covert Passive Aggressive Narcissist* is the most comprehensive & helpful book on the topic of covert narcissism. Also available in Spanish as *El Nacisista Pasivo Agresivo*. Find the answers you are looking for. This book delivers:

- A list of traits of the covert narcissist & how they look like in daily life
- The differences between an overt & a covert narcissist
- A checklist to see if you are with a covert narcissist
- Real-life stories to illustrate what these traits look like
- Explanations of different covert techniques narcissists use to control & manipulate
- A chapter dedicated to what sex looks like with a covert narcissist
- Descriptions of covertly narcissist parents Information on what it looks like to have a covertly narcissistic boss or co-worker
- A chapter on healing to help give you tools & hope for a beautiful future, free of toxic relationships.

You will see that you are not crazy, that your instincts are correct, & you will learn how to see through covert manipulation & control.

The most common description a survivor of this type of relationship will use is crazy-making. The emotional abuse & gaslighting makes you question your own view of reality, & sometimes your own sanity. You will know after reading this book if the person you are with is a covert narcissist, & your experience with them will begin to make sense for the 1st time.

When most people think of a narcissist, they think of someone who is grandiose, obviously self-absorbed, sees themselves as superior to others, & throws fits of rage when they don't get their way. But what if the narcissists is 1 of the nicest people

<sup>15</sup>Especially for highly sensitive girls & women.

you've ever met? What if they are a great listener, seem to care about others, or are a pillar of the community? What if they are the mother that volunteers at the school, the husband that your friends wish they had, the boss that your co-workers feel so lucky to work for? Parents, spouses, partners, bosses, & friends who are covert narcissists come across as the nicest people. They can be spiritual leaders, therapists, moms who bring over casseroles to needy people, & bosses who everyone loves.

A covert narcissist has the same traits of narcissism as the well-known overt type. The difference is when they control & manipulate, when they demean & devalue you, it is done in such a subtle way you don't notice it.

This type of narcissism is 1 of the most damaging forms because the abuse is so hidden & so insidious. You can be in a relationship with a covert narcissist that can last for decades & not realize you are being psychologically & emotionally controlled, manipulated, & abused. There are no visible scars with this form of abuse, & you are usually the only one that experiences their destructive & psychologically debilitating behavior.

*Living with a covert narcissist drains your spirit & leaves you questioning your own reality.*

You have been lied to for years, & it is time to finally see the truth of what you have been through, who you really are, & how much you deserve love & happiness.

*"Narcissists are deeply unhappy people. They get jealous of you when you are experiencing life & happiness. They do not want you to be happy & strong as those feelings threaten their ability to control you."*

Những người ái kỷ là những người vô cùng bất hạnh. Họ ghen tị với bạn khi bạn đang trải nghiệm cuộc sống & hạnh phúc. Họ không muốn bạn hạnh phúc & mạnh mẽ vì những cảm xúc đó đe dọa khả năng kiểm soát bạn của họ.

*"CNs are very passive. They put the responsibility on you to make sure they are happy & blame you when they're not."*

– CN rất thụ động. Họ đặt trách nhiệm lên bạn để đảm bảo rằng họ hạnh phúc & đổ lỗi cho bạn khi họ không hạnh phúc.

*"The thing you start noticing when you become aware of the issues with the CN is that most of what they say about you is actually a projection of what is true of them."*

– Điều bạn bắt đầu nhận thấy khi nhận thức được các vấn đề của CN là hầu hết những gì họ nói về bạn thực ra chỉ là sự phản ánh những gì đúng về họ.

*"When you are with a CN, you can never win no matter what you do. They will never be fully satisfied with you. You will never be good enough in their eyes. They have to have something they can hold over you in order to control & manipulate you."*

– Khi bạn ở với CN, bạn không bao giờ có thể thắng được dù bạn có làm gì đi nữa. Họ sẽ không bao giờ hoàn toàn hài lòng với bạn. Bạn sẽ không bao giờ đủ tốt trong mắt họ. Họ phải có thứ gì đó có thể khống chế bạn để kiểm soát & thao túng bạn.

#### Editorial reviews.

- *The Covert Passive-Aggressive Narcissist* belongs on passive-aggressive every survivor's bookshelf. DEBBIE MIRZA's book is a compassionate & healing resource for anyone seeking relief after narcissistic abuse. She clearly identifies subtle red flags that are often so difficult for survivors to pinpoint, while also encouraging the reader to look inward for solutions. Her warm & encouraging words are like receiving a written hug when you need it most." – JACKSON MACKENZIE, author of *Psychopath Free & Whole Again*
- "This is an insight book for therapists working with complex trauma &/or Complex-PTSD. Clinicians can diagnose "text-book" narcissism. However, covert passive-aggressive narcissism is difficult to identify & not widely recognized in the field of mental health therapy. DEBBIE shines a light on interpersonal relationships with a CPAN by naming experiences & behavioral patterns. As a clinical social worker, I love this book & use it as a basis of understanding clients who have experienced emotional & psychological abuse by someone they love. Thank you for having the wisdom to write this book & validate the invisible scars of survivors because this is where healing begins." – DENISE MALM, LSWAIC, GMHS
- "The Covert Passive-Aggressive Narcissist brings a massive sigh of relief to people who have been involved with, were raised by, or worked with someone who has made them feel crazy, exhausted, depressed, unworthy, guilty, terrified, & chronically anxious, while they charmed & amazed others. DEBBIE MIRZA provides insight, answers, & healing to those who have wondered whether they have been abused by a narcissist but have not found themselves or their answers in the current literature on Narcissist Abuse. As a Clinical Psychologist for over 20 years, I find that *The Covert Passive-Aggressive Narcissist* fills in the missing pieces in this field for clinicians & victims alike. DEBBIE clarifies this phenomenon/personality disorder when I have struggled to explain it in my own life & in the stories of countless patients. You aren't crazy: this book helps you identify & name the abuse – so you can be free to truly reclaim your life." – ROBIN LW ALCHIN, PhD, Clinical Psychologist
- "Passive-aggression. Narcissism. These terms are bandied about in 21st-century America, often without a clear definition, & without understanding how to respond effectively once they are recognized. Enter DEBBIE MIRZA, & her brilliant, immensely helpful book, *The Covert Passive-Aggressive Narcissist*. She realized that passive-aggression & narcissism coexist, that these behaviors are epidemic in our culture & that millions of people are guilty of them. She realized it because she herself was once the target of a Covert Passive-Aggressive Narcissist (CN). After finding her way out, she used her experience to write her book, & in so doing, she is helping other targets to escape from their base relationships. Chap. 3 uniquely describes those who are likely to be victimized by CNs: empathic, compassionate, nurturing, trusting, dependable, flexible – all the positive

traits of beautiful human beings. Their task is to realize their sense of self-worth in order to extricate themselves from the grip of the Ctextbook & to find peace. The book offers multiple strategies for doing so, including a checklist of *Traits of Real Love*, so that the survivor recognizes it when it is found. It is a book to be read & re-read by clients & therapists alike, as it is an important contribution to self-help literature.” – JUDY M. SOBCZAK, Ph.D., Licensed Psychologist

- “As a psychotherapist, this book has proven to be an outstanding, effective tool to help clients in these types of relationships be able to finally understand & clearly know what they are dealing with. The author does an excellent job of clearly identifying & providing a name to all the “crazy-making” behaviors the covert passive-aggressive narcissist does in order to make my clients feel like they are never enough. It identifies those gaslighting behaviors, dissects, & defines them 1 by 1, in a clear, concise way with lots of real-life examples. Before I read this book, I didn’t have the words to describe a dysfunctional relationship of this sort. Now I do . . . & it has made a world of difference to my clients by not only improving their lives but also eliminating depression & anxiety symptoms which were a result of the covert passive aggressive narcissist’s behaviors.” – PAM HAUKE, MSW, LCSW, SAC

**From the Author.** “Dear Reader, Writing this book was a passion project for me. I had you in mind with every word. I wrote this book so you could have the answers you have been looking for, the clarity you deserve. If you have come to this book, I imagine you are probably in a relationship, or coming out of one that has been incredibly confusing & hurtful. You have most likely thought the issues in the relationship were your fault. You have either been told this by your partner, parent, friend, sibling, or co-worker, or given this message through subtle means. You may be questioning your own reality & are filled with self-doubt. Your physical health has been affected. The light inside you has dimmed. This person you have experienced is probably well liked, which makes this even more confusing. They may even do things to help others or are in a profession where they are revered. They could even be looked up to as a guru, a therapist, a pastor, a leader of some kind. They are probably successful, charming, & appear sincere. I know what it is like to be utterly confused by a relationship with someone you love deeply & honestly. I know what it is like to have the life inside you slowly drain away until you are an exhausted version of yourself with low self-esteem & little self-confidence. Covert narcissism is the most confusing & crazy making type of narcissism. These people have the same traits as the well-known overt narcissist, but the way they manifest is very different. You can live with a covert narcissist for years & not see through their behavior. Years ago, I searched for answers to help with my own confusion. I read many books on narcissism but could not find any on the covert type. After years of piecing together information from various sources, I decided to write the book I had needed & couldn’t find so other survivors, like you, would have the information that would help you heal, all in 1 place. In preparation for this book, I interviewed > 100 survivors. I also spoke with therapists in this field. I did in-depth research on the topic because I wanted to make sure this book would be accurate, comprehensive, & incredibly helpful for you. You deserve that. As I met more & more people who have experienced this type of relationship, my heart was affected tremendously. Witnessing their pain, their wounded hearts, & their strength was humbling & brought out a fierceness in me that made me want to make this the most helpful book I possibly could. In this book, I explain the traits of a covert narcissist. I share lots of stories from people I’ve interviewed to illustrate the traits. I also spend a lot of time talking about healing. If you have read this far, my hunch is you have probably been through or are going through a tremendously difficult & crazy-making experience with a covert narcissist. You deserve to find clarity & ultimately heal the wounds this relationship has caused. I go into further depth of how to heal in another book I wrote called, *The Safest Place Possible*, where I share some of my own personal stories & the process I went through to heal. Being with a covert narcissist can take you far away from the person you really are. My hope is this book will help bring you back to your stunning self. May you find all the answers you are looking for & come to a place of freedom & peace. That may not feel possible right now, but trust me, it is. With love, DEBBIE MIRZA

**About the Author.** DEBBIE MIRZA is an author, restorative coach, & singer/songwriter. She is the author of the best-selling book, *The Covert Passive Aggressive Narcissist: Recognizing the Traits & Finding Healing After Hidden Emotional & Psychological Abuse*, which has helped thousands of people around the world understand the most hidden & insidious form of narcissism that is currently affecting millions of people without them realizing what they are dealing with (this book is now available in Spanish), & *The Safest Place Possible: A Guide to Healing & Transformation*, a book about the power of self-love to heal after emotional & psychological trauma. This book includes some of Debbie’s personal story of healing, as well as 21 practical, gentle exercises of self-love. As a coach, she works with people who are coming out of relationships with covert narcissists, helping men & women recognize the truth of what they have experienced, & come back to their genuine magnificence. She offers online courses as well as guided meditations & calming music to help with the healing process on her website. Her debut album, *Soul Rising* can be found on Amazon, iTunes, CDbaby, & Google Play. You can also find Debbie on her YouTube channel as well as a private online support group she created on Facebook. Learn more about DEBBIE’s work & offerings at [debbiemirza.com](http://debbiemirza.com).

100. DEBBIE MIRZA. *Worthy of Love: A Gentle & Restorative Path to Healing After Narcissistic Abuse (The Narcissism Series)*. [292 Amazon ratings][144 Goodreads ratings]
101. DEBBIE MIRZA. *The Safest Place Possible: A Guide to Healing & Transformation*.
102. DEBBIE MIRZA. *Rewriting False Messages from Narcissists & Toxic People: A Guide & Meditation*.
103. [Mur11]. JOSEPH MURPHY. *The Power of Subconscious Mind*. [reading]
104. [Mur21b]. JOSEPH MURPHY. *The Power of Subconscious Mind – Sức Mạnh Tiềm Thức*. [done]
105. [Ngo25]. LÊ BẢO NGỌC. *Không Phải Sói Nhưng Cũng Đừng Là Cừu*. [done]

106. [Pec03]. M. SCOTT PECK. *The Road Less Traveled, Timeless Edition: A New Psychology of Love, Traditional Values & Spiritual Growth*.
107. [Pec24]. *The Road Less Traveled, Timeless Edition: A New Psychology of Love, Traditional Values & Spiritual Growth – Con Đường Chẳng Mấy Ai Đi: Tâm Lý Học Kinh Điển Về Tình Yêu, Phẩm Giá & Hành Trình Trưởng Thành Tinh Thần*. [done]
108. [PG23]. Mike Phipps, Colin Gautreys. *Mưu Hèn Kết Bẩn Nơi Công Sở. Tập 1: Nghệ Thuật Nhận Biết & Phòng Tránh “Tiểu Nhân” Trong Công Việc*. [done]
109. [Boo23]. Alpha Books. *Mưu Hèn Kết Bẩn Nơi Công Sở. Tập 2: Nghệ Thuật Thăng Tiến Trong Sự Nghiệp*. [done]
110. [Rut20]. Albert Rutherford. *The Art of Thinking Critically: Ask Great Questions, Spot Illogical Reasoning, & Make Sharp Arguments (The critical Thinker Book 5)*. [reading]
111. [Rut22]. Albert Rutherford. *Rèn Luyện Tư Duy Phản Biện*. [done]
112. [Rut23]. Albert Rutherford. *The Art of Thinking Critically: Ask Great Questions, Spot Illogical Reasoning, & Make Sharp Arguments – Nghệ Thuật Tư Duy Phản Biện*. [done]
113. [SG17]. Sheryl Sandberg, Adam Grant. *Option B: Facing Adversity, Building Resilience, & Finding Joy*. [reading]
114. [SG19]. Sheryl Sandberg, Adam Grant. *Option B: Facing Adversity, Building Resilience, & Finding Joy – Phương Án B: Đối Mặt Nghịch Cảnh, Rèn Tính Kiên Cường, & Tìm Lại Niềm Vui*. [done]
115. [Sch19]. David J. Schwartz. *The Magic of Thinking Big – Dám Nghĩ Lớn*. [done]
116. [Sim11]. George Simon Jr. *Character Disturbance: The Phenomenon of Our Age*. [done]
117. [Sim10]. George Simon Jr. *In Sheep’s Clothing: Understanding & Dealing with Manipulative People*. [reading]
118. [Sim25]. George K. Simon. *In Sheep’s Clothing: Understanding & Dealing with Manipulative People – Sói Đội Lốt Cừu: Kẻ Hiếu Chiến Ngầm & Các Thủ Thuật Thao Tung Tâm Lý*. [done]
119. [Sol15]. ANDREW SOLOMON. *The Noonday Demon: An Atlas of Depression*. [reading]

Prize. National Book Award Winner 2001. Lambda Literary Award Winner 2002.

Amazon review. *The Noonday Demon* is ANDREW SOLOMON’s National Book Award-winning, bestselling, & transformative masterpiece on depression – “the book for a generation, elegantly written, meticulously researched, empathetic, & enlightening” (*Time*) – now with a major new chapter covering recently introduced & novel treatments, suicide & anti-depressants, pregnancy & depression, & much more.

*The Noonday Demon* examines depression in personal, cultural, & scientific terms. Drawing on his own struggles with the illness & interviews with fellow sufferers, doctors, & scientists, policy makers & politicians, drug designers, & philosophers, ANDREW SOLOMON reveals the subtle complexities & sheer agony of the disease as well as the reasons for hope. He confronts the challenge of defining the illness & describes the vast range of available medications & treatments, & the impact the malady has on various demographic populations – around the world & throughout history. He also explores the thorny patch of moral & ethical questions posed by biological explanations for mental illness. With uncommon humanity, candor, with, & erudition, award-winning author SOLOMON takes readers on a journey of incomparable range & resonance into the most pervasive of family secrets. His contribution to our understanding not only of mental illness but also of the human condition is truly stunning.”

#### Editorial Reviews.

- “All encompassing, brave, & deeply humane . . . It is open-minded, critically informed, & poetic at the same time, & despite the nature of its subject it is written with far too much élan & elegance ever to become depressing itself.” – RICHARD BERNSTEIN, *The New York Times*
- “*The Noonday Demon* is the ideal & definitive book on depression. There is nothing falsely consoling about this account, which is the opposite of a bromide<sup>16</sup>, unless to be accompanied by so much intelligence & understanding is a consolation in itself.” – EDMUND WHITE, author of *A Boy’s Own Story & The Flaneur*
- “An exhaustively researched, provocative, & often deeply moving survey of depression . . . original & vividly recounted, SOLOMON writes engagingly; his style is intimate & anecdotal . . . witty & persuasive. Overall . . . *The Noonday Demon* is a considerable accomplishment. It is likely to provoke discussion & controversy, & its generous assortment of voices, from the pathological to the philosophical, makes for rich, variegated reading.” – JOYCE CAROL OATES, *The New York Times Book Review*
- “The book for a generation . . . Solomon interweaves<sup>17</sup> a personal narrative with scientific, philosophical, historical, political, & cultural insights. . . . The result is an elegantly written, meticulously researched book that is empathetic & enlightening, scholarly & useful . . . Solomon apologizes that ‘no book can span the reach of human suffering.’ This one comes close.” – CHRISTINE WHITEHOUSE. *Time*

<sup>16</sup>a chemical which contains bromine, used, especially in the past, to make people feel calm.

<sup>17</sup>to twist together 2 or more pieces of thread, wool, etc.



- “Both heartrending & fascinating . . . the book has a scope & passionate intelligence that gives it intrigue as well as heft.” – GAIL CALDWELL, *The Boston Globe*
- “*The Noonday Demon* explores the subterranean<sup>18</sup> realms of an illness which is on the point of becoming endemic, & which more than anything else mirrors the present state of our civilization & its profound discontents. As wide-ranging as it is incisive, this astonishing work is a testimony both to the muted suffering of millions & to the great courage it must have taken the author to set his mind against it.” – W. G. EMILY NUSSBAUM, *The Village Voice*
- “A wrenching candid, fascinating, & exhaustive tour of 1 of the darker chambers of the human heart.” – DANIEL GOLEMAN, author of *Emotional Intelligence*
- “Everyone will find a piece of himself in Solomon’s account, even if he has been spared the experience of watching that kernel blossom into a monstrous & strangling plant . . . Solomon shows bravery & rigor.” – CHRISTOPHER CALDWELL, *Slate magazine*
- “Exhaustive & eloquent<sup>19</sup>.” – MARIA RUSSO, Salon.com
- “*The Noonday Demon* is an amazingly rich & absorbing work that deals with depression on many levels of perception. In its flow of insights & its scope – encompassing not only the author’s own ordeal but also keen inquiries into the biological, social, & political aspects of the illness – *The Noonday Demon* has achieved a level of authority that should assure its place among the few indispensable works on depression.” – WILLIAM STYRON, author of *Darkness Visible*
- “ANDREW SOLOMON’s *The Noonday Demon* is immensely readable & should be universally useful. It is indeed an atlas of depression, sensitively chronicling the illness’s characteristics, social & cultural history, modes of treatment, & prospects. What makes it remarkable is a highly individual blend of the personal & the dispassionate, the work of a benign intelligence.” – HAROLD BLOOM, author of *How to Read & Why & Shakespeare: The Invention of the Human*
- “Frank . . . clearheaded [&] valuable . . .” – *Entertainment Weekly*
- “Compulsively readable, harrowing, & helpful, *The Noonday Demon* is an act of redemption in an epidemic of sorrow.” – LOUISE ERDRICH, author of *Love Medicine & The Antelope Wife*
- “SOLOMON’s done his homework . . . smart, lucid, & sometimes intensely moving.” – DAVID GATE, *Newsweek*
- “As the great Flaubert discovered, it’s hard to write about boring people without being boring yourself. Similarly, it’s hard to write at length about depression without depressing the reader. Yet in *The Noonday Demon*, ANDREW SOLOMON, through his candor, intellectual elegance, & ultimately his human resilience, manages to write of traumas both deep & ordinary without leaving the reader traumatized. His book is a large achievement.” – LARRY MCMURTRY, Pulitzer Prize-winning author of *Lonesome Dove*
- “SOLOMON’s highly readable, tag-all-bases new book . . . gives us nothing less than an evolving portrait of who, collectively, we are . . . ambitious & broadly synthesizing . . . [written with] considerable stylistic grace . . . SOLOMON is knowledgeable, trenchant, & an admirable distiller of facts & perspectives.” – SVEN BIRKERTS, *The New York Observer*

About the Author. ANDREW SOLOMON is a professor of psychology at Columbia University, president of PEN American Center, & a regular contributor to The New Yorker, NPR, & The New York Times Magazine. A lecturer & activist, he is the author of *Far & Away: Essays from the Brink of Change: Seven Continents, Twenty-Five Years*; the National Book Critics Circle Award-winner *Far from the Tree: Parents, Children, & the Search for Identity*, which has won thirty additional national awards; & *The Noonday Demon: An Atlas of Depression*, which won the 2001 National Book Award, was a finalist for the Pulitzer Prize, & has been published in twenty-four languages. He has also written a novel, *A Stone Boat*, which was a finalist for the Los Angeles Times First Fiction Award & *The Irony Tower: Soviet Artists in a Time of Glasnost*. His TED talks have been viewed over ten million times. He lives in New York & London & is a dual national. For more information, visit the author’s website at [AndrewSolomon.com](http://AndrewSolomon.com).

YouTube.

- [YouTube/ANDREW SOLOMON: Trầm cảm, những bí mật được sẻ chia.](#) [done]

120. [Sto06]. MARTHA STOUT. *The Sociopath Next Door*. [reading]

121. [Sto19]. MARTHA STOUT. *The Sociopath Next Door – Kẻ Ác Cảnh Bên*. [done]

122. Martha Stout. *The Myth of Sanity: Divided Consciousness & the Promise of Awareness*.

123. [Tha22]. Richard H. Thaler. *Misbehaving: The Making of Behavioral Economics – Tất Cả Chúng Ta Đều Hành Xử Cảm Tính: Sự Hình Thành Kinh Tế Học Hành Vi*. [reading]

124. [Tho16]. SHANNON THOMAS, LCSW. *Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse*. [3461 Amazon ratings][2519 Goodreads ratings]

Amazon review. Within every community, toxic people can be found hiding in families, couples, companies, & places of worship. The cryptic nature of psychological abuse involves repetitious mind games played by 1 individual or a group of

<sup>18</sup>under the ground.

<sup>19</sup>1. able to use language & express your opinions well, especially when you are speaking in public; 2. (of a look or movement) able to express a feeling, có tài hùng biện.

people. Psychological abuse leaves no bruises. There are no broken bones. There are no holes in the walls. The bruises, brokenness, & holes are held tightly within the target of the abuse. *Healing from Hidden Abuse* walks the reader through each of the 6 recovery stages researched & developed by the author. The stages are Despair, Education, Awakening, Boundaries, Restoration, & Maintenance. A guided Personal Reflections journal is included in the back of the book to help the reader go deeper in their application of the 6 stages of recovery. The journal can be used individually or in a small group setting.

– Trong mọi cộng đồng, những người độc hại có thể ẩn náu trong gia đình, cặp vợ chồng, công ty, nơi thờ cúng. Bản chất khó hiểu của lạm dụng tâm lý bao gồm các trò chơi trí óc lặp đi lặp lại do một cá nhân hoặc một nhóm người chơi. Bạo hành tinh thần không để lại vết bầm tím. Không có xương gãy. Không có lỗ trên tường. Những vết bầm tím, gãy xương, lỗ thủng được giữ chặt trong mục tiêu bị lạm dụng. *Healing from Hidden Abuse* hướng dẫn người đọc qua từng giai đoạn trong số 6 giai đoạn phục hồi do tác giả nghiên cứu & phát triển. Các giai đoạn là Tuyệt vọng, Giáo dục, Thức tỉnh, Ranh giới, Phục hồi, & Bảo trì. Một nhật ký Suy ngẫm Cá nhân có hướng dẫn được đính kèm ở cuối cuốn sách để giúp người đọc tìm hiểu sâu hơn trong việc áp dụng 6 giai đoạn phục hồi. Nhật ký có thể được sử dụng riêng lẻ hoặc trong một nhóm nhỏ.

- “Psychological abusers do not take responsibility for their actions, so that must be flung onto someone else.”  
– Những kẻ bạo hành tâm lý không chịu trách nhiệm về hành động của mình nên việc đó phải đổ lên người khác.
- “The core inherent faulty thinking of abusers is that everything revolves around them.”  
– Suy nghĩ sai lầm cố hữu cốt lõi của những kẻ bạo hành là mọi thứ đều xoay quanh họ.
- “Abusers like to target people who have something they do not or cannot possess themselves.”  
– Những kẻ bạo hành thích nhắm vào những người có thứ gì đó mà bản thân họ không có hoặc không thể sở hữu.

#### Editorial reviews.

- “Compassionate & well-researched, a must read for anyone healing from psychological abuse. The warm, conversational writing style & SHANNON THOMAS professional experience combine to make the perfect recovery resource.” – JACKSON MACKENZIE, author of *Psychopath Free* & cofounder of [PsychopathFree.com](http://PsychopathFree.com), an online support community that reaches millions of abuse survivors each month.  
– Từ bi/động lòng trắc ẩn & được nghiên cứu kỹ lưỡng, một cuốn sách phải đọc cho bất kỳ ai đang chữa lành khỏi sự lạm dụng tâm lý. Phong cách viết mang tính trò chuyện, ấm áp của & SHANNON THOMAS trải nghiệm chuyên môn kết hợp với nhau để tạo nên nguồn tài nguyên phục hồi hoàn hảo.
- “SHANNON THOMAS has written an important book about something ugly, hidden, & difficult to describe. Psychological abuse. How is it possible that 1 person can gain so much power to destroy another person’s sense of worth, safety, & sanity? SHANNON tells you how, but more importantly, she gives you a roadmap that helps you wake up, break free, heal, & rebuild your shattered life.” – LESLIE VERNICK LCSW, counselor, coach, speaker, & author of *The Emotionally Destructive Marriage & The Emotionally Destructive Relationship*.  
– SHANNON THOMAS đã viết một cuốn sách quan trọng về một điều gì đó xấu xí, ẩn giấu, & khó diễn tả. Lạm dụng tâm lý. Làm sao mà một người có thể có được nhiều quyền lực đến vậy để phá hủy cảm giác về giá trị, sự an toàn và sự tinh tảo của người khác? SHANNON cho bạn biết cách thực hiện, nhưng quan trọng hơn, cô ấy đưa ra lộ trình giúp bạn thức dậy, thoát ra, chữa lành, & xây dựng lại cuộc đời tan vỡ của mình.
- “Few writers are able to connect research, experience, & intuitive understanding as SHANNON THOMAS does in her groundbreaking new book for survivors of emotional & psychological trauma. In *Healing from Hidden Abuse*, you will find not only evidence of SHANNON’s expertise as a therapist who has worked with clients suffering from the trauma of covert psychological abuse, but also her powerful mastery of the crucial questions that are needed in order to work through the trauma & heal.” – SHAHIDA ARABI, author of *Becoming the Narcissist’s Nightmare: How to Devalue & Discard the Narcissist While Supplying Yourself* & founder of *Self-Care Haven*  
– Rất ít nhà văn có thể kết nối nghiên cứu, kinh nghiệm, & hiểu biết trực quan như SHANNON THOMAS đã làm trong cuốn sách mới mang tính đột phá của mình dành cho những người sống sót sau chấn thương tâm lý & tâm lý. Trong *Healing from Hidden Abuse*, bạn sẽ không chỉ tìm thấy bằng chứng về chuyên môn của SHANNON với tư cách là một nhà trị liệu đã làm việc với những khách hàng bị tổn thương do lạm dụng tâm lý bí mật, mà còn cả khả năng thông thạo mạnh mẽ của cô ấy về những điều quan trọng những câu hỏi cần thiết để vượt qua tổn thương & chữa lành.
- “In her book, *Healing from Hidden Abuse*, SHANNON THOMAS offers words of wisdom & hope as she shines a spotlight on this necessary topic. Clearly she gets it, & her explanations of the steps involved in healing are spot on. Not only will you find the body of the book helpful, she goes a step further by offering a detailed guided journal at the end. This resource is a valuable tool for both therapist & patient.” Dr. LES CARTER, author of *Enough About You, Let’s Talk About Me* & create of [MarriagePath.com](http://MarriagePath.com).  
– Trong cuốn sách của mình, *Healing from Hidden Abuse*, SHANNON THOMAS đưa ra những lời khôn ngoan & hy vọng khi cô làm nổi bật chủ đề cần thiết này. Rõ ràng là cô ấy hiểu điều đó, & những lời giải thích của cô ấy về các bước liên quan đến việc chữa bệnh rất chính xác. Bạn không chỉ thấy nội dung cuốn sách hữu ích mà cô ấy còn tiến một bước xa hơn bằng cách cung cấp một nhật ký có hướng dẫn chi tiết ở cuối. Tài nguyên này là một công cụ có giá trị cho cả nhà trị liệu & bệnh nhân.

About the Author. SHANNON THOMAS, LCSW is the international bestselling author of *Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse & Exposing Financial Abuse: When Money is a Weapon*, & the owner/lead therapist of an award-winning counseling practice in Southlake, TX.

Bridging clinical advice with pop culture language, THOMAS approaches her counseling work & writing from the lens of a therapist & as a fellow survivor of psychological abuse. Her 1st book, *Healing from Hidden Abuse*, is an international bestseller, has been published in multiple languages, & serves as a road map for book studies & host groups in 11 countries & 35 states across the United States. THOMAS also coined the “6 Stages of Healing from Hidden Abuse” model, which has been met with favorable reviews & high applause from readers & medical professionals across the world.

THOMAS has been featured in top media outlets including The Oprah Magazine, Associated Press, Business Insider, Reader’s Digest, Yahoo!, Yahoo! Finance, Teen Vogue, Elite Daily, & Bustle.

125. [Tho22]. SHANNON THOMAS, LCSW. *Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse – Thao Túng Tâm Lý: Nhận Diện, Thức Tỉnh, & Chữa lành Những Tổn Thương Tiềm Ẩn*. [done]

126. SHANNON THOMAS, LCSW. *Exposing Financial Abuse: When Money is a Weapon*. [130 Amazon ratings][87 Goodreads ratings] Amazon review. *Exposing Financial Abuse: When Money is a Weapon* is a raw & shocking exposé of economic exploitation & abuse that occurs within families, the family law courts, among peers, & places of worship.

Within *Exposing Financial Abuse: When Money Is a Weapon*, you will be given the opportunity to pull the curtain back & see into the lives of those who have been financially harmed by someone close to them. Taking a closer look at this hidden world is a unique gift that cannot be taken lightly or without honor for those who have chosen to allow us to peek into the most personal aspects of their lives.

Test yourself. How would you describe financial abuse? It is quietly happening all around us & is hidden within our neighborhoods & communities. You probably know someone who lives within a financially abusive household, & you don’t even know it.

What is financial abuse? Has your spouse or parent taken out lines of credit in your name without your consent? Does your ex-spouse suddenly stop paying child support as a means of furthering their abuse & control over your life? Has your partner moved money from your joint account to a secret individual account without your prior knowledge or consent? Do your parents use financial gifts as an open door to demand future compliance on your part? Are you blamed for creating financial stress but are not the one who overspends? Did your ex-spouse hide his or her income from being included in the calculations for child &/or spousal support? Have your religious leaders said that you must give to the church 1st, even if that means you cannot provide for your household’s basic needs? Do you carry the full burden of making enough money for your household because your partner refuses to maintain steady employment?

127. LAUREN MIDGLEY, SARAH GILLILAND, SHANNON THOMAS, NICOLE SMITH, WENDY KNUTSON. *Masterminding Our Way: The Power of 5 Minds*. 5 professional women share their experience within a Mastermind entrepreneur group. They tell how their group started, their individual stories, & how the Mastermind group has been a benefit to their personal & business lives. Within the book, the authors provide valuable information by showing the reader how to start their own Mastermind group. [7 Amazon ratings]

128. [Thu22]. NGUYỄN ĐOÀN MINH THƯ. *Hành Trình Của 1 Kẻ Nghĩ Nhiều*. [done]

129. [Wei22]. XIU-YING WEI. *Harvard Bốn Rưỡi Sáng*. [done]

## 8.6 Philosophy Book

1. [BM23]. BOB BURG, JOHN DAVID MANN. *Go-Givers Sell More – Người Dám Cho Đi Bán Được Nhiều Hơn*. [done]

2. [Chö02]. PEMA CHÖDRÖN. *When Things Fall Apart: Heart Advice for Difficult Times*. [reading]

“Letting there be room for not knowing is the most important thing of all.”

– Để dành chỗ cho sự không biết là điều quan trọng nhất trong cả thấy.

“When you have made good friends with yourself, your situation will be more friendly too.”

– Khi bạn đã kết bạn tốt với chính mình, hoàn cảnh của bạn cũng sẽ thân thiện hơn.

“Life is a good teacher & a good friend. Things are always in transition, if we could only realize it.”

– Cuộc sống là một người thầy tốt & một người bạn tốt. Mọi thứ luôn trong quá trình chuyển đổi, chỉ có chúng ta mới nhận ra được điều đó.

Amazon review. PEMA CHÖDRÖN’s perennially best-selling classic on overcoming life’s difficulties cuts to the heart of spirituality & personal growth – now in a newly designed 20th-anniversary edition with a new afterword by PEMA – makes for a perfect gift & addition to one’s spiritual library.

How can we live our lives when everything seems to fall apart – when we are continually overcome by fear, anxiety, & pain? The answer, PEMA CHÖDRÖN suggests, might be just the opposite of what you expect. Here, in her most beloved & acclaimed work, PEMA shows that moving *toward* painful situations & becoming intimate with them can open up our hearts in ways we never before imagined. Drawing from traditional Buddhist wisdom, she offers life-changing tools for transforming suffering & negative patterns into habitual ease & boundless joy.

Editorial Reviews.

- “Perhaps what makes PEMA’s message resonate so strongly with people, no matter what their religion or spiritual path, is its universality. Each of us has experienced heartache; how we interact with that feeling, PEMA says, can create the possibility of a more joyful life.” – *O, The Oprah Magazine*
- “If you’re facing a challenging time in life, this is the book you want. It shows how to develop loving-kindness toward yourself & then cultivate a fearlessly compassionate attitude toward your own pain & that of others.” – *Lion’s Roar*
- “PEMA CHÖDRÖN is 1 of those spiritual teachers who brings ancient wisdom to bear upon our daily triumphs & tragedies ... Incredibly wise & poignantly practical.” – *Spirituality & Health*
- “CHÖDRÖN’s book is filled with useful advice about how Buddhism helps readers to cope with the grim realities of modern life, including fear, despair, rage, & the feeling that we are not in control of our lives ... CHÖDRÖN demonstrates how effective the Buddhist point of view can be in bringing order into disordered lives.” – *Publishers Weekly*
- “This is a book that could serve you for a lifetime.” – *Natural Health*

About the Author. PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chögyam Trungpa & resident teacher at Gampo Abbey in Cape Breton, Nova Scotia, the 1st Tibetan Buddhist monastery in North America. She is the author of numerous best-selling books, including *The Places That Scare You* & *Living Beautifully*.

3. [Chö21]. PEMA CHÖDRÖN. *When Things Fall Apart: Heart Advice for Difficult Times – Khi Mọi Thứ Sụp Đổ: Lời Khuyên Chân Thành Trong Những Thời Điểm Khó Khăn*. [done]
4. [Chö18a]. PEMA CHÖDRÖN. *Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness & Compassion*. [1370 Amazon ratings][7505 Goodreads ratings]

Amazon review. 108 practical teachings for cultivating mindfulness & compassion in the face of fear & uncertainty, from the author of *When Things Fall Apart*.

*Comfortable with Uncertainty* offers short, stand-alone readings designed to help us cultivate compassion & awareness amid the challenges of daily living. More than a collection of thoughts for the day, it offers a progressive program of spiritual study, leading the reader through essential concepts, themes, & practices on the Buddhist path.

Readers do not need to have prior knowledge of Buddhist thought or practice, making *Comfortable with Uncertainty* a perfect introduction to PEMA CHÖDRÖN’s teaching. It features the most essential & stirring passage from PEMA CHÖDRÖN’s previous books, exploring topics such as loving, kindness, meditation, mindfulness, “nowness”, letting go, & working with fear & other painful emotions. Through the course of this book, readers will learn practical methods for heightening awareness & overcoming habitual patterns that block compassion.

*“Meditation practice isn’t about trying to throw ourselves away & become something better. It’s about befriending who we are already.”*

– Thực hành thiền không phải là cố gắng vứt bỏ bản thân và trở thành một điều gì đó tốt đẹp hơn. Đó là về việc kết bạn với con người của chúng ta.

*“Do I prefer to grow up & relate to life directly, or do I choose to live & die in fear?”*

– Tôi thích lớn lên & trực tiếp tiếp xúc với cuộc sống hay tôi chọn sống & chết trong sợ hãi?

*“A warrior accepts that we can never know what will happen to us next. We can try to control the uncontrollable by looking for security & predictability, always hoping to be comfortable & safe. But the truth is that we can never avoid uncertainty. This not-knowing is part of the adventure. It’s also what makes us afraid.”*

– Một chiến binh chấp nhận rằng chúng ta không bao giờ có thể biết được điều gì sẽ xảy ra tiếp theo với mình. Chúng ta có thể cố gắng kiểm soát những điều không thể kiểm soát được bằng cách tìm kiếm sự an toàn & có thể dự đoán được, luôn hy vọng được thoải mái & an toàn. Nhưng sự thật là chúng ta không bao giờ có thể tránh khỏi sự không chắc chắn. Việc không biết này là một phần của cuộc phiêu lưu. Đó cũng là điều khiến chúng ta sợ hãi.

Editorial reviews.

- “Gently, conversationally, & with humor, *Comfortable with Uncertainty* offers strategies for seeing & thinking differently. For many people the approach is nothing less than transformational.” – *Boston Globe*
- “CHÖDRÖN’s voice is gently humorous, always kind, & seemingly infinitely wise.” – *L.A. Times*

5. [Chö18b]. PEMA CHÖDRÖN. *The Places That Scare You: A Guide to Fearlessness in Difficult Times (Deckled Edge)*. [2650 Amazon ratings][20162 Goodreads ratings]

Amazon review. Lifelong guidance for learning to change the way we relate to the scary & difficult moments of our lives, showing us how we can use all of our difficulties & fears as a way to soften our hearts & open us to greater kindness.

We always have a choice in how we react to the circumstances of our lives. We can let them harden us & make us increasingly resentful & afraid, or we can let them soften us & allow our inherent human kindness to shine through. Here PEMA CHÖDRÖN provides essential tools for dealing with the many difficulties that life throws our way, teaching us how to awaken our basic human goodness & connect deeply with others – to accept ourselves & everything around us complete with faults & imperfections. She shows the strength that comes from staying in touch with what’s happening in our lives right now & helps us unmask the ways in which our egos cause us to resist life as it is. If we go to the places that scare us, PEMA suggests, we just might find the boundless life we’re always dreamed of.

Editorial reviews.



- “PEMA CHÖDRÖN has once again proven herself to be 1 of the very best working in this field.” – *Library Journal*
  - “PEMA CHÖDRÖN demonstrates how effective the Buddhist point of view can be in bringing order into disordered lives.” – *Publishers Weekly*
  - “A lively & accessible take on ancient techniques for transforming terror & pain into joy & compassion.” – *O, The Oprah Magazine*
6. PEMA CHÖDRÖN. *How to Meditate: A Practical Guide to Making Friends with Your Mind*.
  7. PEMA CHÖDRÖN. *Living Beautifully: with Uncertainty & Change*.
  8. PEMA CHÖDRÖN. *Welcoming the Unwelcome: Wholehearted Living in a Brokenhearted World*.
  9. PEMA CHÖDRÖN. *Taking the Leap: Freeing Ourselves from Old Habits & Fears*.
  10. PEMA CHÖDRÖN. *Start Where You Are: A Guide to Compassionate Living*.
  11. PEMA CHÖDRÖN. *The Pocket Pema Chodron (Shambhala Pocket Classics)*.
  12. PEMA CHÖDRÖN. *The Wisdom of No Escape: How to Love Yourself & Your World*.
  13. PEMA CHÖDRÖN. *Fail, Fail Again, Fail Better: Wise Advice for Learning into the Unknown*.
  14. PEMA CHÖDRÖN. PEMA CHÖDRÖN’s *Compassion Cards: Teachings for Awakening the Heart in Everyday Life*.
  15. [Chu22]. Phạm Văn Chung. *Friedrich Nietzsche & Những Suy Niệm Bên Kia Thiện Ác*. [done]

Comments. Khó đọc & hơi tối nghĩa do ảnh hưởng của tác giả người Việt, không phải do FRIEDRICH NIETZSCHE viết tối nghĩa.

16. [Fra13]. VIKTOR EMIL FRANKL. *Man’s Search for Meaning*. [reading]

Amazon review. A book for finding purpose & strength in times of great despair, the international best-seller is still just as relevant today as when it was 1st published.

This seminal book, which has been called “1 of the outstanding contributions to psychological thought” by CARL ROGERS & “1 of the great books of our time” by HAROLD KUSHNER, has been translated into > 50 languages & sold over  $16 \cdot 10^6$  copies. “An enduring work of survival literature,” according to the *New York Times*, VIKTOR FRANKL’s riveting<sup>20</sup> account of his time in the Nazi concentration camps, & his insightful exploration of the human will to find meaning in spite of the worst adversity, has offered solace<sup>21</sup> & guidance to generations of readers since it was 1st published in 1946. At the heart of FRANKL’s theory of logotherapy (from the Greek word for “meaning”) is a conviction that the primary human drive is not pleasure, as FREUD maintained, but rather the discovery & pursuit of what the individual finds meaningful. Today, as new generations face new challenges & an ever more complex & uncertain world, FRANKL’s classic work continues to inspire us all to find significance in the very act of living, in spite of all obstacles.

Editorial review.

- “1 of the 10 most influential books in America.” – Library of Congress/Book-of-the-Month Club “Survey of Lifetime Readers”
- “An enduring work of survival literature.” – *The New York Times*
- “[*Man’s Search for Meaning*] might well be prescribed for everyone who would understand our time.” – *Journal of Individual Psychology*
- “An inspiring document of an amazing man who was able to garner some good from an experience so abysmally bad ... Highly recommended.” – *Library Journal*
- “This is a book I try to read every couple of years. It’s 1 of the most inspirational books ever written. What is the meaning of life? What do you have when you think you have nothing? Amazing & heartbreaking stories. This is a book that should be in everyone’s library.” – JIMMY FALLON
- “This is a book I reread a lot ... it gives me hope ... it gives me a sense of strength.” – Anderson Cooper, *Anderson Cooper 360/CNN*
- “1 of the great books of our time.” – HAROLD S. KUSHNER, author of *When Bad Things Happen to Good People*
- “1 of the outstanding contributions of psychological thought in the last 50 years.” – CARL R. ROGERS (1959)

About the Author. VIKTOR E. FRANKL was professor of neurology & psychiatry at the University of Vienna Medical School until his death in 1997. His 29 books have been translated into 21 languages. During World War II, he spent 3 years in Auschwitz, Dachau, & other concentration camps.

HAROLD S. KUSHNER is rabbi emeritus at Temple Israel in Natick, Massachusetts, & the author of bestselling books including *When Bad Things Happen to Good People*, *Living a Life That Matters*, *When All You’ve Ever Wanted Isn’t Enough*.

WILLIAM J. WINSLADE is a philosopher, lawyer, & psychoanalyst who teaches psychiatry, medical ethics, & medical jurisprudence at the University of Texas Medical School in Galveston.

<sup>20</sup>so interesting or exciting that it holds your attention completely. = *engrossing*.

<sup>21</sup>*solace somebody* to make somebody feel better or happier when they are sad or disappointed, = *comfort*.

*"Life ultimately means taking the responsibility to find the right answer to its problems & to fulfill the tasks which it constantly sets for each individual."*

– Cuộc sống suy cho cùng có nghĩa là có trách nhiệm tìm ra câu trả lời đúng đắn cho những vấn đề của mình & để hoàn thành những nhiệm vụ mà nó không ngừng đặt ra cho mỗi cá nhân.

*"Emotion, which is suffering, ceases to be suffering as soon as we form a clear & precise picture of it."*

– Cảm xúc, tức là đau khổ, sẽ ngừng đau khổ ngay khi chúng ta hình thành một bức tranh rõ ràng & chính xác về nó.

*"If there is a meaning in life at all, then there must be a meaning in suffering. Suffering is an ineradicable part of life, even as fate & death. Without suffering & death human life cannot be complete."*

– Nếu cuộc sống có ý nghĩa gì đó thì đau khổ cũng phải có ý nghĩa. Đau khổ là một phần không thể xóa bỏ được của cuộc sống, kể cả số phận và cái chết. Không có đau khổ và cái chết, cuộc sống con người không thể trọn vẹn.

17. [Fra17]. VIKTOR E. FRANKL. *Man's Search for Meaning*. [reading]

18. [Fra22]. VIKTOR E. FRANKL. *Man's Search for Meaning – Di Tìm Lẽ Sống*. [done]

19. VIKTOR EMIL FRANKL. *Yes To Life: In Spite of Everything*.

20. VIKTOR EMIL FRANKL. *The Unheard Cry for Meaning: Psychotherapy & Humanism*.

21. VIKTOR EMIL FRANKL. *Embracing Hope: On Freedom, Responsibility & the Meaning of Life*.

22. VIKTOR EMIL FRANKL. *The Will to Meaning: Foundations & Applications of Logotherapy*.

23. VIKTOR EMIL FRANKL. *The Doctor & the Soul: From Psychotherapy to Logotherapy*.

VIKTOR EMIL FRANKL. *Man's Search for Ultimate Meaning*.

24. VIKTOR EMIL FRANKL. *Recollections: An Autobiography*.

25. [Har40; Har92; Har22]. G. H. HARDY. *A Mathematician's Apology*. [done]

26. [Pet18]. JORDAN B. PETERSON. *12 Rules for Life: An Antidote to Chaos*. [81437 Amazon ratings][237111 Goodreads ratings] [reading]

Amazon review. What does everyone in the modern world need to know? Renowned psychologist JORDAN B. PETERSON's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research.

Humorous, surprising, & informative, Dr. PETERSON tells us why skateboarding boys & girls must be left alone, what terrible fate awaits those who criticize too easily, & why you should always pet a cat when you meet one on the street.

What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) & about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful paths do people tread when they become resentful, arrogant, & vengeful?

Dr. PETERSON journeys broadly, discussing discipline, freedom, adventure, & responsibility, distilling the world's wisdom into 12 practical & profound rules for life. *12 Rules for Life* shatters the modern commonplaces of science, faith, & human nature, while transforming & ennobling the mind & spirit of its readers.

*"So, attend carefully to your posture. Quit drooping & hunching around. Speak your mind. Put your desires forward, as if you had a right to them – at least the same right as others. Walk tall & gaze forthrightly ahead. Dare to be dangerous. Encourage the serotonin to flow plentifully through the neural pathways desperate for its calming influence."*

– Vì vậy, hãy chú ý cẩn thận đến tư thế của bạn. Đừng ủ rũ & còng lưng nữa. Nói lên suy nghĩ của bạn. Hãy thể hiện những mong muốn của bạn như thể bạn có quyền đối với chúng - ít nhất là quyền như những người khác. Hãy bước cao & nhìn thẳng về phía trước. Dám tỏ ra nguy hiểm. Khuyến khích serotonin chảy dồi dào qua các con đường thần kinh đang khao khát tác dụng xoa dịu của nó.

*"There is very little difference between the capacity for mayhem & destruction, integrated, & strength of character. This is 1 of the most difficult lessons of life."*

– Có rất ít sự khác biệt giữa khả năng gây hỗn loạn & hủy diệt, tích hợp, & sức mạnh của nhân vật. Đây là 1 trong những bài học khó khăn nhất của cuộc đời.

*"It is far better to render Beings in your care competent than to protect them."*

– Tốt hơn hết là bạn nên cung cấp năng lực cho các Sinh vật mà bạn chăm sóc hơn là bảo vệ chúng.

*"Because they really are rules. & the foremost rule is that you must take responsibility for your own life. Period."*

– Bởi vì chúng thực sự là những quy tắc. & nguyên tắc quan trọng nhất là bạn phải chịu trách nhiệm về cuộc sống của chính mình. Chấm hết.

Editorial review.

- “JORDAN PETERSON, has become 1 of the best-known Canadians of this generation. In the intellectual category, he’s easily the largest international phenomenon since MARSHALL McLuhan ... By combining knowledge of the past with a full-hearted optimism & a generous attitude toward his readers & listeners, PETERSON generates an impressive level of intellectual firepower.” – ROBERT FULFORD, *National Post*
- “Like the best intellectual polymaths, PETERSON invites his readers to embark on their own intellectual, spiritual, & ideological journeys into the many topics & disciplines he touches on. It’s a counter-intuitive strategy for a population hooked on the instant gratification of ideological conformity & social media ‘likes’, but if PETERSON is right, you have nothing to lose but your own misery.” – *Toronto Star*
- “In a different intellectual league ... PETERSON can make the most difficult ideas & make them entertaining. This may be why his YouTube videos have had  $35 \cdot 10^6$  views. He is fast becoming the closest that academia has to a rock star.” – *The Observer*
- “Grow up & man up is the message from this rock-star psychologist ... [A] hardline self-help manual of self-reliance, good behavior, self-betterment & individualism that probably reflects his childhood in rural Canada in the 1960s. As with all self-help manuals, there’s always a kernel of truth. Formerly a Harvard professor, now at the University of Toronto, PETERSON retains that whiff of cowboy philosophy – 1 essay is a homily on doing 1 thing every day to improve yourself. Another, on bringing up little children to behave, is excellent ... [PETERSON] twirls ideas around like a magician.” – MELANIE REID, *The Times*
- “You don’t have to agree with [PETERSON’s politics] to like this book for, once you discard the self-help label, it becomes fascinating. PETERSON is brilliant on many subjects ... So what we have here is a baggy, aggressive, in-your-face, get-real book that, ultimately, is an attempt to lead us back to what PETERSON sees as the true, the beautiful, & the good – i.e., God. In the highest possible sense of the term, I suppose it is a self-help book ... Either way, it’s a rocky read, but nobody ever said God was easy.” – BRYAN APPEYARD, *The Times*
- “1 of the most eclectic<sup>22</sup> & stimulating public intellectuals at large today, fearless & impassioned.” – *The Guardian*
- “Someone with not only humanity & humor, but serious depth & substance ... PETERSON has a truly cosmopolitan & omnivorous intellect, but one that recognizes that things need grounding in a home if they are ever going to be meaningful grasped ... As well as being funny, there is a burning sincerity to the man which only the most withered cynic could suspect.” – *The Spectator*
- “PETERSON has become a kind of secular prophet who, in an era of lobotomized conformism, thinks out of the box ... His message is overwhelmingly vital.” – MELANIE PHILIPS, *The Times*

27. [Pet22a]. JORDAN B. PETERSON. *12 Rules for Life: An Antidote to Chaos – 12 Quy Luật Cuộc Đời: Thần Dược Cho Cuộc Sống Hiện Đại*. [done]

28. [Pet21]. JORDAN B. PETERSON. *Beyond Order: 12 More Rules for Life*. [17337 Amazon ratings][26450 Goodreads ratings]  
Amazon review. The companion volume to *12 Rules for Life* offers further guidance on the perilous path of modern life.

In *12 Rules for Life*, clinical psychologist & celebrated professor at Harvard & University of Toronto Dr. JORDAN B. PETERSON helped millions of readers impose order on the chaos of their lives. Now, in this hold sequel, PETERSON delivers 12 more lifesaving principles for resisting the exhausting toll that our desire to order the world inevitably takes.

In a time when the human will increasingly imposes itself over every sphere of life – from our social structures to our emotional states – PETERSON warns that too much security is dangerous. What’s more, he offers strategies for overcoming the cultural, scientific, & psychological forces causing us to tend toward tyranny, & teaches us how to rely instead on our instinct to find meaning & purpose, even – & especially – when we find ourselves powerless.

While chaos, in excess, threatens us with instability & anxiety, unchecked order can petrify us into submission. *Beyond Order* provides a call to balance these 2 fundamental principles of reality itself, & guides us along the straight & narrow path that divides them.

*“People remain mentally healthy not merely because of the integrity of their own minds, but because they are constantly being reminded how to think, act, & speak by those around them.”*

– Con người giữ được tinh thần khỏe mạnh không chỉ vì sự chính trực trong tâm trí của họ mà còn vì họ thường xuyên được những người xung quanh nhắc nhở về cách suy nghĩ, hành động và nói năng.

*“Humility: It is better to presume ignorance & invite learning than to assume sufficient knowledge & risk the consequent blindness.”*

– Khiêm tốn: Thà cho rằng mình là người thiếu hiểu biết & mời gọi học tập hơn là cho rằng có đủ kiến thức & có nguy cơ bị mù quáng.

*“FREUD & JUNG, with their intense focus on the autonomous individual psyche, placed too little focus on the role of the community in the maintenance of personal mental health.”*

– FREUD & JUNG, với sự tập trung cao độ vào tâm lý tự chủ của cá nhân, đã tập trung quá ít vào vai trò của cộng đồng trong việc duy trì sức khỏe tâm thần cá nhân.

Editorial review.

<sup>22</sup>not following one style or set of ideas but choosing from or using a wide variety. chiết trung, chủ nghĩa chiết trung.

- “We live in a time when so many young (& not so young) people feel lost ... Mr. PETERSON talks about the attitudes that will help find the path. It is not a politically correct or officially approved path, but it is an intensely practical & yet heightened one: This life you’re living has meaning.” – PEGGY NOONAN, *Wall Street Journal*
- “JORDAN PETERSON is universally revered – & feared – for his incredible intellect & emotional insight.” – DAVE RUBIN, host of The Rubin Report & author of *Don’t Burn This Book*
- “The Peterson way is a harsh way, but it is an idealistic way – & for millions of young men, it turns out to be the perfect antidote to the cocktail of coddling & accusation in which they are raised.” – DAVID BROOKS, *New York Times*
- “The worlds needs JORDAN PETERSON.” – DOUGLAS MURRAY, author of *The Madness of Crowds*

**About the Author.** Dr. JORDAN B PETERSON is the bestselling author of *12 Rules for Life*, which has sold more than  $5 \cdot 10^6$  copies worldwide. After working for decades as a clinical psychologist & a professor at Harvard & the University of Toronto, Peterson has become 1 of the world’s most influential public intellectuals. His YouTube videos & podcasts have gathered a worldwide audience of hundreds of millions, & his global book tour reached more than 250000 people in major cities across the globe. With his students & colleagues, he has published > 100 scientific papers, & his 1999 book *Maps of Meaning* revolutionized the psychology of religion. He lives in Toronto, Ontario with his family.

JORDAN B. PETERSON, raised & toughened in the frigid wastelands of Northern Alberta, has flown a hammer-head roll in a carbon-fiber stunt-plane, explored an Arizona meteorite crater with astronauts, & built a Kwagu’l ceremonial bighouse on the upper floor of his Toronto home after being invited into & named by that Canadian First Nation. He’s taught mythology to lawyers, doctors & business people, consulted for the UN Secretary General, helped his clinical clients manage depression, obsessive-compulsive disorder, anxiety, & schizophrenia, served as an adviser to senior partners of major Canadian law firms, & lectured extensively in North America & Europe. With his students & colleagues at Harvard & the University of Toronto, Dr. Peterson has published over a hundred scientific papers, transforming the modern understanding of personality, while his book *Maps of Meaning: The Architecture of Belief* revolutionized the psychology of religion. The author lives in Toronto, ON.  
[www.jordanbpeterson.com](http://www.jordanbpeterson.com).

29. [Pet22b]. JORDAN B. PETERSON. *Beyond Order: 12 More Rules for Life – Vượt Lên Trật Tự: 12 Quy Tắc cho Cuộc Sống*. [done]

30. [Pet99]. JORDAN B. PETERSON. *Maps of Meaning*. [3372 Amazon ratings][5972 Goodreads ratings] [reading]

**Amazon review.** Why have people from different cultures & eras formulated myths & stories with similar structures? What does this similarity tell us about the mind, morality, & structure of the world itself? From the author of *12 Rules for Life: An Antidote to Chaos* comes a provocative hypothesis that explores the connection between what modern neuropsychology tells us about the brain & what rituals, myths, & religious stories have long narrated. A cutting-edge work that brings together neuropsychology, cognitive science, & Freudian & Jungian approaches to mythology & narrative, *Maps of Meaning* presents a rich theory that makes the wisdom & meaning of myth accessible to the critical modern mind.

**Editorial Reviews.**

- “The book reflects its author’s profound moral sense & vast erudition in areas ranging from clinical psychology to scripture & a good deal of personal soul-searching & experience ... with patients who include prisoners, alcoholics, & the mentally ill.” – *Montreal Gazette*
- “This is not a book to be abstracted & summarized. Rather it should be read at leisure ... & employed as a stimulus & reference to expand one’s own maps of meaning. I plan to return to PETERSON’s musings & mapping many times over the next few years.” – *Am JPsychiatry*
- “... a brilliant enlargement of our understanding of human motivation ... a beautiful work.” – SHELDON H. WHITE, Harvard University
- “... unique ... a brilliant new synthesis of the meaning of mythologies & our human need to relate in story form the deep structure of our experiences.” – KEITH OATLEY, University of Toronto

**From Inside Flap.** Why would people in different places & times formulate myths & stories with similar symbols & meanings? Are groups of people with different religious or ideological beliefs doomed to eternal conflict? Are the claims of science & religion truly irreconcilable? What might be done to decrease the individual propensity for group-fostered cruelty? *Maps of Meaning* addresses these questions with a provocative new hypothesis that explores the connection between what modern neuropsychology tells us about the brain & what rituals, myths, & religious stories have long narrated. PETERSON’s ambitious interdisciplinary odyssey draws insights from the worlds of religion, cognitive science, & Jungian approaches to mythology & narrative. *Maps of Meaning* offers a critical guide to the riches of archaic & modern thought & invaluable insights into human motivation & cognition.

**From Back Cover.** “JORDAN PETERSON’s book is a brilliant enlargement of our understanding of human motivation. He follows a path that has been recommended by many scientist-scholars in the past – but one that is, in practice, so extraordinarily demanding that it is hardly ever done well. PETERSON synthesizes research & scholarly literatures ranging from neuroscience to archaeology. He aligns finds of those literatures with the writings of such authors as JUNG, NIETZSCHE, DOSTOEVSKY, & SOLZHENITSYN. There is loving detail in this book – reflection, thoughtfulness, careful study, a passionate desire to understand. This is a beautiful work.” – SHELDON H. WHITE, Chair, Department of Psychology, Harvard University



31. JORDAN B. PETERSON. *We Who Wrestle with Gods: Perceptions of the Divine*.
32. [Pop22]. KARL POPPER. *The Logic of Scientific Discovery – Logic Của Sự Khám Phá Khoa Học*. [reading]
33. [Sin23]. SIMON SINEK. *Start with Why: How Great Leaders Inspire Everyone to Take Action – Bắt Đầu Với Câu Hỏi Tại Sao: Nghệ Thuật Truyền Cảm Hứng Trong Kinh Doanh*. [done]
34. [SMD22]. SIMON SINEK, DAVID MEAD, PETER DOCKER. *Find Your Why: A Practical Guide for Discovering Purpose for You & Your Team – Khám Phá Sứ Mệnh Với Câu Hỏi Tại Sao*. [done]
35. [Tho14]. HENRY DAVID THOREAU. *Walden*. [reading]
36. [Tho23]. HENRY DAVID THOREAU. *Walden – Một Mình Sống Trong Rừng*. [done]
37. [Tru23a]. GIẢN TƯ TRUNG. *Đúng Việc: Một Góc Nhìn Về Câu Chuyện Khai Minh*. [done]
38. GIẢN TƯ TRUNG. *Sư Phạm Khai Phóng*.
39. [Tru23b]. GIẢN TƯ TRUNG. *Quản Trị Bằng Văn Hóa*. [reading]
40. [War13]. RICK WARREN. *The Purpose Driven Life: What on Earth Am I Here For?*. [16299 Amazon ratings] [279493 Goodreads ratings]

Amazon review. The *New York Times* #1 bestselling book by Pastor RICK WARREN that helps you understand & live out the purpose of your life.

Before you were born, God already planned your life. God longs for you to discover the life he uniquely created you to live – here on earth, & forever in eternity. Let *The Purpose Driven Life* show you how. As 1 of the bestselling nonfiction books in history, with > 35 · 10<sup>6</sup> copies sold, *The Purpose Driven Life* is far more than just a book; it's the road map for your spiritual journey. A journey that will transform your life.

Designed to be read in 42 days, each chapter provides a daily meditation & practical steps to help you discover & live out your purpose, starting with exploring 3 of life's most pressing questions:

- The Question of Existence: Why am I alive?
- The Question of Significance: Does my life matter?
- The Question of Purpose: What on earth am I here for?

*"It is only in God that we discover our origin, our identity, our meaning, our purpose, our significance, & our destiny. Every other path leads to a dead end."*

– Chỉ trong Thiên Chúa, chúng ta mới khám phá được nguồn gốc, bản sắc, ý nghĩa, mục đích, ý nghĩa và vận mệnh của mình. Mọi con đường khác đều dẫn đến ngõ cụt.

*"You weren't put on earth to be remembered. You were put here to prepare for eternity."*

– Bạn không được sinh ra trên trái đất để được ghi nhớ. Bạn được đặt ở đây để chuẩn bị cho cõi vĩnh hằng.

*"Fear is a self-imposed prison that will keep you from becoming what God intends for you to be."*

– Sợ hãi là một nhà tù tự áp đặt sẽ ngăn cản bạn trở thành con người mà Chúa dự định cho bạn trở thành.

*"We are products of our past, but we don't have to be prisoners of it."*

– Chúng ta là sản phẩm của quá khứ nhưng chúng ta không nhất thiết phải trở thành tù nhân của quá khứ.

*"Real security can only be found in that which can never be taken from you – your relationship with God."*

– Sự an toàn thực sự chỉ có thể được tìm thấy ở điều không bao giờ có thể bị lấy đi khỏi bạn - mối quan hệ của bạn với Chúa.

Editorial review. "Movie stars & political leaders aren't the only ones turning to RICK WARREN for spiritual guidance. Millions of people – from NBA & PGA players to corporate executives to high school students to prison inmates – meet regularly to discuss *The Purpose Driven Life*." – *Time*

About the Author. A *Time* magazine cover article named Rick Warren the most influential spiritual leader in America & 1 of the 100 most influential people in the world. Tens of millions of copies of Pastor Rick's books have been published in 200 languages. His best-known books, *The Purpose Driven Life* & *The Purpose Driven Church*, were named three times in national surveys of pastors (by Gallup, Barna, & Lifeway) as the two most helpful books in print. Rick & his wife, Kay, founded Saddleback Church, the Purpose Driven Network, the PEACE Plan, & Hope for Mental Health. He is the cofounder of Celebrate Recovery with John Baker. Pastor Rick has spoken in 165 nations. He has spoken at the United Nations, US Congress, numerous parliaments, the World Economic Forum, TED, Aspen Institute, & lectured at Oxford, Cambridge, Harvard, & other universities. Rick is executive director of Finishing the Task, a global movement of denominations, organizations, churches, & individuals working together on the Great Commission goals of ensuring that everyone everywhere has access to a Bible, a believer, & a local body of Christ.

## 8.7 Spirituality

1. [Hạn15]. THÍCH NHẬT HẠNH. *Silence: The Power of Quiet in a World Full of Noise*.
2. [Hạn23]. THÍCH NHẬT HẠNH. *Silence: The Power of Quiet in a World Full of Noise – Tĩnh Lặng: Sức Mạnh Tĩnh Lặng Trong Thế Giới Huyên Náo*. [done]
3. [Ngu22]. JOSEPH NGUYEN. *Don't Believe Everything You Think: Why Your Thinking Is The Beginning & End Of Suffering*. [12942 Amazon ratings][15509 Goodreads ratings]

Amazon review. Learn how to overcome anxiety, self-doubt & self-sabotage without needing to rely on motivation or willpower.

In this book, you'll discover the root cause of all psychological & emotional suffering & how to achieve freedom of mind to effortlessly create the life you've always wanted to live. Although pain is inevitable, suffering is optimal. This book offers a completely new paradigm & understanding of where our human experiences comes from, allowing us to end our own suffering & create how we want to feel at any moment. In this book, you'll discover:

- The root cause of all psychological & emotional suffering & how to end it
- How to become unaffected by negative thoughts & feelings
- How to experience unconditional love, peace, & joy in the present, no matter what our external circumstances look like
- How to instantly create a new experience of life if you don't like the one you're in right now
- How to break free from a negative thought loop when we inevitably get caught in one
- How to let go of anxiety, self-doubt, self-sabotage, & any self-destructive habits
- How to effortlessly create from a state of abundance, flow, & ease.
- How to develop the superpower of being okay with not knowing & uncertainty
- How to access your intuition & inner wisdom that goes beyond the limitations of thinking

No matter what has happened to you, where you are from, or what you have done, you can still find total peace, unconditional love, complete fulfillment, & an abundance of joy in your life.

No person is an exception to this, Darkness only exists because of the light, which means even in our darkest hour, light must exist.

Within the pages of this book, contains timeless wisdom to empower you with the understanding of our mind's infinite potential to create any experience of life that we want no matter the external circumstances.

'Don't Believe Everything You Think' is not about rewiring your brain, rewriting your past, positive thinking or anything of the sort.

We cannot solve our problems with the same level of consciousness that created them. Tactics are temporary. An expansion of consciousness is permanent.

This book was written to help you go beyond your thinking & discover the truth of what you already intuitively know deep inside your soul.

*"Thought is not reality; yet it is through thought that our realities are created."*

– Suy nghĩ không là thực tế; tuy nhiên chính nhờ tư duy mà thực tế của chúng ta được tạo ra.

*"Our feelings do not come from external events, but from our own thinking about the events. Therefore, we can only ever feel what we are thinking."*

– Cảm xúc của chúng ta không đến từ các sự kiện bên ngoài mà đến từ suy nghĩ của chính chúng ta về các sự kiện đó. Vì vậy, chúng ta chỉ có thể cảm nhận được những gì chúng ta đang nghĩ.

*"Therefore, it's not WHAT we're thinking about that is causing us suffering, but THAT we are thinking."*

– Therefore, it's not WHAT we're thinking about that is causing us suffering, but THAT we are thinking.

Editorial review.

- "JOSEPH NGUYEN has represented a simple guide to a much happier life. Although I have read similar works conveying these same insights, Mr. NGUYEN has the ability to crystallize these concepts in a way that I have not encountered before. Beautifully written, he gets his message across better than any other self-help author I have read & he also gives very practical advice on implementing this practice in your daily life. Excellent work! I would highly recommend this book to everyone. The audiobook is enjoyable too, & I enjoy hearing his voice. I would like to read more from this author." – LAURA SPOLLEN
- "I am so impressed & in love. What a wonderful contribution to the movement of human consciousness. There is an abundance of rich perspectives packed into this simple tiny little book. If you are wanting to explore powerful ways of integrating mindfulness practices into your daily life, look no further. This sweet little gem will have a permanent place, not only on your bookshelf but in your heart as well. I will definitely be reading this one over & over & over again. The insight that I've gained is priceless. There's just nothing better than the continuous unfolding of awareness around our human experience. I'm forever grateful to JOSEPH & all of those who supported him in writing this book. I can't imagine how many lives will be changed because of the words on these pages. What a beautiful accomplishment. Thank you from the bottom of my heart." KELLY LOVE

- “This book is a journey unfolding our minds to have clarity & understanding, knowing what is & not what if, as the mind cast an illusion in our daily lives to sieve out thoughts & thinking & to know the difference. I enjoyed the explanations given for each chapters & it’s raise your awareness & expand your consciousness to bring you to a state of non-thinking where you actually feel joy, peace, & harmony within. It is not easy to stay in the state of non-thinking but the guides given by the author does help to center your thoughts not your thinking to be in the state of non-thinking. This book has help me to understand myself better & a journey of discovery for me. I think the author for such an amazing work, simple, & profound. I like the part how the mind thinks & says it is not possible or the guides given are to simple & will not work out for me but when I deep dive within, accepting my negative thinking & acknowledging it, makes a lot of difference in fighting it or resisting it. I recommend anyone who is on the journey of self discovery & how to deal with your mind, this is the book for you.” – JAY R.

**About the Author.** JOSEPH NGUYEN is a spiritual thought leader who has a mission of helping others realize their divine purpose, unlock the infinite potential of their own mind, & live an abundant life free from psychological suffering. He spends most of his time writing, coaching, teaching, speaking, & sharing timeless wisdom to help people discover their own divinity from within & how they are the answer they’ve been looking for their entire lives.

4. JOSEPH NGUYEN. *Beyond Thoughts: an exploration of who we are beyond our minds (Beyond Suffering)*. [498 Amazon ratings][525 Goodreads ratings]

**Amazon review.** *Beyond Thoughts* is a poetry collection that explores the root cause of anxiety, depression, guilt, shame, negative thinking, & emotional suffering to help you heal.

This book will take you on a beautiful journey of self-discovery, self-love, happiness, hope, & deep healing to help you find inner peace in a simple, yet profound way.

Here’s what you’ll discover:

- How to let go of negative thinking, anxiety, guilt, & shame
- How to hold space for yourself & all emotions so that you are less affected by them
- How to heal from the past & let go of the fear of the future
- How to end the vicious cycle of self-judgment
- How to love yourself & others unconditionally
- How to find yourself & discover who you truly are
- How to let go of self-limiting beliefs
- How to find happiness & peace in the present moment no matter what you are going through
- How to trust yourself & develop strength, confidence, & courage in yourself again
- How to become conscious of the subconscious, so that it stops controlling you & you can finally be liberated
- How to not only be okay in the unknown, but to thrive in it to create an abundant life filled with love & joy

There is something within you that is greater than everything you’ve ever been through. There is a deep part of you that knows this, which is what drew you here.

Beyond everything you think is your true essence that has been patiently waiting to be discovered.

Welcome home.

5. JOSEPH NGUYEN. *Boundaries = Freedom: How To Create Boundaries That Set You Free Without Feeling Guilty (Beyond Suffering)*. [261 Amazon ratings][213 Goodreads ratings]

*Everything You Need To Know About Setting Boundaries To Find Peace In < 100 Pages.* Our emotional suffering does not come from the events in our lives, but from how we respond to them. Each boundary we set helps to create space for a different behavior & response when we are faced with the same situation that causes our suffering.

The space we create within ourselves is the source of infinite possibilities for us to choose peace & a new experience of life.

This book was written to help you learn how to create this space so that you will always have room for love & joy in your life, no matter what happens in it.

Here’s what you’ll discover:

- How to say ‘no’ without feeling guilty
- How to peacefully communicate your boundaries in a way where others will understand
- How to become okay with disappointing others, so you be free from being affected by what others think of you
- How to create boundaries that prevent you from burning out
- How you can find peace no matter what happens in your life
- The most important & life-changing boundary to create stop negative thinking
- How to identify the most important boundaries in each area of your life

- How to honor your boundaries so that there are fewer relapses into old, destructive patterns
  - “People are not inspired by what we say or do but by how we make them feel.”
  - Mọi người không được truyền cảm hứng bởi những gì chúng ta nói hoặc làm mà bởi cách chúng ta khiến họ cảm thấy.
  - “By constantly saying yes to everyone else we are inadvertently saying no to ourselves.”
  - Bằng cách liên tục nói có với người khác, chúng ta đang vô tình nói không với chính mình.
  - “The best way to help the world is to help yourself 1st, not by sacrificing yourself.”
  - Cách tốt nhất để giúp đỡ thế giới là giúp đỡ chính mình trước tiên chứ không phải bằng cách hy sinh bản thân.

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