

## Book Review “Petua Untuk Sentiasa Ceria” (Malay Version)

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Written by Dato’ Dr. Hj. Mohd. Fadzilah Kamsah, Hj. Muhammad Zakaria, and Zizi Azlinda Yusof, this book is a guide to all individuals from all walks of life to get tips on having a cheerful nature. Unbelievable nature and atmosphere can be categorized into two that are non-cheerful and passive, aggressive. Passive cheerfulness comes in the form of depression, grief, mournful, moody, lonely, sad, boring, painful, heartburn, distress, stalemate, confusion, disappointment, awe inspiring, and deep faced. Aggressive not cheerful comes in the form of tensions, confrontations, debates, disagreements, persecution, seriousness, anger, and cruelty. All the negative nature and atmosphere are negative. Some of the reasons that are not cheerful are the lack of guidance, not having deep knowledge, ungrateful, wrong perspective and fail to see something objectively. The cheerful nature is not all that everyone can have. Many factors affect the life of a person that causes them to have a cheerful nature or otherwise. However, cheerfulness is one of the psychological skills that can be trained and formed. Normally, people who are always successful in life will always seek space to ensure their life is systematic, manageable, cheerful, helpful, and highly disciplined. We also have to wear the color that suits the instincts. Each color has an influence on the soul and human perception. The true colors are the factors that invite cheerful feelings in humans. Everyone tends to like or love the colors according to their own tastes. Each color has an influence on the soul and human perception. The color of the clothes chosen for purchase usually tends to the buyer’s interest and taste, especially for women. Personality is very important for them to fit the color of the shirt. Yellow color meaning cheerful, hard-working, love-friendly, popular and enjoyable. Green color means calm, generous, humane, creative, caring, many ideas, loving and caring. Red color means a

magnificent, fast, impatient and passionate. Black color means ego, self-confidence, easy-to-use, high commitment, committed, serious and ineffective. White color means optimism, purity, peace, dislike, less creative, sometimes boring and good-natured. Light blue color means sensitive, ethical, romantic, helpful, easy to sacrifice, co-operation and bring healing, Silver or gold color means success, positive, cheerful and persistent, pink means caring, earnest, high sex instinct, extreme when focused on something and healthy. Orange color means freedom, active, aggressive and healthy. By choosing cheerful buttons, we practice practices that can avoid stress. Everybody has buttons that are things that can make him cheerful. For example, call my mom and dad, drink the Horlicks, see the beautiful scenery, watch the fish in the aquarium, listen to the river, and listen to music. To choose those cheerful buttons, we need to think and practice practices that can avoid stress and disturbance. Among the activities that can eliminate stress is a relaxed exercise of mind, a laughter of rate and seek advice from others to overcome the stress. The other cheerful buttons are like fun with trivial things like throwing stones into the water because for some people it is felt to give a satisfaction. We also have to do the best work possible. The work done with excellence will give satisfaction to the creator. Satisfaction breaks down.

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