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Inside C2

Southern DAILY

Make Today Different

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U.S. patients hospitalized with COVID-19 surpass 90,000 ahead of expected case surge



FILE PHOTO: A man takes a coronavirus test at a Los Angeles Mission homeless shelter Thanksgiving meal giveaway, as the global outbreak of the coronavirus disease (COVID-19) continues, in Los Angeles, California, U.S., November 25, 2020. REUTERS/Lucy Nicholson

NEW YORK (Reuters) - The number of COVID-19 patients being treated in hospitals across the United States reached 90,000 on Friday after nearly doubling in the last month, just as holiday gatherings are expected to propel the next wave of infections.

FILE PHOTO: A man takes a coronavirus test at a Los Angeles Mission homeless shelter Thanksgiving meal giveaway, as the global outbreak of the coronavirus disease (COVID-19) continues, in Los Angeles, California, U.S., November 25, 2020. REUTERS/Lucy Nicholson

The rate of hospitalizations - now at the highest since the pandemic began - has pushed some medical centers beyond capacity. The rapid increase comes after weeks of rising infection rates across the country. That is likely to worsen as people who mingled with friends and relatives over Thanksgiving gradually get sick, health experts say.

"This is the reality we face when COVID-19 is allowed to spread un-

checked - ICUs at capacity, not enough health care workers available," wrote New Mexico Governor Michelle Lujan Grisham in a tweet on Friday.

There were 880 people hospitalized with COVID-19 on Friday in New Mexico. The state is under a lockdown to stem the spread of the coronavirus, with all non-essential businesses closed and residents told to stay home. A hospital in rural Curry County was the latest to reach capacity in its intensive care unit earlier this week, according to the county's Facebook page.

Many health experts and politicians pleaded with Americans to refrain from gathering for their traditional communal Thanksgiving feasts this year, warning that socializing between households would accelerate the rate of community transmission and push an already strained healthcare system to the brink.

Some abided by the public health guidance, spending their Thanksgiving on Thursday seeing their family over video calls. But others chose to travel anyway.

On the day before Thanksgiving, typically one of the busiest travel days of the year in the United States, more than 1.07 million people transited through U.S. airports - the most of any single day since the start of the pandemic, according to the Transportation Security Administration.

Nearly 6 million Americans traveled by air from Friday to Wednesday, it said, a number that is however less than half that of the same period last year.

State governors have also urged Americans to stay home on Black Friday, a traditionally busy holiday shopping day, encouraging them instead to take advantage of online deals or curbside pick-ups.

"Remember, skip the crowds and shop from home this Black Friday. Our local shops have curbside pickup options and need our support," Kentucky Governor Andy Beshear wrote in a tweet on Friday.

National Retail Federation CEO Matthew Shay on Friday said his lobbying group forecast a record high in holiday spend-

ing this year, even with many Americans struggling financially as the pandemic as hit the economy and job

"Consumers are out there," he told Fox Business Network in an interview. He said people had shifted spending from travel, entertainment and other experience-based consumption to home and other material goods.

In an effort to mitigate the winter COVID-19 wave, more than 20 states have issued new restrictions, including mask mandates and limiting capacity of bars, restaurants and houses of worship.

The U.S. Supreme Court ruled against New York Governor Andrew Cuomo's restrictions on religious gatherings on Wednesday, voting 5-4 late in favor of requests by a Roman Catholic Diocese and two Orthodox Jewish congregations for an injunction to block the capacity restrictions from being enforced.

Cuomo dismissed the ruling as "irrelevant," saying it related to houses of worship in specific areas that were no longer considered at high risk. However, the ruling could have broader implications

for houses of worship appealing capacity restrictions elsewhere.

Earlier this week, Washington Mayor Muriel Bowser said the latest COVID-19 restrictions on gatherings in the nation's capital also applied to indoor religious services, reducing capacity from 100 people to 50 people, with a maximum 50%. It was not immediately clear if the curbs would be challenged following the Supreme Court ruling.

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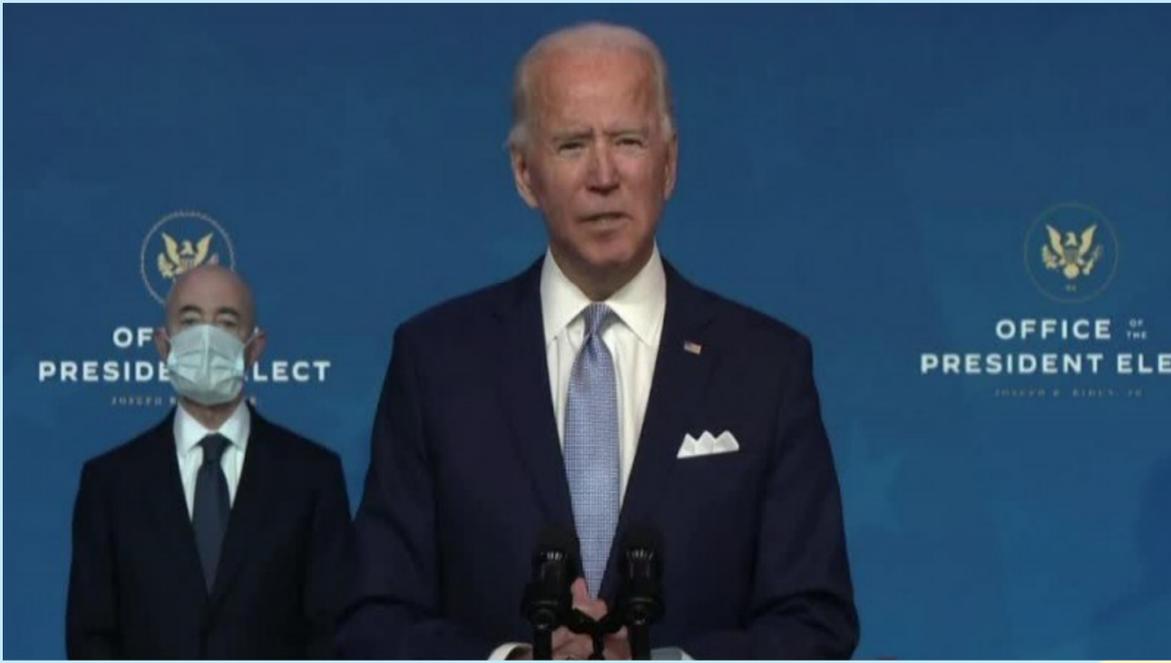
WEA LEE'S GLOBAL NOTES

11/27/2020

CORONAVIRUS DIARY

Wealee@scdaily.com

America Is Back



been most seriously affected in the world with more than a quarter of a million of people having lost their lives.

Today we are so happy that the Biden administration will bring us back to the international community. We will work with all the countries around the world to rebuild international order and peace. In other words, America is back to lead the world again.



When President-elect Joe Biden formally introduced his national security team and declared, "America is back," he said, "Our team will keep our country and our people safe and secure. It's a team that reflects the fact that America is back."

Climate Agreement, WHO and the Iran Nuclear Agreement, and because of the "Make America Great Again" plan, we have damaged our interests and relationships all around the world.

In the last few years, the Trump administration has continued to withdraw from the international community. This has included cutting ties with the Paris

Especially now since the coronavirus pandemic has attacked the entire world, and with the lack of U.S. participation with other countries, the situation has only gotten worse, and at the end of the day, we are the country that has now



Southern News Group Chairman / CEO
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Publisher Southern Daily Wea H. Lee

Stay Home!

BUSINESS

Wear Mask!

How Can We Close The Gap?

In The Middle Of A Raging Pandemic, The U.S. Faces A Critical Nursing Shortage



The pandemic is stressing the nursing profession, which was already facing a labor shortage. (Photo/Feverpitched/Getty Images)

Compiled And Edited By John T. Robbins, Southern Daily Editor

With a sharp increase in U.S. COVID-19 cases this fall and hospitals nearing capacity in parts of the Midwest and West, health care workers nationwide are scrambling to save lives – at great personal risk. But the extraordinary number of people flooding U.S. hospitals has shined a spotlight on another crisis: the country's nursing shortage. "While we have beds, those beds are only as good as the staff that you can place around them," said Dave Dillon, a spokesman for the Missouri Hospital Association, quoted in the Washington Post.

High risk

The pandemic has created unprecedented challenges for nurses, including fear of workplace exposure. Since nurses have the most direct, hands-on patient contact, they face the greatest risk of infection of all health care workers. Many have been reassigned to the emergency room, "COVID units" or other high-risk departments. It's become an extremely dangerous job. More than half of the 20,000 nurses surveyed by the American Nurses Association last summer reported having to reuse single-use masks or treat patients with little or no personal protective equipment. Many are working 12- to 16-hour shifts. Some who have tested positive for the vi-

rus have been asked to continue working to care for the glut of patients. They face threats of physical harm from those who call the virus a hoax. Some 36% of health care workers hospitalized with COVID-19 were nurses or nursing assistants, according to U.S. Centers for Disease Control and Prevention data. As of September, 213 registered nurses had succumbed to the virus.



Nurses have protested in front of the White House and across the country to highlight inadequate staffing and scarce personal protective equipment amidst the COVID-19 pandemic.

Working conditions have sparked pro-

tests in front of the White House and across the country. In May, the New York State Nurses Association filed three lawsuits against the New York State Health Department and two hospitals over safety.

The nursing crisis

Some 4 million registered nurses make up the U.S. workforce; about 60% work in hospitals. By 2022, the nation needs 1.1 million new RNs to avoid a nursing shortage, according to the U.S. Bureau of Labor Statistics. Hospitals can't function without enough nurses, who spend more time caring for patients than any other health care professional. To keep hospitals staffed amid current shortages, some administrators are replacing nurses with technicians or asking non-hospital nurses to work in hospitals. These are life-and-death decisions: choosing either to treat patients under circumstances that could risk medical errors – or turn them away.

What caused this crisis? My work as a nurse researcher and professor is to create a highly educated, competent nursing workforce and advance the impact of nursing on the health and wellness of our nation. I've found that current and projected shortages have many causes and vary widely, with the largest shortfalls in southern and western states. Some of the looming problem is demographic. The average age of a U.S. nurse is 51, and 1 million nurses will be eligible for retirement in 10 to 15 years. Nursing schools are expanding, but it's not enough to fill the void. As the nursing workforce shrinks, the stress on the health care system is rising. The nation's 73 million baby boomers are aging, with many suffering from chronic illnesses – such as heart disease, cancer and diabetes – that require intensive levels of care.

A dangerous, stressful career

Under normal circumstances, nursing is considered one of the most stressful careers. Demands of the job tend to take precedent over self-care; one

study found that 68% of nurses put their patients' health and safety before their own.



A nurse shows signs of fatigue from working long hours: Lines from her mask are etched into her face. (Photo/RichLegg/Getty Images)

An American Nurses Association report revealed that the nursing workforce suffers from widespread health and wellness problems. Many nurses are overweight and don't get adequate sleep; three-fifths work 10 or more hours a day. The job places nurses at high risk of injury and illness. The dangers include moving and lifting heavy patients and equipment as well as exposure to infectious diseases, chemicals and radioactive materials. Working under intense stress causes burn-out in about half of all nurses. It may spark physical or emotional ailments, drug or alcohol misuse or depression. Nurses have a substantially higher risk of suicide than the general population.

Pandemic nursing

The health of the nation's nurses needs immediate attention. Tired, sick burned-out nurses can't provide the best care and are more likely to quit their jobs than those with better working conditions. But now, the pandemic has made a tough job exponentially harder. It's placed health care workers in war zone-like circum-

stances that they never trained for – or wanted. Picture the shock, for example, of a pediatric nurse relocated from the newborn nursery to a COVID-19 ward. In a nationwide survey last spring, more than 60% of the 1,200 nurses interviewed said they were considering quitting their jobs – or leaving the profession altogether.



Nurses help a COVID-19 patient tele-conference with relatives in a hospital ICU. (Photo/Tempura/Getty Images) **Rebuilding a strong nursing force**

Without serious efforts to recruit more nurses and improve working conditions, the U.S. is in danger of serious breakdowns in the health care system. There are many ways to address the nursing shortage. Solutions include offering better salary and benefits, saner work hours and less physically demanding roles for older, experienced nurses to keep them working longer. Nonprofit initiatives like the "Healthy Nurse Healthy Nation" program can help improve health and wellness. Reaching out to youth and continued funding for nursing education under the Public Health Service Act will help spark interest in the profession and build a more diverse workforce.

A strong nursing workforce is essential to the health and wellness of the nation. Our health care system and our lives may depend on it. (Courtesy <https://theconversation.com/>)

Editor's Choice



A woman takes a picture of a projection on the Obelisco in tribute to the late soccer legend Diego Armando Maradona in Buenos Aires, Argentina, November 26, 2020. REUTERS/Ricardo Moraes



A man mourns the death of soccer legend Diego Armando Maradona outside the Diego Armando Maradona stadium in Buenos Aires, Argentina, November 27, 2020. REUTERS/Ricardo Moraes



Police use a water cannon during the wake of soccer legend Diego Maradona, in Buenos Aires, Argentina November 26, 2020. REUTERS/Matias Baglietto



People mourn the death of soccer legend Diego Armando Maradona, in front of the Casa Rosada presidential palace in Buenos Aires, Argentina, November 26, 2020. REUTERS/Ricardo Moraes



The hearse carrying the casket of soccer legend Diego Maradona arrives at the cemetery in Buenos Aires, Argentina, November 26, 2020. REUTERS/Agustin Marcarian



Riot police try to disperse people gathering in front of the Casa Rosada presidential palace to mourn the death of soccer legend Diego Armando Maradona, in Buenos Aires, Argentina November 26, 2020. REUTERS/Ricardo Moraes



Medical personnel prepare in the emergency room of the Maggiore di Lodi hospital as a second wave of the coronavirus hits the country, in Lodi, Italy, November 13, 2020. REUTERS/Flavio Lo Scalzo



Pallbearers carry the casket of soccer legend Diego Maradona after a public viewing at the presidential palace Casa Rosada, in Buenos Aires, Argentina November 26, 2020. REUTERS/Martin Villar

It All Began With A Car Crash And An Unlikely Friendship

Country Music Legend Dolly Parton Helped Fund Moderna's Coronavirus Vaccine – Really.



Dolly Parton, who in April donated \$1 million to Covid-19 research, is listed among sponsors who funded research for the Moderna Covid-19 vaccine.

Compiled And Edited By John T. Robbins, Southern Daily Editor

As Dolly Parton tells it, her first-ever car accident in October 2013 was minor, but left her bruised and sore enough to seek medical advice at Vanderbilt University Medical Center.

That's where she met Naji Abumrad, a physician and professor of surgery. Abumrad knew next to nothing about the beloved megastar with big, blond hair, but he soon befriended her because he deeply enjoyed their talks about current events and science.

Their bond of nearly seven years received worldwide attention Tuesday after it was revealed that Parton's \$1 million donation to Vanderbilt for coronavirus research, made in honor of Abumrad, partially funded the biotechnology firm Moderna's experimental vaccine, which a preliminary analysis released this week found is nearly 95 percent effective at preventing the illness.

In an interview with The Washington Post, Abumrad recalled how Parton's curiosity about Vanderbilt's coronavirus research

led to a gift that helped fund the vaccine that could be one of two available in the United States on a limited basis by the end of the year.

Among the agencies and universities listed as funding sources for the Moderna vaccine was "the Dolly Parton COVID-19 Research Fund," which left some on social media joking about singing the refrain of her hit "Jolene" replaced with the word "vaccine." The doctor said he was elated over his friend's contribution to the early stages of a vaccine that eventually received nearly \$1 billion in federal funding.



"Her gift made it possible to expedite

the science behind the testing," Abumrad, 76, said on Tuesday night. "Without a doubt in my mind, her funding made the research toward the vaccine go 10 times faster than it would be without it." Moderna's coronavirus vaccine found to be nearly 95 percent effective in a preliminary analysis.

Speaking to NBC's "Today" show on Tuesday, Parton, 74, expressed gratitude to those working tirelessly for a vaccine to help stop a pandemic that has killed at least 247,000 people in the United States.

In April, less than a month after Covid-19 was officially declared a pandemic, Dolly Parton donated \$1 million to coronavirus research at Vanderbilt University, in Nashville, Tennessee. More than seven months later, it's been revealed that the legendary performer's donation helped fund Moderna's Covid-19 vaccine, which this week became the second coronavirus vaccine with a stunningly high success rate.

Parton's name appears in the preliminary report on the vaccine among sponsors like the National Institute of Allergy and Infectious Diseases, which Dr. Anthony Fauci heads, and Emory University. She originally donated to Vanderbilt University Medical Center in honor of her friend and Vanderbilt professor of surgery Dr. Naji Abumrad.



The Moderna vaccine is 94.5% effective against coronavirus, according to early data released this week by the company. Vaccinations could begin as soon as late December, Fauci said, though they'll be made available first to high-risk groups like health care workers, the elderly and people with underlying medical conditions.

Parton first donated to the Vanderbilt University Medical Center's Covid-19

research efforts in early April, when there were around 200,000 cases of Covid-19 in the US. Now, there are over 11.3 million cases, and nearly 250,000 Americans have died.

Parton recognized then the severity of the virus and urged her fans who could afford it to donate to Vanderbilt Health's Covid-19 research fund, which has raised more than \$98,000 of its \$250,000 goal. Her gift was first used toward research for interim Covid-19 treatments while the vaccine was being developed, she said in an April appearance on NBC's "Today."

"I felt like this was the time for me to open my heart and my hand and try to help," she said in her "Today" appearance.

Parton, who said she'd found out her donation contributed to the vaccine trial on

Tuesday morning, told BBC's "The One Show" she felt "very honored and very proud" to be a small piece of what could be an essential treatment for Covid-19.



"I just felt so proud to have been part of that little seed money that will hopefully grow into something great and help to heal this world," she said. "I'm a very proud girl today to know I had anything at all to do with something that's going to help us through this crazy pandemic." (Courtesy <https://www.cnn.com> and www.washingtonpost.com)

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親子教育 Daily News

毀掉一个孩子最好的办法，就是逼他外向

前几天，朋友带着孩子来家里做客。

进门后，那个9岁的孩子一直拽着他妈妈的手腕，看起来挺怕生。

他妈妈一直催促他向我问好，小孩被催了几次后，怯生生地叫了声阿姨好。不久一个人躲在角落默默翻儿童故事书了。

我朋友一脸抱歉又担忧的解释：“他太内向了，多包涵。”

我笑了笑表示理解。

接着她叹了一口气说：“唉，很担心他以后会吃亏。”

让我想了之前看到的后台留言：一位妈妈说自己的孩子上四年级，很内向，不愿意和别人说话，在班上也不是很合群。

现在在考虑要不要给孩子报一个语言班或者播音班。

相信很多家长也有这样的烦恼，觉得孩子内向不好。

总是希望通过一些办法，让他们变得更善于社交、更开朗活泼、更讨人喜欢。

有些家长还会认为内向是种性格缺陷，容易被冷落被排挤，在社会交际上容易吃亏。

其实，内外向就像男女性别一样，并没有优劣之分。

内向是性格，不是缺陷

内向一直被默认为是一种性格缺陷。同样，内向不合群的人也被当成另类。

可是，内向真的就一文不值吗？

卡尔·荣格在1921年的《心理类型学》中提出了外向和内向的概念。

两种性格无优劣之分，区别在于获取能量的方向不同。

外向的人是通过社交来汲取能量，他们热情、健谈、爱交友。

他们把自己投身于热闹的群体中“充电”。

而内向的人刚好相反，他们是内倾型。

社交不仅不能让他们充电，还会消耗他们的能量。

所以，他们会本能的回避无意义的社交，不喜欢人多热闹的场所。

就比如，比起吵闹的幼儿园，内向的孩子更喜欢在熟悉的家里，独自和玩具作伴。

但这并不代表他们孤僻或者自闭。

相反，他们更懂得如何和自己相处，通过独处来汲取能量

他们仅仅是选择了一种让他们舒服

的生活方式而已。家长们也不用担心孩子孤独，他自有一方天地。

所以，内外向只是人一种心理状态，没有优劣之分，内向者更不是异类。

家长不要因为偏见，一直标榜外向的优势，而忽略了内在性格独特的力量。

内向独有独特力量

内向者真的被人们误会太久了。性格的好与坏，一般是由话语权掌握者定义，而内向的人通常不喜表达，结果舆论的战场就被外向的人占领。

导致人们只记得内向者的格格不入，而忘记了他们独有的力量。

记得，我上高中的时候，班里有位女生十分内向。几乎不跟同学交谈，独来独往。

我们讨论各种八卦趣事时，她安静坐在位置上，或是奋笔疾书，或是静静沉思。

当时的我，特别不理解她，觉得她孤僻又无聊。

后来，那个女生，上了北大。

而我高考失利，到了一所并不优秀的学校。

身边人的思想及各方面水平与高中同学相比是不够成熟的，价值观的种种相悖使我们并不能互相理解。

于是，我也变得像那个女生一样，不爱与周围的人交流。

当他们在谈论八卦，我奋笔疾书，默默蓄力。终于我也理解了她。

那时候的她，就像一匹孤独的狼。羊群才会结伴，野兽都是独行。

心理学有个现象，叫“羊群效应”。意思是习惯了随大流，就会丧失自己的判断，成了集体意志的奴隶者。

外向的合群者往往为了跟随大众所同意的，默认牺牲掉自己的意见。

甚至，不独立思考所做的事情的意义。慢慢的，沦为平庸的乌合之众。

有数据显示，世界上70%以上的成功者其实是性格内向的人。

爱因斯坦、比尔盖茨、村上春树、三毛等都是内向性格的人。

正因为内向，他们本能的对内心世界更感兴趣，喜爱独处，喜爱思考，拥有安静的力量。有常人所不能及的专注力，一以贯之的执行力。

一个人，活成了一支队伍。

内向的人更易成功

有时候，内向的力量是超乎想象的。

在华盛顿州的西雅图，一位7岁的男孩，平日里喜欢阅读。

其中最爱是那几套几乎有他三分之一体重的书《世界图书百科全书》，反反复复逐字逐句，一看最少几个小时。

长大一点，他便经常一个人待在地下车库里，专心捣鼓自己的事。

连妈妈叫吃饭，也不予理会。

慢慢的，他被母亲误认为是心理有疾病的孩子，被强行拉去看医生。

心理医生观察他好久，给出了一个建议：

“你最好不要干涉他。”

这位男孩就是微软的创始人，后来的世界首富——比尔·盖茨。

毁掉一个孩子最好的办法，就是逼他外向

画家兼导演史泰龙说：“人追求理想之时，便是坠入孤独之际。”

内向天然的孤独和安静，就像一把利器。能够让人摒弃一切干扰和诱惑，沉浸在一件事情中。

作家三毛，也是寡言少语的人。在班上不和同学打交道，没有朋友，我行我素。

对于她来说，最幸福的事情就是低头捡破烂，逃课看书。

在破烂中发现宝贝，在阅读中洞悉美好。

最后，内向不妨碍她拥有丰富的世界，反而赋予她细腻的情感，强大的同情能力，创作出传世的著作。

心理学家米哈里·奇克森特米哈伊在1990-1995年间做了一项研究，研究对象是91名在艺术界、科学界、商业及政治领域表现出卓越创造力的人。

他们当中有很多人在青春期阶段处于社会的边缘。

因为他们感兴趣的领域在同龄人眼里不可思议。也正因为这样，他们有更多的独处时间，他们深度思考，徜徉在



感兴趣的领域。

内向者不只有沉默，还在沉默中野蛮生长。

实现孩子的“内向”自由

如果你家孩子性格内向，不用紧张和担忧，因为内向同样也是上天的礼物，内向的人也可以取得瞩目的成就。

美国有一项历时30多年，针对社会精英的研究：

内向型性格的精英人才是外向型性格的3倍。

IQ越高的人，内向型的倾向就越强烈。

而且，内向者在创作、艺术、科研等领域有着外向者不具有的天赋。

都说“宁静生活的单调与孤寂能启发创意的思维”。

毁掉一个孩子最好的办法，就是逼他外向

而有的家长，为了纠正孩子内向的性格，故意让孩子在众人面前表演。

有次过年去亲戚家。她家女儿平时不多话，爱一个人待着。可她妈妈觉得内向吃亏，一直逼女儿变外向。

吃饭的时候，亲戚打算乘着人多热闹，让女儿敬酒。

小女孩听后脸一下子涨红，握着筷子的手指用力到泛白。

闷声说：“我不要。”

她妈妈觉得没面子，激动的讲：

“你连敬个酒都不敢，以后还能干什么？”

孩子瞬间泪如雨下，扭头跑进了房间，直到我们离开也没有出来。

其实，内向是打娘胎出来的天然的性格，本就没有对错之分，“纠正”对于他们来说并不公平。

而强迫孩子进行“社交锻炼”，只会让他们产生反感和恐惧，甚至会留下心理阴影。

孩子内向的话，我们家长首要做的就是接纳，并且帮助孩子找寻自我认同感。

让孩子了解到内外向只是一种性格特质，不分优劣，减少他的自我否定。

要放心大胆的给他们更多“独处”的空间，让他能以安静的方式与自己相处，与这个世界相处。

当他有足够的时间去认识自己，观察社会，蓄势待发，就会成长为最好的自己。

说到底，尊重每个孩子都是独一无二的个体，才是帮助孩子发展的最好方法。

内向的孩子并不是与世界格格不入，而是在以安静的方式改变世界。

我们要允许孩子不一样，给他们“内向”的自由。

像村上春树所说的一句话：不是所有鱼，都会生活在同一片海里。