

Virginia Leung
An Original Work of the most captivating, awe-inspiring writing.



*How To Be
The Best Version
of Yourself*

Did you know that personality and attitude are the two deciding aspects of your fate?

Be crowned with a halo now as I share my top tips for improving your mentality, analytical skills, perspective, mindset, communication, Adversity Quotient, social etiquette- and putting them all into practice!

From the accomplished psychological professional and expert of social etiquette, celebrated blogger and social influencer, counselor and mentor, author and essayist





**For the state of things to change
for the better,**

**You must first change yourself for
the better;**

**For the state of things to improve
even more,**

**You must always be improving
yourself even more!**



Author **Virginia Leung**

**For the state of things to change for the better,
You must first change yourself for the better;
For the state of things to improve even more,
You must always be improving yourself even
more!**

West Coast University- MSc Psychology

The National Federation of Neuro Linguistic Psychology- Psycholinguistic Programming Practitioner

The time line therapy (TLTA)- Timeline Therapist

American Board of NLP- Psycholinguistic Programming Practitioner

IMDHA- International Medical and Dental Hypnotherapy Association
Registered Hypnotherapist

American Institute- Registered Hypnotherapist

American Board- Registered Hypnotherapist

West Coast University- Advanced Diploma of Business Administration

Profile

Author

Virginia Leung

My Horoscope

Pisces

Birthday

March 4th

Belief

A positive outlook on life that is meaningful and fulfilling. Constantly striving to improve so as to experience the depth of life.

Personality

Independent, rational yet emotional, firm yet gentle, candid, positive and optimistic, courageous, constantly strives for breakthroughs, seeks out challenges and has a fighting spirit.

Hobbies

Travel, boxing, dance, singing, motorcycling, SUV, cooking and writing

Profession

Psychology, counseling, social etiquette, communication skills and education.

Strengths

Observation, analysis, interior design and decor.

Favourite Colours

White, pink and black.

Favourite Cuisine

Chinese, French, Japanese and Thai Cuisine.

People or things I most admire

People who are understanding, humorous yet graceful, romantic and caring, brave, sincere, responsible, emotionally intelligent, wise, possessing inner depth and substance, positive in thinking and eager to improve. Things which are touching,

People or things I most dislike

People who intentionally seek to offend, are impolite, uncultivated in manner, selfish, untrustworthy, perverse, lazy and full of excuses. Unhygienic environments.

Preface

Blind spots in our thinking, a lack of emotional intelligence or poor social skills- various problems, like these, admittedly drive away many opportunities. At times, one wonders whether these are foregone conclusions- or are they a result of inability and throwing in the towel way too early?

Emotions have an immense impact on our mood and performance, and our attitude and manner of dealing with things and people determine if opportunities come our way. Problems stem from our thoughts, and affect our behaviour. Outstanding social skills allow you to take to interpersonal relationships like a duck to water. This book will help you learn more about yourself- how to adjust your emotions and way of thinking, how to improve your communication skills, how to build the best social and romantic relationships, and how to enrich and cultivate your manner and inner substance. If you are determined to be a better- even the best- version of yourself, take a page from this book. If you can apply it well to daily life and make the most of it, you will surely be able to improve yourself!

Foreword

Being a better version of yourself is certainly a prerequisite for personal excellence. It enhances your competitiveness and thus naturally leads to many more opportunities. I really appreciate the book "How to Be The Best Version of Yourself. It gives the reader a positive mindset, improves judgment and discernment, provokes deep reflection, and teaches excellent interpersonal skills! I am highly impressed by the author, Ms. Virginia Leung, her skill and knowledge.



Miss Denise Yeung Hong Kong's Premier Race Car Driver

.....

Winner of the 2014 Huaxia Cup in Taiwan, Shanghai and Macau, and the overall female champion in China, Hong Kong, Macau and Taiwan.

2015 Hong Kong RV Championship Challenge N2000 overall champion and the first female champion in the history of the race.

2016 (Jessica) Notable Person of the Year Award

2016 (Jessica) Named Woman of Success

Foreword

“There are only two ways to change your destiny in life, One is your attitude towards life, the other is a book that has been read.

The right time to make a change is always now.”

The book "How to be a best version of yourself?" is to help readers adjust their perspective and behavior, strengthen their communication skills, and let you become an optimistic and fulfilling individual and become a better version of yourself! !



梁澤森 馬來西亞拿督

Datuk Mr. Leung Chak Sum Jason



Worldwide large chain stores - Escape Room Founder
2016 Guinness World Records (Most people lighting LED lights in a relay)

Foreword

“Being polite doesn’t cost a penny!” goes the saying. Humans are social creatures, and modern society is even more socially inseparable; to have connections is to have opportunities.

If a person wears better clothes but does not know how to be polite, he cannot hide the fact that he is poorly educated. The smartest person, the most educated, the most wealthy, the most competent, and the most impolite will bring shame to himself and his family, and this is proof of his lack of sophistication. Etiquette is the embodiment of culture; it is a way of communicating, of learning an unpronounced language that not only expresses oneself, but also allows others to understand oneself in the best possible way, and greatly boosts self-confidence and helps build excellent interpersonal relationships. Learning etiquette and behaving in a manner that feels appropriate and decent will bring out your charm and make a good impression on others, both at work and in life!



We need to understand the true nature of the problem before we can talk about how to deal with psychological barriers. Ms. Virginia Leung, with her expertise in psychological counseling and therapy, has assisted people of different backgrounds in dealing with various emotional problems, changing their lives, helping them to face their problems positively and productively, and helping them to overcome their difficulties strategically and step by step, as well as teaching them communication and social skills from the perspective of psychology to enhance manners, cultivation and substance. It also teaches communication and social skills from a psychological perspective to increase etiquette, discipline, and substance.

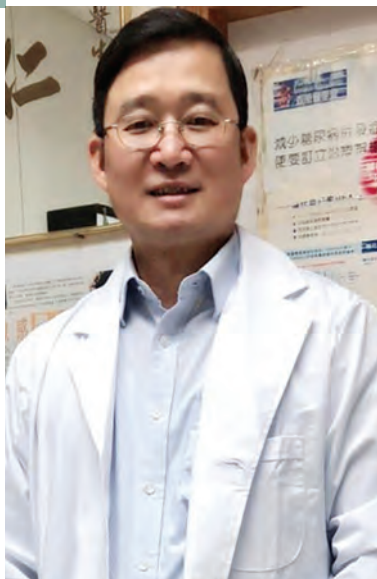
This book is a compilation of experiences, and I recommend it to all readers for their benefit. °

A handwritten signature in black ink, appearing to read 'Wong Chung Pan'.

Mr. Wong Chung Pan, Benning

Diploma in Laws (D.L.S.)
(HKU School of Professional and Continuing Education)
Common Professional Examination (C.P.E.)
Postgraduate Certificate in Laws (P.C.L.L.)
Bachelor of Laws (LL.B) University of Manchester (U.K.)
Master of Laws (LL.M.) City University of Hong Kong

Foreword



Ms. Virginia Leung is an excellent psychology and etiquette expert. She specializes in interactive teaching and counseling, inspiring thinking, using real-life examples to train analytical skills, and guiding the establishment of correct values and positive thinking in the process.

Ms. Virginia Leung has a wealth of knowledge and experience in spiritual growth and interpersonal relationships, and she is never shy about sharing it with others. In this day and age, it is very difficult not to follow the trend and not to be affected by negative emotions. Ms. Y. Leung shared in this book how to improve judgment and adjust thought patterns to maximize one's positive energy. The book also introduces basic social etiquette standards, which will help us face challenges in different stages of life.

I believe that readers will gain insight and benefit from reading this book, which will lead to a better future.

Fellow, Royal College of Physicians

Royal Glasgow Medical School
Diploma in Geriatric Medicine

Postgraduate Diploma in
Community Geriatric Medicine,
The University of Hong Kong

A handwritten signature in black ink, appearing to read 'Hui Fai Hung', written in a cursive style.

Dr. Hui Fai Hung

Foreword

Today, to live a better life, we must learn to stay positive and grind through unfavorable situations. We should strive to enhance interpersonal skills, master the art of getting along with others, and have a mindset for constant self-improvement and raised expectations.

I highly recommend Ms. Virginia Leung Yui Ying's book "How to Transform into a Best Version of Yourself". It takes an unprecedented approach, motivating you to unlock your full potential in this competitive world by exploring crucial topics that often get neglected.

This book is truly influential and inspirational! A book, or an opportunity to invest in yourself, that you certainly should not turn down.



Dr. Stephen Cheng Kwok Po

Hong Kong Polytechnic University
-Professor of Textile department

Xian Polytechnic University
- visiting professor

Emotions



Thoughts



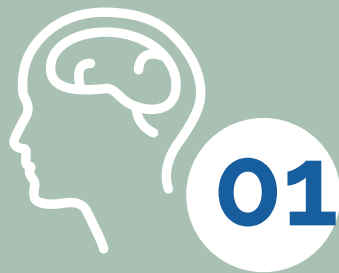
Self-
enrichment



Relationships

Content

Emotions



- 19 Separate Emotion from Incident
- 21 Adversity Quotient (AQ)
- 23 How to Process Episodes
- 25 No Match for an Emotionally Intelligent Person
- 27 Don't Mistreat Yourself
- 29 A Balanced Life
- 31 The State of Urban Life
- 33 Learning Acceptance

**Emotional Intelligence -
Being kind to yourself is
processing episodes instead of
suppressing them.**



- 35 Be The Master of Your Emotions
- 37 Why Punish Yourself with Unhappiness?
- 39 Getting Angry Is Not Going to Help Anything
- 41 Let Go of Your Stubbornness
- 43 The Lethality of Words
- 45 Avoidance and Relief

- 47 Change Your Mood and Perspective
- 49 Learn to Let Go
- 51 Can't Let Go
- 53 The Fool and The Wise
- 55 The Source of Unhappiness
- 57 Reasons to Improve Yourself
- 59 The Wisdom of Not Letting It Get To You



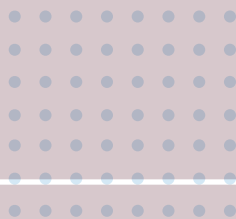


02

Thoughts

Know yourself - Evaluate yourself: blind spots in your thinking, values and perspective on life!

- 63 Do you know yourself?
- 65 How to help yourself relax
- 67 What you covet is what you lack
- 69 You cannot wake someone pretending to sleep
- 71 There are no standards for success and happiness



- 73 Inevitable characters in your life
- 75 Wave goodbye to bad habits
- 77 Be the hero of a motivational movie
- 79 Have you put in your best?
- 81 The gap in thinking
- 83 Your manner of expression reflects your personality

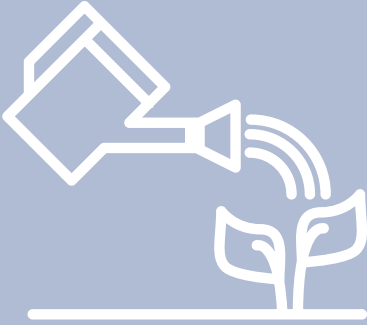


Content

- 85 Aura is the only thing that doesn't change
- 87 Rediscover yourself
- 89 All the world's a stage
- 91 Critique yourself
- 93 Who do you love the most?
Yourself or others?



- 95 True self-confidence
- 97 There is no perfection
- 99 Let your mind progress
- 101 The inner metric
- 103 Rating yourself
- 105 Opportunities are for those who are well-prepared



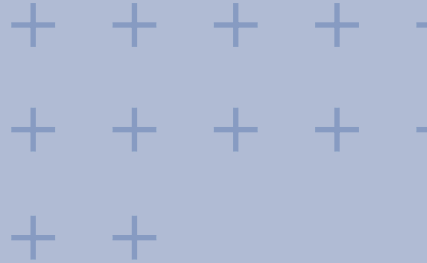
Self- Enrichment

03

**Personality and attitude decide your fate
(Improving interpersonal relationships,
social gatherings, business etiquette,
social etiquette, communication skills)**

- 109 Interpersonal relationships (A guide to friendships)
- 111 Interpersonal relationships (Outcome is more important than Philosophy)
- 113 Social etiquette (First impressions)
- 115 Social etiquette (What are cultivated manners, inner substance and aura?)
- 117 Social etiquette (The etiquette of formal gatherings)
- 119 Basic table etiquette (Demonstration of Chinese table etiquette)
- 121 Table etiquette (Demonstration of Western table etiquette)
- 123 Communication skills (Making new friends)
- 125 Communication skills (Appropriate topics and taboos)
- 127 Communication skills (Using your words wisely 1)
- 129 Communication skills (Using your words wisely 2)

- 131 Communication skills (Psychological techniques- methods of criticism)
- 133 Treating Clients
- 135 Communication skills (Positive Language)
- 137 Friends
- 139 How to be the best version of yourself
- 141 Blind spots in thinking
- 143 A woman who is gentle yet firm
- 145 Personal qualities
- 147 Making others happy is also a responsibility
- 149 Discernment checklist
- 151 Challenge yourself
- 153 Life is Practice



- 155 Life values
- 157 A woman who has expectations of herself
- 159 Same conditions, different outcomes
- 161 The strongest asset of men and women
- 163 Catching the wisdom of others
- 165 The power of gentleness
- 167 Cultivating an aura
- 169 Well-liked humour is graceful
- 171 How much of your life are you responsible for?





Relationships

04

Where shall my heart rest - Making those who understand stay, or making yourself impossible to leave




- 175 Being complementary to each other- being content
- 177 Rebooting your mind
- 179 Superficial value
- 181 How to know if you're treating someone well enough
- 183 The mystery of women
- 185 Irksome relationship problems
- 187 Someone who cares and hurts for you
- 189 Thawing his heart
- 191 Give me back my soul
- 193 On spending
- 195 Capturing and harnessing his heart
- 197 Treasuring yourself




15

How to be the best version of yourself 

Content

- 
- 199 Three roles in relationships
 - 201 The real winner in love
 - 203 Relationships of yesterday
 - 205 A life of beauty is worth more than outer beauty
 - 207 Are you deserving of love from those around you?
 - 209 Crushes
 - 211 Being a confident lover
 - 213 To the brokenhearted
 - 215 A caring lover

- 217 Mind games
 - 219 Can't let go of you
 - 221 Avoidance in relationships
 - 223 Making yourself
 - 226 Advertisements
 - 227 Copyright Statement/ Notice/ Disclaimer
 - 231 Epilogue
- 



Emotions

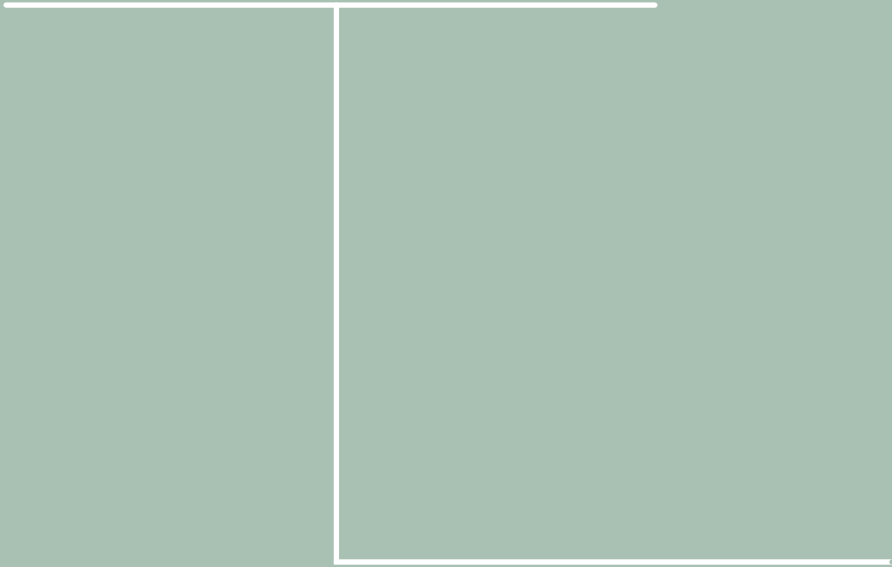


Emotional Intelligence

Being kind to yourself is processing episodes instead of suppressing them.



Separate Emotion from Incident





It's not always someone else's problem. Emotion clouds vision- only by separating emotion from an incident will you be able to calmly recognize the truth. One who is in the pursuit of true improvement will present their heart truly as it is, facing it unflustered and unperturbed. Men or women irregardless garner respect by being responsible for their emotions and behaviour, and acting in a measured, gracious manner.



Adversity Quotient (AQ)

Being pessimistic and negative does nothing to help anything. Why torture yourself? It takes a positive mood outlook to buoy one up with determination through challenges. You have a choice as to whether to live today happily or unhappily- this is determined by whether your mindset is positive or not. In adversity, take it upon yourself to be even more of a proactive learner, enriching yourself whilst paying attention to flexibility and adjustment. Cherish all, treasure yourself, and work hard to save for rainy days.

Only by being positive and optimistic will things take a turn for the better. Be poised and ready-opportunities are for those who are well-prepared.








How to Process Episodes





Opportunities are for
those who are well-prepared!

Courses for adults

- Image building
- International Social Etiquette & table manner
- Life coaching
- Parenting
- EQ & AQ training
- Communications Skills

Counselling services

- Emotional counselling
- Marriage counselling



Training Centre :

Virginia's Social Etiquette, EQ & Counselling Centre
(Operated by Virginia's Group Holdings Limited)

Phone: 852 28762862

Fax: 30115500

Add: Flat 2302, 23/F, 108 Commercial Centre, 108 Java Rd, North Point, HK.

Email: info@pratc.com

Website: <http://www.vprtc.com>



Opportunities are for
those who are well-prepared!

Courses for youth & kids

- International Social Etiquette & table manner
- Multiple intelligences & quotient
- Emotional quotient & social manners



Counselling services

- Psychological & behaviour counselling

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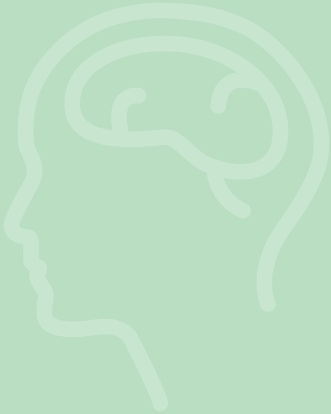
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Be crowned with a halo now as I share my top tips for improving your mentality, analytical skills, perspective, mindset, communication, Adversity Quotient, social etiquette- and putting them all into practice!





This book can help you know and evaluate yourself, make for yourself a beautiful life and future-

- **Finding the blind spots in your thinking**
- **How much responsibility should you take for your life**
- **What aura type are you?**
- **Emotional Intelligence: do you know what you lack?**
- **Use the art of speaking wisely with the right words**
- **Show your glowing side in your socializing**

Who you give this motivational book to is who you value most.



The background is a light teal color. It features several watercolor-style illustrations of green and yellow leaves on thin branches, positioned in the top-left and bottom-right corners. Overlaid on the background are several thin, orange geometric lines that form a complex, abstract shape resembling a stylized house or a series of connected triangles.

Epilogue :

In the face of constant changes in society and the people and events around us, we need to know how to adjust ourselves, adapt to the environment, and review and add value to ourselves so that we can live a better life! Deep gratitude to all readers of this book.