



The **Epitome** */i'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

Capturing Life Lessons and Moments

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UiTM Cawangan Kedah,
Pn. Razanawati Nordin, Chief Editor,
UiTM Cawangan Kedah, Kampus Sg. Petani, 08400 Merbok,
Kedah
Email address: razanawati@uitm.edu.my
Contact No: 044562421

Copy Editor: Ms. Rafidah Binti Amat
& Ms. Nor Asni Syahriza Abu Hassan
Graphic Designer: Mr. Mohd Hamidi Adha Mohd Amin



APB KEDAH : THE EPITOME

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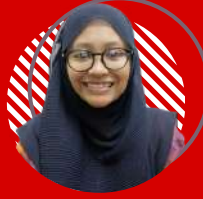


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Synopsis



The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah is thrilled to announce the release of the fourth edition of its e-magazine, The Epitome. This publication represents our steady dedication to cultivating creativity in language and literature.

The primary objective of THE EPITOME is to offer a platform for writers, educators, scholars, poets, and researchers can come together to exchange their ideas, discoveries, expertise, and narratives. Our special focus revolves around an array of creative writing genres, encompassing playwriting, short stories, songs, speeches, memoirs, literary journalism, humour writing, lyric essays, innovative essays, and personal essays, with a goal to embrace diverse linguistic expressions, with content available in four languages: English, Bahasa Melayu, Mandarin, and Arabic.





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Preface

Mr. Azlan Abdul Rahman
Head of Faculty
Academy of Language Studies
UiTM Kedah Branch

Welcome to the fourth issue of *Epitome*, where creativity and imagination shine brightly. Within these pages, you will discover a rich tapestry of voices and visions—each piece a celebration of the limitless potential of words.

This issue of *Epitome* is more than a mere publication; it is a tribute to the art of storytelling in all its forms. Whether you are captivated by evocative poetry, enthralled by engaging short stories, or intrigued by insightful essays, we aim to present something that resonates with every reader.

We are passionate about the transformative power of literature, and we hope that this collection will inspire, challenge, and delight you. As you explore these pages, may you uncover new perspectives and experiences that enrich your own creative journey.

Thank you for embarking on this literary adventure with us.

Happy reading!





Editor InChief

Dear gentle readers,

Let me welcome you to our fourth edition of e-magazine, where we explore the beauty of life's journey. Our theme, "Capturing Life Lessons and Moments," encourages you to pause, reflect, and celebrate the wisdom that arises from everyday experiences.

Life is a mosaic of moments, each with the potential to teach us something profound, inspire change, or remind us of the surrounding beauty. Within these pages, we have unfolded stories, reflections, and insights that illuminate the lessons woven into the fabric of our lives. From the quiet wisdom found in fleeting moments to the power of life-changing events, this edition pays tribute to the learning that occurs beyond the classroom, in the heart of our daily lives.

Our contributors have poured their hearts into capturing these moments, sharing personal stories that resonate with authenticity and depth. You will find essays exploring the significance of small acts of kindness, articles reflecting on the lessons learned from adversity, and creative pieces celebrating the joy found in simple leisure. Each piece serves as a reminder that life's greatest lessons often emerge from the most unexpected places.

As you flip through this edition, we hope you find inspiration in the shared stories and perhaps discover a mirror to your own experiences. May these pages encourage you to appreciate the moments that shape you, learn from the challenges that test you, and embrace the wisdom that life offers at every step of your journey.

Thank you for joining us in exploring life's lessons and moments. We invite you to take your time, savour each piece, and maybe even gain a new perspective on the experiences that have shaped your own life.

Happy reading!

Warm regards,

Razanawati Nordin
Editor-in-Chief
THE EPITOME



The Book That Changed My Life

Nur Anis Pauzi

Academy of Contemporary Islamic Studies (ACIS), UiTM Shah Alam

It's December again.

Decembers used to terrify me a lot.

Once, some short years after graduation, I had a concerning amount of worries circling in my head on the coming new year when December arrived and I realised this one question repeating or stuck in the brain: am I a failure?

The funny part of it was, I was doing fine juggling around my job, doing voluntary activities here and there, living my life all year round; but when the final month of the year arrived, the feeling became intense out of nowhere or maybe resurfaced. Social media portraying all the achievements and what not for the year and got me thinking: wait, did I fail myself? This thought kept echoing and bothered me.

Those times I believed I did, yes I failed. I did not secure the job I wanted in the Islamic banking industry, friends tied the knot left and right, kids on the way; and I was there, still trying to figure out things. The plan to pursue doctorate went into the drain as when the registration day arrived, I just wandered outside the hall and eventually deferred the offer. I was getting older, but made no progress in life or at least that was how I felt. "Help, I'm still at the restaurant" (right where you left me, T.S).

I sat down by myself one December evening at Surau Mahallah Ruqayyah and thought "This is unhealthy. I cannot be scared and worried this much for the new year. This is so not right."

Later on, the bookish side in me picked up a book titled *How to Stop Worrying and Start Living* by Dale Carnegie and the headline goes, 'Over 6 million copies sold'. First off, I am not a fan of motivational books and at times very sceptical about it although I do read some. That time, I thought, alright let's give this book and myself a chance.

Guess what, I was sold on the very first chapter. It entails how we should live in a day-tight compartment, focusing solely on the opportunity of living on that day and not taking it for granted, as if the next days are guaranteed. Taking things one day at a time, one task at a time and yet not disproving the importance of the days ahead. Plan, but have no anxiety. Taking time to breathe and not worry too much. Everything will surely fall into its place, one way or another. A new day is a brand new opportunity and tomorrow is never promised. The thought of death on the contrary makes our problems seem tiny, looking death at a bigger picture and perceiving the value of today. The many real life stories detailed in the book make me ponder a lot more. Reflecting on how as Muslims, this knowledge of faith is cemented on us when we were young but when the growing up part hit you hard, you need to take a pause, untangle things and relearn it all over again. At the end of the day, success is being able to go to bed each night with our souls at peace.

I finished the book and felt very much better. From that day on, something changed in me assuredly. My mind is now in a better place. This particular book, I promise you, really works out any worries or anxieties and it serves the title flawlessly.

Is it December now? Grateful for living to the day and many more days in the future. My heart is full.

Alhamdulillah.



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