

Famous Taiwanese Writer, TSAO YU-FANG, and Her Wonderful Interpretation of Leading a Colourful Life

by Sally Wu



Tsao Yu-fang, known for her writing and fight against cancer, enjoys the greatest influence and appeal in Taiwan. She has written more than sixty works about her own life experiences in the form of prose, novel and essay, including: *To Be a Woman of Intelligence*, *Calmness, Positiveness and Revival*, *Leading a Colourful Life*, *To My Forever Lover*, and *Take the Reins of Our Love*. She stands behind women's movements, the spirit of liberation, and environmental protection. Tsao is the former President of the Overseas Chinese Women Writers' Association and Chairperson of the Chinese Women Writers' Association. On April 2, in a bright red outfit, Tsao came to the CEIBS Her Club sharing with its members her wisdom and her interpretation of life, love and career.

Tsao's belief is that in the 21st century, an individual's primary objective is to become the master of life, always keeping a clear goal in mind and recognizing one's achievements once it has been achieved. She reflects on the evilness that results from the blind pursuit of material achievements in the 20th century, and suggests that career-driven individuals establish and manage a place of peace, harmony and friendliness, as well as mutual communication. *Leading a Colourful Life* is one of Tsao's best pieces. The content contains her positive attitude towards life. She believes in lifelong learning, thinking and travelling,

because only through these can people keep progressing. She also advocates a planned and carefully managed life. As life varies with people, each person should have a clear picture of themselves, define their life ambition, and choose which paths to take. She is noble in spirit, looking unceasingly for a higher-quality of life.

Six years ago she was diagnosed with terminal ovarian cancer. However, this did not overcome her, instead she held an optimistic attitude and fought bravely against death through strong willpower. *Calmness, Positiveness and Revival*, and *To Be a Woman of Intelligence* were written after her diagnosis about the ease and optimism she felt towards death.

Health is a part of life that Tsao shows a profound respect and she lays special importance on diet. "Diet is the best medicine to keep healthy. Instead of eating processed foods, we should be eating organic food that doesn't create pollution in the process from production to packaging." After her diagnosis with cancer, Tsao researched various recipes to keep herself healthy, and published a book in 2004 entitled *Cancer-Preventive-and-Resistant Recipes*. This book was not only widely accepted in the medical circle, but also received the first prize in Taiwan for health books. Tsao emphasizes the idea of health management and suggests adjusting one's mood every day. In her book, she defines three types of people

who are more easily affected by cancer: those who tend to constrain themselves, those who are easy to lose their temper, and those burdened with too much pressure.

She believes that love produces a kind of energy that supports life, through encouragement and helping one another. It is a closed circle. It does not necessarily require return or sacrifice from each other. Love represents a profound and natural need, both physically and mentally, for which men and women need to walk forward at the same pace.

In her two-hour lecture, Tsao communicated with her audience heartedly and self-confidently. Her witty, humorous and inspiring words perfectly reflected her feminine charm and intelligence that makes her what she is. Finally, she ended her lecture by expressing her best wishes that all in attendance would lead colourful lives.

Brief Introduction to Her Club:

Founded in September 2003, *CEIBS Her Club*, whose Chinese name contains the meaning of "pooling effort and merry heart," aims at pursuing a happy life through relaxation. It provides female students, professors and faculty at CEIBS a platform for communication, fostering friendship and support. At present, most of its activities are held in Beijing. Since its foundation, the Club has already held a series of successful activities, covering fashion night, charity events, and exciting lectures.