第一屆有品班書閱讀心得寫作—高一第一名：122-02 余博雅

Q：如何才能培養良好的品德？

作者在本書中提到，培養良好的品德需要從自我開始，首先應該了解自己的優點和缺點。在書中，作者提到一個叫做"自我反省"的方法，建議讀者每天花一些時間思考自己的言行是否合適。此外，作者還強調了"努力"的重要性，認為只有不斷努力，才能培養出更良好的品德。

In the book, the author emphasizes the importance of self-reflection. It is suggested that readers should spend time each day reflecting on their thoughts and actions. Additionally, the author stresses the importance of "effort," believing that only through continuous hard work can one develop better morality.

We make a living by what we get, but we make a life by what we give.