

A Healing Journey of Anne from Trauma in *Anne of Green Gables*

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Abstract: As a prolific writer in Canada, Montgomery has created more than twenty novels among which her first novel *Anne of Green Gables* is the most popular one. The heroine of the novel is an orphaned girl named Anne Shirley with freckles and red hair. The novel narrates Anne's upbringing from the age of eleven to seventeen. Anne had led a miserable life before coming to *Green Gables*, which made her traumatized. Thus, this essay arranges from the perspective of trauma theory to analyse Anne's course of life. According to the usual logic of trauma theory, this essay begins with Anne's traumatic symptoms, and then finds out what factors related to Anne's trauma. The final part is also the key of the essay which dissects Anne's healing process from her trauma. On the one hand, applying trauma theory into Anne's growing experiences can open a new view for readers to reevaluate Anne. On the other hand, readers can get some illumination through Anne's experiences and arouse their awareness to get rid of their trauma in the daily lives.

Keywords: *Anne of Green Gables*, Traumatic Symptoms, Traumatic Reasons, healing Process

1. Introduction

Lucy Maud Montgomery is considered as Canada's most beloved author.^[1] Her first novel *Anne of Green Gables* is also her autobiography which has been published in more than fifty languages and has a circulation of more than fifty million copies. The novel has become a world recognized literary classics canon. The heroine of this book, "Anne with red hair" is praised by the great writer Mark Twain as the dearest, and the most lovable child in fiction since the immortal Alice^[2]. Because of the worldwide influence of the book, tens of thousands of tourists from all over the world visit Prince Edward Island in Canada to follow Anne's footprints every year. As the critics said, as far as the health and purity of nature is concerned, there is an Anne hidden in every child. People must not use all kinds of utilitarian calculations to affect their health, pollute their purity and kill their Anne.

Centering on Anne, this essay attempts to apply trauma theory to analyze Anne's traumatic symptoms, traumatic reasons and the healing process from her trauma. Living in the de-colonized and patriarchal society, Anne was traumatized by the so-called orthodox requirements of women. She hated her red hair and managed to hide it. Because she cared too much her red hair, she became sensitive and often did things on impulse. Besides, Anne was homeless at the age of three months old, so she was rather eager to possess a family. In order to live at *Green Gables*, she was so cautious in order not to do anything wrong. That is why she overreacted faced with Mrs. Lynde's negative words. What is more, Anne always felt a sense of inferiority due to her appearance. It is noted that through Anne's personal trauma, the collective trauma of the Canadians can be implied. As they had been in a de-colonized society, the British culture still dominated their mind and they were marginalized and homeless similar to Anne. When it comes to the traumatic reasons of Anne's trauma, there are two aspects. The first aspect is about the backdrop of the society, which is the collective factors. The second aspect is related to Anne's unfortunate experiences before coming to *Green Gables*, which is Anne's individual factors.

The focus of the essay is Anne's healing process from her trauma. At *Green Gables*, Anne was firstly addicted to enjoying the beautiful natural scenery. The nature always has a power to drive away unhappiness and purify the heart of a person. Anne was consoled a lot due to the charming scenery. Besides, Anne's heal owes much to Matthew and Marilla to a large extent. Matthew is the first person who thought highly of Anne and knew Anne. He was the best listener of Anne. Marilla managed to educate Anne into a literate, independent girl. It is Matthew and Marilla provides Anne with the home and Anne no longer felt homeless and rootless. They are Anne's supporters for her life. Certainly, Anne's good friends at *Green Gables* also helped her get out of trauma in different ways. As the ideal friend of

Anne, Diana accompanied Anne to do a lot of funny things. Thanks to Diana, Anne seemed no longer upset with her appearance. Gilbert and Anne had an unpleasant beginning, but he greatly urged Anne to become better. He was the best opponent of Anne and Anne became more and more confident in the process of competing with him. What is more, Anne also met many kind people like Miss Barry, Mrs. Allan and Miss Stancy. Because of their friendly action towards Anne, Anne was comforted a lot. It is the scenery and people at Green Gables that make Anne feel a sense of love, belonging and security.

2. Trauma of Anne

According to the usual logic of trauma theory, the first step is aimed at presenting Anne's trauma. Anne's trauma is mainly shown in three aspects. The next step is an exploration for the roots of Anne's trauma. The last and also the most important step is analyzing Anne's healing process.

2.1. Traumatic Symptoms of Anne

In terms of Judith Herman who is one of the most brilliant trauma and abuse experts in America, traumatic events produce profound and lasting changes in psychological, arousal, emotion, cognition, and memory.^[3] Having had a detailed reading of the novel, it can be found that Anne's traumatic symptoms mainly manifest in the psychological, emotional as well as behavioral aspects.

Anne's trauma expresses intuitively in her repulsion against her red hair. Although Anne was just an eleven-year-old girl living far away from the cities, she was still fettered by the confinement set specifically for the female. In the Victorian age, western women's hair was a very essential indicator for their femininity. It was also related to their social status. According to the dominant English colonial culture, women's black hair was the symbol of the orthodox and traditional female image, who was considered as an ideal lady with her own identity and rights.^[4] Thus, it can be seen that Anne's conspicuous red hair disobeyed the orthodox requirement, which makes her excluded by those inflexible townspeople. Therefore, it is no wonder that Anne was a little bit humiliated and shew great dislike for her red hair. In Anne's viewpoint, if she wanted to get close to others, she had to hide her red hair, which made Anne sensitive. Anne was especially bothered when people referred to her red hair. So, when Matthew Cuthbert first met Anne at the train station, he noticed Anne wore a faded brown sailor hat and beneath the hat, extending down her back, were two braids of very thick red hair. When Matthew referred to Anne's red hair, Anne was so disappointed that the girl let the braid drop back with a sigh that seemed to come from her very toes and to exhale forth all the sorrows of the ages.^[5] Since Anne had lived in Green Gables, Marilla and Matthew's neighbor Mrs. Lynde shew great curiosity towards Anne. After taking a look at Anne, Mrs. Lynde sharply criticized her appearance, especially her freckles and red hair directly. What is more, just because of Anne's appearance, Mrs. Lynde said offensively that no one could promise that Anne would be a reliable girl, for no one had learnt this odd red-headed girl before. Affected by the so-called orthodox thought, Anne took it for granted that her red hair was odd and strange so she extremely hated her red hair. After Marilla decided to adopt Anne, she introduced Diana who was about the same age of Anne. Anne could not wait to ask Marilla a question. Who is Diana like? Her hair is not red, is it? Oh, I hope not. It is bad enough to have red hair myself, but I positively could not endure it in a bosom friend.^[5] Because of the request of the society for the female, Anne had suffered a lot and that is why Anne showed repulsion towards her red hair which made her look completely different from other pretty girls. In the novel, Anne was often indulged in her own world and accustomed to imagining, which also reflects her trauma. Anne always imagined that she was called the Lady Cordelia Fitzgerald with midnight dark hair. Had been disrupted by her red hair, so Anne had a smack at dyeing her hair to cater to the taste of the mass.

Due to Anne's miserable childhood, she was deeply traumatized, which was also shown in her overreaction towards others' words. Anne had lost her parents as she was just three months old. Anne was adopted by Mrs. Thomas and Mrs. Hammond successfully. Although she was just a little girl, she had to look after other children, which is so hard. Anne's unbearable memories came from the asylum where she had lived for four months and brought her psychic trauma. But the asylum was the worst. I've only been in it four months, but that was enough. I don't suppose you ever were an orphan in an asylum, so you can't possibly understand what it is like. It's worse than anything you could imagine.^[5] Because Anne lacked a sense of belonging and security, she was extremely eager to possess a home so that she could escape her misery. It is Matthew who brings a gleam of hope for Anne. When Anne came to Green Gables, she immediately fell in love with it. Unfortunately, after Anne learnt Matthew and Marilla actually wanted to adopt a boy rather than a girl, and her coming was a mistake, Anne's dream was

broken. In order to live at Green Gables, Anne made great endeavor and promised she would help Marilla with a lot of housework. Anne was so cautious and careful that she cherished every minute at Green Gables. It is no wonder that Anne was so irritated when she heard Mrs. Rachel Lynde's words that she persuaded Marilla to pack off Anne. "I hate you," she cried in a choked voice, stamping her foot on the floor. "I hate you—I hate you—I hate you"—a louder stamp with each assertion of hatred. "How dare you call me skinny and ugly? How dare you say I'm freckled and redheaded? You are a rude, impolite, unfeeling woman".^[5] Anne's overreaction towards Mrs. Lynde actually reflects her psychological trauma. Like an object, Anne was always sent away by others and she was so afraid to return back the asylum which made her in great pain or to someone's house to take care of babies. Anne's overreaction is also embodied in her radical behavior that she beat Gilbert because he called her "carrot" due to Anne's red hair, which uncovers Anne's wound in her heart.

Another manifestation of Anne's trauma is her sense of inferiority especially due to her appearance. Unlike other girls, Anne has freckles and red hair, which made her not look beautiful. Anne was stuck in the anxiety of appearance. She told Matthew that I'm so homely nobody will ever want to marry me—unless it might be a foreign missionary. I suppose a foreign missionary mightn't be very particular.^[5] Anne was always contemptuous because of her freckles, red hair and scrawny body. One of the main reasons why Dinna could become Anne's best friend is that she is the ideal image of a girl for Anne. Dinna had all the features of a pretty girl, which conforms to the requirement of a gentlewoman at that time.

Through Anne's personal trauma, it is easy to discover the collective trauma that the whole country was also continuously affected by the Anglo-Celtic culture. Due to the long domination of Britain, Canadians were confused and rootless because they could not really possess their own distinctive culture but had to behave themselves as the Anglo-Celtic culture required. They were unimportant and marginalized. They took it for granted that anything going against the orthodox culture was not allowed. Like Anne, the identity of Canada is dim and insignificant. That is why there still existed few works about Canada itself even though the country had been de-colonized and Montgomery's *Anne of Green Gables* was criticized at first for she depicted such an "untraditional" girl who persisted in pursuing her own identity, freedom and rights.

2.2. *Traumatic Reasons of Anne*

Having analyzed Anne's traumatic symptoms, it is necessary to find out the reasons of Anne's trauma. The reasons mainly can be divided into two aspects consisting of the collective factors and the individual aspects.

The collective factors mainly refer to the backdrop of the society. Anne suffered the double blows of the post-colonized society and the patriarchal society. By the middle of the 19th century, Britain in Victorian age had completed its Industrial Revolution and began to occupy its position as the workshop of the world. Due to the enormous quantities of manufactured goods, large markets were urgently needed. Based on this precondition, the British Empire frenziedly expanded its colonies. From the mid-19th century, a number of British colonies began to be organized into dominions among which Canada was the first British dominion organized and governed by Britain. It is just such colonized history that makes Canadians deeply affected by British culture. The Victorian age is not only the summit of Industrial Revolution of Britain but also the most prosperous era of the British empire. Britain even ever claimed to the empire on which the sun never set. However, the so-called "Victorian morality" prevailing among the world tortured people a lot. It encompassed a high degree of ethical conduct, as well as fastidious languages and codes of conduct. In the Victorian era of Britain, women's norms and ladies' etiquette were widely publicized, they were separated from the society and nearly lost their social life. In a nutshell, their major career was just to find good marriages and then to lead their life clinging to the neck of their husbands. As a result, women gradually became accessory of men and they suffered much, especially social discrimination. Due to colonialism, Canada also became a patriarchal society. The trend that a preference for sons was spreading widely in that society. Affected by the colonization of Britain, "survival" had always been the central theme of Canadian literature and at the same time, many Canadian writers attempted to pursue the sense of belongings and identity in order to heal the traumatized country and people.

From Anne's course of life, Montgomery's intention is clearly shown. As an orphaned girl who had no home for a fairly long time, Anne is the representation of the post-colonial Canadian people who felt lost and impotent because of their marginalized identity. Although Canada was in a decolonized period, Canadians were still affected by the dominate ideology and culture. In this novel, Colonialism had

enduring influence upon Anne's personal life and mental growth, especially those fetters for women and many conventions of the Victorian age, which deeply limited Anne's freedom and deprived of her rights.

Living in the patriarchal society, Anne was doomed to endure much injustice and prejudice forced by the society. Actually, Anne was not wanted and welcome and did not belong to Green Gables because Marilla and Matthew originally wanted a boy to help them with labor. Her arrival at Green Gables was just a mistake. Hence, Anne became so desperate and blasted when she knew the truth. Her wonderful dream of living at Green Gables broke into pieces. Just because of the concept of preferring boys to girls, Anne almost lost her chance to stay at Green Gables and her bright future.

The individual factors mainly relate to Anne's unfortunate experiences before coming to Green Gables. Anne became an orphan when she was only three months old. Her mother was the only person who ever praised Anne a perfect child but unfortunately, she was died of fever. It can be inferred that Anne never had an opportunity to enjoy the due care and love given by her parents, so she was short of a sense of belonging and security. What common children have possessed becomes Anne's excessive desire. At first, Anne was adopted by Mr. Thomas and Mrs. Thomas who requested her to help look after their children, which meant that Anne's value for them was just to act as a baby-sitter. Nevertheless, even such a laborious life could not last long. Due to Mr. Thomas' death, Mrs. Thomas decided not to keep Anne any longer. Later, Mrs. Hammond took her home because she found Anne was so handy with children that she could help to take care of her eight kids. Living with this family for about two years was really a nightmare for little Anne. "I'm sure I could never live there if I hadn't an imagination".^[5] Even though she was just a little kid, Anne had to shoulder the burden to look after another eight kids, which was too merciless for a little girl. After this family broke up, Anne was sent to the asylum in which Anne gained a temporary shelter on the appearance, but as a matter of fact, Anne was traumatized again. In Anne's inner heart, no one in the world wanted her voluntarily and she was a wanderer. Even the asylum was unwilling to accept Anne at all, so Anne had led an unpleasant life for about two years. It can be found that Anne bearded too much and traumatized deeply in the first years of her life. As a little girl, Anne never had a chance to feel love and warmth. It can even take a lifetime for a person to heal his or her trauma in childhood.

2.3. Healing Process of Anne

If Anne Shirely does not come to Green Gables, she may never get real salvation from her trauma. To some degree, Green Gables is the garden of Eden in which Anne is comforted by the beautiful natural scenery, educated by respectable elders, accompanied by trusted friends as well as consoled by other people. In a word, Anne is healed due to scenery and people of Green Gables.

Green Gables is located in Avonlea in Edward Island which is considered the most beautiful place in Canada. From the novel, it can be inferred that people in Avonlea lead not a rich but comfortable life. Being far away from the urban cities, the town was still not greatly affected by the materialized and industrialized civilization. Before adopted by Matthew and Marilla, Anne had no relative or friend in her daily life, so she had to imagine another child talking with herself or personified the plants to be her listeners. Anne was so easy to be touched by the natural scenery which gave her mental treatment for her trauma. Unfortunately, she had not gotten a chance to enjoy the beauty of natural scenery until she came to Green Gables. "And there weren't any at all about the asylum, only a few poor weeny-teeny things out in front with little whitewashed cagey things about them".^[5] Similar to the lifeless trees in the asylum, Anne was also unhappy and not alive there.

At Green Gables, Anne's course of life was completely changed. She gained such a precious opportunity to get close to nature every day. Anne was so indulged in enjoying nature that she even gave names to a tree or flower. When she firstly passed through the Avenue, Anne was thrilled with excitement. "Pretty? Oh, PRETTY doesn't seem the right word to use. Nor beautiful, either. They don't go far enough. Oh, it was wonderful-wonderful. It's the first thing I ever saw that couldn't be improved upon by imagination".^[5] Just like what Emerson said, the first in time and the first in importance of the influences upon the mind is that of nature. So, to some extent, Anne's love for nature made a big difference to her growth, which helps her recover from her trauma.

On the first morning of Anne at Green Gables, she was deeply fascinated by the scene in front of her. Anne's beauty-loving eyes lingered on it all, taking everything greedily in. She had looked on so many unlovely places in her life, poor child; but this was as lovely as anything she had ever dreamed.^[5] It is such absolutely fabulous scenery that made Anne shortly forget her arrival at Green Gables was a misunderstanding. After Anne got the permission to live at Green Gables, she could not wait to get in

touch with nature. Anne had made good use of every waking moment of that fortnight. Already she was acquainted with every tree and shrub about the place. She had discovered that a lane opened out below the apple orchard and ran up through a belt of woodland; and she had explored it to its furthest end in all its delicious vagaries of brook and bridge, fir coppice and wild cherry arch, corners thick with fern, and branching byways of maple and mountain ash.^[5] The nature is an effective medicine which cures Anne's trauma. Thanks to the gorgeous natural scenery at Green Gables, Anne got the invisible power to get over the trauma. The lover of nature is someone whose inward and outward senses truly adjust to each other. And this kind of person can really retain the spirit of infancy even into the era of adulthood, which correctly explains why Anne kept her character of innocence for all her life. It is clear that she fell in love with Green Gables the moment she came here. She even made friends with the spring down in the hollow. Making friends with the wonders of nature gave Anne a sense of belongings and soothed her wounded heart. She viewed all the wonders as living lives which were able to communicate with her whenever she felt happy or sad.

A child's growth is closely related with the education of the adults especially the family members. The main reason why Anne finally grew into a polite, optimistic, excellent, and dutiful girl is that Anne met Matthew and Marilla who have provided her proper, good education. Thanks to Matthew and Marilla who saved Anne from misery and gave Anne a chance to lead a happy life. It was Matthew who took her to Green Gables and gave her a second chance to begin her new life. It was at Green Gables that Anne got spiritual comfort and her trauma was greatly cured. Though Anne had a fairly unfortunate life, the same as Montgomery, her fate came to the turning point after she met Matthew and Marilla at Green Gables in Prince Edward Island. Matthew somewhat had a morbid fear for the female. At the beginning of the novel, he was depicted as an ineloquent man. Matthew dreaded all women except Marilla and Mrs. Rachel; he had an uncomfortable feeling that the mysterious creatures were secretly laughing at him^[5]. However, Anne became another exception. He did not show any rejection towards Anne but tried his best to give replies to Anne's "countless" questions. He was such a good listener of Anne that he played a role of father to some extent. Matthew did not bear to tell Anne that she should not have had sent to the station because he just wanted to adopt a boy who would help him with laborious work. Matthew is such a kind man that he did not want to break Anne's hope but chose to take her to Green Gables. For Anne, she had been abandoned for so many times, however, Matthew became the first one who firmly chose her to be a family member. Matthew was usually taciturn and just followed Marilla's instructions, but surprisingly, he firstly opposed to Marilla in order to keep Anne at Green Gables. And he really probed into Anne's inner heart. "I kind of think she's one of the sort you can do anything with if you only get her to love you".^[5] After Matthew noticed Anne's love for chocolate candies, he sometimes brought some for Anne. It is such trifles that make Anne feel care and love inadvertently.

Marilia portrayed by Montgomery is a completely traditional woman in post-colonized Canada. She had firmly religious faith and was rigid in manner and behavior. Even though she insisted on sending Anne back to Mrs. Spenser's house, after she learnt Anne would be sent to another woman's house as a babysitter, she began to soften. Marilla looked at Anne and softened at sight of the child's pale face with its look of mute misery—the misery of a helpless little creature who finds itself once more caught in the trap from which it had escaped. Marilla felt an uncomfortable conviction that, if she denied the appeal of that look, it would haunt her to her dying day.^[5] Thus, it can be inferred that Marilia actually is a woman with a cold face and a soft heart. Besides, she is very responsible and thinks highly of Anne's education. Since Marilla was determined to adopt Anne, she has begun to educate Anne with great efforts. Certainly, she taught Anne in terms of the traditional ways about how to be a gentlewoman, for example, she asked Anne to say prayers sincerely. As Marilla's indoctrination is not completely right at all, we had better admit that she really put her heart and soul on teaching Anne. Because she did not study at school, she offered Anne the chance to receive education at school. Moreover, Marilla introduced Diana to Anne and promoted a lasting friendship. Marilla was a little bit serious and her dressing was also old-fashioned. However, she would like change her norms to make dresses with puffed sleeves popular with young girls and bake a basket of food for Anne's picnic. Anne was no longer a homeless child with no one caring. There exist people who were willing to realize her wishes and even sometimes meet her unreasonable requests. When Anne was worried about the fee for her education in Queen's, Marilla gave her great support. Marilla told Anne that now that she and Matthew decided to bring up Anne at Green Gables, they would do as much as possible for Anne. It is Marilla who taught Anne that a girl must be independent no matter what would happen. She also confirmed that as long as she and Matthew lived at Green Gables, Anne would never get homeless. Thanks to Marilla, Anne was encouraged to perform much more excellent in her study. Anne was no long a self-based girl.

Before coming to Green Gables, Anne's friend only existed in her imagined world. At Green Gables, she made friends with Diana who was a living person and later became her life-long confidant. Anne

could share any happiness or bitterness with Diana and they had their secrets. In a way, the companionship of Diana gave Anne much confidence and also encouraged Anne to be better. Diana plays a significant role in the process of healing Anne's trauma. Faced with Anne's wild imagination and blather, Diana never felt upset but preferred to indulging in the natural world with Anne. They walked together along Lover's Lane to go to school and shared interesting things with each other. Their friendship became much firmer after an incident that they could not permit to walk together by Diana's mother because of Diana's accidental drunkenness. Whatever, Diana strongly expressed that she would love Anne forever, which means a lot for Anne. Thanks to Diana, Anne knows that as an orphan with odd personality and appearance, she still could possess a lovely friend, which more or less helps Anne get rid of the sense of inferiority about her appearance.

As the focus of Avonlea school, Gilbert Blythe was popular with girls in the class so he was a little bit arrogant and naughty. The first contact between Anne and Gilbert was their fight because he mocked Anne's red hair and gave Anne a nickname. Although they had an unpleasant acquaintance, they became good friends and fine candidates who were mutually promoted finally. After beaten by Anne, Gilbert realized his mistake and he managed to make up for what he had done. Once, when nobody was looking, Gilbert took from his desk a little pink candy heart with a gold motto on it, 'You are sweet,' and slipped it under the curve of Anne's arm.^[5] Even if Anne did not accept Gilbert's apology, she became more and more confident and no longer minded her red hair. Anne was full of energy and ready to compete with Gilbert to be the best student in the class. Fortunately, having had gone through some disturbance, Anne was more and more popular with children at school. The classmates gave her little presidents, which made Anne surprised and moved. It was the first time for Anne to receive so much attention and praise. What is more, Anne performed excellently in her study and her name was often written on the blackboard. Gilbert became Anne's best opponent who urged Anne to be better. After Matthew died, Gilbert gave up his application to teach in Avonlea school in order to let Anne get the occupation so that she could accompany Marilla all the time. Through his action, Gilbert made Anne eliminate her hatred towards him and Anne won another friend whom she could always trust.

At Green Gables, Anne also met other people who more or less comforted and protected Anne's sensitive, sentimental mind. Miss Barry was usually serious and seemed cold but she was pleased to listen to Anne and chatted with her. She also invited Anne to visit her in the city. Although Anne mistook vanilla for ANODYNE LINIMENT when she baked the cake for Mr. and Mrs. Allan and was caught in great remorse, Mrs. Allan did not show any anger but told Anne patiently that making mistakes is a common thing and she had already felt Anne's care. Besides, she proposed to let Anne take her to visit Marilla's colorful garden. Every action of kindness consoled Anne somehow and saved her from her trauma. Besides, Anne was so lucky that she met great teachers at school. For instance, Mrs. Stancy was so skilled in teaching and provided guidance to Anne.

3. Conclusions

As Lucy Mund Montgomery's most influential novel, *Anne of Green Gables* has been popular with readers of various ages and from different countries. Montgomery successfully depicts the image of Anne who was born with odd appearance and characteristics which does not conform to the so-called orthodox aesthetics. The novel mainly illustrates Anne's experiences from the age of eleven to seventeen, which makes readers closely get close to Anne. It can be seen that Anne had been deeply traumatized, which can be reflected from the psychological, emotional and behavioral aspects. Thus, this essay attempts to apply trauma theory to explore Anne's traumatic symptoms, traumatic reasons and especially the healing process of her trauma, which can give more inspiration and encouragement to readers. Moreover, by analyzing Anne's growth, it can be discovered that Canada has the similar trace. Having had been colonized by Britain, the country was also traumatized. Just like what Atwood said that the central symbol for Canada...is undoubtedly "Survival". Faced with marginalized identity, the Canadians also began to pursue the sense of belonging, in other words, to get out of trauma.

To summarize, Anne's growth at Green Gables is the healing process of Anne from her trauma. For Anne, her arrival at Green Gables is a beautiful mistake. Only if Anne gets rid of trauma, can she receive complete freedom and perfect her personality. By applying trauma theory in analyzing Anne's growth, readers can intuitively feel how many difficulties Anne had gone through. As a child, Anne has set a good example not only for children, but also for the adults. In our daily life, it may be inevitable to get traumatized, nevertheless, we had better find out the roots of the trauma and try to recover from it. If we are tortured or stuck in our trauma, we are doomed to be unhappy and depressed. Thanks to Anne, her experiences inspire the countless readers to be brave and positive.

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