

## Book review

### “*Why is it worth waking up every morning? Impressions and reflections on inspiration, motivation, and collaboration*”

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This is a review of the book: “*Why is it worth waking up every morning? Impressions and reflections on inspiration, motivation, and collaboration*”, 2020, edited by Margarita Kefalaki, Communication Institute of Greece.

*Why is it worth waking up every morning?* One simple question, a million different answers. An eye-catching question over a yellow flower that invites readers to a lifelong adventure of love, hope and fight for a better common future.

This new book edited by the president of the Communication Institute of Greece, Dr. Margarita Kefalaki, is a product of an inspirational collaboration mainly between the president and the honorary vice-presidents of the Institution. A group of ten contributors from different countries have collaborated to prepare this little book which is full of positivity, love and hope.

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Although the main language of the book is the English language, its motivational phrases are translated into eight different official languages (Chinese, Danish, English, French, German, Italian, Portuguese, and Russian), and one German dialect (Trierer Platt). However, one demanding reader would reasonably expect one more language, which is widely spoken, i.e. Spanish. The editor and the contributors may consider adding more languages in a newer version of this worth-reading piece of literature!

The question “Why is it worth waking up every morning?” is being answered 7 times. I do not know if the number “7” was selected on the basis that a week has 7 days. However, I do know that these 7 answers were enough to make me remember that the simple things are the most important ones, and how these simple things overcome every “physical” or imaginary border between humans.

Miracles that surround us, such as the sun and the sea, and the invisible glues between us, such as the love and the need for communication are evident in the answers given. Moreover, the faith in our ability to create a worth-living global community is also evident and inspiring.

Indeed, 2020 was one of the most challenging years of recent history. The importance of these miracles and “glues” empower us with the strength to fight, to keep dreaming, and to protect our loved ones. Obviously, this book is a chance to see how we can make the world a better place to live through the belief in neglected values, cooperation, open-mindedness, constant effort, mutual understanding, and communication which has evolved to a real challenge during 2020.

I would describe this book as an intercultural, inspirational little break from our everyday thoughts. All the contributors to the book are scientists and experienced writers. Their scientific way of thinking becomes more than obvious when they accompany their texts with very interesting references to support their arguments. The meaning of their words, and the truth behind them are inspirational to all of us. Also, the carefully selected images and poems travel us to another dimension, where the answer to the question in the book title is the main purpose of our life.

Another impressive facet of the book is how its everyday simplicity, despite the absence of eye-catching graphics and professional photos, directly speaks to the readers’ hearts. The book left me with a really large number of positive thoughts. It reminded me that caring about each other is a contagious medicine, necessary to fight the ongoing health crisis and other crises, yet unknown to us. Is this little book a must-read? Surely, it is a must-felt.

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