

A Taste of RAINBOW



TAM WAI JIA

A TASTE OF RAINBOW

*“Faith is being sure of what we hope for,
and certain of what we do not see.”
~ Hebrews 11:1*

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for those who long for **hope**,

and my loved ones,
for your faith in me.

i love ice-cream,



especially ice-cream with
rainbow sprinkles.



When i was a little girl,
daddy would buy me my
favourite ice-cream with
rainbow sprinkles

whenever i was a
good girl.





Rainbow sprinkles are the

BEST THINGS

in the world!

When i was bigger,
daddy let me buy my own
ice-cream with **rainbow sprinkles**

- but only when i thought
i was a good girl.



Good girls are

thin



and smart



and very, very beautiful.



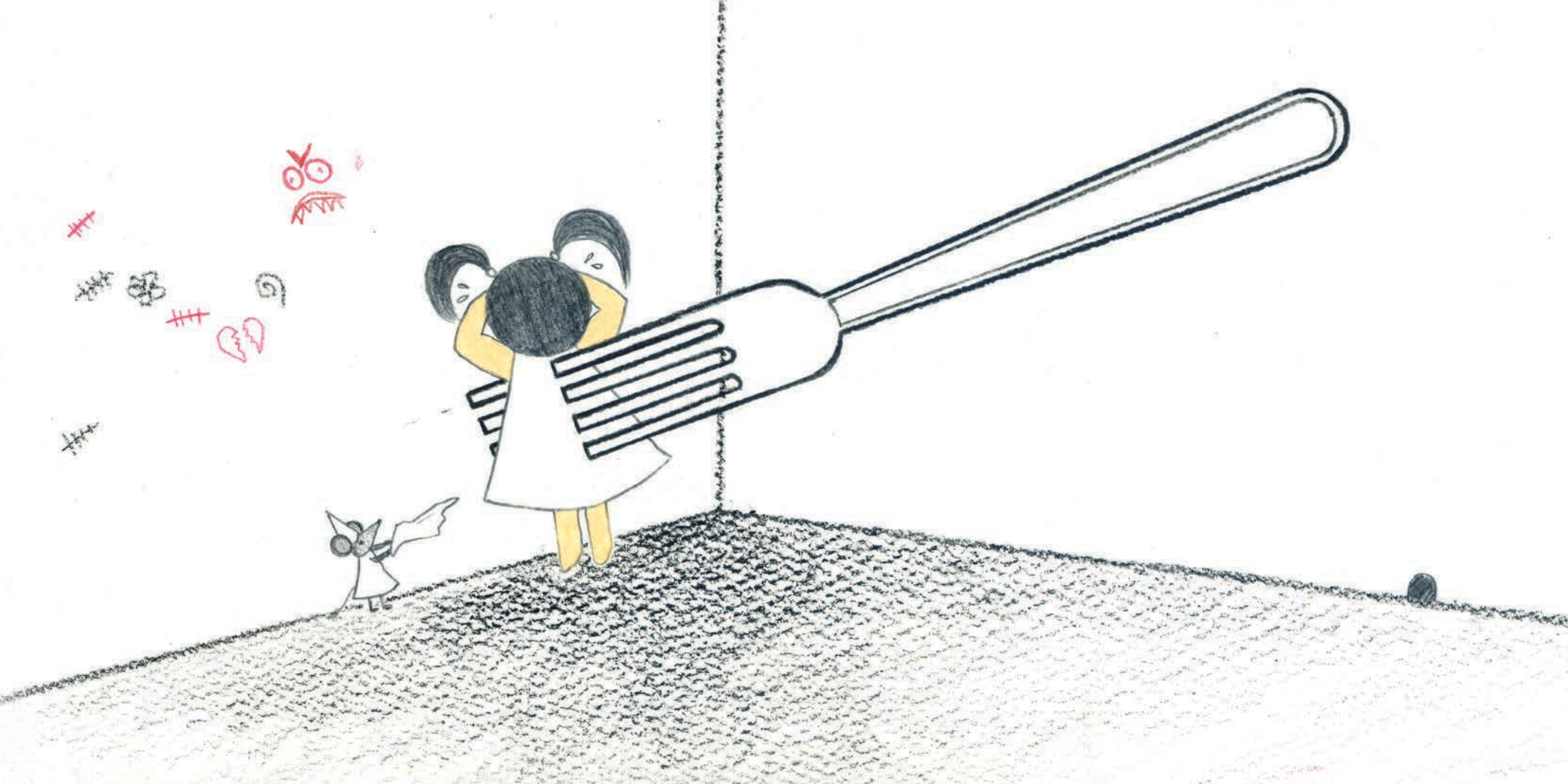
i don't think i'm a good enough girl.





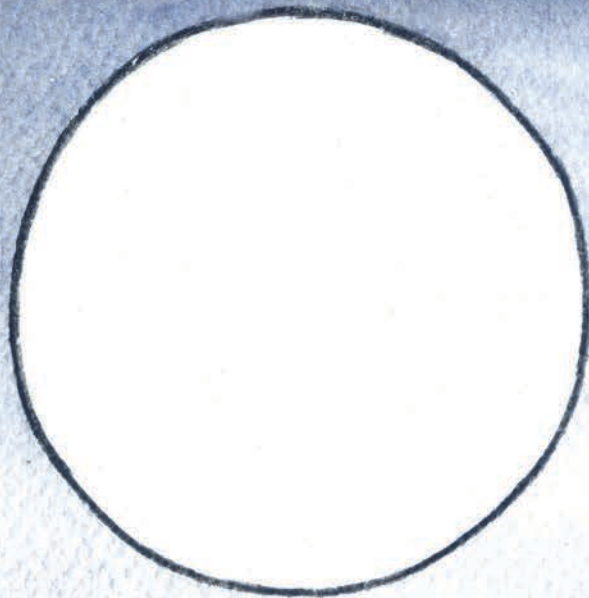
Someone once told me
i was not thin, or
pretty enough.





Rainbow sprinkles don't taste so good anymore.







Sometimes i think
i'd die

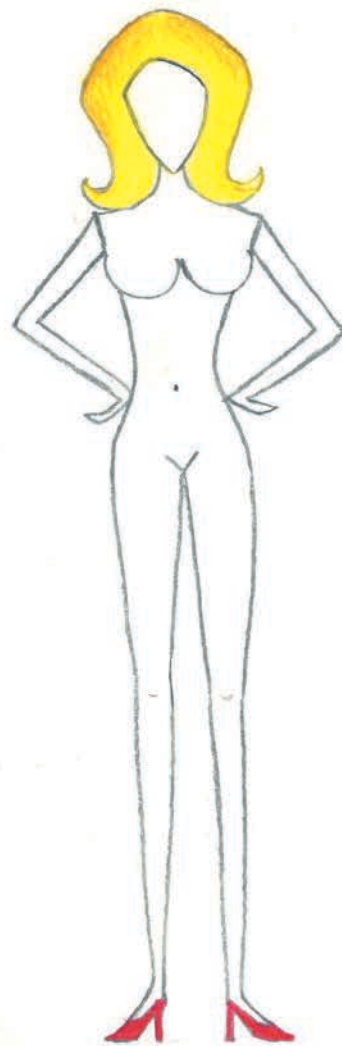


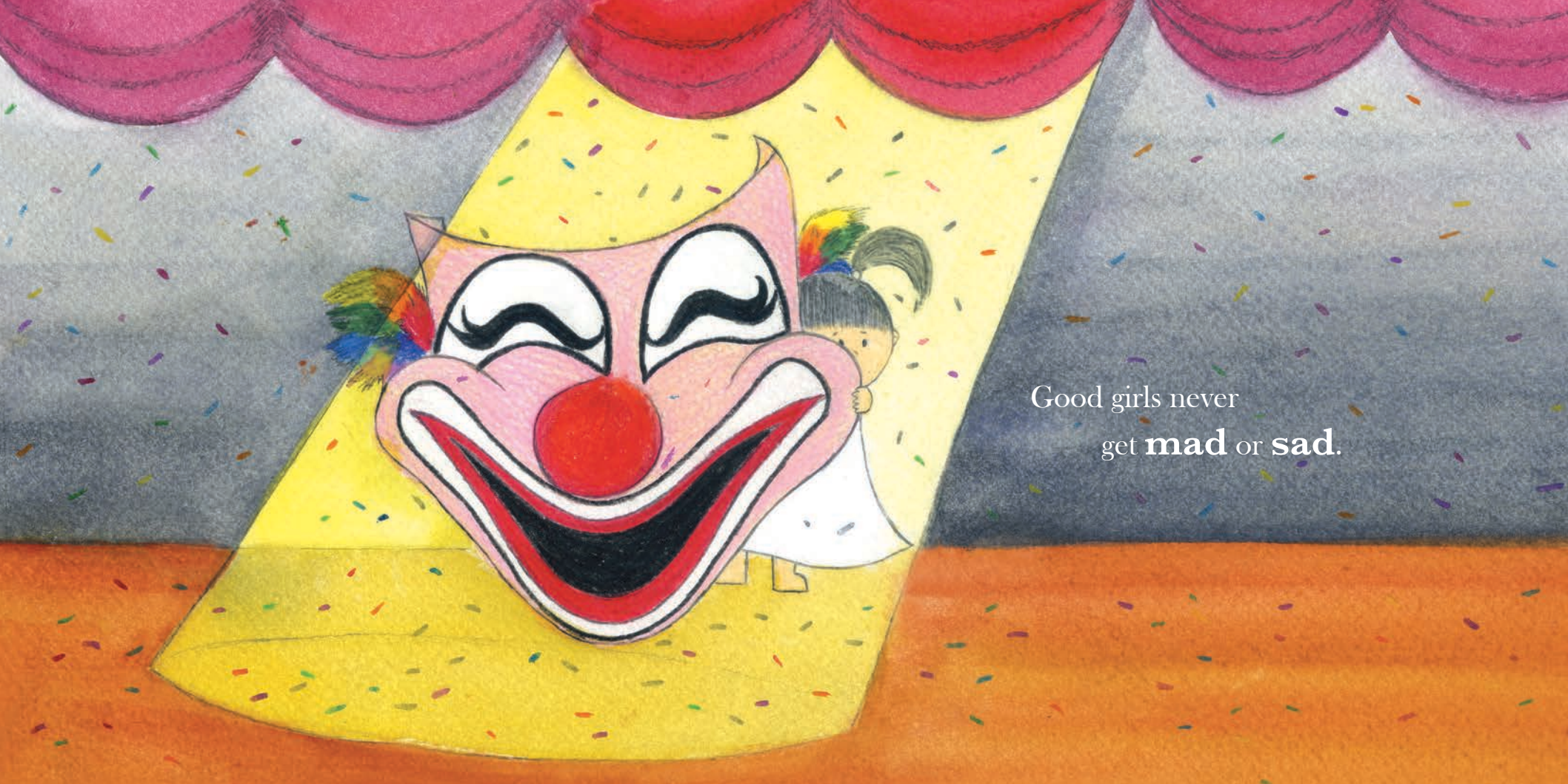
just to be
a **little** bit
taller, and thinner,

and a **little** bit



more beautiful.





Good girls never
get **mad** or **sad**.



Why is it
so **hard**
to be **perfect?**



or to be **me?**

i think i've **lost** a part of me.

Someone **stole** it in the night.



i've searched **high**

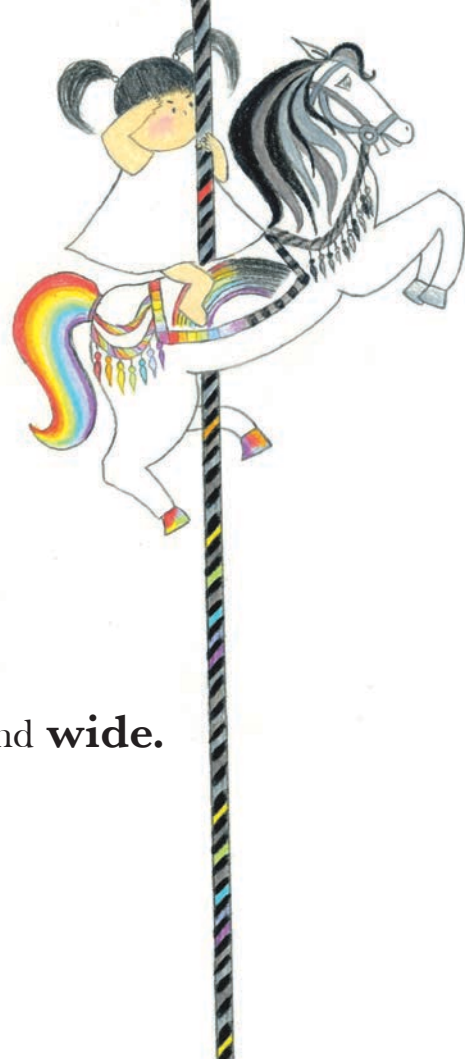


and **low,**

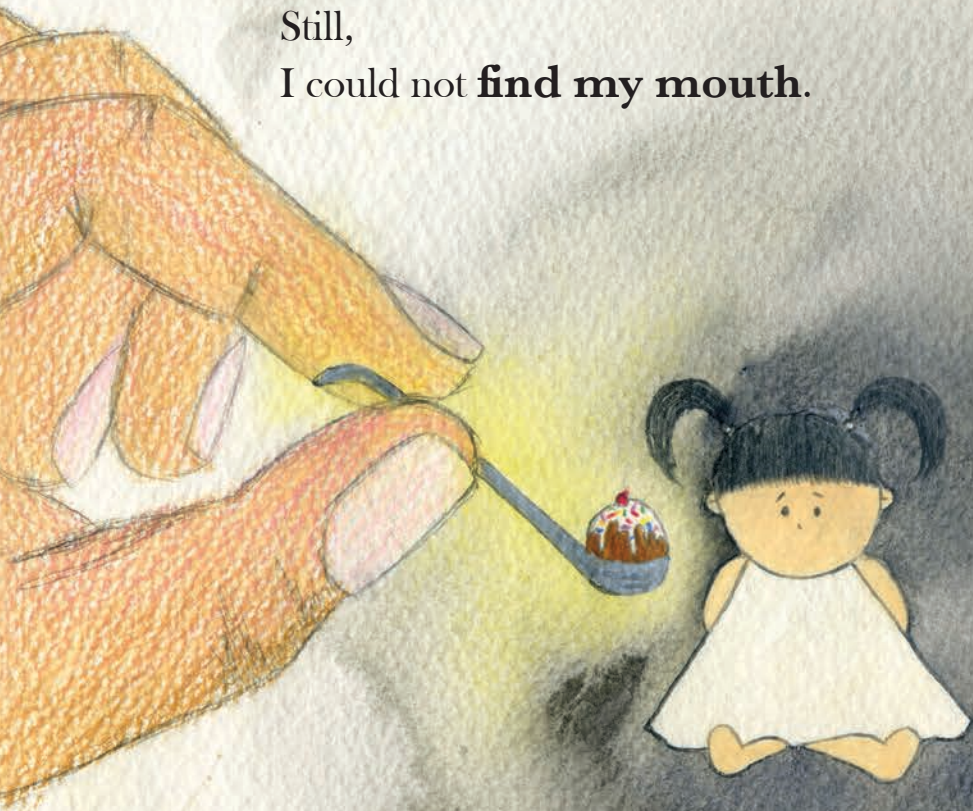


far,

and **wide.**



Still,
I could not **find my mouth.**

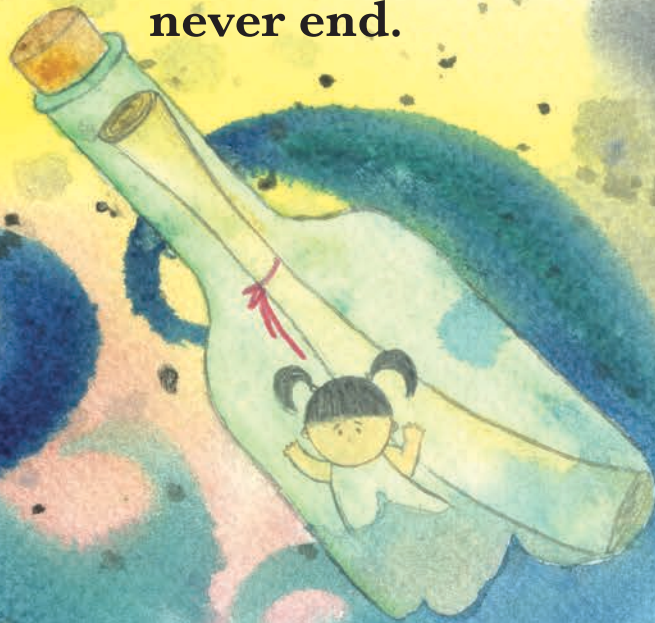


The heart is a **hungry** place.



**Sometimes, you feel like
giving up**

and it feels like the **storm** will
never end.



But it will.





Faith,
never lets you down.

Hold on.



Finding your mouth
takes **courage.**

it means

being **brave**

to ask for

help,



and
being brave
to say you're feeling



s a
a n d, g r y,
s c a r e d,

in s e c u r e,

w o r t h l e s s



It's okay to say
you're **broken**,

weak, or **flawed**.

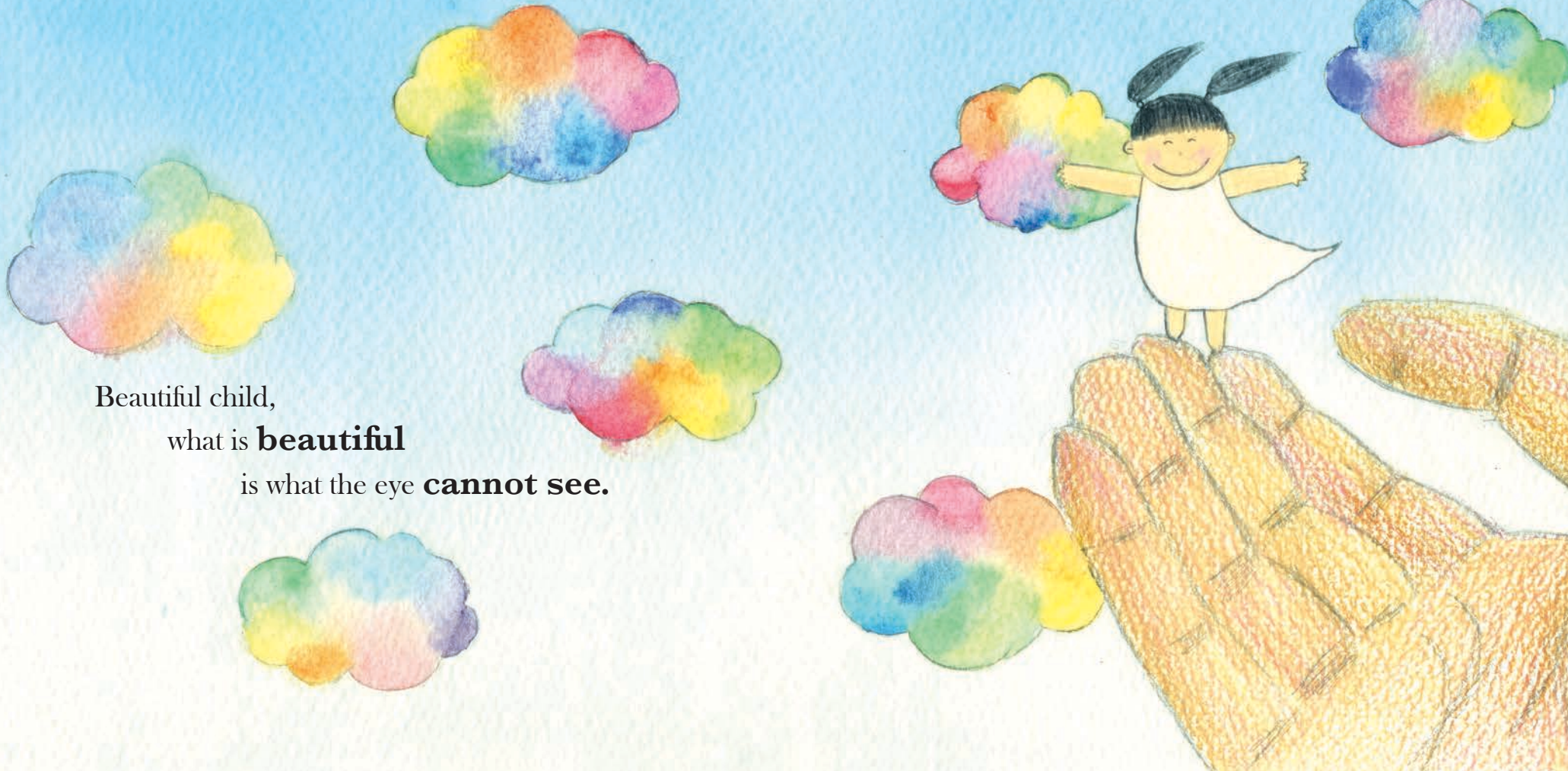
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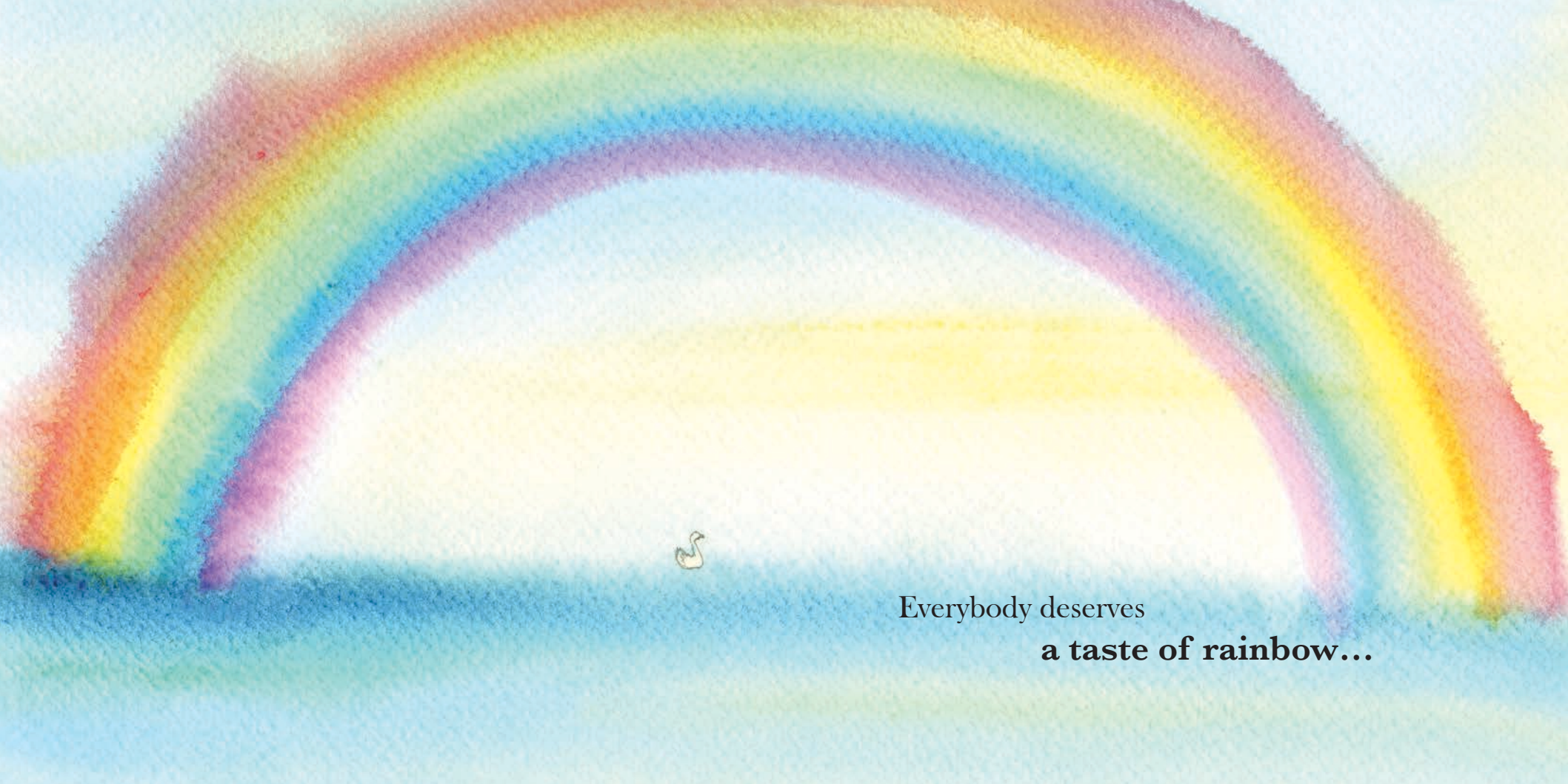
We all are.

If you
really look,
you will find something
so beautiful
inside of you.





Beautiful child,
what is **beautiful**
is what the eye **cannot see.**



Everybody deserves
a taste of rainbow...

... including me.



**When it rains on us, it feels like the storm will never end.
Fear, guilt and shame can overwhelm us.**

**The good news is that we are not alone.
Getting help is not a weakness, but a strength.**

**The bravest thing you could ever do,
is to tell someone and get help.**

If you know someone suffering, share this book with them.

**Take courage.
Have faith.**

A rainbow awaits you.

“It has been an amazing journey to see Wai Fia’s transformation from a struggling patient to missionary doctor. Her journey of resilience makes her an authentic and inspirational role model, for young and old. As a healthcare professional who has practised for over 20 years, I believe this is a must-read for young women, parents, teachers, counsellors and those in healthcare.”

- **Dr. Lee Ee Lian, Psychiatrist specializing in eating disorders**

“Wai Fia’s courage will inspire many to take that first step towards recovery — we never need to walk alone. This book is a voice to those struggling in the darkness. May it bless you as much as it has blessed me and many others.”

- **Anita Fam, Board Member, National Council of Social Service**

“After suffering from an eating disorder for years, I knew I would either die from the illness or bounce back helping others. Like the little girl in this book, I reached out for help. Now years later as a counsellor, I find fulfilment each day helping others find their rainbow too. This book will bring you hope, healing and encouragement- as it did for me.”

- **T, Counsellor**

With special thanks to:
my family,
for your love,

my friends,
for your faith in me,

the team at Singapore General Hospital,
for instilling hope,

Dr Lee Ee Lian, Kim,
Eck Kheng and Aunty Anita,
for your encouragement,

Cornerstone Community Church,
for transforming my life,

and God,
for rainbows.

Wai Jia is a medical doctor whose passion is serving the underprivileged. Having overcome depression and anorexia as a youth, her desire is to inspire young people find faith, hope and courage to live a life of resilience.

To find out more, visit www.kitesong.sg/books/a-taste-of-rainbow.