



# Good Morning, How About Some Positivity?

A Full English translation is available.

早安您好，來點正能量嗎？

**Author:** Nigou **Illustrator:** Nigou **Original Concept:** Seal Hsieh **Publisher:** Ever Glory Publishing

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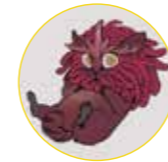
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224 pages | 12.7 x 18.2 cm **Volume:** 1 (Three-book series)

**BFT 2.0 Translator:** Chris MacDonald

In his forties and deep in a full-blown midlife crisis, Da-Sing finds himself unemployed, at odds with his parents, and drifting further apart from his spouse. Paralyzed by indecision and worn down by repeated job rejections, he stumbles into the Hong Guang Association, a self-styled “positive energy” group that appears to offer answers to life’s hardest questions. To his surprise, its spiritual mentor turns out to be Yu-Bin Wei, his long-lost high school classmate. And as if that weren’t unsettling enough, Da-Sing soon realizes his wife is an eager believer too.

This absorbing and freshly poignant manga follows a person who discovers a seemingly perfect group during a moment of immense vulnerability. It asks, in an increasingly lonely and challenging world, how we find belonging and meaning without being seduced by false promises of transformation.



## Author **Nigou**

Nigou won the Excellence Award at the 2021 Kyoto International Manga Anime Awards. After a considerable period working in the gaming industry, Nigou has built a solid foundation in illustration, excelling in both story construction and narrative composition, and has crafted captivating stories. Through comics, Nigou seeks to convey the richness of interior life.



## Original Concept **Seal Hsieh**

A full-time scriptwriter of comics, Seal Hsieh loves suspenseful thrillers and romcoms. Hsieh’s representative works include *Seven Days to Live*, the series *BLOODY MAN*, and *Good Morning, How About Some Positivity?*

# When Self-Help Becomes a Cage: A Poignant, Illuminating Manga That Reflects the World We Live In

by Wen-Chien Hsu

Have you ever heard of so-called self-help or personal growth courses? They often advertise themselves with slogans like “free trial” or “change your life”—phrases that seem harmless yet can slowly consume an entire existence. Someone close to me once joined such a program. He had endured years of emotional repression; he was also gay and unable to come out to his family. Initially, he felt understood by the group, as though someone was finally listening to him. But soon he was subjected to the instructor’s manipulation and humiliation. In the end, he became completely estranged from his family, his life reduced to obeying the instructor’s commands. This person’s experience haunted me as I read this work.

In this story, Da-sing Wang, a middle-aged man, hits rock bottom

after being laid off. A chance encounter leads him to an old elementary school classmate, now reinvented as a glamorous self-help guru with a devoted following and a thriving business. Fueled by envy and hope, Da-sing joins the program and even convinces his wife and children to join as well.

At first, it feels like a new beginning: marital rifts seem to heal, his children find an outlet for their problems, and he himself finds a job within the organization. Da-sing now works promoting courses in a role reminiscent of multi-level marketing. Yet beneath the lively and celebratory atmosphere runs a disturbing undercurrent. Upon completing one course, a client must undergo a succeeding level: beginner, intermediate, then advanced. Moreover, the program extends to teenagers and

even children. Each step upward demands more money and deeper attachment. Beyond the courses are endless products and fee-based activities, ostensibly to help participants “grow,” but in reality stripping away their time and energy, isolating them in a closed echo chamber.

This isn’t fiction—it’s the classic playbook of LGAT, or Large-Group Awareness Training. These programs often tout slogans like “unlock your potential,” but they rely on carefully engineered psychological tactics. They force people to expose their deepest wounds in public, breaking them down in tears under group pressure, and then create the illusion of “rebirth.” Those who cannot continue paying are shamed as failures. Participants are pressured to recruit friends and family, or risk being branded as “selfish.” Such courses preach that anything is possible, while ignoring individual limits and refusing to acknowledge or even name social and economic realities. Psychologists have long criticized LGAT programs, warning that they can cause illness, acute psychosis, and in some cases, suicide. These are not exaggerated urban legends, but documented outcomes of research.

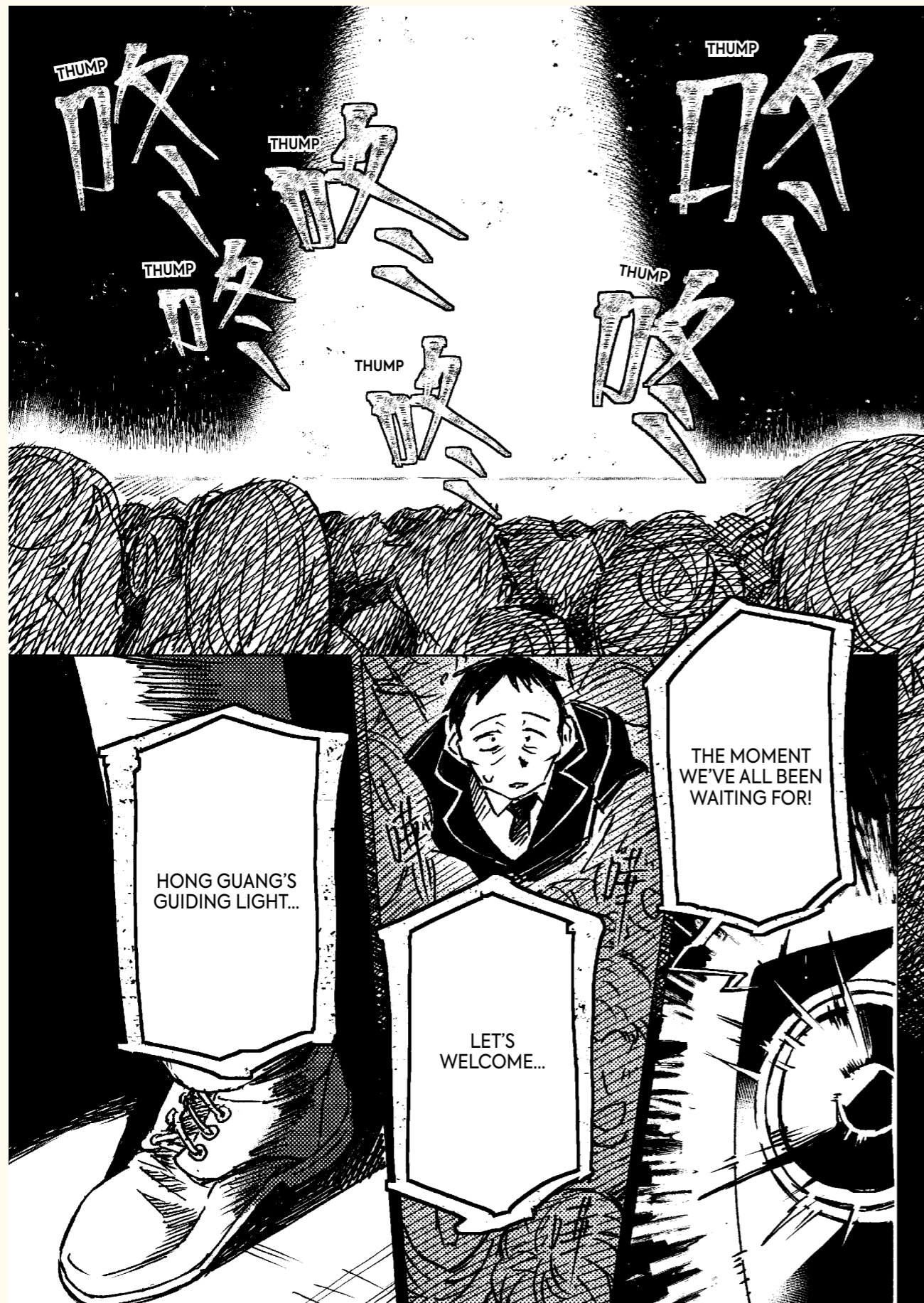
The true power of this manga lies in how it avoids sensational depictions of cult horror and instead unfolds like a frog slowly being boiled alive. The improvements at the beginning are genuine—or at least they appear so—and that’s the most heartbreaking part. In real life, when someone enters such

a program, those around them often think, “At least they’ve found a way out,” without realizing that way out leads only to deeper darkness. Readers watch helplessly as Da-sing loses himself step by step. The more entangled he becomes, the more powerless he feels.

With a vivid style and precise storytelling, creator Nigou immerses readers in a world that is both familiar and terrifying—one that feels less like fiction than a mirror held up to reality. This manga lays bare the entire structure of such groups: they prey on people at their most vulnerable, strip away freedom of choice, and turn “growth” into something to be consumed and paid for. In believing they are pursuing freedom, people instead find themselves bound by even tighter chains.

I wholeheartedly recommend *Good Morning, How About Some Positivity?* In today’s world, as the old anchors of family and religion loosen, we all long for belonging and support. But true support cannot mean surrendering our choices to an instructor or an organization. We must stay alert, look after one another, and never let “personal growth” become a trap that devours who we are.

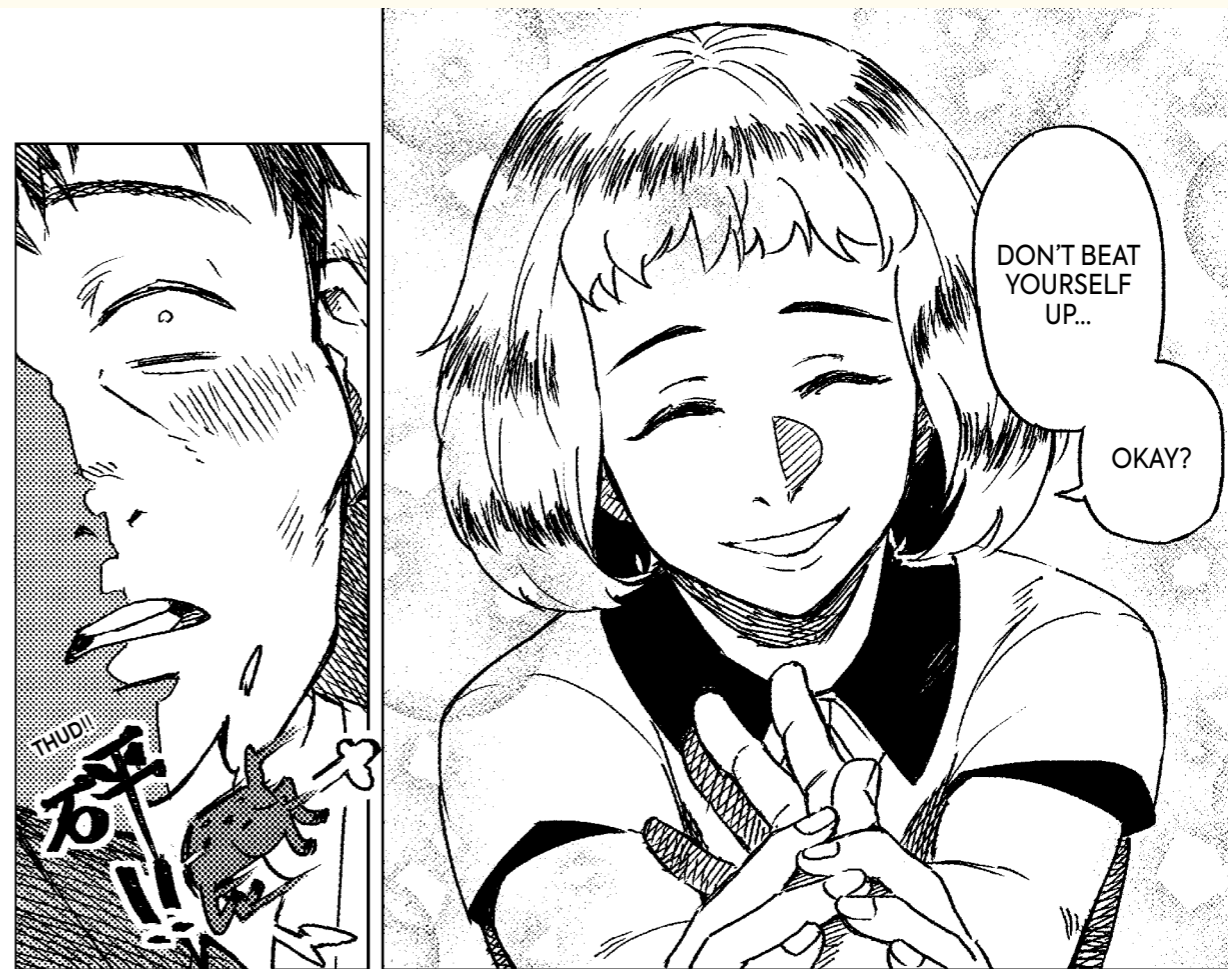
*Wen-Chien Hsu possesses a free-spirited soul. She has worked at LGBTQ+ organizations, the 113 Domestic Violence Hotline, and works as an editor of Books from Taiwan 2.0. She is dedicated to bringing Taiwanese comics and picture books to a global audience.*



HONG GUANG'S GUIDING LIGHT...

LET'S WELCOME...

THE MOMENT WE'VE ALL BEEN WAITING FOR!



WOULDN'T YOU LIKE TO GO SOMEWHERE FREE OF TROUBLES AND PAIN?



HUH?

DON'T WORRY! MARRIED OR SINGLE— EITHER WAY'S GOOD!

I'M AFRAID I'M MARRIED ...

TRUST ME.

THIS... DOESN'T FEEL RIGHT...



