SCIENCE CAFÉ KEYNOTE • 29 OCTOBER 2026

HOW I COMPLETED



From Research → Reader

Stop waiting. Start building. Finish the book.

20 minutes. Three promises.

20

PRACTICAL	A method you can use today.
PROVEN	How I completed an actual book.
POSSIBLE	You do not need “more time.”

PURPOSE → PROCESS → PEOPLE

AUDIENCE INTERACTION

Most unfinished books feel like one enormous task.

1 NO TIME

2 DON’T KNOW WHERE TO START

3 STARTED… CANNOT FINISH

SHOW ME: 1, 2 OR 3 FINGERS

The book was the output. The work existed before it.

102

PAGES

PERUBATAN KULINARI UNTUK WARGA EMAS

RESEARCH

COMMUNITY

TEACHING

TRANSLATION

→ PRACTICAL PUBLIC BOOK

The reader came before the writing.

01

WHO?

Who needs this?

02

PROBLEM?

What problem am I solving?

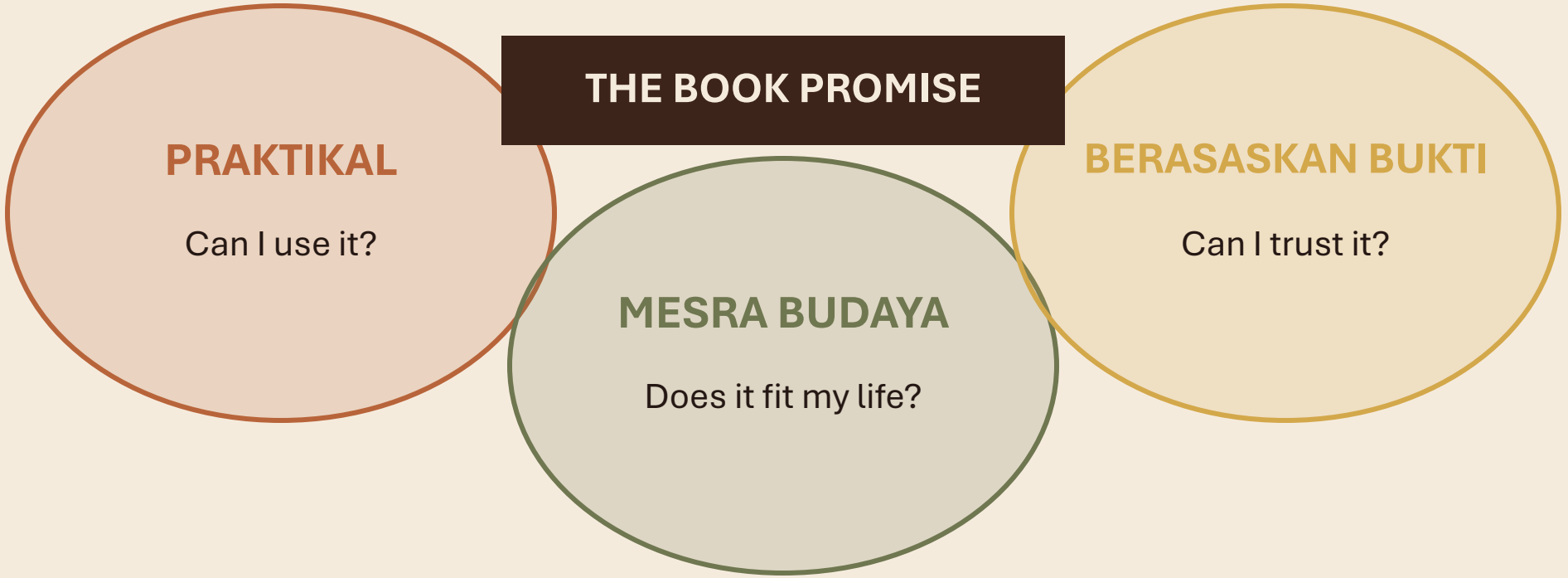
03

PROMISE?

What will be different after reading?

“A book for everybody is usually a book for nobody.”

Three qualities became our guardrails.



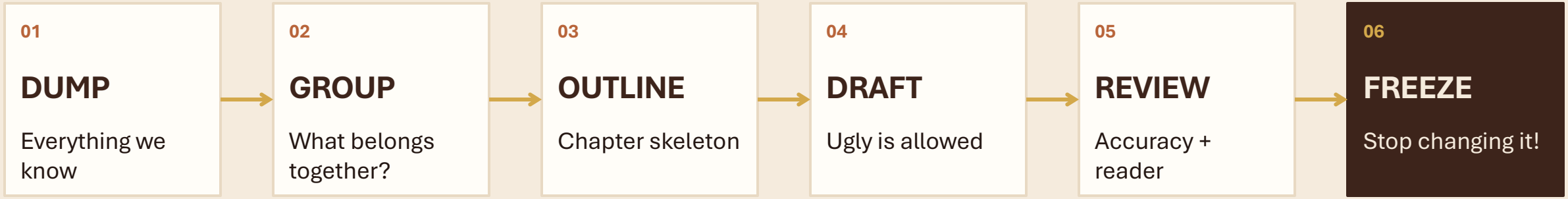
If it fails one test, it does not belong.

Work on the next finishable piece.

BOOK
SECTIONS
CHAPTERS
PAGES
PARAGRAPHS
NEXT 30 MINUTES

DON’T WRITE A BOOK. WRITE THE NEXT FINISHABLE PIECE.

Completion needs a finish line.



A manuscript improved forever is also a book published never.

A clear promise can move a book forward in 60 seconds.

“My book helps _____ WHO to _____ WHAT

by _____ HOW.”

20 SEC THINK → 40 SEC SHARE

The book became stronger because it was not solo.

FARIZAH HAIRI + DR NG AI KAH + DR SITI IDAYU HASAN

SUBJECT EXPERTS

COMMUNITY

REVIEWERS

DESIGNER + PUBLISHER

READER

COLLABORATION DOES NOT DILUTE AUTHORSHIP — IT STRENGTHENS THE BOOK.

Progress beats perfection.

~~PERFECTION~~

PROGRESS

VERSION 1 CAN BE PUBLISHED | VERSION 0 CANNOT

DECIDE → DEADLINE → DELIVER

DON’T LEAVE WITH AN IDEA.

LEAVE WITH A DECISION.

01 CHOOSE ONE BOOK.

02 WRITE ONE PROMISE.

03 CREATE ONE OUTLINE.

04 COMPLETE ONE SECTION.

YOUR RESEARCH DESERVES READERS.

PURPOSE → PROCESS → PEOPLE → PUBLISHED

DON’T JUST START THE BOOK. FINISH IT.