

Meih maaih leiz beu bun yiem njiec lorx weic faan sic nyei ziangh hoc

Maaih leiz beu bun “Maaih ziangh hoc gauz zipv haix tih mengh fiensex mbuox”

Maaih leiz beu bun meih duqv zipv fiensex daaih mbuox dongh longc zong baan waac maiv zeiz gorngv benx waac-meiv, gorngv benx cing-lorngz waac, aengx caux maiv zeiz longc benx zangc mienh nyei waac. Tih mengh fiensex sou se horpc zuqc longc benx meih haih gorngv haaix fingx waac aengx caux meih nyei borng buoz mienh ei zuqc gorngv benx haaix nyungc waac, beiv taux meih cai duqv maaih borng buoz mienh.

Maaih leiz beu bun sienv jauv liouh juix waac-fiensex bun muangx

Maaih leiz beu meih sienv jauv-louc juix waac-fiensex bun muangx, beiv taux juix yangh zipv fiensex jauv, juix yangh email, a'fai juix yangh da'nyeic nyungc jauv dongh meih nyunc wuov.

Maaih leiz beu bun lorx weic faan sic dongh hung-bung ze'weic gorn dingc waac cuotv bun muangx a'fai heuc njiec buoz zoux nyei gong

Se gorngv meih mv doiz-dongh caux ninh mbuo hungz-bung ze'weic gorn dingc cuotv nyei waac a'fai njiec buoz zoux nyei gong, meih maaih leiz beu bun lorx weic faan sic. Naaiv zeiv lorx weic faan sic sou se horpc zuqc juix bieqc yiem njiec 60 ga'nyuoz yiem meih duqv zipv haix dingc cuotv waac liuz a'fai heuc njiec buoz zoux gong funx daaih.

Maaih leiz beu bun nzipc jienv zipv ih zanc ziux goux zorc baengc jauv-louc mingh

Meih maaih leiz beu bun nzipc jienv horpc bouc puis-juang mingh a'fai nzipc zipv ih zanc nzie weih ziux goux nyei gong hngv lox yiem njiec lorx weic faan sic bouc dauh ziangh hoc. Naaiv se heuc benx “tengx nzie weih ziux goux yiem zuov muangx sic nyei bouc dauh ziangh hoc”. Liouh nzipc jienv meih horpc bouc juix-juang mingh a'fai ziux goux zorc baengc gong, DDS oix zuqc duqv zipv meih nyei lorx weic faan sic sou a'fai mborqv yienx an fiensex-mbuoqc yiem njiec 30 hnoi dongh meih zipv tih mengh fiensex mbuox njiec buoz zoux gong (NOA) aengx caux ndaangc ninh mbuo jhex gorn njiec buoz zoux gong.

Maaih leiz beu bun bieqc lorx mangc meih nyei sou-gorn waac-fiensex

Meih maaih leiz beu bun bieqc lorx hung-bung ze'weic gorn tengx zaah mangc meih nyei sou-gorn. Naaiv funx bun meih bieqc mangc meih nyei sou-gorn yiem hung-bung ze'weic gorn duqv nyei. Meih corc haih zipv naaiv deix sou-gorn aamx cuotv bun siou. Hung-bung ze'weic gorn corc haih siou benx aamx sou jaaz. Se gorngv meih maiv maaih nyaanh gauz cuotv aamx sou-gorn jaaz, mbuox tong hung-bung ze'weic gorn duqv hiuv aengx caux naaic ninh mbuo hngv haaix haih wang-henh aamx sou-gorn bun siou. Meih horpc zuqc bieqc lorx naaiv deix sou-gorn yiem njiec 3 norm zoux gong hnoi dongh meih tov liuz.

Maaih leiz beu bun meih dingc lorqc doih waac gorngv meih bieqc yiem lorx weic faan sic jauv-louc nyei fai maiv bieqc

Meih corc haih ginv longc benx haaix kang jauv-louc dongh meih nyunc duqv longc liouh lorx weic faan sic. Meih maaih camv diuh jauv-louc bun sienv longc, beiv taux maaih jaa-nziouv maiv dornz zuangx ca'laangh, ba'ndongx-mienh tengx daav za'eix kuinx sic, a'fai corngv leiz bun muangx. Meih corc haih sienv longc benx haaix deix jauv-louc a'fai longc nzengc yietc zungv. Meih haih sienv longc gorngv hngv haaix bieqc muangx yiem jaa-nziouv mv dorngh zuangx ca'laangh, ba'ndongx-mienh tengx daav za'eix kuinx sic, a'fai corngv leiz bun muangx: gorngv waac gan fonh, bungx benx video a'fai dorngh hmien. Meih corc haih dorh lorx weic faan sic sou mingh zorc puis waac-fiensex siang a'fai yietc zungv waac-fiensex yiem haaix zanc yaac duqv nyei oc.

Maaih leiz beu bun sienv longc ei fong yongh ziangh hoc aengx caux yiem horpc bouc dornx dauh

Maaih leiz beu meih zoux benx jaa-nziouv maiv dornx zuangx ca'laangh, ba'ndongx-mienh tengx daav za'eix kuinx sic, a'fai bieqc yiem nzunc-nzunc dingc leiz bun muangx aengx caux yiem dornx dauh dongh meih faang-mbienc bieqc duqv zaaic wuov.

Maaih leiz beu bun zipv tengx nzie a'fai bouc sengh

Meih maaih leiz beu bun da'nyeic deix mienh tengx nzie weih a'fai tengx bouc meih. Ninh corc haih benx leiz-sai a'fai da'nyeic laanh mienh. Naaiv laanh mienh se zeiz dongh meih nqoi nzuih cai benx borng buoz mienh, a'fai pong-yiouv doic a'fai huov jaa hmuangv doic. Se gorngv meih doix-dongh nor, cai meih nyei borng buoz mienh duqv zipv waac-fienx gorngv taux meih lorx weic faan sic jauv-louc.

Meih corc haih tov heuc leiz-sai a'fai haaix dauh yaac longx dongh tengx nzie duqv meih wuov liepc mbenc lorx weic faan sic sou. Meih corc maaih leiz-sai bieqc muangx yiem yietc zungv lorx weic faan sic bouc dauh. Se gorngv meih maaih leiz-sai caux jaa-nziouv mv dornx zuangx ca'laangh, ba'ndongx-mienh tengx daav za'eix kuinx sic, a'fai tov dingc leiz bun muangx wuov, meih jaa-ndaangc oix zuqc mbuox hung-bung ze'weic gorn duqv hiuv. Ninh mbuo hung-bung ze'weic gorn se maiv haih cai maaih leiz-sai bieqc muangx haaix kang lorx weic faan sic jauv-louc. Se gorngv maiv zeiz meih maaih a'fai meih benx leiz-sai bun ninh mbuo.

Maaih leiz beu bun tov tim ziangh hoc ndaav faaux

Se gorngv meih qiex zuqc longc ziangh hoc ndaav faaux, meih corc haih tov duqv. Naaiv diuc gong se maaih mbuoz heuc borqv nzipc ziangh hoc ndaav faaux. Corc haih nzipc jienv borqv ziangh hoc ndaav faaux liouh dorh faan sic zorc puix siang aengx caux oix zuqc maaih daaih tov ndaangc taux njiec buoz zoux dingc leiz nyei gong.

Beiv taux meih tov benx daauh nzunc borqv nzipc ziangh hoc ndaav faaux nor, meih maiv zuqc maaih kuv waac mbuox gorngv wueic laaix haaix nyungc zorv hoic yaac duqv oc. Se gorngv meih maaih waac daaih tov borqv nzipc ziangh hoc ndaav faaux camv-nzunc aqv, meih oix zuqc maaih kuv waac mbuox cing gorngv wueic laaix haaix nyungc zorv hoic (naaiv se heuc "maaih kuv waac mbuox") yiem meih tov daaih wuov.

Maaih leiz beu bun tov longc benx qanh lorx laanh ba'ndong-mienh a'fai corng leiz jien jaa

Se gorngv meih hnamv daaix ninh mbuo zoux ba'ndongx-mienh, tengx daav za'eix kuinx sic a'fai corng leiz jien jaa hnyouv maiv baengh a'fai haih waengc sic nor meih corc haih tov diuv benx qanh laanh. Meih oix zuqc tov ndaangc taux ziangh hoc lorx ba'ndongx-mienh tengx daav za'eix kuinx sinc a'fai dingc leiz njiec buoz jhex gorn zoux gong aengx caux gorngv kuv waac mbuox wueic haaix nyungc cingx tov tiuv.

Maaih leiz beu bun bieqc lorx weic faan sic

Maaih leiz beu bun bieqc muangx yietc zungv lorx weic faan sic bou-bouc.

Maaih leiz beu bun dingc lorqc doih waac beiv taux dingc leiz jauv-louc koi tong bun zuangx mienh muangx

Dingc leiz jauv-louc se douc tong yaangh bun zuangx mienh duqv haix. Se gorngv meih maiv nyungc duqv bun zuangx mienh bieqc muangx yiem meih nyei dingc leiz ziangh hoc, mbuox ninh mbuo corngh leiz jien jaa duqv hiuv gorngv meih haix oix gem jienv muangx dingc leiz waac. Meih jaa-nziouv oix zuqc fiev sou juix bun ndaangc taux ziangh hoc dingc leiz bun muangx, a'fai fiev sou fai longc baeqc nzuih mbuox yiem njiec sic-dorngx dingc leiz zaamc ndaangc ninh mbuo njiec buoz jhex gorn zoux gong.

Maaih leiz beu bun tengx ziux ba'ndongx corngh sic maiv waengc haaix bung

Meih maaih leiz beu bun sueih ziux hnyouv gorngv aengx caux tong zuangx haix yiem njiec si-dorngx dingc leiz ciangv nyei ziangh hoc. Ninh corngh leiz jien jaa oix zuqc tengx nzie meih aengx caux hung-bung ze'weic gorn douc benx zien waac.

Maaih leiz beu bun maaih faan waac mienh

Se gorngv meih oix longc benx meih nyei waac dongh maiv zeiz benx ang gitv waac wuov, maaih leiz beu bun duqv zipv faan waac mienh dongh haih faan waac mbiaangc wuov tengx faan waac bun muangx longx, zuqc nzoih, aengx caux maiv waengc waac. Yiem meih zoux sou tov lorx weic faan sic wuov meih tov heuc lorx faan waac mienh tengx. Lorx faan waac mienh daaih tengx faan waac bun muangx yiem njiec yietc zungv lorx weic faan sic bouc dauh.

Maaih leiz beu bun dorh waac-fienx bun corngh leiz jien jaa

Nzunc baav meih corc zuqc dorh waac-fienx bun si-dorngx corngh leiz jien jaa liouh bouc sengh meih lorx weic faan sic sou. Naaiv diuc waac-fienx se heuc benx nyungc zeiv daan. Meih ganh aengx caux da'nyeic deix mienh dongh meih ginv daaih wuov oix zuqc longc baeqc nzuih gorngv waac-fienx bun dingc leiz jien jaa muangx. Naaiv deix mienh se benx yiem-hlem mienh. Meih corc haih dorh waac-fienx fiev njiec sou fungx bun si-dorngx corngh leiz jien jaa.

Ninh mbuo hung-bung ze'weic gorn gorngv benx dingc-torqv waac aengx caux nyungc zeiv sou-gorn oix zuqc longc benx dongh meih nyunc duqv haih gorngv wuov nyungc waac caux meih nyei borng buoz mienh ei duqv wuov fingx waac, se gorngv cai duqv maaih. Se gorngv hung-bung ze'weic gorn maiv haih dorh naaiv deix sou faan benx meih nyei waac nor, ninh mbuo horpc zuqc mbuox meih duqv hiuv, oix zuqc dor benx ang gitv nzangc nyei sou aamx bun siou ndaangc, aengx caux tov nzipc ziangh hoc ndaauv faaux liouh dorh sou mingh faan benx meih nyei waac. Jaa-nziouv meih oix zuqc zipv haix naaiv diuc waac-fienx taux ndaangc yi norm zoux gong hnoi ndaangc taux dingc leiz hnoi-nyieqc.

Maaih leiz beu liouh cai waac naaic hung-bung deic jei ze'weic gorn nyei yiem-hlen mienh

Nzunc baav ninh mbuo yiem njiec hung-bung ze'weic gorn corc haih lorx yiem-hlen mienh daaih benx yiem hlen muangx yiem njiec dingc leiz nyei ziangh hoc. Meih maaih leiz beu liouh cai waac naaic taux hung-bung ze'weic gorn nyei yiem-hlen mienh.