

Suggested Theme-based Book List For Secondary Schools

主題閱讀 中學建議書目

Theme: Healthy Living

主題：健康生活

	Book Title 書目	Author 作者	Publisher 出版社	ISBN 國際標準書號	Print / Electronic 印刷/電子版	Description 簡介	HK Public Library Catalogue 香港公共圖書館目錄
1	歐·亨利短篇小說選	歐·亨利	寂天文化	9789863182375	P	本書是美國小說家歐·亨利(O. Henry)的《歐·亨利作品集》。他的作品取材自平凡人物，例如清潔工人、文員等人物。作品結局往往出人意料，並表現出人性的光明美善。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2721882
2	跟著節氣學吃酸·檸檬	種籽設計節氣飲食開發團隊	創意市集	9789866009655	P	本書按着節氣，以吃酸和檸檬為主題，介紹不同的健康飲品和食物。清爽的圖像，簡潔的排版，和當中所穿插的新詩和相關的食物、健康資訊，構成一本光是隨意翻閱已經令人感到舒暢的讀物。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3291162
3	我是馬拉拉【青少年版】：一位因爭取教育而改變了世界的女孩	馬拉拉·優薩福扎伊， 派翠西亞·麥考密克	愛米粒	9789869094627	P	馬拉拉是2013及2014年「諾貝爾和平獎」最年輕的候選人和《Time時代雜誌》年度風雲人物的第二名，她自十七歲起成了為全球兒童爭取接受教育權利的象徵。究竟她的父母是如何培育出這樣與眾不同的女兒呢？她又想如何推動世界改變呢？從書中可找到答案。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3377352
4	中醫不切西瓜	李宇銘	突破出版社	9789628996858	P	本書以輕鬆的筆觸，澄清一般人對中醫的誤解。又從中醫的醫理，解釋人何以生病，並介紹中醫治病、診症的方法和理念。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3087788
5	眼睛健康手冊	蕭裕泉	萬里機構·得利書局	9789621432995	P	作者根據臨床的醫學經驗，通過簡明的文字向讀者描述和解說「眼睛」的器官特徵，讓讀者瞭解眼睛的構造和特色、眼疾症狀、治療方式以及預防措施。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2772445
6	撕掉勵志書！	李察·韋斯曼(著)， 洪慧芳(譯)	漫遊者文化事業股份有限公司	9789865956561	P	本書介紹19世紀心理學家威廉·詹姆斯的理論，援引了大量有趣科學實驗，向讀者展示改變生活、活得幸福快樂的簡單方法——改變行為。想要得着某項品格，就首先在行為上表現出已經擁有該項品格的樣子，自然就會「裝假成真」。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3314608
7	被討厭的勇氣——自我啟發之父「阿德勒」的教導	岸見一郎、古賀史健著 葉小燕譯	究竟出版社股份有限公司	9789861371955	P	作者向我們展示一套與佛洛伊德截然不同的心理學思想——否定「心理創傷」之說，強調人們所有煩惱皆來自人際關係。本書自面世以來在東亞各地引起轟動，為讀者增添了「由這一瞬間開始」活出幸福人生的勇氣。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3377566
8	肥胖	周韞珍	萬里機構·得利書局	9789621439871	P	肥胖可誘發不同的併發症，例如高血壓、高血脂、膽囊炎及糖尿病，因此肥胖的問題也成了大眾關注的健康議題。本書從不同角度，探討肥胖的成因和治療，更從生活起居、飲食及運動，讓讀者認識如何遠離肥胖。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2965349
9	對決病毒最前線：從流感、炭疽病、SARS到伊波拉，資深防疫專家對抗致命傳染病的全球大冒險	Ali S. Khan, William Patrick 譯者：莊安琪	時報出版	9789571372372	P	本書說明微生物與人類的密切關係，如何對抗舉世最致命的疾病，以及讓疫情雪上加霜的驚恐和貪腐。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3521498
10	一生的忠告(中學版)	聞鐘(編)	南京大學出版社	9787305152900	P	本書分為三卷，第一卷「成長的家書」收錄了洛克菲勒、摩根和查斯特菲爾德給兒子的多封書信，第二卷「人生之勸誡」和第三卷「一生之忠告」分別收錄了巴菲特、比爾·蓋茨、松下幸之助和李嘉誠給年輕人的勸勉。這些成功人士的人生軌跡和哲學觀點，有助青少年建立正確的習慣、理念和價值觀。	N/A

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11	人間好時節：古典詩詞的人生啟示	張曼娟	麥田出版股份有限公司	9789867413925	P	本書作者認為詩詞能啟發心靈與智慧，讓人「足以抗禦多變的人間」。她在書中一面跟讀者閒談自己的生活軼事，一面分享詩詞名作給她的人生啟示。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2564939
12	人間愉快	陳幸蕙（編） 巴金等（著）	幼獅文化事業股份有限公司	9789575749316	P	本書以「人間愉快」為主題，收錄了巴金、琦君、余光中、張曉風、杏林子和九把刀等十八位台灣知名作家的作品，當中所書寫的，不論是作者自己還是他人的故事，不論是愉快還是不愉快的經驗，也不論是主觀還是客觀的生活觀察或人生反思，都傳達了正向、積極的訊息。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3338151
13	好愛閱讀	李錦洪（主編） 麥子語（撰文）	麥餅文化出版社	9789881374714	P	本書專訪了九位愛書人，包括科普作家李傑才、大律師查錫我和新聞工作者張翠容等。他們在書中暢談如何愛上閱讀，分享閱讀心得和方法，推介心愛的作家和好書，以及他們「最近在讀的書」、「想讀而未讀的書」等。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3425067
14	彈塗時光	楊美紅	衛城出版	9789869047678	P	作者踏遍高雄濕地，通過「視」、「聽」、「品」、「聞」、「思」多種感官寫作，除展現了一幅動力盎然的生態圖外，亦傳遞了作者「與大自然共存」，保育濕地的信息。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3334797
15	不上當的健康飲食：「聽說」來的都不是真的	林雅婷	開始出版	9789869096706	P	網路謠言四起，你知道的營養觀念真的是對的嗎？選被錯誤的飲食觀念唬得一楞一楞？遵行不輟而不自知？本書從乳製品、油脂類、飲料類、禽畜水產類、穀類豆類及蔬果類……中，挑選一般人最常見的飲食迷思，由專業營養師為您一一詳答，讓讀者建立起自己的飲食百科，從此不用再怕被錯誤飲食觀念耍得團圓轉！	N/A
16	10大健康食物排行榜	趙濶企劃主編	人類智庫數位科技股份有限公司	4715443040945	P	本書提出超過上百種的健康食材及五大類前20名健康食物排行榜，讓您從多元化的健康食材選擇，吃出正確的飲食習慣以預防三分之一的癌症及多種慢性疾病。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3542210
17	營養師談營養飲食	香港營養師協會	明窗出版社有限公司	9789623579353	P	本書納入香港營養師協會的專業營養師所建議的營養食譜，烹調方法以及實用的營養學。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:1096042
18	看得見的營養學：錯了你容易生病、快老，該吃什麼、不能吃什麼，照顧自己與家人的最佳寶典	川島由起子	大是文化	9789865612412	P	本書以插畫、圖表呈現及說明吃進去的食物進入體內後所有發生的事情，及營養與疾病的關係。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3439773
19	圖解精神健康	張力智	突破出版社	9789888073009	P	本書共分四部分：(1)精神科醫生是幹什麼的呢？(2)常掛在口邊的「繃線」，究竟是什麼意思？這部分認真了解我們對精神病的誤解。(3)鬱躁症、創傷後壓力症、強迫症的症狀是甚麼？張醫生將透過電視劇和電影詳細介紹。(4)心靈生病了，可以康復嗎？這部分有關精神疾病的康復情況、用藥和康復。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3293250

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20	醫生畫給你(超圖解)醫學常識—不要死得不明不白,一次看懂「感染病、癌症、生活習慣病」3大死因對身體的傷害	森皆捻子	美藝學苑社	9789861303376	P	這本書把平常難以理解的疾病名詞,把艱深的醫學常識變成圖文漫畫,用最簡單的方式來解說,告訴你:我們是怎麼被疾病打倒的!它活潑的介紹「疾病產生的原因」和「疾病導致死亡的過程」,將複雜的人體問題化繁為簡,簡化為3大致死病因,讓大家更能掌握正確的醫學常識,避免因為無知,而將自己的身體逼入絕境,疾病和死亡之間,不再沉重。	N/A
21	營養飲食完全手冊	熊苗	天健出版社	9789628823307	P	《營養飲食完全手冊》的作者是一位資深營養師,提供基本的營養知識,從營養素的功用和作用分析維他命、礦物質、蛋白質、脂肪、碳水化合物及水。討論日常食物及調味品的營養價值。作者亦為不同的年齡層建議飲食方案。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3203828
22	幸福的餐桌:你吃的食物是來自天堂?還是地獄?	樂友文化健康生活編輯部/編著	樂友文化	9789869106474	P	本書以淺顯易懂的醫學解釋,教導讀者對日常食物組合或食品添加物的正確觀念。教導讀者怎麼吃、吃什麼,從而輕鬆吃出健康。	N/A
23	廚房裡的偽科學:你以為的健康飲食法,都是食物世界裡的胡說八道	安東尼·華納	八旗文化	9789578654198	P	本書參閱大量腦科學家、行為學家、食品科學家以及營養師等專業人士的理論,解釋了為什麼聰明人更如此容易被最新流行的飲食法牽著鼻子走。同時也提供有用的工具,分辨廚房裡的偽科學。讓讀者和食物之間建立均衡而簡單的美好關係。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3535043
24	我的第一本跑步書	陳啓明、容樹恆、陳振坤主編	得利書局	9789621459428	P	本書介紹簡單健康的跑步運動,講解跑步的運動原理、相關的裝備訓練、飲食餐單、受傷或身體不適的處理方法等,並附有一些香港熱門跑步路線,供讀者參考。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3451364
25	閱讀裡的生命教育:從繪本裡預見美麗人生	劉清彥	親子天下	9789869484404	P	本書透過55個真實的繪本故事,教導孩子認識生命的各種面向及選擇,讓他們從閱讀中體會人生,培養正向思維。每篇亦附「閱讀對話」,引領讀者從閱讀中思索如何建立美好的人生。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3498465
26	請問雷博士!運動科學是與非	雷雄德	一丁文化	9789887720065	P	本書作者雷博士以淺易的文字講解運動科學理論,為讀者拆解坊間謬誤,提供一些運動冷知識,幫助讀者更享受運動的樂趣。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3486132
27	我們都應該更誠實的做自己:一日一哲理活出快樂的自己	王光波	晶冠出版有限公司	9789865852443	P	大多數人在尋找自己想要的人生、自己想要的快樂時,常常找錯了方向。一直在周邊追尋你要什麼,卻一直忽略內在你是什麼,本書針對我們過生活時所遭遇的一系列問題,透過發現「自我」、破除執念、學會珍惜,學習付出與分享,為所有處於焦慮和迷思中的現代人指點迷津,指引每一個讀者去發掘自我、更誠實的面對自己、做自己。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3399296
28	絕對	王蘊	拾慧文化創意有限公司	9789869445832	P	在本書中,作者娓娓道來中外名人的迭宕生平,並對應作者眾多學生的人生故事,兩相映照,彰顯出在面對人生的困難及挑戰時,所應具備的態度及特質,如能掌握住信心、無懼、風骨、平常心、堅強、樂觀、勇氣各種等等正面積極的力量,即使在人生不可避免的高低起伏中,依然能掌握自己的方向,不被各種不可預期的困境所擊敗,從而開創出自己的一片胸懷萬千的天地,自在的看待花開花落、雲卷雲舒。	N/A

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29	壓力鬆一鬆	關袁添	突破出版社	9789622643246	P	本書能喚起讀者對壓力問題的關注,提升對壓力的警覺,懂得控制壓力來源,並掌握應付壓力的一些方法.適合生活繁忙的人尋找舒緩壓力的途徑.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:1184728
30	心情放輕鬆	Dirk Konnertz, Christiane Sauer (譯者 林碩斌)	飛寶國際文化	9789867292292	P	本書內容包括介紹壓力和放鬆如何影響身體,亦會教授簡單而有效的放鬆方法,並運用到學校生活和日常生活上,亦有學習放鬆的訓練計劃.	N/A
31	克服壓力	Barbara Hipp (譯者 林碩斌)	飛寶國際文化	9789867292308	P	本書能讓你了解壓力如何對待你的身體,以及如何面對學業壓力和考試恐懼,亦會探討與別人相處所帶來的壓力的舒緩壓力方法.	N/A
32	樂觀	Francesco Alberoni (譯者 呂理州)	九洲出版社	9787801149497	P	本書介紹不同類型的人的性格特點及其優點和缺點,包括日常生活常遇到的人,想爬到別人頭上的人,組成社會的人,活得更充實的人和活出自己的人.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2416681
33	心靈雞湯—關於青少年	Jack Canfield, Mark V. Hansen, Kimberly Kirberger (譯者 郭菟玲)	晨星出版	9789575836276	P	正如一貫心靈雞湯系列,本書收集一百零一則心靈故事,全部以青少年為主角,故事背景包括男女之間,朋友死黨,愛與關懷,撞出經驗,人生的傷痛,大刀闊斧和追日少年.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:1220039
34	心靈成長自助計畫	Doris Wolf, Rolf Merkle (譯者 賴升祿, 胡慧琴)	勝景文化	9789570444193	P	本書鼓勵讀者成為自己生命的領航員,由練習改變信念和行為,解決生活上的問題.本書亦提供為自己檢視探索的方向,給自己承諾和改變.	N/A
35	如何烹製安全食品	李節	元華文創	9789863931461	P & E	本書分為八章,介紹有關食材特性、食材搭配及食物所含營養等知識.本書亦有介紹如何科學搭配、烹飪以及各類人群飲食的宜與忌,達到安全、健康的飲食目的。	N/A
36	健康大繪本：人體工廠大探險	崔達秀	人類文化(香港)公司	9789887816577	P	本書以簡單的文字,說明身體構造,內容包含骨骼、肌肉、神經系統、消化系統、呼吸系統、心臟及循環系統、視覺與聽覺系統等,循序漸進、有系統的建立幼童對人體器官的基礎認知。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3489783
37	化學與健康	張蘭琴, 聶金繁	中國社會科學出版社	9787516135907	P	本書介紹化學與健康的關係,讓讀者把科學飲食變成自覺行動,提高生活質量.內容包括一些飲食常識、不同時期的營養需要、討論瞭如何通過平衡膳食來達到健康等。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3382478
38	啟動護眼行動,別讓眼睛老得快!:3C族必看養眼術,擊退眼睛疲勞、乾眼症、老花、白內障!	葉雅馨	董氏基金會 《《大家健康》》雜誌 聯合發行總經銷	9789869295413	P & E	威脅現代人眼睛健康最大的危機有兩個,第一是「疲勞」,第二是藍光的傷害;疲勞可能讓近視加深、眼疾惡化,藍光則會傷害黃斑部,這兩種情況若長期持續,最後還是可能演變成失明.本書介紹正確實用護眼方法、提醒該留意眼睛過勞及傷眼行為,也建議如何透過吃來提升眼睛的活力。	N/A

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Theme: Healthy Living

主題：健康生活

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39	怎樣保護你的胃?	羅小衛	俊嘉文化	9789865634001	P & E	本書提供給讀者很多有關於胃方面的資訊，包括胃的基本常識介紹、檢查胃是否有毛病、如何透過飲食來調養胃、利用外在條件給胃一個好的起居環境，甚至是透過運動療法來養胃，以及最後利用中醫養胃的小妙法等。	N/A
40	如何維持情緒健康	作者：菲莉帕·派瑞； 譯者：吳四明	先覺出版社	9789861342078	P	本書循「自我觀察」、「審視人際關係」、「覺察並處理壓力」及「說出自己的人生故事」四個大方向闡述保持情緒健康的方法。文字為主，適合高中學生。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3444160
41	超級情緒整理術	林文杰	菁品文化	9789869473507	P	本書結合心理學理論和實踐建議，協助讀者明白各種情緒的形成原因，從而學習將負面情緒轉化為正面情緒。文字為主，適合高中學生。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3510693
42	別讓自己不開心：50個讓生活更美好的練習	小林弘幸	商周出版	9789862727133	P	作為一位大學醫學部教授以及官方認可運動醫師，作者透過與病人接觸的經驗，推介50項保持身心健康的生活習慣。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3369583
43	給中學生的時間管理術：一輩子都要擁有的時間掌握力，現在開始學習！	謝其濬	親子天下	9789862416983	P	本書列出中學生最容易遇到的時間管理八大痛點，並提供簡單可行的解決方案，輔以「重點整理」、「延展練習」和「情境習作」，培養自我管理能力的。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3299539
44	你的不安，是因為太習慣受傷害—不再覺得焦慮、內疚、沒自信，愛默生送給現代人的100句話	中島輝	一起來	9789869460682	P	作者以自身經歷為基礎，展示100句愛默生著作中的說話，鼓勵讀者勇於面對生活上包括人際關係、挫折、成長、友情等困難或迷惘，並建立適合自己的對應策略和處世態度。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3503601
45	懶人健康法—一念之間，戰勝不由自主，找到健康與自信	蓮村誠	新自然主義	9789576967498	P	本書介紹61項針對飲食習慣、生活作息、居住環境、運動方式，人際關係、情緒管理、壓力釋放等範疇的排毒妙招，實用性強。	N/A
46	快樂餐單—全方位抗壓食療坊	劉碧珊、莊瑞寧等	跨版生活圖書出版社	9789881790064	P	本書輯錄由營養師設計的快樂餐單、中醫師推介的紓壓妙法如按穴、自評測試受壓力指數及解壓建議，並有個案分析及專業建議，提供多元化的抗壓方法作參考。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2973330
47	誰偷走了我的快樂—應對負面情緒自助手冊	湯國鈞、李靜慧、李智群	突破出版社	9789888392612	P	本書透過臨床心理學的理論和研究，配以實踐方法，讓讀者認識自己的情緒，處理生活的壓力和負面情緒，重整思想，找回快樂。本書為實用的自助手冊，有助讀者學習管理自己的情緒，提升情緒健康。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3493252
48	奧運奇趣異聞錄	陳一冰	中華教育	9789888512782	P	由奧運冠軍陳一冰介紹奧運的奇趣異聞，題材富趣味，能引發兒童對奧運和運動項目的認識，有助增加兒童對運動項目的認識及興趣。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3520636
49	漫畫大英百科·人體醫學(2) - 疾病與健康	BomBom Story	三采文化出版事業有限公司	9789863427421	P	以漫畫形式帶出運動時人體的生理變化及相關的科學理論，引發學生的學習動機。內容深入淺出，適合中、小學生閱讀。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3487510

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50	創意體育遊戲	李明強、敖運忠、張昌來	大展出版社有限公司	9789574688517	P	本書所選體育遊戲，多為具代表性的體育遊戲。作者以學生身體條件、認識能力、心理狀態及方便教學為原則，按照「遊戲目的、遊戲準備、遊戲方法、遊戲規則、教學建議」的體例進行編寫，並按運動項目加以分類，以便在教學實踐中使用。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3550939
51	強韌力：看史上最金牌保持人，如何以強大心理韌性超越自我？	好的文化編輯部	好的文化	9789865626662	P	本書透過分享金牌運動員如何處理運動所帶來的壓力，從而帶出保持身心健康的心得。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3493333
52	運動這樣吃就對了：營養師專為各式運動訓練、比賽、恢復期設計的飲食計劃	梁峻嘉	創意市集	9789869401371	P	本書介紹於各式運動前、中、後提供正確的飲食原則，增強運動的效果。根據訓練強度以及飲食原則，提供歐美常用的運動員菜單，配合均衡飲食增進運動效果。此外，專業營養師亦解答飲食疑惑，破除相關的迷思。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3546141
53	實用體適能測試與評估	許世全	陳湘記圖書有限公司	9789629321543	P	本書的內容適合對體適能感興趣的讀者，旨在提供較全面的體能評估理論基礎及實用的執行方法，當中以心肺適能的測試佔主要篇幅，詳述心肺適能於各體適能要素之中的重要性。此外，內容亦涵蓋肌肉適能、肌肉關節柔軟度、身體結構與脂肪測量等等。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3341108
54	由零到最遙遠的距離	吳俊霆	運動版圖	9789881639530	P	本書收錄作者二十多年以來藉著參加越野賽挑戰自我的故事，以及一班喜愛越野活動朋友的故事，以及在賽道上成長的心路歷程。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3369796
55	閃亮人生—香港傑出少年隨筆		香港遊樂場協會：博學出版社	9789881933430	P	本書收錄「香港傑出少年選舉」部分得獎者及其父母的心路歷程。他們分享了其擁抱挑戰，奮發向前，跨過逆境的成長故事。讀者可從中學習到積極面對困難的人生態度，以及親子相處之道。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3431275
56	拾·夢·者—十位青年的拾夢故事		香港中華基督教青年會	9789881538291	P	本書結集十位年青人為實現夢想而默默耕耘，面對挫折仍堅定前行的奮鬥故事。面對生涯規劃和生命價值的課題，本書可為正在探索自我的年青讀者帶來一點啟示，同時亦可為一直規範著成功的定義的社會帶來一些反思。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3469772
57	成長，學不完的生命功課	羅乃萱、司徒永富	印象文字	9789624574821	P	作者藉52篇以生命為題的文章，提醒讀者正向積極、熱愛生命的美好，認清個人潛力，立定志向，迎向有著無限可能的未來。本書既可與年青讀者分享一些經驗之談，亦為較有的人生閱歷的讀者帶來反思生命的空間。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3339494
58	水的反思	李焯芬	商務印書館(香港)有限公司	9789620763908	P	本書簡介了現時中國水利面對的四大挑戰，包括水資源短缺、水污染問題、水土流失和水災旱災頻繁。作者以扼要的文字和詳盡的數據，指出保護生態是人類應有之義、力所能及。天人和諧共處，才可健康地持續發展。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2866234
59	綠色生活的簡單法則	周兆祥	青桐社文化事業有限公司	9789881807151	P	本書從衣、食、住、行四個角度，介紹了一些環保的生活方式，展示了實踐綠色生活的可能。作者更從動物的生活方式和行為特點中得到啟發，並鼓勵人類多向牠們學習，建立低消耗、低污染的自然生活之道。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3027562

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60	201 Secrets to Healthy Living : A Treasury of Life-Saving Health Secrets from 27 Health- Care Experts	Siloam Editors	Siloam Press	9781599798561	P & E	This book serves as a reference guide to great health. A total of 201 Secrets to Healthy Living from various authors are provided to give an individual the keys to a happy, healthy, and long life.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3537190
61	25 Lessons in Mindfulness : Now Time for Healthy Living	Rezvan Ameli	American Psychological Association	9781433813238	P	This book uses a practical, step-by-step approach to help readers establish their own mindfulness practice. For each exercise, there is a brief introductory chapter to explain the scientifically proven effects on health, as well as the philosophy behind the ancient practice. It consists of 25 experiential lessons to guide individuals to conduct various meditative practices.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3537191
62	A Practical Guide to Happiness : Think Deeply and Flourish	Will Buckingham	Icon Books	9781785783241	P & E	This guide offers you insights into questions about happiness. Readers will be guided to learn to cultivate their taste for pleasure, free themselves from the various disturbances of life and overcome irrational expectations that cause distress. Filled with practical exercises, tips and case studies, this book enables readers to see happiness in a new light.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3528385
63	Blame My Brain: The Amazing Teenage Brain Revealed	Nicola Morgan	Walker Books Ltd	9781406346930	P & E	Nicola Morgan offers brain-based explanations on why teenagers need so much sleep, why they come alive when the rest of the world is going to sleep and why some of them are risk-takers. There are chapters dealing with emotions, the differences between genders and the reasons behind addiction and depression.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3545360
64	Bringing Music to Life	Barry Green	Gia Publications	9781579997571	P	This book demonstrates how amateur and professional musicians can reach their full potential through various technical and psychological preparations. Delving deeply into the methodology and inspiration required to energise and enliven music making, this book offers countless suggestions for creating joy and excitement in performance.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3537186
65	Chew On This: Everything You Don't Want to Know about Fast Food	Eric Schlosser, Charles Wilson	Houghton Mifflin Co.	9780618710317	P & E	This book looks into the history of fast food and shows readers the impact the industry has on society at different levels. Readers get to know about the chemicals in the food, the food marketing strategies and why kids make great targets. It contains facts about its evolution and practices, the effects of fast food consumption on public health, and the international success of the business.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2723679
66	Chicken Soup for the Soul: Simply Happy. A Crash Course in Chicken Soup for the Soul Advice and Wisdom	Amy Newmark	Chicken Soup for the Soul	9781611599497	P & E	The book includes 25 chapters which cover the topics of human relationships, time management, stress management, life-changing tips, etc. It suggests simple ways for readers to create a happy, confident, and positive life.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3503032

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67	Chicken Soup for the Teenage Soul: Stories of Life, Love and Learning	Jack Canfield	Vermilion	9780091826406	P & E	Being a teen is hard - but you are not alone. This book is your handbook for surviving and succeeding during the exciting teen years with both your sanity and sense of humour intact. It contains invaluable lessons on the nature of friendship and love, the importance of belief in the future and the value of respect for yourself and others. It also deals with tough issues like death, suicide and the loss of love.	N/A
68	Concepts of Fitness and Wellness - A Comprehensive Lifestyle Approach	Charles Corbin, Gregory Welk, William Corbin & Karen Welk	Mcgraw-Hill	9780073523811	P	This book provides some examples on how to achieve a healthy lifestyle. It provides online activities and assessments for readers to apply the latest research findings on fitness and wellness to their own lives. It also provides steps towards developing a lifelong commitment to being active.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3148409
69	Defining You: How to Profile Yourself and Unlock Your Full Potential	Fiona Murden	Nicholas Brealey Publishing	9781473668386	P & E	Defining You opens a window into the process of psychological profiling in business and presents a clear path to improving your effectiveness with immediate actions and tangible tips. Professional profiling assessments tell us how we are motivated, what environment we prefer, how we achieve our goals and our preferences of communication styles. The results enable the individual to personalize strategies for enhancing their leadership performance. The book includes chapters on psychometric testing, 360 assessment, feedback and guidance on interpreting your results and taking steps to leverage your strengths.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3542122
70	Finding Your Path	Amba Brown	HarperCollins	9781364870775	P	Helping to ease the transition for students from school to adulthood, each chapter of this book explores different pathways that young people can take after school, including work, study and travel. The focus of the book is all about positive psychology - encouraging readers to trust themselves to create a path of integrity and happiness for themselves, no matter what they choose to do.	N/A
71	Foundations of Sport and Exercise Psychology	Weinberg, R.S., & Gould, D.	Human Kinetics	9780736064675	P	This book provides a thorough introduction to the key concepts of sport and exercise psychology. It illustrates concepts of sport and exercise psychology drawing connections between research and practice, as well as the excitement of the world of sport and exercise.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2801018
72	Four Quadrant Living: Making Healthy Living Your New Way of Life	Dina Colman	Four Quadrant Media	9781939288226	P & E	Four Quadrant Living guides readers to make healthy living a part of their daily lives, leading to health, vitality, and happiness. It shows readers how to take responsibility for their own health by providing logically organised and easily implemented ideas and suggestions for nourishing the "four quadrants" of our lives. The book includes ways to reduce stress, live mindfully, eat well, exercise more, sleep better, engage in healthy relationships and detoxify environments.	N/A
73	Get Fit, Stay Fit	Prentice, William E.	F.A. Davis Company	9780803644649	P & E	This book demonstrates some fitness and wellness programmes. It covers aspects like the motivation and scientific knowledge of a personal plan for healthy living and an integrated plan of physical activity. It also illustrates the functions of sleep, stress management and nutrition.	N/A

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74	Happy: Finding Joy in Every Day and Letting Go of Perfect	Fearne Cotton	Orion Spring	9781409169413	P & E	This book offers practical ways of finding joy each day and overcoming pressure from all sides - school, work, family or social media. It offers you tips on how to get in touch with your creative side and find peace through written exercises, visualisations and daily tricks that help you unlock the inner happiness.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3470286
75	Have You Filled A Bucket Today? : A Guide to Daily Happiness for Kids: 10th Anniversary Edition	Carol McCloud	Bucket Fillosophy	9780996099936	P	The author illustrates the importance of kindness and happiness by using a simple metaphor of a bucket and a dipper. This book guides readers to see the importance of empathy, positive thinking and positive behavior, and the way to put such values and attitudes to real practice in the contexts of home, school, workplace and community.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3504443
76	Healthy Eating	Sylvia Goulding	Cherrytree Books	9781842343142	P	This book explains how food makes one healthy or ill and talks about more issues related to health. It is supplemented by fun quizzes, fitness tests and activities which are suitable for junior secondary students.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2705229
77	Healthy Living (2nd Edition): 12 Habits You DON'T KNOW That Promote Healthy Living & A Healthy Lifestyle!	Linda Westwood	CreateSpace Independent Publishing Platform	9781534894037	P & E	This book provides you with 12 separate habits that will completely change your life for the better. Along with discovering what these habits are, you will also learn why they are beneficial to your life and how they help promote healthy living. The book is accompanied by a step-by-step Action Plan that guides you to develop these healthy habits.	N/A
78	I Never knew I Had a Choice : Explorations in Personal Growth	Corey, Gerald & Corey, Marianne Schneider	Cengage Learning	9781305945722	P	The book provides readers with various well-presented theories and approaches about learning styles, developmental stages, emotion management and gender roles. The authors emphasise that people should accept personal responsibility for the choices they make and decide whether and how they want to change their lives. The books aims to bring about the essence of one's well-being: one's commitment to self-exploration creates new potential for choice and contributes to one's well-functioning personality.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3477561
79	Interactive Concert for Autism: Integrative Application of Music and Clinical Psychology	Dr. CHAN, Agnes Sui-yin	Department of Psychology & Department of Music, The Chinese University of Hong Kong	615.85154 I58 2014 Call no. of CRC	P	This book introduces a charity concert for children who cannot sit still to enjoy music. Children with autism are allowed to dance, sing and move around during the concert organised by voluntary musicians and performers.	N/A
80	Living a Real Life with Real Food: How to Get Healthy, Lose Weight, and Stay Energized—The Kosher Way	Beth Warren	Skyhorse Publishing	9781626365711	P & E	The book introduces the best way to lose weight, build strength and help fight obesity-related diseases. The advice, recipes, and meal plans presented in this book will help readers attain a healthier and more energetic lifestyle regardless of how familiar they are with kosher, organic and whole foods before they begin reading.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3537215
81	Medical Inventions : the Best of Health	Jill Bryant	Crabtree Publishing	9780778702320	P	Innovations in the medical field save countless lives daily. In this book, a timeline of breakthrough medical inventions is explored through dynamic photographs and interesting fact boxes.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3306506

Suggested Theme-based Book List For Secondary Schools

主題閱讀 中學建議書目

Theme: Healthy Living

主題：健康生活

	Book Title 書目	Author 作者	Publisher 出版社	ISBN 國際標準書號	Print / Electronic 印刷/電子版	Description 簡介	HK Public Library Catalogue 香港公共圖書館目錄
82	Medikidz Explain Burns: What's Up with Harry?	Dr. Kim Chilman-Blair, Shawn deLoache	Medikidz Publishing	9781906935184	P	Harry had a burn injury as a baby, which has left him with facial scarring. Through an interesting journey to Mediland, a planet shaped like the human body, Harry learns more about burns and scarring and exactly what has happened to him.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3308365
83	Microbes: Discover an Unseen World (Build It Yourself)	Christine Burillo-Kirch	Nomad Press	9781619303102	P & E	There are some microbes we can't live without, such as those that help us digest our food, while others can harm or even kill us, such as influenza and ebola. Microbes looks at ways the body protects itself from diseases and infections using fun facts, primary sources and cartoon illustrations.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3402684
84	Motivating People To Be Physically Active (2nd. Ed.)	Marcus, B. & Forsyth, L.	Human Kinetics	9780736040648	P	This book provides research, theories and concepts of behavioral science in planning, development, implementation or evaluation of physical activity promotion programmes. It also covers proven methods to get rid of a sedentary lifestyle.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2820855
85	National Geographic Reading Expeditions: Fighting Disease	Kate Boehm Jerome	National Geographic School Publishing	9780792288657	P	The book introduces the body's built-in defense systems that keep us alive and well. Readers can learn how many factors from heredity to daily health habits influence good health, what causes diseases and how medical science can treat these diseases.	N/A
86	National Geographic Reading Expeditions: Keeping Fit	Peter Winkler	National Geographic School Publishing	9780792288633	P	The book gives an overview of nutrition requirements and physical fitness that lead to healthy bodies and minds. Readers can learn how to make personal choices for improving health.	N/A
87	National Geographic Reading Expeditions: Making Healthy Choices	Carolyn Newton	National Geographic School Publishing	9780792288671	P	The book introduces how decisions we make every day affect how our bodies function and perform. Readers can learn how nutrition, recreation and interactions with others keep us healthy and strong.	N/A
88	Oh, The Things You Can Do That Are Good For You!	Tish Rabe	Random House	9780375910982	P	Readers can learn the basics of healthy living, such as eating right, staying active, getting enough sleep, brushing and flossing. The book also includes simple suggestions for children to increase their activity throughout the day, plus 8 kid-friendly, healthy recipes for parents to prepare for their hungry broods.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3379448
89	On Your Mark, Get Set, Grow!: A What's Happening to My Body? Book for Younger Boys	Lynda Madaras, Paul Gilligan	Newmarket Press	9781557047809 (hardcover : alk. paper) 9781557047816 (pbk. : alk. paper)	P & E	This book, illustrated with fresh and funny cartoons, is especially written for younger boys. The author takes the reader through the whole journey from a boy's point of view, making it easy to understand how a young boy feels and the problems he may encounter during puberty.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2924471
90	Organizing from the Inside Out for Teens: the Foolproof System for Organizing Your Room, Your Time, and Your Life	Julie Morgenstern, Jessi Morgenstern-Colon	Holt Paperbacks	9780805064704	P & E	Written for teenagers, the book provides readers with tips on life management such as how to organise workload, prioritise their time and balance their work and life through the three steps to success (i.e. analyse, strategise, attack). The book makes use of charts, diagrams and cartoon drawings to address common concerns for teenagers such as managing space and time.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3220744

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91	Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls	Linda Davick, Lynda Madaras	Newmarket Press	1557045879 (hbk. : alk. paper) 1557045658 (pbk. : alk. paper)	P & E	This book, illustrated with delightful drawings, is especially written for younger girls. It helps answer some of the questions about growing up and understand the mixed feelings a young girl may have.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2394640
92	Sports & Exercise Nutrition	William D McArdle, Frank I Katch, and Victor L Katch	Wolters Kluwer/Lippincott Williams & Wilkins	9780781770378	P	This book covers science of exercise, nutrition and bioenergetics. It also illustrates principles of human physical activities and sports competitions.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2907826
93	Teens, Nutrition, and Dieting	Christine Wilcox	Referencepoint Press	9781601528346	P	The book presents facts about teen nutrition. It also examines health-related issues such as how diet and nutrition can affect athletic performance, how important is nutrition for teens, why more teens are overweight and how to manage weight loss.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3406358
94	The 6 Most Important Decisions You'll Ever Make: A Guide for Teens	Sean Covey	Fireside	9780743265041 (pbk.) 0743265041 (pbk.)	P & E	Sean Covey gives teenagers strong advice on 6 major life decisions: getting a good education, choosing true friends, getting along with parents, dating and sex, avoiding addictions and establishing a healthy sense of self-worth. His arguments are supported with facts, statistics and analysis.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2799699
95	The 7 Habits of Happy Kids	Sean Covey	Simon & Schuster Children's Publishing	9781416957768	P & E	This book, which is suitable for junior secondary students, contains seven stories of how practising the 7 Habits makes it possible to achieve a happy life for all kids.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3444895
96	The 7 Habits of Highly Effective Teens Workbook	Sean Covey	Touchstone	9781476764689	P	This book provides fun activities and thought provoking exercises to help readers understand and apply the power of the 7 Habits in their life, in order to achieve life goal(s) step by step.	N/A
97	The Art of Being a Brilliant Teenager	Andy Cope, Andy Whittaker, Darrell Woodman, Amy Bradley	Capstone	9780857085788	P & E	This self-help book offers fresh perspectives to teenagers on how to cope with their lives. Messages that are relatable to young people are delivered with fun and humour. Readers are invited to discover their real self and what they want out of life. The challenges of how to get rid of bad habits and develop a good personality raised in the book provide a self-reflection opportunity.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3371751
98	The Courage to Be Disliked: How to Free Yourself, Change Your Life and Achieve Real Happiness	Ichiro Kishimi, Fumitake Koga	Allen & Unwin	9781760630720	P & E	The Courage to be Disliked shows you how to unlock the power within yourself to become your best and truest self, change your future and find lasting happiness. Using the theories of Alfred Adler, a renowned psychologist, the authors explain how we are all free to determine our own future free of the shackles of past experiences, doubts and the expectations of others.	N/A
99	The Tapping Solution for Parents, Children and Teenagers : How to Let Go of Excessive Stress, Anxiety and Worry and Raise Happy, Healthy, Resilient Families	Nick Ortner	Hay House Inc	9781401956066	P & E	Nick explores specific uses for tapping with children, ranging from releasing negative emotions to overcoming specific challenges. With the use of diagrams, links to videos, and tapping tips, The Tapping Solution for Parents, Children & Teenagers is an easy-to-use resource to solve everyday issues taking place in our homes.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3512959

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100	A Practical Guide to Happiness : Think Deeply and Flourish	Will Buckingham	Icon Books	9781785783241	P & E	This guide offers you insights into questions about happiness. Readers will be guided to learn to cultivate their taste for pleasure, free themselves from the various disturbances of life and overcome irrational expectations that cause distress. Filled with practical exercises, tips and case studies, this book enables readers to see happiness in a new light.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3528385
101	Why Am I So Disorganized? : Sort Out Your Stuff	Marilyn Paul	Piatkus Books UK	9780749928827	P	In this book, the author helps you achieve deeper understanding of dealing with the symptoms of disorganisation and identifying the causes. She also discusses how to recognise the habits that contribute to disorder and the need to make changes for a more rewarding and stress-free life. By combining practical 'how-to' hints (such as how to organise your paperwork) with a holistic and insightful approach, the author shows you a unique way to develop inner calm by constructively dealing with the disorder that surrounds you.	N/A