

Suggested Theme-based Book List For Secondary Schools
主题阅读 中学建议书目

Theme: Healthy Living
主题：健康生活

	Book Title 书目	Author 作者	Publisher 出版社	ISBN 国际标准书号	Print / Electronic 印刷/电子版	Description 简介	HK Public Library Catalogue 香港公共图书馆目录
1	欧·亨利短篇小说选	欧·亨利	寂天文化	9789863182375	P	本书是美国小说家欧·亨利（O. Henry）的《欧·亨利作品集》。他的作品取材自平凡人物，例如清洁工人、文员等人物。作品结局往往出人意料，并表现出人性的光明美善。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2721882
2	跟着节气学吃酸·柠檬	种籽设计节气饮食开发团队	创意市集	9789866009655	P	本书按着节气，以吃酸和柠檬为主题，介绍不同的健康饮品和食物。清爽的图像，简洁的排版，和当中所穿插的新诗和相关的食物、健康信息，构成一本光是随意翻阅已经令人感到舒畅的读物。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3291162
3	我是马拉拉【青少年版】：一位因争取教育而改变了世界的女孩	马拉拉·优萨福扎伊，帕特里克·麦考密克	爱米粒	9789869094627	P	马拉拉是2013及2014年《诺贝尔和平奖》最年轻的候选人和《Time时代杂志》年度风云人物的第二名，她自十七岁起成为了全球儿童争取接受教育权利的象征。究竟她的父母是如何培育出这样与众不同的女儿呢？她又想如何推动世界改变呢？从书中可找到答案。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3377352
4	中医不切西瓜	李宇铭	突破出版社	9789628996858	P	本书以轻松的笔触，澄清一般人对中医的误解。又从中医的医理，解释人何以生病，并介绍中医治病、诊症的方法和理念。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3087788
5	眼睛健康手册	萧裕泉	万里机构·得利书局	9789621432995	P	作者根据临床的医学经验，通过简明的文字向读者描述和解说「眼睛」的器官特征，让读者了解眼睛的构造和特色、眼疾症状、治疗方式以及预防措施。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2772445
6	撕掉励志书！	李察·韦斯曼（著），洪慧芳（译）	漫游者文化事业股份有限公司	9789865956561	P	本书介绍19世纪心理学家威廉·詹姆斯的理论，援引了大量有趣科学实验，向读者展示改变生活、活得幸福快乐的简单方法——改变行为。想要得着某项品格，就首先在行为上表现出已经拥有该项品格的样子，自然就会「装假成真」。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3314608
7	被讨厌的勇气——自我启发之父阿德勒的教导	岸见一郎、古贺史健著 叶小燕译	究竟出版社股份有限公司	9789861371955	P	作者向我们展示一套与弗洛伊德截然不同的心理学思想——否定心理创伤之说，强调人们所有烦恼皆来自人际关系。本书自面世以来在东亚各地引起轰动，为读者增添了「由这一瞬间开始」活出幸福人生的勇气。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3377566

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8	肥胖	周韞珍	万里机构. 得利书局	9789621439871	P	肥胖可诱发不同的并发症，例如高血压、高血脂、胆囊炎及糖尿病，因此肥胖的问题也成了大众关注的健康议题。本书从不同角度，探讨肥胖的成因和和治疗，更从生活起居、饮食及运动，让读者认识如何远离肥胖。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2965349
9	一生的忠告（中学版）	闻钟（编）	南京大学出版社	9787305152900	P	本书分为三卷，第一卷「成长的家书」收录了洛克菲勒、摩根和查斯特菲尔德给儿子的多封书信，第二卷「人生之劝诫」和第三卷「一生之忠告」分别收录了巴菲特、比尔·盖茨、松下幸之助和李嘉诚给年轻人的劝勉。这些成功人士的人生轨迹和哲学观点，有助青少年建立良好的习惯、理念和价值观。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3570576
10	人间好时节：古典诗词的人生启示	张曼娟	麦田出版股份有限公司	9789867413925	P	本书作者认为诗词能启发心灵与智慧，让人足以抗御多变的人间。她在书中一面跟读者闲谈自己的生活轶事，一面分享诗词名作给她的人生启示。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2564939
11	弹涂时光	杨美红	卫城出版	9789869047678	P	作者踏遍高雄湿地，通过「视」、「听」、「品」、「闻」、「思」多种感官写作，除展现了一幅动力盎然的生态图外，亦传递了作者「与大自然共存」，保育湿地的信息。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3334797
12	我的第一本跑步书	陈启明、容树恒、陈振坤主编	得利书局	9789621459428	P	本书介绍简单健康的跑步运动，讲解跑步的运动原理、相关的装备训练、饮食餐单、受伤或身体不适的处理方法等，并附有一些香港热门跑步路线，供读者参考。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3451364
13	阅读里的生命教育：从绘本里预见美丽人生	刘清彦	亲子天下	9789869484404	P	本书透过55个真实的绘本故事，教导孩子认识生命的各种面向及选择，让他们从阅读中体会人生，培养正向思维。每篇亦附阅读对话，引领读者从阅读中思索如何建立美好的人生。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3498465
14	请问雷博士！运动科学是与非	雷雄德	一丁文化	9789887720065	P	本书作者雷博士以浅易的文字讲解运动科学理论，为读者拆解坊间谬误，提供一些运动冷知识，帮助读者更享受运动的乐趣。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3486132

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15	我们都应该更诚实的做自己：一日一哲理活出快乐的自己	王光波	晶冠出版有限公司	9789865852443	P	大多数人在寻找自己想要的人生、自己想要的快乐时，常常找错了方向。一直在周边追寻你要什么，却一直忽略内在你是什么，本书针对我们过生活时所遭遇的一系列问题，透过发现「自我」、破除执念、学会珍惜，学习付出与分享，为所有处于焦虑和迷思中的现代人指点迷津，指引每一个读者去发掘自我、更诚实的面对自己、做自己。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3399296
16	压力松一松	关袁添	突破出版社	9789622643246	P	本书能唤起读者对压力问题的关注，提升对压力的警觉，懂得控制压力来源，并掌握应付压力的一些方法。适合生活繁忙的人寻找舒解压力的途径。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:1184728
17	心灵鸡汤—关于青少年	Jack Canfield， Mark V. Hansen， Kimberly Kirberger（译者 郭菟玲）	晨星出版	9789575836276	P	正如一贯心灵鸡汤系列，本书收集一百零一则心灵故事，全部以青少年为主角，故事背景包括男女之间，朋友死党，爱与关怀，撞出经验，人生的伤痛，大刀阔斧和追日少年。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:1220039
18	如何维持情绪健康	作者：菲莉帕·派瑞；译者：吴四明	先觉出版社	9789861342078	P	本书循「自我观察」、「审视人际关系」、「觉察并处理压力」及「说出自己的人生故事」四个大方向阐述保持情绪健康的方法。文字为主，适合高中学生。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3444160
19	超级情绪整理术	林文杰	菁品文化	9789869473507	P	本书结合心理学理论和实践建议，协助读者明白各种情绪的形成原因，从而学习将负面情绪转化为正面情绪。文字为主，适合高中学生。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3510693
20	别让自己不开心：50个让生活更美好的练习	小林弘幸	商周出版	9789862727133	P	作为一位大学医学部教授以及官方认可运动医师，作者透过与病人接触的经验，推介50项保持身心健康的生活习惯。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3369583
21	给中学生的时间管理术：一辈子都要拥有的时间掌握力，现在开始学习！	谢其濬	亲子天下	9789862416983	P	本书列出中学生最容易遇到的时间管理八大痛点，并提供简单可行的解决方案，辅以「重点整理」、「延展练习」和「情境习作」，培养自我管理能力。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3299539
22	你的不安，是因为太习惯受伤害—不再觉得焦虑、内疚、没自信，爱默生送给现代人的100句话	中島輝	一起来	9789869460682	P	作者以自身经历为基础，展示100句爱默生著作中的说话，鼓励读者勇于面对生活上包括人际关系、挫折、成长、友情等困难或迷惘，并建立适合自己的对应策略和处世态度。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3503601

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23	懒人健康法——一念之间，战胜 不由自主，找到健康与自信	莲村诚	新自然主义	9789576967498	P	本书介绍61项针对饮食习惯、生活作息、居住环 境、运动方式，人际关系、情绪管理、压力释放 等范畴的排毒妙招，实用性强。	N/A
24	快乐餐单-全方位抗压食疗坊	刘碧珊、庄瑞宁等	跨版生活图书出版社	9789881790064	P	本书辑录由营养师设计的快乐餐单、中医师推介 的纾压妙法如按穴、自评测试受压力指数及解压 建议，并有个案分析及专业建议，提供多元化的 抗压方法作参考。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2973 330
25	谁偷走了我的快乐——应对负面 情绪自助手册	汤国钧、李静慧、李智群	突破出版社	9789888392612	P	本书透过临床心理学的理论和研究，配以实践方 法，让读者认识自己的情绪，处理生活的压力和 负面情绪，重整思想，找回快乐。本书为实用 的自助手册，有助读者学习管理自己的情绪，提 升情绪健康。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3493 252
26	奥运奇趣异闻录	陈一冰	中华教育	9789888512782	P	由奥运冠军陈一冰介绍奥运的奇趣异闻，题材富 趣味，能引发儿童对奥运和运动项目的认识，有 助增加儿童对运动项目的认识及兴趣。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3520 636
27	我的第一本健步书	陈启明， 容树恒， 邱启政	万里机构. 得利书局	9789621454799	P	本书详细讲解健步的原理、正确姿势和相关的准 备训练及饮食餐单，并从科学角度，提供运动计 划，帮助读者培养健步习惯。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3386 535
28	初中体育游戏400例	李岩， 李杰凯， 常波	北京体育大学出版社	9787811007572	P	本书结合体育教学的内容，编排了不同的准备活 动游戏，从提升学生对运动的参与及趣味度入手 ，连结体育项目中的基本动作，并将其游戏化、 趣味化，使初中学生能够积极主动地参与其中， 从而达到锻炼身体之目的。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2799 534
29	运动+营养，讲是又讲非	雷雄德， 林思为	一丁文化	9789887815761	P	本书收录一般日常运动：跑步、游泳、单车，以 及耐力运动：长跑/马拉松、行山、足球，向读 者介绍如何以最正确的方法，配以适当的饮食， 达到最佳运动效果，享受健康生活。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3571 724
30	运动陷阱	徐泽昌	皇冠出版社（香港）有限公司	9789882164932	P	本书将传统中医学智慧，结合现代营养、运动、 穴位、食疗等多方面信息，为读者揭示各种运动 养生、增肌减肥的方法。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3525 812

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31	实用体能测试与评估	许世全	陈湘记图书有限公司	9789629321543	P	本书的内容适合对体能感兴趣读者，旨在提供较全面的体能评估理论基础及实用的执行方法，当中以心肺适能的测试占主要篇幅，详述心肺适能于各体适能要素之中的重要性。此外，内容亦涵盖肌肉适能、肌肉关节柔软度、身体结构与脂肪测量等等。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3341108
32	由零到最遥远的距离	吴俊霆	运动版图	9789881639530	P	本书收录作者二十多年以来借着参加越野赛挑战自我的故事，以及一班喜爱越野活动朋友的故事，以及在赛道上成长的心路历程。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3369796
33	闪亮人生—香港杰出少年随笔		香港游乐场协会：博学出版社	9789881933430	P	本书收录《香港杰出少年选举》部分得奖者及其父母的心路历程。他们分享了其拥抱挑战，奋发向前，跨过逆境的成长故事。读者可从中学学习到积极面对困难的人生态度，以及亲子相处之道。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3431275
34	拾·梦·者—十位青年的拾梦故事		香港中华基督教青年会	9789881538291	P	本书结集十位年青人为实现梦想而默默耕耘，面对挫折仍坚定前行的奋斗故事。面对生涯规划和生命价值的课题，本书可为正在探索自我的年青读者带来一点启示，同时亦可为一直规范着成功的定义的社会带来一些反思。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3469772
35	成长，学不完的生命功课	罗乃莹、司徒永富	印象文字	9789624574821	P	作者藉52篇以生命为题的文章，提醒读者正向积极、热爱生命的美好，认清个人潜力，立定志向，迎向有着无限可能的未来。本书既可与年青读者分享一些经验之谈，亦为较有人生阅历的读者带来反思生命的空间。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3339494
36	水的反思	李焯芬	商务印书馆（香港）有限公司	9789620763908	P	本书简介了现时中国水利面对的挑战，包括水资源短缺、水污染问题、水土流失和水灾旱灾频繁。作者以扼要的文字和详尽的数据，指出保护生态是人类应有之义、力所能及。天人和諧共处，才可健康地持续发展。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2866234
37	绿色生活的简单法则	周兆祥	青桐社文化事业有限公司	9789881807151	P	本书从衣、食、住、行四个角度，介绍了一些环保的生活方式，展示了实践绿色生活的可能。作者更从动物的生活方式和行为特点中得到启发，并鼓励人类多向它们学习，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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38	运动与癌症，讲是又讲非	雷雄德， 梁就茂	一丁文化	9789887471530	P	本书作者以知识作起点，带出运动与癌症的信息，并逐一解答普罗大众对运动和癌症的疑问，鼓励大家培养恒常运动的习惯。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3662392
39	美的觉醒：蒋勋和你谈眼、耳、鼻、舌、身	蒋勋	远流	9573259265 9789573289268	P	在这个理性超越感性、身体日益荒凉、社会疏离感愈加严重的时代，作者提出个人讲求美好生活的新视野，新心法。他提醒我们反观自己的内在，特别是培养丰美的感官经验，让视觉、味觉、听觉、嗅觉、触觉的敏锐感受全面甦醒，由此深刻体验大自然之美与生活之美，也在自己「美的存折」中积蓄出无穷无限的心灵智慧。在美的世界当中，我们才能感觉到生命本元的一种热情，「美」在我们的己身，也就是一个自我完成的过程。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2745202&fromLocationLink=false&theme=WEB
40	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
41	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
42	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 inspriation 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

Suggested Theme-based Book List For Secondary Schools
主题阅读 中学建议书目

Theme: Healthy Living
主题：健康生活

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43	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
44	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
45	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
46	Finding Your Path	Amba Brown	HarperCollins	9781460754511	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.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3568219&fromLocationLink=false&theme=WEB

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47	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
48	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
49	Get Fit, Stay Fit	Prentice, William E.	McGraw-Hill Higher Education	9780073046853	P	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.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2769615
50	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
51	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

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52	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
53	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
54	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
55	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
56	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

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57	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
58	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
59	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
60	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
61	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
62	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

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63	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
64	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
65	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
66	The 7 habits of highly effective teens : the ultimate teenage success guide	Sean Covey	Simon & Schuster Ltd	978147676466 (pbk.)	P & E	Sean Covey applies the principles of the 7 Habits to teens and the tough issues and life-changing decisions they face. In an entertaining style, Covey provides a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, get along with their parents, etc.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3633009

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67	Create Your Own Happy	Penny Alexander, Becky Goddard-Hill	HarperCollins	9780008301217 (pbk.)	P & E	This illustrated activity book supports readers' emotional well being and boost happiness. It empowers readers to shape their lives and the lives of others around them, helping them take practical steps towards creating their own happiness and positive self-esteem.	N/A
68	Looking After Your Health	Caroline Young	Usborne Publishing Ltd	9781474982757 (pbk.)	P	The book offers lots of practical advice and explains how we can stay healthy. It covers topics from diet, exercise and hormones to mental health, hygiene and sleep and include links to websites for readers to find out more.	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3617888