

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·參考密克	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

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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	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。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3570576
10	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
11	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
12	我的第一本跑步書	陳啓明、容樹恒、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
13	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
14	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

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15	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
16	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解壓力的途徑。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:1184728
17	心靈雞湯—關於青少年	Jack Canfield, Mark V. Hansen, Kimberly Kirberger (譯者 郭苑玲)	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
18	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
19	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
20	別讓自己不开心：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
21	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」，培養自我管理的能力。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3299539
22	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

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23	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
24	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
25	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
26	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
27	我的第一本健步書	陳啟明，容樹恒，邱啟政	萬里機構·得利書局	9789621454799	P	本書詳細講解健步的原理、正確姿勢和相關的準備訓練及飲食餐單，並從科學角度，提供運動計劃，幫助讀者培養健步習慣。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3386535
28	初中體育遊戲400例	李岩，李杰凱，常波	北京體育大學出版社	9787811007572	P	本書結合體育教學的內容，編排了不同的準備活動遊戲，從提升學生對運動的參與及趣味度入手，連結體育項目中的基本動作，並將其遊戲化、趣味化，使初中學生能夠積極主動地參與其中，從而達到鍛煉身體的目的。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:2799534
29	運動+營養，講是又講非	雷雄德，林思為	一丁文化	9789887815761	P	本書收錄一般日常運動：跑步、游泳、單車，以及耐力運動：長跑/馬拉松、行山、足球，向讀者介紹如何以最正確的方法，配以適當的飲食，達到最佳運動效果，享受健康生活。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3571724
30	運動陷阱	徐澤昌	皇冠出版社(香港)有限公司	9789882164932	P	本書將傳統中醫學智慧，結合現代營養、運動、穴位、食療等多方面資訊，為讀者揭示各種運動養生、增肌減肥的方法。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3525812

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31	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
32	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
33	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
34	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
35	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
36	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
37	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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	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
38	運動與癌症，講是又講非	雷雄德, 梁就茂	一丁文化	9789887471530	P	本書作者以知識作起點，帶出運動與癌症的資訊，並逐一解答普羅大眾對運動和癌症的疑問，鼓勵大家培養恆常運動的習慣。	https://webcat.hkpl.gov.hk/lib/item?id=chamo:3662392
39	美的覺醒：蔣勳和你談眼、耳、鼻、舌、身	蔣勳	遠流	9573259265 9789573289268	P	在這個理性超越感性、身體日益荒涼、社會疏離感愈加嚴重的時代，作者提出個人講求美好生活的視野，新心法。他提醒我們反觀自己的內在，特別是培養豐美的感官經驗，讓視覺、味覺、聽覺、嗅覺、觸覺的敏銳感受全面甦醒，由此深刻體驗大自然之美與生活之美，也在自己「美的存摺」中積蓄出無窮無限的心靈智慧。在美的世界當中，我們才能感覺到生命本元的一種熱情，「美」在我們的己身，也就是一個自我完成的過程。	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 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

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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