



步向豐盛人生
Onto Excellence

香港中央圖書館
Hong Kong Central Library

青少年圖書館
Young Adult Library

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本刊物由香港公共圖書館於2007年1月編印

Published by the Hong Kong Public Libraries in January 2007

步向豐盛人生

青春是兒童邁向成年人的蛻變階段，他們的情緒容易起伏不定，卻因面對種種成長的困擾而感到無所適從。為了幫助青年讀者克服前路的障礙，香港中央圖書館青少年圖書館編寫這本書目，鼓勵青年人在逆境中能自強不息和樂觀地面對人生的挑戰。

書目中第一部分為青少年經常面對的難題提供了一些明確的指引，如在人際關係、自我形象、個人期望及生活上的各種壓力方面等；第二部分則讓讀者了解踏上成功路的要素；而第三部分透過來自不同背景的年轻人奮發圖強的真實故事，作為人生的借鏡。

請從這本小冊子找出適合您的書！只要您用心閱讀，就能發現那扇通往美好人生之路的大門。

i. 克服成長障礙

書名	索書號
心情信箱 香港：山邊社，2000.	Y 544.7 3928
這本書輯錄了二十封青少年的來信，由專業社工逐一回應，內容涉及年輕人交友及戀愛過程中所遇到的感情問題。	
再也不怯場：克服社交焦慮，接納自己 = Painfully shy : how to overcome social anxiety and reclaim your life 馬克韋 (Markway, Barbara G.) 著 台北：張老師文化，2003.	Y 415.9 8072
作者透過此書介紹「社交焦慮症」的成因及一些簡易的認知行為療法，教導讀者如何克服焦慮，從容愉快地生活。	
快樂走過成長路 黃志成 著 台北：幼獅文化，1995.	Y 192.13 4445
本書作者提供實質建議，指導年青人積極面對及克服成長路上所遇到的困惑，當中包括情緒、學業、家庭及交友等問題。	

書名	索書號
<p>希望對話：給21世紀的青少年 池田大作 著 香港：明窗，2003.</p> <p>作者就青年人在成長階段面對的各種問題，以對話方式闡述了人生的道理，並提出切實可行的建議和解決方法，讓年輕的讀者為將來作好準備。</p>	<p>Y 191 3642</p>
<p>性格情感的煩惱 上出弘之 主編 香港：明華，2003.</p> <p>本書由一群經驗豐富的輔導員，透過問答形式，為青春期的少男少女解決煩惱和心事，幫助他們重新認識自己，融入群體。</p>	<p>Y 173.1 9495</p>
<p>面對挫折100問：中小學生心理諮詢實錄 韓焱 編著 北京：石油工業，2002.</p> <p>每位同學在成長路上都會遇到不同的挫折，本書嘗試就不同問題，提出一些可解決「煩惱」的方法。</p>	<p>Y 192.12 4412</p>
<p>面對問題怎麼辦？：自我成長妙招 周勳男 著 台北：正中，1999.</p> <p>作者以專業的角度和簡單易明的方式，教導現今的中學生如何提升自己的能力，以最適當的方法，解決學業與人際關係問題。</p>	<p>Y 192.12 7726</p>
<p>誰煩惱：一個心理學家與中學生的對話 張嘉瑋 著 長春：北方婦女兒童，2002.</p> <p>青少年的生活多姿多采，但在快樂的背後，卻有不少鮮為人知的煩惱。他們究竟該如何解決這些疑難呢？作者以心理學專家的身分為青少年一一解答。</p>	<p>Y 173.2 1141</p>

ii. 踏上成功之路

書名	索書號
少年大不同：發展多元智慧 活出優質人生 = Wising up : a youth guide to good living 費爾德曼 (Feldman, Reynold) 著 台北：台灣商務, 2004.	Y 192.13 5473
作者透過引用來自世界各地之諺語名言，配合相關之練習題，教導青少年做人處世的智慧和如何活出精彩人生。	
失敗，是通往成功的唯一捷徑：在挫敗和困境中發現成功的26個啟示 = Failure is the only high road to success 邱浩志 著 台北：太陽氏文化, 2000.	Y 192.1 7734
成功之路往往充滿各種障礙，當中難免會遇到失敗。作者提出26個啟示，指導青年人怎樣從失敗中悟出成功的竅門。	
全人教育 精彩人生：Yes, I can! 黃重光 著 香港：全人發展中心, 2003.	Y 172.9 4429
本書以輕鬆手法，啟發青少年自我反思及肯定，進而主宰自己的人生，成為有自信和勇於接受挑戰的年青人。	
成功青少年的8堂課 黃朝椿 著 北京：企業管理, 2004.	Y 192.13 4444
本書作者以課堂形式，教導青年人由認識自我開始，從而突破自我，一步步踏上成功之旅。	



書名

索書號

勇敢做自己 = Dare to be yourself

陳錦輝 主編

香港：萬里，2000.

Y

192.1

1122

未能認識自己真正的內在面貌，往往是成功的絆腳石。作者引導年青人認識自我，繼而克服恐懼及改掉存在已久的壞習慣。

超級成功

金建國 著

香港：三聯，2001.

Y

192.1

8016

要走向成功，必先認清達致成功的要素。作者透過日常生活例子，以及成功者的分享，指引青少年邁向成功之道。

學習成功：中學生成就夢想的15堂必修課

管斌全 著

北京：社會科學文獻，2003.

Y

192.12

8808

本書通過年青人與教授一連串意味深長的對話，揭示了種種成就夢想要注意的範疇，並教導青年人如何從訂立明確的目標開始，向成功之路進發。

戰勝自己就是勝利 = Challenge

牛頓(Newton, Joseph F.) 著

台北：今天，2003.

Y

192.1

8453

作者以個人的體驗和引人入勝的小故事，鼓勵年青人要不斷地挑戰自我，勇於做自己的頭號對手，開創精彩非凡人生。



iii. 睇創美好人生

書名	索書號
奇蹟少年 日本流奈 著 台北：平安文化, 2003.	Y 783.1 6434
作者天生殘疾異於常人，但是身體的缺陷沒有擊倒他，在不斷的學習與詩的創作中，找到生命的力量。	
雨後陽光：二十個勇敢的少年：黃寬洋青少年進修獎勵計劃 葉翠華 編採 香港：香港青年協會, 2002.	Y 544.6709391 1279
書中記錄了二十個少年，各自憑著信念走出人生谷底的感人故事，藉此激勵現今青少年勇敢地活出自己的人生。	
活出生命的精彩：2004年傑出少年的故事 王陳月明 編輯 香港：花千樹, 2004.	Y 783.91 3228
本書介紹了三十位獲得「2004年香港傑出少年選舉」獎項的青年人，透過他們的分享，鼓勵讀者要確立目標，及朝向自己的理想進發。	
活出彩虹：20位青年人面對逆境的故事 香港青年協會 編 香港：天地, 2001.	Y 192.13 3225
本書以二十個在挫折與困難中仍不斷掙扎向上的青少年的經歷，勸勉年青人要珍惜眼前所擁有的一切，並嘗試活出自己獨特精彩的人生。	



書名

索書號

勇闖再生路 2

再生會文宣教育組 編
香港：壹出版, 2001.

Y
548.29
1712

本書是二十位獲得「香港十大再生勇士」病者的自述，他們以堅毅的意志，積極面對各種病因的不便，縱然未能完全根治頑疾，但仍樂觀面對，透過他們的經歷，希望青少年在逆境中亦能自強不息。

塗鴉自己的人生：活出自信來

琦君 等著
新店：正中, 2004.

Y
191
3721

本書描述十位來自內地及本港獲獎運動員的成長故事。他們憑著無比的意志，克服長時間艱苦的體力訓練，於無數次的失敗下，才獲取世界賽事的冠軍。藉著他們的奮鬥精神，帶給讀者一點啟發。

會考0分與神奇小子

呂宇俊 著
香港：突破, 2005.

Y
783.91
6032

會考零分是否前途盡毀？本書作者呂宇俊親述面對會考零分的感受，幸而他沒有為此自暴自棄，在教會及良師的鼓勵下，他重新定下目標，最終還能完成碩士課程。

摘金背後：十個運動員的成長故事

李穎詩 著
香港：突破, 2002.

Y
782
4020

本書記述十位年青人憑藉堅毅的意志及自信，努力為自己人生填上色彩的故事。同時鼓勵青年人拿出勇氣作多方面的嘗試，令人生變得多姿采。



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The teenage years are often one of those turbulent yet critical periods in one's lifetime - Teens facing difficult choices and emotional ups and downs. To encourage our young readers to overcome the numerous trials ahead, the Young Adult Library of the Hong Kong Central Library presents this booklist. The three sections below aim to motivate them to live their youth to the fullest in spite of challenges.

Section A contains useful guidance about the key issues facing teens today - relationships, self-image, expectations and pressure. Beyond that, readers may also find out more about the direction and essence of achieving success in section B. Section C illuminates you with enlightening true stories whose protagonists have to travel a rough journey before they succeed in life.

Come and pick up a book in our book recommendations. Between the covers of books you will discover the keys to a beautiful life.

A. Overcoming Obstacles to Smart Growth

Title	Call No.
ASQUITH, Ros The teenage worrier's pocket guide to mind & body. London : Corgi, 1998. Focused primarily on the issue of self-image, the book is an A-Z guide to help teens deal with the physical and emotional changes during their teenage years.	Y 301.431 ASQ
BLUMENTHAL, Erik Believing in yourself : a practical guide to building self-confidence. Oxford : Oneworld, 1997. This book provides a positive approach for teens to develop a stronger sense of self-worth from understanding yourself to managing conflict effectively.	Y 137 BLU
CARLSON, Richard Don't sweat the small stuff for teens : simple ways to keep your cool in stressful times. New York : Hyperion, 2000. This book presents a positive approach to teens in dealing with everyday issues, ranging from academic matters to domestic trivialities. Young adults are encouraged to turn stressful situations into positive experience, without sweating over these small things.	Y 137 CAR

Title	Call No.
<p>CLEMENT, Claude Don't be shy : how to fit in, make friends, and have fun--even if you weren't born outgoing. New York : Amulet Books, 2005.</p> <p>Colourfully illustrated, this book offers worthy insights to help shy teens realize how common their problem is, and gives practical tips to boost their self-esteem and hence overcoming their shyness.</p>	<p>Y 150.13 CLE</p>
<p>FORD, Jean Surviving the roller coaster : a teen's guide to coping with moods. Philadelphia : Mason Crest Publishers, 2005.</p> <p>This book discusses the stressors - fear, anxiety, anger, frustration, envy - that send teens on an emotional roller coaster ride, providing advice on dealing with various emotional fluctuations common in youth.</p>	<p>Y 157.1 FOR</p>
<p>McCOY, Kathy Life happens : a teenager's guide to friends, failure, sexuality, love, rejection, addiction, peer pressure, families, loss, depression, change, and other challenges of living. New York, NY : Berkley Pub. Group, 1996.</p> <p>This book identifies the 'common cries' of young people, offering practical tips for them to cope with relationships, emotions and the bigger challenges such as addiction, peer pressure in life.</p>	<p>Y 616.89 MACC</p>
<p>SHORES, Steve Stressbusters : for teens under pressure. Ann Arbor, Mich. : Vine Books, 2002.</p> <p>This book, geared to teenagers who experience high stress levels, offers helpful suggestions to avoid, reduce and manage their pressure and anxiety more effectively.</p>	<p>Y 157.3 SHO</p>



B. Road to Teenage Success

Title	Call No.
<p>BACHEL, Beverly K. What do you really want? : how to set a goal and go for it! : a guide for teens. Minneapolis, MN : Free Spirit Pub., 2001.</p> <p>An informative book enhanced by a variety of self-tests, teens' quotes, empirical examples and useful websites to illuminate young adult readers to identify, formulate and pursue attainable goals.</p>	Y 159 BAC
<p>BENSON, Peter L. What teens need to succeed : proven, practical ways to shape your own future. Minneapolis, MN : Free Spirit Publishing, 1998.</p> <p>This book provides teens with a variety of resources such as quizzes, checklists and facts that inspire and empower young people to pinpoint and build the forty 'positive assets' they need in life.</p>	Y 301.431 BEN
<p>COVEY, Sean The 7 habits of highly effective teenagers: the ultimate teenage success guide. London : Simon & Schuster, 2004.</p> <p>Describes the seven habits that teens can cultivate to help them improve their self-images, build friendship, resist peer pressure, accomplish goals, get along with parents, and make other useful changes in their lives.</p>	Y 301.431 COV
<p>FRIEL, John C. The 7 best things (smart) teens do. Deerfield Beach, Fla. : Health Communications, 2000.</p> <p>In order to help teens negotiate adolescence successfully, this book introduces youngsters the seven most important strengths - mastering feelings , enhancing competence and finding identity.</p>	Y 137 FRI
<p>GRAHAM, Stedman Teens can make it happen : nine steps to success. New York : Simon & Schuster, 2000.</p> <p>This author devises nine steps to help teenagers achieve personal success and growth, highlighting the importance of self-esteem and showing the keys to set goals, establish priorities, and make proper choices in times of difficulties.</p>	Y 137 GRA
<p>MAWL, Asgedom The code: the 5 secrets of teen success. New York : Little, Brown, 2003.</p> <p>This book contains all the important lessons the author has learned, as he inspires teenagers to use the CODE to set ambition, strengthen friendships and conquer obstacles.</p>	Y 137 MAW
<p>SILVERMAN, Robin Landew Reaching your goals. New York : F. Watts, 2004.</p> <p>This book teaches how to use imagination, aspiration and persistence to transform a wish into a goal, visualize achieving it, and ultimately accomplish in life.</p>	Y 137 SIL

C. Enlightening Life Stories

Title	Call No.
ARMSTRONG, Lance It's not about the bike : my journey back to life. New York : Berkley Books, 2001. World-class cyclist Lance Armstrong narrates his battle against cancer during his prime, to his dramatic victory in the 1991 Tour de France.	Y 796.6 ARM
DASH, Joan The world at her fingertips : the story of Helen Keller. New York : Scholastic Press, 2001. This is an inspirational biography of Helen Keller, despite blind and deaf - who truly lives her life to the fullest even in the face of her physical difficulties.	Y 920 KEL
JIANG, Ji-li Red scarf girl : a memoir of the Cultural Revolution. New York, NY : HarperCollins, 1997. Twelve-year old Ji-Li, whose future had once looked so bright, struggles to live through her teenage years in humiliation and terror after being discovered as the granddaughter of a landlord during the Cultural Revolution.	Y 920 JIA
MA, Yan The diary of Ma Yan : the daily life of a Chinese schoolgirl. London : Virago, 2004. Set in a remote province in China, this story chronicles a rural girl Ma Yan's struggles to escape the serious poverty and her persistent passions to go to school.	Y 951.05 MAY
McCOURT, Frank Angela's ashes : a memoir. New York : Scribner, 1996. Living a miserable Irish Catholic childhood, the four-year-old Frank struggles to grow up with an alcoholic father and a religious mother. Despite the overwhelming poverty and the loss of his siblings, Frank finds his happiness and hope in the midst of misery.	Y 929.2 MACC
MYERS, Walter Dean Bad boy : a memoir. New York, N.Y. : HarperCollins Publishers, 2001. From a bad boy who constantly involves with gangs and fights to a model writer who earned the first Michael L. Printz Award, Myers recounts how he overcomes the racist attitudes and how he has never given up writing no matter what.	Y 823 MYE

Title**Call No.**

OPDYKE, Irene Gut

In my hands : memories of a Holocaust rescuer.
New York : Knopf : Distributed by Random House, 1999.

This book recounts the experiences of Irene, a young Polish girl, of how she hid and saved Jews during the Holocaust.

Y
940.5318
OPD

PARKS, Rosa

Rosa Parks : my story.
New York : Dial Books, 1992.

In this autobiography, civil rights hero Rosa park, best known for refusing to give up her seat on a segregated bus in 1950s' America, talks about the racism she encountered in her childhood and her active role in the civil rights movement.

Y
920.7
PAR

REESE, Luellen K.

A young man's journey with AIDS : the story of Nick Trevor.
New York : Franklin Watts, 1997.

This book presents the story of Nick Trevor, a young man discovered of AIDS at the age of nineteen. He documents his turbulent and rebellious teenage, his later awakening and how he finds new meanings in places that he once overlooked at before he confronts the adversity of AIDS.

Y
920
TRE

