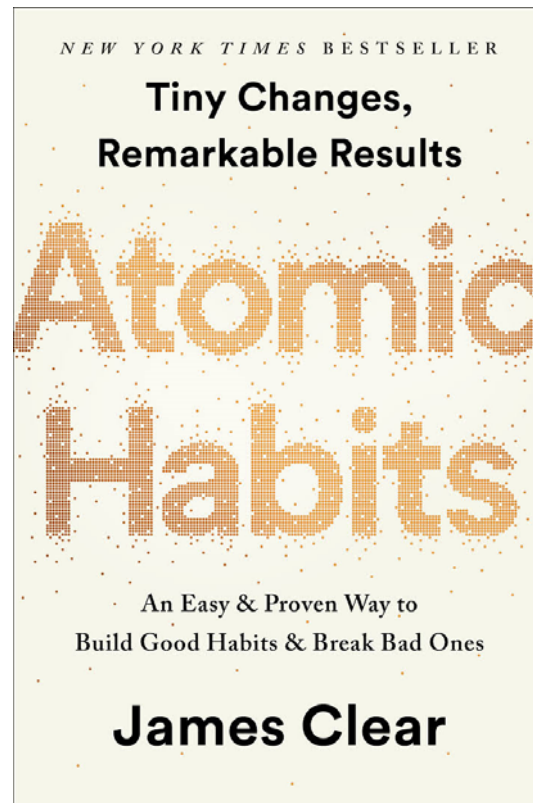


A book for F.5: Atomic Habits



Book recommendation

- No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviours that lead to remarkable results.

If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights.

Through reading this book, you'll probably learn how to:

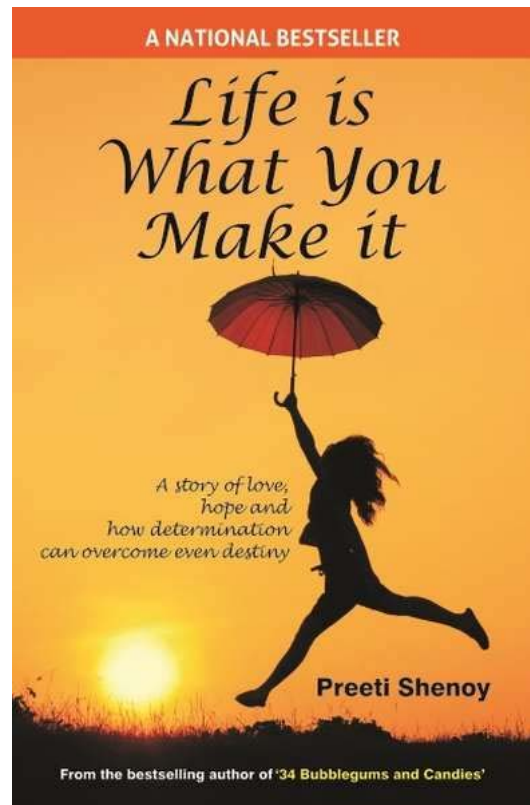
- make time for new habits (even when life gets crazy);
 - overcome a lack of motivation and willpower;
 - design your environment to make success easier;
 - get back on track when you fall off course;
- ...and much more.

Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Hyperlinks

- Audiobook:
 - <https://www.youtube.com/watch?v=tJ4N5123MpU>
- E-book/ Book Extract/ Book summary:
 - <https://fourminutebooks.com/atomic-habits-summary/>
 - <http://bestbookbits.com/wp-content/uploads/2019/01/Atomic-Habits-by-James-Clear.pdf>
 - https://archive.org/stream/AtomicHabitsByJamesClear/Atomic%20Habits%20by%20James%20Clear_djvu.txt
- Video(s) related to this book:
 - https://www.youtube.com/watch?v=U_nzqnXWvSo
 - <https://www.youtube.com/watch?v=u8lxBrIm0c>

A book for F.5: Life is what You Make it



Book recommendation

- What would you do if destiny twisted the road you took? What if it threw you to a place you did not want to go? Would you fight, would you run or would you accept?
- Set across two cities in India in the early eighties, Life is What You Make it is a gripping account of a few significant years of Ankita's life. Ankita Sharma has the world at her feet. She is young, good-looking, smart and tones of friends and boys swooning over her. She also manages to get into a premier management school for her MBA. Six months later , she is a patient in a mental health hospital. Life has cruelly and coldly snatched that which meant the most to her and she must now fight to get it all back.
- It is a deeply moving and inspiring account of growing up, of the power of faith and how determination and an indomitable spirit can overcome even what destiny throws at you. A tale, at its core a love-story that makes you question our beliefs about yourself and your concept of sanity, and forces you to believe that life is truly what you make it.

Link(s) of the audio book or e-book

- A video book review:
 - <https://www.youtube.com/watch?v= MlgiQzbhWo>
- E-book:
 - <https://www.pharmanewsonline.com/wp-content/uploads/2014/02/Life-is-what-you-make-of-it.pdf>

推介給中五的好書：活在當下



書本介紹

- 在此書中，李焯芬教授反覆強調人要「活在當下」，意指用心專注做好眼前每一件事，心無旁騖，便能減少雜念。運用在工作上，效率會提高，事半功倍；用在生活上，內心平和，生活更自在。用在人際交流上，常懷感恩之心，更體諒別人，珍惜眼前的福份。
- 快樂就在當下，學習活在當下，小事也可以變偉大；一個人懂得活在當下，那不管身在何處，做任何事，都將是快快樂樂的。在成長的路上，我們都曾遇到挫折和困難，也未必是物質上富有，精神上真正快樂的人，但每一個人總有能力讓自己輕鬆一些，快樂一點。李教授通過七十多則感人至深的心靈小故事，引導讀者學會——「活在當下」這一看似簡單的生活智慧。
- 謹以此書獻給中五同學！學習生活當然是十分忙碌的，但請不忘在百忙中，跳出讀書的框框，享受當下，品味生活！

閱讀連結

- 線上閱讀:
- <http://haodoo.net/?M=u&P=B1180:0&L=book>