



52 Magic Tips to a Happy Life

52周
快樂魔法

主編：張錦紅
Editor：Rainbow Cheung

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W 此書獻給所有追尋快樂的人！
*We dedicate this book to
those who would like to
pursue a happy life !*

特別多謝John Glenis 潤色書內所有英文文章，並向曾為
本書提供寶貴意見的「僱員發展服務」客戶致以深切謝意。

Special thanks must go to John Glenis for polishing
the English version of the tips and all service users of our
Employee Development Service for inspiring us to write up
this book.



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序

從某個角度來看，生活的每一天都是一連串解決問題的過程，掌握一些解決問題的實踐方法當然重要，但解決問題的方法並不單限於方法和技巧，一個人的心態也很重要。要活得快樂，既是要懂得怎樣去生活，也要作出你的選擇——選擇要怎樣去生活。

這本書提供了一些途徑讓讀者去實踐，52個方法不是每周拿出一個方法來，而是希望52個方法都成為你的一部分，每日起碼都有52個方法可供選擇。



香港基督教服務處 行政總裁
吳水麗

Preface

To a certain extent, everyday is a problem-solving process. While it is important to grasp the practical methods to solve problems, solving a problem is more than just methods and skills. One's attitude is also of paramount importance. To live a happy life, you need not just know how to live, you must primarily understand that you can choose how you live.

This book suggests some practical ways to do that. The 52 methods are not meant to be used one each week of the year, but rather to gradually become part of you so that you will have at least 52 methods to use in everyday life.



Ng Shui Lai
Chief Executive
Hong Kong Christian Service

編者的話

這本書是我們以熱誠關心他人心理健康的成果。撰寫文章的作者都是香港基督教服務處僱員發展服務的資深顧問，一直致力透過「僱員支援計畫」協助各大企業和機構的僱員達至豐盛的生活。我們除了為僱員提供24小時熱線、個人諮詢及輔導服務、員工發展、培訓、管理諮詢及危機介入服務外，更定期向他們發放一些活出快樂人生的小貼士。

經常有人問我們：「快樂真的有魔法嗎？」答案是肯定的，我們天生就擁有令自己快樂的能力，問題是我們有否選擇快樂地生活，並將快樂變成習慣。不管你信不信，快樂其實是一種習慣，要每天反覆練習樂觀的想法及作出快樂的行動，直至它成為慣性生活的一部分。其中重要的魔法是：「只要你選擇要活得快樂，你便會尋找令自己更快樂的方法！」

你可以從本書中找到52個令自己快樂的魔法，助你快樂隨心、踢走負能量、健康無憂、工作達人及愛家愛互動。嘗試從今天起選擇快樂地生活，每星期操練一個魔法，使它成為你的心靈糧食和生活習慣。一年52周後，你所建立的快樂習慣將為你的生命加油，讓快樂伴隨你一生。



僱員發展服務 總經理
張錦紅

Editor's Note

This book was motivated by our desire to enhance the psychological well-being of ourselves and others. The authors of this book, as experienced consultants of Employee Development Service of Hong Kong Christian Service, have developed a lot of tips for assisting people live an abundant life. People around us always ask if there are any “magic tips” for a happier life. The answer is “YES”, as everybody has an innate ability to be happy. Believe it or not, happiness is in fact a habit. It is a matter of choice and of whether you are willing to take happy initiatives that will become habits - which means you'll have to practise them day by day until it becomes your habit to think optimistically and act happily. The magic is, “if you choose to live a happy life, you will find ways to be happier!”

Here in this book, you will find 52 tips on issues such as “Heart of Happiness”, “Do Away with Negative Energy”, “Healthy Body, Healthy Mind”, “Work Smart” and “Loving Family in Action”, to help you live a happy life. Starting from today, practise a tip every week to enrich yourself. After 52 weeks, you will find you have developed some happy habits to energise your life, and happiness will come along.



Rainbow Cheung
General Manager
Employee Development Service



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快樂

The Heart of Happiness

隨心



我們都希望自己和身邊所愛的人能得到幸福，但幸福應往那裡尋呢？

有人說，幸福其實就在身邊；有人說，幸福必須努力追尋，到底世上有沒有開啟幸福的鑰匙？其實，每個人都可擁有幸福，只是不知它藏在那裡？以下幾個方法有助將幸福找回來。

1. 保持樂觀的心境

「風景不轉，心境轉」，學習從正面的角度看事物。

2. 常懷感恩

多從感恩的角度去欣賞身邊的人和事，「好心情」自然隨之而來。

3. 多尋寶

發掘自己的優點和長處，並加以發揮。

4. 活在當下

享受你的每一刻及現時所擁有的，才不枉此生。

5. 開放自己

以真誠關愛你所重視的關係，你將獲得相同的回報。

快樂生活小貼士：風景不轉，心境轉，活在當下，常感恩！

Ways to Pursue Psychological Well-being

Wouldn't it be nice if we and our beloved ones could all pursue psychological well-being? But where to get it? Some may say, "Your well-being has always been with you," while others might say, "It must be sought by every means and through constant effort". Are there any ways to pursue such a well-being? The answer is "yes". In fact, everyone can regain one's well-being by practising the following:

1. Be Optimistic

You cannot change the scenery, but you can change your view. Learn to change your viewpoint in a positive way.

2. Be Grateful

Show gratitude to everyone and everything around you.

3. Treasure Hunt

Explore your strengths and make the best out of them.

4. Live Every Here-and-now

Enjoy every moment and whatever you possess to enrich yourself. Live your life without regrets.

5. Open up Yourself

Cherish the people you love. You will be loved in return.

Smart Tips: Change your mindset even if the reality cannot be changed. Live happily each moment and taste what you are experiencing!

HK\$50.00

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