

No	Title	Author	Call Number	Year	Link
1	脫困：在一念之間：輔導自殺個案，用沙維雅模式的臨床實踐 /	張包意琴	HV6545 T86 2005	2005	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=9117
2	零煩惱：東大和尚教你簡單三步驟，輕鬆學會不煩惱的方法！ /	くさなぎ龍瞬	B162 K8712 2014	2014	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=14626
3	安心自在：活用老子心理學 /	江紹倫	BL1900 L35 K667 2013	2013	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=7062
4	尼采治憂鬱 =	Percy, Allan	B3317 P43712 2014	2014	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=14943
5	總有一次失敗 /	鄧紹斌	DS796 H753 A2234 2009	2009	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=5464
6	快思慢想 /	Kahneman, Daniel	BF441 K23812 2012	2012	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=5165
7	快樂自在：如何無憂無懼過生活 /	Dhammananda, K. Sri	BQ5395 D4312 2012	2012	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=14946
8	活該快樂：尋找你的快樂秘方 /	勞嘉敏	BF575.H27 L36 2013	2013	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=15358
9	減壓之道 /	Hindle, Tim	BF575 S75 H5612 1999	1999	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=9128
10	Success under stress :powerful tools for staying calm, confident, and productive when the pressure's on /	Melnick, Sharon	HF5548.85 M45 2013	2013	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=6643
11	Understanding CBT :develop your own toolkit to reduce stress and increase well-being /	Szymanska, Kasia	HF5548.85 S98 2012	2012	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=5832
12	How to stop worrying and start living /	Carnegie, Dale	BF575 W8 C3 1984	1984	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=12438
13	走出困境 /	李焯芬	PL2946 Z57 Z68 2009	2009	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=2460
14	逆境中的從容 /	李焯芬	BJ1588 C5 L42884 2010	2010	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=2501
15	空心靈雨 /	陳青楓	BJ1594.5 C5 C43 2011	2011	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=2548
16	100 ways to happiness :a guide for busy people /	Sharp, Timothy J	BF575 H27 S52 2008	2008	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=5420
17	我的價值觀 =	潘石屹	BJ1588 C5 P366 2012	2012	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=7071
18	做就對：做對的事，打開幸福門 /	林幸惠	BD431 L568 2007	2007	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=11334
19	幸福的七種顏色 /	畢淑敏	PL2892.l198 X574 2010	2010	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=15532
20	給自己一個Like /	蔣慧瑜	BJ1588.C5 J5364 2014	2014	http://library.ny.edu.hk/cgi-bin/koha/opac-detail.pl?biblionumber=15572