

好書介紹 過好每一天

Introducing good books -
Living well for everyday



◎資料整理 | 編輯小組 ◎圖 | 王治平
◎ Data sorted | The Editing Team ◎ Photos | Wang Zhe-ping

這個新世紀，是由高科技主導的資訊社會。我們的經濟生活建立在資訊和網路上，教育和文化依賴它而存在，心靈、心理生活更與之脫離不了關係。於是，環境有了更多的變動性；社會變遷快速，從而增添心理調適上的壓力和困難。現代人需要更清醒的心智和學習新知的能力，以應付變遷社會的挑戰；當然也需要更好的活力，經營悅樂且有意義的生活。這些都需要足夠的情緒智慧。鄭石岩先生所著【過好每一天】就是闡述現代人發展情緒智慧，拓展成功人生的好書，誠如他在序文中所說【希望這本書能給現代人帶來情緒智慧和良好的心理調適能力，從而發揮其潛能，過好每一天，實現幸福成功的人生】。全書共分成五個部份：第一篇是【認真把生活過好】，陳述怎麼培養積極振作的態度和情緒。第二篇是【把握養心之道】，對繁忙的現代人，提供養心方法，讓心力更強固、更健康。第三篇是【及時療傷止痛】，生活在複雜的資訊社會，不免遇到挫折和心創，如何及時療傷止痛，以免一蹶不振，在此作了精闢實用的敘述。第四篇是【舒張緊張與焦慮】，對於克服憂鬱、厭倦和人生的低潮，提出解套的方法。這本書是培養情緒智慧的好書，理論與實用並重，相信讀者能從中得到許多實用知識，把自己的情緒調理更好，享有健康的身心和幸福的人生。

參考資料：遠流出版社出版，作者：鄭石岩

In the high-tech oriented information society of the new millennium, our economic lives are built upon information and the Internet, through which our education and culture exist, and which also bear an inseparable tie to the spiritual and psychological aspects of our lives. As a result, the high volatility in the environment, and the rapidly changing society, has all come to burden people with stress and difficulty in psychological adjustment. Modern people need a clear mind and energy for learning new things that would suffice to ready them to respond to changing social challenges; naturally, there is also a need for good energy for managing a joyous and meaningful life. What Mr. Cheng Shih-yen as written "Living Everyday to the Fullest" has been one fine book that deciphers how modern people develop emotional equanimity that would help them achieve a successful life, just as what he has said in the preface, "Anticipating that this book could help modern people find emotional equanimity and fine psychological adjustment capability that would enable them to discover their potentials in living everyday to the fullest, and realize a fruitful and successful life". The entire book is divided into five parts. Part 1 pertains to "Living your life diligently", which describes how best to develop an enthusiastic attitude and emotion. Part 2 pertains to "The way to grasping spirituality", which aims to steer modern people with spiritual enlightenment for developing stronger perseverance and health. Part 3 pertains to "Ways to cure hurt and pain timely", which provides an in-depth description in how to cure hurt and pain timely when encountering setback and emotional trauma whilst living in this information society so to prevent one from falling into an abyss. Part 4 pertains to "Easing tension and anxiety", which presents solutions for overcoming anxiety, fatigue when one is at the low points of life. The book is a fine publication for developing one's emotional equanimity with a dual emphasis on theories and practicality, which is regarded to be beneficial to all readers in acquiring many practical knowledge that would prepare one to better manage one's emotion and learn how best to enjoy a healthy mind and fruitful living.

Reference : Cheng Shih-yen, River Publishing, Taipei