



Issue 3

Autumn 2019
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TRUE LIGHT READERS



編者的話
- editor's words -

讓我遇見自己
閱讀

某天早上我讀了楊絳先生的《走到人生邊上—自問自答》，裡面有一個關於作者家中失火，隨即機智而淡定地把火撲滅的故事。讀著，我都希望可以成為楊絳先生這樣淡定而機智的人。合上書本，回頭細看，你會嚮往一個怎樣的人格和心靈世界？他們可能就是還未遇上的自己！

感謝鄺文慧副校長在本期推介了楊絳先生這本好書，讓我們有機會親近睿智而從容的先生。另外，還有廖鳳橋老師推薦了John Carreyrou的 'Bad Blood - Secrets and Lies in a Silicon Valley Startup'。書中人物的血液測試生意充滿爭議性，科技與道德議題值得深思。最後，當然還有十位學生領袖的好書推介，這是課外活動組與圖書館初次而美好的合作。盼望真光的學生都能從閱讀中成就更好的自己。

李妙容老師

喜閱活動月分享
- reading activities -

Reading Club



Do you remember receiving a colourful bookmark a week ago? It was designed by the Library Society to promote the upcoming reading workshops. It is an event held on a monthly basis, with teachers sharing their joy of reading and giving young readers some food for thought and guidance. Of course, we all read for fun from time to time; however, some books are meant to be chewed and digested and they are meticulously chosen by our teachers. During the reading sessions, they will guide us through a short extract so that each of us can have a taste of the insightful and thought-provoking texts. If you are looking for books that can strike you with new ideas and transform the way you see things, come and join us!



English Book Fair

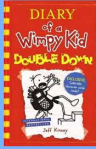
From 17th to 18th September, the Library Society held an English Book Fair. A range of English books were displayed in the hope of exposing students to various genres. The activity was well liked by both teachers and students. One highlight of the event was the quiz game, where students were asked some questions concerning the chosen books. Students were actively involved in the game. We hope their zeal for reading and learning will last until we meet again!





True Lighters' selection in English Book Fair

Diary of a Wimpy Kid :
Double Down
Jeff Kinney
I recommend this book for people who like humor. If you enjoy reading diaries full of drawings, try this out!
1D Chiu Hui Ching




Descendants 3
Josann McGibbon
& Sara Parriott
I have learnt from the book that we should not tell any lies and discriminate against people.
1A Poon Cheuk Lam

Good book recommendations from True Light ECA leaders


In October, the ECA department and the library held a book display on ECA leadership. A wide variety of books were selected and displayed in the library. Forty ECA leaders visited the book display. Here are some good reads suggested by them.



《第一眼就時尚》 星玲奈

As I am interested in drawing, I wrote a book report on this book, which talks about different kinds of fashion as well as clothes. I highly recommend it to those interested in designing, especially fashion design. It will certainly provide them with many ideas and will serve as a useful reference book.

4C Kwok Wing Tung Careers Team




《Hello Kitty 讀尼采 - 讓人堅強生存下去的重要法則》 朝日文

How should we live our lives? To hold onto mistakes we made in the past? Or to let bygones be bygones? In this book, the writer shows us how to take heart even in times of despair. I recommend this book as it energizes me and shows me how optimism can be contagious. It also offers solutions to some common problems faced by us.

4D Lo Wing Pui Student Union

As an athlete, I always experience frustration in the regular training sessions and competitions. I know I must stay the course, yet usually my spirit is willing but my flesh is weak. And all too often, my mind is preoccupied with negativity. Fortunately, this book has come to my rescue. It contains many insightful and encouraging quotes that cheer me up. Here is an example: If you just set your target at a lower level, your result will be worse than the average. This means if I shoot for the moon, even if I miss, I'll still land among the stars.

4D Hannah Lee Athletics Team



《100種電影拍攝手法 給獨立製片與業餘玩家的專業拍片技巧》 克利斯·肯渥西

This book serves as a quick guide for beginners as it introduces 100 film-making techniques. To make a video, we must combine our skills with creativity. One essential principle of manufacturing films is that through the videos, we allow our audience to see things our way. In order to achieve this effect, we need to develop our own styles. Moreover, the experience of producing videos enables us to appreciate the skills used in some popular movies. We can then learn and apply them in our own production.

4D Lo Lok Ring Athletics Team



《狗狗想的跟你不一樣！了解狗狗的130個真心話》 井原亮

I recommend this book as it has a unique theme. There are few books which talk about a dog's feeling in minute detail. Since I keep a dog, I hope I can learn more about it.

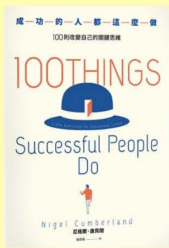


4C Madeline Li True Vision

《成功的人都這麼做》

尼格爾·康貝朗

這本書能讓讀者反省自身的不足及優勢，給予讀者待人處事上的一些提點，並且提供改善方法。對於有心改變自己、追求卓越的人來說，是一本合適而且實用的書籍。



4D 張恩陶
AYP
(香港青年獎勵計劃)

《一句話好感度暴增，反感度爆表》

五百田達成

這本書讓我們更加理解別人的感受和思考模式，令我們了解並改善人際關係。清楚知道「說話術」的重要及它所帶來的好處和壞處。



4A 成瀨明日佳
棋藝學會

《人類面臨的重大問題》

李家同

這本書提到不少社會問題，這些問題不只關乎一個國家，更關乎全球。其中令我感到最深刻的問題是環境汙染。我從中看到人類的自私，人類為了方便自己而破壞大自然，最終受害的不只是其他生物，還有人類自己。如果人類能就着多方面去考慮，或許很多東西都能避免受到傷害。



4B 王希庭
公益少年團/家政學會

《手機女孩不勉強時間管理法》 Funnyeve

現今科技發達，每人必有一部手機隨身，甚至手機上癮，時間則一點一滴流逝。這本書教會了我，與其管理時間不如享受時間，好好珍惜每天的24小時。作者指出愈是勉強愈容易失敗，因此要每個人找到適合自己的方法，例如寫計劃、每次只做一件事等。我自己常常一看手機就會把時間忘卻，我相信身邊也有很多像我這樣的朋友，這本書提供了很多方法，適合每個不同的人，因此我一定把這本書推介紹給朋友和家人。



4D 馮欣言 田徑隊

《把生命的一扇窗留給自己》

區祥江

生活的煩囂是否早已將自我埋沒？還是原有的自己早已被生活的各種尖刺磨得傷痕纍纍？當我們逐漸長大，就會因各種因素，慢慢將最真的自己收起來，甚至忘記了當初的真我。但當我們真的靜下來細想，竟然發現自己很久沒有打開過心窗，探望一下住在裡面的那個自己。生活早已逼我們把那個自己忘得乾乾淨淨，也沒有時間回頭看看。所以，尋回自我真的很重要，而這本書就正正引領你一步步重新認識自己，到最後與自己和好。被生活所困，覺得軟弱無力的時候，不妨看看這本書，找回當初那個最純淨、真實的自己吧！



4D 謝盈林 校園電視台

博學於文
- teachers' sharing -

鄭文慧副校長好書推介

《走到人生邊上 – 自問自答》楊絳

這本書可能不算是人物傳記，因它沒有記錄楊絳的人生大事，也沒有介紹作者的研究成就。它只是楊絳在近百歲之時，以自問自答的方式，就人生幾個重大問題的思考過程；後部再加上一些人、事、物的小故事，成為前部的「註釋」。



從神、鬼到人的靈魂、文明與修身之道，楊絳簡明、直接地展開自我對談，睿智的話語比比皆是；以下是其中令我深刻的一段：一個人經過不同程度的鍛煉，就獲得不同程度的修養，不同程度的效益。好比香料，搗得愈碎，磨得愈細，香得愈濃烈。在自問與自答之間，呈現了楊絳的閱歷、思路和氣度，這可能不算是楊絳的傳記，卻是作者走過人生路所感悟的精髓。

Good book recommendation

by Miss Liu Fung Kiu

“BAD BLOOD: Secrets and Lies in a Silicon Valley Startup” John Carreyrou

When you come to make a life turning choice, what would you choose, the RIGHT way, or the EASY way? What consequences does each choice entail? BAD BLOOD : Secrets and Lies in a Silicon Valley Startup by prizewinning Wall Street Journal reporter John Carreyrou is a cautionary tale for those faced with making this decision.

All the keywords of success: Stanford University, the next Steve Jobs, entrepreneur with a Silicon Valley startup worth billions of dollars, Ted Talk speaker, covergirl of renowned magazines such as Forbes. What distinguished her from others was her innovative idea: running affordable blood tests with just a drop of blood. Her charisma won her the support of a number of former US cabinet secretaries and senators who agreed to serve as Board of Directors in her startup Theranos without a glue that everything she promised was fake. It is nothing but deception.

The rise and fall of Elizabeth Holmes illustrates how greed breeds insanity and how vanity breeds arrogance. A lie could cost you everything and even cause death in this case. Tell a lie once and all your truths become questionable



館藏推介
- Collection highlights -

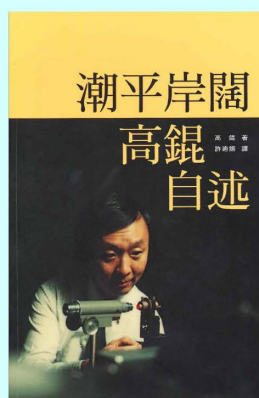


書名：《潮平岸闊 – 高錕自述》

作者：高錕

出版社：三聯書店（香港）有限公司

書中不止記載「光纖之父」的科創發展之路，還有高錕先生如何兼顧科技事業與家庭的動人故事，以「邂逅」居全書之首，見科技學者對人文、人倫價值之肯定。



書名：《野孩子
追夢的世界》

作者：袁斯樂

出版社：明窗出版社

如詩般的文字，如畫般的照片，記錄了一個充滿熱誠及陽光氣息、有明確人生目標和向理想不斷努力的年輕人——袁斯樂的攝影故事。他拍攝的一張飛鵝山照片獲得2015年「國家地理全球攝影大賽」青年組冠軍。他鏡頭下的香港總是充滿情懷。

