



利用一分鐘來發現「新的自我」！

一分鐘 心理之旅 2

立正大學名譽教授

齊藤勇／著

 *New Vision*
新·視·界

心理之旅

一分鐘

2

〔作者簡介〕

齊藤勇

◎——生於日本山梨縣。早稻田大學研究院文學研究科博士；現任立正大學大學部教授、早稻田大學政治經濟學部講師。從電視界開始嶄露頭角，也活躍於雜誌、廣播界。

◎——著有《一分鐘心理之旅》**1****2**、《色彩心理測驗》、《心理遊戲戀愛篇・愛情篇》、《引導對方的心理學》、《如何和討厭的人交往》、《成功表現自我的方法》、《如何成為受人歡迎的心理學》等等。

ISBN 957-754-429-0



9 789577 544292

總代理：創智文化有限公司

¥ 19.90
廈門市物價檢查所 監制

國家圖書館出版品預行編目資料

一分鐘心理之旅／齊藤勇著；江小微譯。
——初版——臺北市：國際村，1998〔民87〕
冊；公分。——（心理DIY；6-7）
ISBN 957-754-428-2（第1冊：平裝）——
ISBN 957-754-429-0（第2冊：平裝）

1.心理測驗

179

87006059

心理DIY 71 一分鐘心理之旅 ②

NT\$180

齊藤勇／著 江小微／譯

1998年7月／初版

〈代理商〉

創智文化有限公司

中和市中山路二段359巷8號3樓

電話／02-2225-5777 * 傳真／02-3234-6015

〈出版者〉

國際村文庫書店有限公司

發行人：陳翠霞 新聞局局版台業字第6218號 郵撥／17297530

編輯部：台北市文山區萬安街21巷11號3F

總管理處：台北縣深坑鄉萬順寮106號4F（東南工專正對面）

電話（02）2664-2511 傳真（02）2662-4655

● 本產品權益依法保障，非經同意不得轉載、改編、複製 ●

法律顧問：蕭雄淋律師 Printed in TAIWAN ISBN 957-754-429-0

60秒心理トラベル ② by 齊藤勇

Copyright © 1996 by SAITO Isamu

Originally published in Japan by BESTSELLERS, INC., Tokyo
through ORION/Bardon.

1200318475 - 6



1200318475

福州大學
圖書館

在此告訴你心靈的奧妙
一分鐘心理之旅 ②

齊藤勇／著

江小薇／譯

B841.7

579



「前言」利用一分鐘來發現「新的自我」！

心理之旅，就像到一個不知名的外國去旅行一般，深具魅力。藉此，你能會經歷到不曾有過的經驗與驚險。

心理之旅，是非常重要的旅行。這是一趟連自己也無法充分掌握的心靈深處的旅行。當然，因為這是自己的事情，因此偶爾會有似曾相識的感覺或曾經經歷過的感覺，或是好像已經知道的感觉。這時，你就可以像到沙漠旅行而遇到綠洲一樣，稍作片刻的休息。

本書《一分鐘心理之旅②》，與已經出版的《一分鐘心理之旅①》一樣，可做為和朋友，戀人互通心意的工具。在閱讀本書的同時，能讓你們的心靈更深刻地交往。本書的程度比第一冊更上一層樓。

對於協助書出版的水野秀樹先生，在此致以十二萬分的謝意。

the *Journal of the American Medical Association* (JAMA) and the *New England Journal of Medicine* (NEJM).

These journals are the most widely read and cited in the field of medicine, and their content is often used as a benchmark for the quality of medical research.

The *JAMA* and *NEJM* are both published by the American Medical Association (AMA), which is a professional organization of physicians in the United States.

The *JAMA* is a weekly journal, while the *NEJM* is published twice a week. Both journals cover a wide range of medical topics, including clinical research, reviews, and news.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

The *JAMA* and *NEJM* are both available online, and their content is often summarized in news articles and other media outlets.

The *JAMA* and *NEJM* are both highly respected and influential in the medical community, and their content is often used to guide clinical practice.

1 普通列車♥「好奇心」號出發——

- Q 1 與情人到國外旅行，你會投會在哪裏呢？／12
- Q 2 在街上果到分發面紙的人要如何以對？／17
- Q 3 肥皂泡沫當飛到哪裏呢？／20
- Q 4 當小貓跳上你的膝蓋上背……／25
- Q 5 如果你家附近有一棟中世紀的豪華城意……／29
- Q 6 你會買哪一種面具呢？／33
- Q 7 你當佇足在哪一種店的門口呢？／37
- Q 8 外面的吵雜會是什麼種會呢？／42
- Q 9 看到青影果面的人你會意何哪意？／46
- Q 10 你最會注意哪一種店？／52

2

快速列車 ♥ 「平常心」 號出發

Q 11 你最想在自己痛醒什麼？／60

Q 12 物以類聚嗎？／65

Q 13 來到月台樓梯前，卻醒到電車已經來了！／69

Q 14 當你突然頭痛的時候／73

Q 15 沒有……的話多好／77

Q 16 你像哪一種動物／81

Q 17 你脫鞋子的方式如何呢？／85

Q 18 你曾在房間醒什麼花？／89

Q 19 小寶醒之後／93

Q 20 不希望小孩和自己相似的地方／98

3

急行列車 ♥ 「探安心」 號出發

Q 21 請畫張肖像／106

Q 22 在好不容易休息的日子，你看到了什麼？／110

4

特急列車♥「冒險心」號出發

- Q 23 牽著腳踏車的小孩，踏上是什麼表情？／115
- Q 24 你所嚮往的女性職業是什麼？／119
- Q 25 用哪種寶石來裝飾簪冠？／124
- Q 26 電視節目的誘惑？／128
- Q 27 第一次見到車卡索的最的心情／133
- Q 28 大主筆的表演節目／137
- Q 29 在交通果峰時，被別人從後衝推倒……／141
- Q 30 以終點為目標／145
- Q 31 一個人最想走的衝路／152
- Q 32 快速到目的時，卻……／157
- Q 33 如果喜歡搭乘什麼交通工具／160
- Q 34 如果你是浦島太郎……／165
- Q 35 速度的聯想／169
- Q 36 下班以後被邀約的話……／173

5

超速列車♥「向上心」號出發

Q 37 如果自己變成一條魚……／177

Q 38 你想成為哪一類的馬呢？／180

Q 39 掉到古井之中的隱形眼鏡／185

Q 40 叉路的選擇／189

Q 41 車上的情侶／196

Q 42 這個字怎麼唸？／201

Q 43 自我測試／205

Q 44 在車站上車到一個醉漢正在睡覺……／208

Q 45 你贊成哪一方的選見呢？／213

Q 46 你希望什麼樣的人生／215

● 臨時列車 ●

- 1 潛在意識能力／₅₇
- 2 他會不會成為大男人主義？／₁₀₃
- 3 人際關係的微妙／₁₄₉
- 4 對自己身體各部位的滿意度／₁₉₃

1

普通列車



「好奇心」

號出發



Q1

與情人到國外旅行……你會投宿在哪裏呢？

如果你

與情人出國旅行。

你會投宿在哪裏呢？

①街上便利的旅館

②豪華的旅館

③休閒的旅館

④山間的旅館



by Kurumi



A1

檢查「對情人熱衷的程度」

〈解說〉

你已經出國旅行幾次了呢？

最近的年輕女性，已經不再那麼嚮往出國旅行了，例如到香港或夏威夷，只不過是到稍微遠一點的街上去購物般的感覺而已。

另一方面，一般男性也多半擁有出國旅行的經驗，妳的男朋友是什麼樣的情況呢？

然而，和情人出國旅行，那種感覺應該是不同於平常的購物感覺吧！

「旅行」，就是從日常生活中解脫，捨棄平常的自我，放任自己自由自在的時刻。不過，和情人出國旅行時，情況又不相同了。

平常和情人約會時，時間上會受限，也不能夠開懷地談心。

與情人的旅行，能夠強化彼此間的關係，鞏固戀愛的基礎。

海外旅行的目的，可能在於讓自己得到解脫，也可能藉此強化彼此間的戀愛關係。