

## 簡介 Introduction

此 Me Mind Well (MMW) 歌單是由香港大學精神醫學系召集的一個專家小組所創建，小組成員包括精神科醫生、臨床心理學家、社工、研究人員、音樂治療師、年輕人以及資深音樂人。歌單上的音樂挑選原則及元素皆基於概念化框架，以及跨界別的討論。此份歌單的創建旨在向時下年輕人推廣健康音樂聆聽的習慣，希望有助精神健康。

The Me Mind Well (MMW) Playlist was created by an expert panel organized by the Department of Psychiatrist of HKU, which consists of psychiatrist, clinical psychologist, social worker, researcher, music therapist, youth, music experts and musicians. The guiding principles and important elements for subsequent song selections were based on conceptualization frameworks as well as interdisciplinary input. We aim at promoting a healthy music listening habit among young people, with a view of improving their mental well-being.

### MMW 歌單 (MMWPlaylist) (純音樂版本 Instrumental Version)

歌曲名稱 (Song Name)	作曲人 / 表演者 (Composer/Performer)
2 Arabesques: Arabesque No. 1	François-joël Thiollier
A Place Among the Stars	Hans Zimmer
Amore	Ryuichi Sakamoto
Angel Doll	久石讓
Apache	The Shadows
Aqua	Ryuichi Sakamoto
Ave Maria	Liona Boyd
Bedtime Story	Kinderlieder Megastars, Calming Sounds, Massage Tribe
Blue In Green	The Bill Evans Trio
Chariots of Fire	Vangelis
Clair de lune (moonlight)	Claude Achille Debussy
Crystal Bowls Chakra Chants	Jonathan Goldman
Deep Relaxation Binaural Beats	Deep Sleep Music Collective
Einaudi: Seven Days Walking / Day 1 - Golden Butterflies	Ludovico Einaudi, Federico Mecozi, Redi Hasa
Epilogue	Ólafur Arnalds
Facing West	Pat Metheny Group
Fantaisie D'Amour	Ludovic Bource
First Impressions	Edgar Meyer, Mark O'Connor, Yo-Yo Ma
First Step	Sungha Jung
Flying (from "Girl")	Valentin Hadjadj
Forever in Love	Kenny G
Forrest Gump (Main Theme)	Jozef Holly

Galactic Funk	Casiopea
Green Gardens	/
Gymnopedie No.1	Erik Satie
Hallelujah	Jake Shimabukuro
Harpichord Concerto No.5 in F minor II movement	J.S. Bach
Here, There and Everywhere	The Beatles, Miloš Karadaglić
il porco rosso	久石譲
In the Morning Light	Yanni
Jazz Piano With Rain	Cafe Music BGM channel
Keeping the Dream Alive	Alex Conrado
Kiss the Rain	Yiruma
La valse d'Amélie	Yann Tiersen
Lahaina Luna	Dan Fogelberg and Tim Weinberg
Life Goes On (feat. Adam Neely)	J-Music Ensemble and Adam Neely
Look At The Stars	The Purple Stripe
Love is You	Carlo Santana
Love Theme For Nata	Ennio Morricone
Melody for Bad Days	Dietmar Steinhauer
Merry Christmas, Mr. Lawrence	Ryuichi Sakamoto
Merry-Go-Round (from Howl's Moving Castle)	久石譲
Moondance	ADORY (아도이)
Morning Mood (Peer Gynt Suite No. 1)	Edvard Grieg
Moss Garden	David Bowie
New Beginning	Warren Wolf
Nocturnal Escape	/
On the Nature Of Daylight	Max Richter, Orchestra of the Swan
Only Lovers Left Alive	Jozef Van Wissem, SQÜRL
Peace Piece	The Bill Evans Trio
Quiet Streets	Ola Gjeilo
Rainy Day	BEAT FRIDAY
Rêverie	Claude Achille Debussy, Alice Sara Ott
Richter: Dream 3 - Short Edit	Max Richter
River Flows in You	Yiruma

Rude Cruz	Analaga and Mateus Asato
Second Coming	Bela Nemeth
Secret Wishes	Bob James,Earl Klugh
Shore: The Forest - II.	Miloš Karadaglić, National Arts Centre Orchestra, Alexander Shelley
Silhouette	Kenny G
Slow Dancing in a Burning Room	Mike Dawes
Solfeggio Frequencies 528 Hz	Miracle Tones
Somewhere over the rainbow	Tommy Emmanuel
Stars	Brian Eno
Tamacun	Rodrigo y Gabriela
The Arts and the hours	Jean-Philippe Rameau, Víkingur Ólafsson
The Ground	Ola Gjeilo
The Lesson	Victor Wooten
The Mission: Gabriel's Oboe	Composed by Morricone Ennio, performed by Yo-yo Ma
The Promise	Secret Garden
The Shape of Water	Alexandre Desplat
The Snow Prelude No. 2	Arti Huisman
Theme from Silk Road	喜多郎
There will be hope	Hania Rani and Dobrawa Czocher
Threads	This will destroy you
Time	Hans Zimmer
Time of Water	Daniel Herskedal
True	Tommy Emmanuel and Martin Taylor
Waiting In Rain	Jack Lee, Kazumi Watanabe, Eugene Pao,
We had today	Rachel Portman
Wind in our ears	Jónsi and Alex Somers
Your Favorite Place	Joey Pecoraro
アイネクライネ (Eine Kleine)	Yonezu Kenshi, Kyoto Harp Ensemble
アシタカとサン (もののけ姫) (Ashitaka and San)	久石譲
あの夏へ (One Summer's Day)	久石譲
七夕節	/
君をのせて (Carrying you)	久石譲・ヒーリング・ライフ

回家吧	/
夏天的風	周杰倫
大藍	吳金黛
摩天輪	王菀之
晴天	周杰倫
森林故事	/
樹的呢喃	楊錦聰
羅森橋	임성용
菊花台	周杰倫
說話的魚	螢火蟲
走入寧靜 (Into Peaceful)	/
送行者 (Okuribito)	久石讓

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註：此歌單僅供用作健康音樂聆聽的參考，而並非由大學建議或者代言。此歌單的創立並非由香港大學正式授權，亦並非用作商業用途。雖然香港大學並無此歌單上的歌曲本身的版權，但此歌單本身的版權歸香港大學精神醫學系所有。

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