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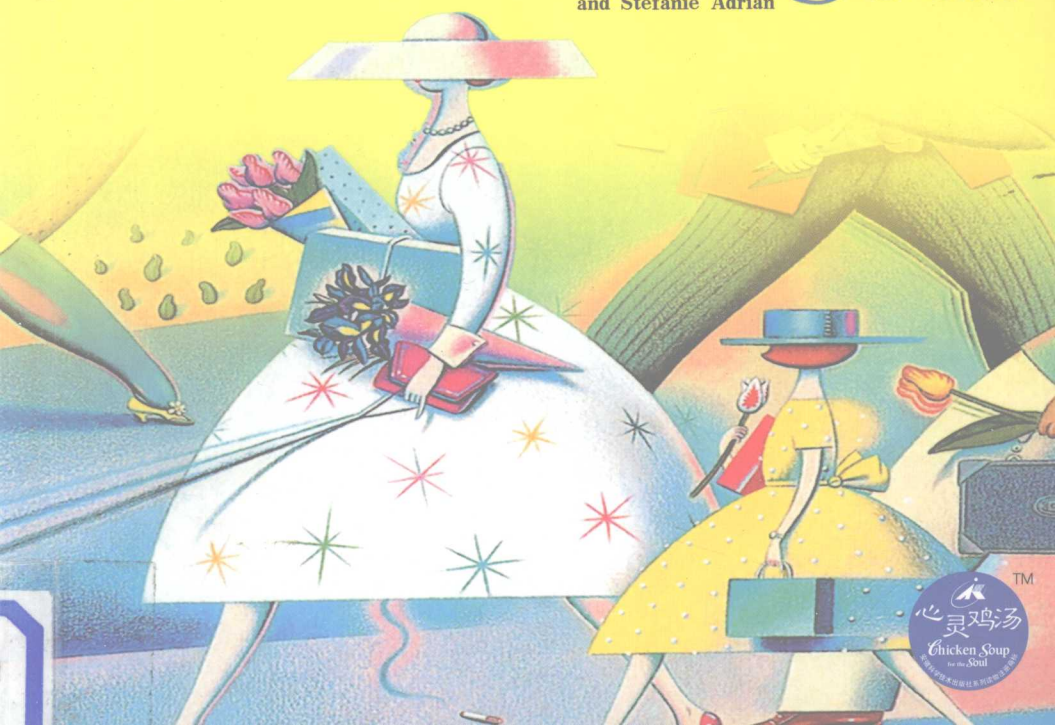
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心灵鸡汤

豆蔻年华

Chicken Soup for the TEENAGE Soul

Mark & Chrissy Donnelly
and Stefanie Adrian



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安徽科学技术出版社



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《心灵鸡汤》为什么这样“火”？

它用浅白的语言讲述平民百姓的故事，真实记录他们的心路历程，充分挖掘普通人和平凡生活所蕴藏的精神力量 and 人性之美，弘扬乐观平和、积极向上的人生价值观，字里行间洋溢着爱心、希望、鼓励、信念以及对生活的深刻理解。

一个个动人的故事，一句句温馨的叮咛，滋养着所有被尘世风霜雪雨侵蚀的心灵，帮你重燃心火，找回生命的活力！

- ★被美国《时代周刊》称为“出版界的一大奇观”，《芝加哥论坛报》誉其为“使人们体会到高尚和喜悦，简直就是没有音乐的圣歌”
- ★被评为“2001 年度全国优秀畅销书”
- ★被评为“2001 年度全国引进版优秀畅销丛书”
- ★荣获“2002 年度全国引进版社科类优秀图书奖”
- ★被评为“2004 年度全国优秀畅销书”
- ★在国家九部委联合举办的“中华全民读书书目推荐活动”中，一举入围《2004 知识工程推荐书目》
- ★多次荣登各大新华书店的畅销书排行榜

本系列读物语言地道新颖，简约适读；故事生动有趣，寓意深刻感人，内容极富时代感，实为英语阅读的顶级精品。

亲爱的读者，如果您
拥有这些既适读又高雅的
精品，或作为礼物送人，那
将是既体面又实惠的
选择！

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就英语读物而言,引进版较本土版,其优越性是不言而喻的。在浩瀚的书海中,我们为何选中美国出版的《心灵鸡汤》系列读物?它是否具备成为品牌读物的若干因素呢?

极为适读的语言是打造品牌的基本元素

《心灵鸡汤》文中语言均是当今美国人日常生活中最常用、最流行、最地道的话语。词汇鲜活、句式灵动。

语言难度不大:既无生僻的字词,也无复杂的语法结构,行文质朴简约、优美流畅,口语化特征较为明显。

每篇文章短小精悍,不会令读者望而生畏。

有趣的故事和感人的内涵是品牌的催化剂

各书均由当代美国人所写,反映现今美国的世相百态,内容极富时代感。

作者用平实的语言讲述发生在自己身边的故事,诉说他们对大千世界的真切感受,内容极具真实性与亲和力。

内涵感人:通过平凡小事挖掘普通人的精神力量与人性之美,字里行间洋溢着爱心、希望、鼓励、信念以及对生活的深刻感悟。

高质量的文本是构筑品牌的坚固基石

各书的文章来自于全美各地的征稿。为确保质量,要求每本书的征稿不少于 5 000 篇,出版社从中挑出 200 篇优秀文章寄给社会各界人士阅读,最终精选出 101 篇顶尖文章,再经修改润色、精雕细琢后成书。可以说,每篇文章都是优中选优的上乘之作。

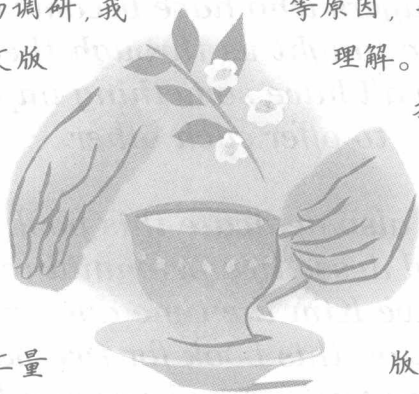
《心灵鸡汤》的这些特质,无疑揭示了其为何能成为发行 40 多个国家和地区,总销量 8 000 多万册的全球超级畅销书。作为英语读物中的闪亮品牌,我们相信广大读者既能在品尝原汁原味现代英语的同时,切实提高英语水平,又能从中感悟人生的真谛,重燃你搏击风雨、奋发向上的生命激情!

前言

安徽科学技术出版社从美国独家引进的英文版《心灵鸡汤》系列读物自出版以来,因其新颖地道、鲜活流畅的语言,精彩有趣的故事和极富震撼力的内涵,深得广大读者的推崇与喜爱,广受各方的赞誉和褒奖,取得了骄人的市场业绩,现已成为英语读物中的闪亮品牌。

通过市场调研,我们发现,英文版《心灵鸡汤》的中国读者主要是大学生及一些高中生,部分读者因词汇量及有关知识尚欠丰富等原因,影响了阅读与理解。鉴于此,我们推出了本系列读物的注释版。注释版是在原英文版的基础上,对疑难的单词、词组、不同于国内表达方式的灵活用法以及有关文化背景等给予注解,以便于读者理解;对精彩的语句给予言简意赅、画龙点睛的“赏析”,便于读者体会其精妙之处。

本书由唐佳梅加注。



Dedication

*With love we dedicate this book to
all the teenagers who have become our friends
and who have taught us through their friendship
that we all have something important
to offer each other.*

*We also dedicate this book to
John and Jesse, two perennial teenagers
who gave Kim the time and space to
work on this book for two years
to Lia, who first opened our minds to the
possibility of creating this book,
to Oran and Kyle, who taught their
dad a lot during their teenage years,
and to our younger children,
Christopher, Elisabeth and Melanie,
who will soon enter their teenage years,
and all of whom we love very much.*



Acknowledgments

致 谢

It takes a thousand voices to tell a single story.

Native American Saying

This book took two years to write, compile and edit. It has been a true labor of love for all of us. One of the greatest joys in creating this book has been working with hundreds of teenagers and adults who gave this project not just their time and attention, but their hearts and souls as well. We would like to thank the following people for their dedication and contributions, without which this book could not have been created:

Our family members—Georgia, Christopher, Oran, Kyle, Patty, Elisabeth, Melanie, John and Jesse—for once again sharing with us the incredibly time-consuming process of creating a book. Thanks again for giving us the space, time and emotional support we needed to follow our passion and complete what must have seemed like an endless task. We love you all more than words can ever express.

We would like to extend a very special thanks to a group of teens who worked with us to ensure this book would be about issues that truly concern teenagers. To Lisa Gumenick whose enthusiasm for this project inspired the entire group, to Lisa



Rothbard whose honesty and kindness touched us all, to Bree Abel for her incredible spirit and her contagious confidence, to Hana Ivanhoe for her depth of character and for sharing so openly with us. To Jamie Yellin for her big heart and smile and to Lia Gay for always being so generous with your wisdom. You guys are the heart of this book and we thank you and love you. We'd also like to thank your parents for acknowledging the importance of these meetings and making sure you got there.

Heather McNamara, for editing and preparing the final manuscript with such ease, talent and clarity. We deeply appreciate your incredible ability to take everything in the roughest of form and make it all work. You are truly a master at what you do.

Patty Aubrey, for all that you do to make our lives work easier and better. Thank you for the countless ways you make a significant difference. You are the best!

Nancy Mitchell, for the hundreds of hours spent obtaining permissions for the stories, and for your keen sense of what works and what doesn't. Your commitment and dedication—as well as your detective skills on the Internet—are amazing!

Jessie Braun, who read every story (and there were lots), and who kindly told us which ones didn't work by simply refusing to type them. At 18, you are more together than most grownups. This book could not have happened without you.

The students at John F. Kennedy High School in Granada Hills, California, for giving us extensive feedback and invaluable suggestions for improving the first draft of the manuscript. We especially want to thank Willy Ackerman for organizing this huge project.

Kim Foley, whose dedication and hard work supporting Kimberly Kirberger never ceases to fill our hearts with gratitude. You are an amazing person.

All those who read the original manuscript, helped us make the



final selections and made invaluable comments on how to improve the book: Bree Abel, Christine Belleris, Jessie Braun, Morgan Brown, Kyle Canfield, Taycora Canfield, Matthew Diener, Pegine Echivaria, Kim Foley, Sima Freed, Steve Freedman, Lia Gay, Jessica Ghaemmaghami, Randee Goldsmith, Lisa Gumenick, Alejandra Hernandez, Hana Ivanhoe, Ben Kay, Lauren Leb, Katy Leicht, James Malinchak, Maggie McQuisten, Dave Murcott, Lisa Rothbard, Hilary Russell, Alyson Sena, Marci Shimoff, Ben Watkins and Linda Zehr.

Pegine Echivaria, Jim Hullihan, James Malinchak and Jack Schlatter, for all your important work with teens and for being there on the phone for countless hours when we needed support and expert advice about the world of today's teenagers.

Peter Vegso and Gary Seidler at Health Communications, Inc., for believing in this book and for working hard to get it into the hands of millions of readers. Thank you, Peter and Gary!

Christine Belleris, Matthew Diener and Mark Colucci, our editors at Health Communications, Inc., for your generous efforts in bringing this book to its high state of excellence.

Fred Babb, for your creative efforts in contributing to the cover design of the book.

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Teresa Spohn, Veronica Romero, Rosalie Miller, Lisa Williams, Julie Barnes and Kathleen Long, for handling everything else in our offices so that we could concentrate on completing this book.

To Terri Andruk and Clay White for nourishing us with your delicious food and your kind hearts.

To Leigh Taylor, Jessie Braun and Trudy Klefstad whose excellent typing skills helped us get this project completed on time.

Dale Lindholm and Brad Frye for your continuing support. You guys are the best!



Nancy Berg, Eileen Lawrence, Sharon Linnéa Scott, Dave Murcott and Jane Watkins, who edited some of the more difficult pieces into wonderfully moving stories. Thanks for being so talented and so fast at what you do!

The more than 1,500 people who submitted stories, poems and other pieces for our consideration. You all know who you are. While many of the pieces you submitted were wonderful, they just didn't fit into the overall structure of this book. Nevertheless, you provided us with hundreds of hours of enjoyable and inspiring reading. Thank you.

Because of the enormity of this project we are sure we have left out the names of some of the people who helped us. For that we are sorry but nonetheless grateful for the many hands that made this book possible. Thank you all for your vision, your caring, your commitment and your heartfelt actions. We love you all!

How to Read This Book



Introduction

简介

Dear Teenager,

Finally, a book for you. REALLY. This book is filled with stories that will make you laugh and make you cry. It will act as a best friend, there for you when you need it, always ready to tell you a story that will indeed make you feel better. When you are lonely it will keep you company, and when you are thinking of your future it will tell you, "YES, you can do it, whatever you set your mind to." There are stories in here about dreams realized and loves lost; about overcoming shyness and surviving a suicide. There are stories of triumph and stories so sad that you will definitely cry. And each one speaks *to* you, not *at* you.

How to Read This Book

Read this book however you want to, from beginning to end or jumping around. If there is a particular subject that concerns you or that you have a special interest in, go there first. Latina Johnson, a high school student, wrote to us after reading the chapter on relationships:

I loved reading "Losing the 'Us.' " It described everything I was going through with this boy. I definitely still have feelings for him, though.



Stephanie Chitaca wrote:

I have to say that "A Famous Father" was my favorite one. It made me realize just how meaningless our (my father's and mine) arguments are. My father's wellbeing is very important to me.

Diana Verdigan had a special connection to the story "Tigress":

I felt the same when I had to leave my cat. No rage, no denial, no hysteria, just acceptance of the inevitable, and it cost me a lot, too. It is possible that the boy won't have any more pets.

This is a book you never finish. It is our hope that you read it over and over, referring to it when you have a problem, or turning to it for some inspiration or guidance.

Kara Salsburg, a teenager, wrote to us about the other *Chicken Soup* books, "I read them over and over again. *Chicken Soup for the Soul* has been my most enjoyable reading experience."

"I enjoy reading [the stories in *Chicken Soup*]," wrote Shannon Richard, age 14, "and I find I have a new sense of life after reading them."

Share These Stories

We had a panel of readers grade these stories. One of them told us that by the end, she had friends come over every day after school, and they took turns reading to each other from the book.

You will find as you read this book that you just can't keep some of these stories to yourself. You will want to share them with a friend. We have had countless reports of teenagers reading stories to each other on the phone, or staying up late with a friend "reading



just one more. ”

A. J. Langer, who played Rayanne on *My So-Called Life*, told us that she took the book with her on a camping trip, and she and her friends sat around the campfire reading to each other their favorite stories. They were so inspired (and creative) that they then wrote their own stories, which they read to each other the following night.

Teens have also told us that these stories are good at saying things that they have trouble expressing. One teen (who prefers not to be named) said:

“Please Listen” was exactly what my friend Karen needed to hear. She is my best friend, but she never listens to me, so I wrote it out and gave it to her. I just said that it was one of my favorites. I think she got the message ‘cause she started listening to me more.

This Is Your Book

It was very important to us that this book be about what *you* are really about. We went to great lengths to ensure that it dealt with the issues that concern you, and that it addressed those issues in an open-minded and caring way. If we felt a story was preachy or too corny we took it out.

After the students at John F. Kennedy High School helped grade the stories, we received literally hundreds of letters. It thrilled us to see that we had accomplished our goal.

This book is definitely a book I would get, not only for myself, but for my friends as well.

—Jason Martinson

If ever I would buy a book, this is the book I would buy.

—Regina Funtanilla



What I liked best were the poems. They really had a lot of meaning.

—Richard Nino

I really appreciate that you care what we [high school students] think.

—Edward Zubyk



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