

双译林

一杯安慰：

# 给恋爱中的女人

Colleen Sell

[美国] 考琳·塞尔 编

凤凰出版传媒集团 译林出版社

*A Cup of Comfort for*  
**Women in Love**

徐莉娜 译

最佳床头读物

Inspirational Stories of True Love and  
Lifelong Devotion

双语译林

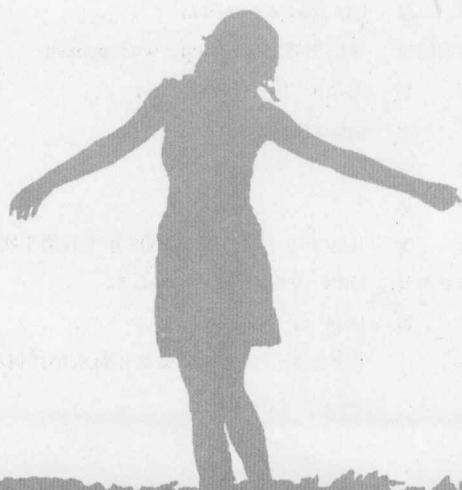
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## **PREFACE**

Colleen Sell

*The Cup of Comfort* anthology series was created at the dawn of the new millennium to provide a forum by which ordinary people could share true stories about the experiences and people that have inspired them. My hope was that these uplifting personal stories would create a bridge between people of different circumstances and cultures by reminding them of the universal truths that make us all human and that give us hope and happiness. It is certainly not a new concept.

Since human beings first acquired the ability to communicate, we have used stories to share humanity's most empowering truths and most powerful lessons. For hundreds of thousands of years, the uniquely human gift of story has guided and comforted us, connecting us to our inner spirits and to one another. And now the stories in this book are reaching across continents and oceans to connect people in North America with people in China. *The Cup of Comfort* authors and I are humbled and honored by this privilege, and we sincerely hope that these stories bring you comfort and joy.



## 前言

考琳·塞尔

考琳·塞尔《一杯安慰》系列丛书问世于新千年伊始。该丛书为人们提供了一个交流平台,普通的人们可以在这里讲述他们的真实故事,讲述那些感动过他们的真人真事。他们的个人经历使人振奋;他们的故事揭示了赋予我们人性、带给我们希望和快乐的普遍真理。我希望该丛书能为不同背景、不同文化的人们架起一座交流和沟通的桥梁。诚然,以书为桥不是一个新的概念。

自从人类获得交流沟通的能力以来,我们就用故事来传播最发人深省的人生道理,传授最重要的生活经验。千万年来,故事这一非同寻常的人类礼物指引着我们人生的道路,带给我们心灵的慰藉,让我们了解自己的内心世界,是连接我们和他人之间的纽带。

本书的故事跨越了不同的大陆,漂洋过海,把北美和中国不同地域的人们连接在一起。我和《一杯安慰》的各位作者享此殊荣,不胜荣幸。我们衷心希望书中的故事给你们带去安慰和快乐。



## Introduction

*"Love is the history of a woman's life."*

*~Germaine De Stael*

The sixteenth-century French poet Louise Labé wrote that "the next greatest pleasure to love is to talk of love." So it is that some of the greatest stories of all time—in mythology, literature, film, and song—are love stories. Such pleasure is there in talking of love that women, in particular, so often share their own love stories with their female "familiar." Indeed, whenever and wherever women are engaged in intimate conversation, the talk usually, and naturally, turns to love. How could it be otherwise, when love is so central to women's lives, so integral a part of a woman's personal history?

Though romantic love alone certainly is not "all you need" (as the song goes) or "all there is" (as Emily Dickinson wrote), it can, and usually does, greatly impact a woman's life. And when women trade stories of love—whether the real deal or romanticized, whether delightful or disastrous, whether experienced or observed—it is always fascinating.

It is not, however, always easy to talk of love, to expose our deepest



“爱情是女人生活的历史。”

——杰梅因·德·斯塔尔

十六世纪法国诗人路易斯·拉比什写道：“爱情之外最大的快乐就是讲述爱情。”正因为如此，古往今来神话、文学、电影和歌曲中的一些最了不起的故事都是爱情故事。谈说爱情令人愉悦，尤其是女士，她们往往愿意与女性“相知”分享自己的爱情故事。的确，无论何时何地，只要女士们相聚倾谈，通常自然而然地就将话题转向爱情。爱情在女性生活中如此重要，已成为她们人生不可分割的一部分，不谈怎么可以呢？

浪漫的爱情本身固然不像歌中所唱那样是“你所求的一切”，也不像艾米丽·狄金森写的是“所有的一切”。但爱情可以，而且常常会极大地影响女性的生活。女性之间彼此讲述爱情故事的时候总是那么令人着迷，无论是真实的还是理想化的，是欢喜的还是悲伤的，是亲身经历的还是耳闻目睹的。

然而，讲述爱情故事并不总是那么容易。以爱情的名义袒露内心最深处的渴望，倾诉失去爱人的痛苦，坦言自己的恐惧、自身的瑕疵和情场失意，这一切都不容易。听深爱的朋友、姐妹、女儿、侄女、姑妈、母亲或祖母，讲述她们的渴望和痛苦、失望和绝望，也不总是一件愉快的事

longings, our painful losses, our fears, our foibles, our failures in the name of love. Nor is it always pleasant to hear a beloved friend, sister, daughter, niece, aunt, mother, or grandmother talk of her heart's desire, or disaster, or disappointment, or despair. But in sharing our personal love stories—even, perhaps especially, the hard-to-tell-and-hear ones—women comfort and encourage and rejoice and learn from one another. And when women talk of love that satisfies and stimulates, that lifts the spirit and touches the soul, that makes a heart sing and horizons expand, that is returned as it is given, it fills both the storyteller and the listener with hope and gladness.

Never is a woman more beautiful, more charming, more interesting, and more alive than when she is in love—and never are her personal stories more engaging, enlightening, and entertaining. And when a woman's hopes are dashed or her heart broken, never is she more in need of a sister-friend to listen compassionately to her tale of perfect love lost or love gone wrong, to assure her that she is still lovable, to encourage her to dare to love again. I have been blessed with many such close confidantes in my life, women I can trust with my love stories, women who've entrusted me with theirs.

Just as I can trace the chapters of my life by the loves, or lack of, in my life, so too can I associate the major movements in the lives of my gal pals with their love lives. Over wine, over tea, over dinner, in e-mail and letters and phone conversations, and during those rare and cherished



情,但在分享每个人的爱情故事的时候,甚至尤其是那些说起来痛苦、听起来伤心的故事时,女性之间能彼此安慰鼓励,分享喜悦,相互学习。如果所讲述的爱情令人满足、催人奋进、令人振奋、触及灵魂、愉悦心灵、拓展视野,如果故事中的主人公真心付出、恩爱相待,那么这些故事就会给双方带来希望和快乐。

恋爱中的女人最美丽、最迷人、最有趣、最富有活力;她们的爱情故事最吸引人、最具有启发性、也最引人入胜。失望之际,心碎之时,女性最需要姐妹朋友满怀同情地听她讲述那逝去的完美爱情,或是那阴差阳错的爱情;她们最需要朋友的慰藉,让她相信自己依然可爱;她们最需要朋友的鼓励,让自己鼓起勇气再爱一次。我一生中有幸结识了许多这样的知己女友,我信任她们,可以向她们讲述自己的爱情故事,她们也将自己的故事倾心相告。

正如可以根据有无爱情的线索追溯我的一生、翻阅我的生活篇章一样,我也可以把女友生活中的主要事件跟她们的爱情生活连结在一起。饮酒品茶时、饭桌上、电子邮件或书信往来中、电话里、难得的女友聚会上,我们彼此分享心中的秘密,分享爱情生活的点点滴滴。那生活有的让人感到亲切有趣,有的使人痛苦,也有的令人激动。同时我们还畅谈其他方面的梦想、失望以及其他实际生活情况。因此,当某个好友提到她的汤姆或狄克或哈利时,当她提起她那些信誓旦旦的男人时,或者当她说自己正在寻觅完美伴侣时,我的脑海里立刻就会浮现出她这一阶段的生活情景。同样,如果你对我过去的(曾经有过的一厢情愿的或现在情投意合的)浪漫生活有兴趣的话,我的密友也会告诉你某一特定时期我的生活状况——那个时期的身心状态、感情生活和精神状态。

gal-pal retreats, we've shared the secrets of our hearts and the endearing, amusing, painful, and thrilling particulars of our love life, right along with all the other dreams, disappointments, and nitty-gritty details of our lives. So, when a certain dear friend speaks of her Tom or Dick or Harry phase, or her sworn-off-men or looking-for-Mr.-Right stage, it immediately brings to my mind the aggregate of her life during that period. By the same token, at the mention of a past (or, for that matter, unrequited or current) romantic interest of mine, my close confidantes could easily fill you in on where I was—physically, mentally, emotionally, spiritually—during that specific period in time. Yes, women can fly just fine solo; we can live happily and fully without romantic love. But there is no denying that love is a powerful and integral part of our personal histories. So, naturally, when women talk, we talk of the loves in our lives.

Then there are those great loves that we observe in others, rather than experience firsthand—those extraordinary romances that intrigue, inform, and inspire us, that we learn from and aspire to, dream of and hope for. When you bear witness to such a love, you can believe in its possibility for yourself and you can hold it up to the women you hold dear as evidence that it is possible for them too.

My parents have shared such a love, lived such a love story, for fifty-five years. They're as truly, madly, and deeply in love today as they were the day they met, as two wide-eyed teens fresh out of high school, all those years ago. Their passion, attraction, affection, devotion, loyalty,

诚然，女人单身完全可以过得很好；没有浪漫的爱情，我们也可以生活得幸福充实。但是毋庸置疑，爱情对我们的生活会产生极大的影响，是个人经历中不可或缺的一部分。因此，女性一开口就自然而然地会扯到爱情生活上。

此外，有些伟大的爱情是我们耳闻目睹而非亲身经历的。这些异乎寻常的浪漫故事引人入胜，拓展视野，扣人心弦；这些故事让我们有所感悟，激起我们的渴望，令我们憧憬神往。目睹这种爱情，你就会相信自己也能爱有所归，情有所依；你也可以让你的女友知己听听这些故事，以此证明她们也能爱有所成。

我父母之间的爱情就是如此。他们五十五年的生活就是这种爱情故事写照。他们今天依然非常相爱，爱得至真至深至狂，一如五十五年前初遇的那一天；爱得如同一对刚走出高中校门彼此爱慕的少男少女。他们的激情，彼此吸引爱抚，彼此奉献，相互忠诚尊重，分享友谊，互相信任，互恋互爱是那样地显而易见、不可动摇，又那么地强烈，当我们还是孩子时有时甚至让我和兄弟姐妹们感到难为情，我自己进入恋爱期时，他们的爱情给我设定了一个极高的标准。

像大多数年轻女孩一样，我也梦想着找到自己的白马王子，两人从此过上幸福的生活。虽然我想象中的王子长得不太像我父亲，我们的城堡也不像那个时候一家八口住的市郊小屋，但是说来奇怪，我梦想的爱情跟住在父母家每日所见到的很相似。我和我的王子在屋子里跳华尔兹，手牵着手，拥抱亲吻，互相依偎，常常笑声朗朗，彼此凝视，爱意融融。我们形影不离，同甘共苦。商量事情，我们心平气静，相敬如宾。养育孩子、料理家务，我们协力合作。这一切都像我父母那样。

respect, friendship, trust, lust, and love for one another is so apparent, so unshakable, and so powerful it sometimes embarrassed my siblings and me when we were kids. It also set the bar extremely high when it came to my own love life.

Like most young girls I dreamed of finding my prince charming and living happily ever after. Though my imagined prince didn't look much like my dad and our castle bore no resemblance to the small suburban homes that housed my childhood family of eight, the romance of my dreams oddly resembled the one I'd seen every day of my life in my parents' home. My prince and I were to waltz around the house, hold hands, smooch, snuggle, laugh often, gaze lovingly into each other's eyes, go everywhere and share everything together, talk things over calmly and courteously, and work as a team in raising our children and caring for our home—just like my parents.

At first (actually, for a long time), the reality of my love story (make that love stories) wasn't quite (okay, anything) like that. Oh, there was love and romance and good times, even marriage and great kids and lovely homes. But it took some time, and a lot of soulsearching, and not a little heartache for me to find true love and create my own (mostly) happily-ever-after love story. Someday, I might even write about it. For now, I'm happy to be living it.

And I'm delighted to present this enchanting collection of love stories, taken straight from the lives and written straight from the hearts of real women, gathered here for your pleasure in *A Cup of Comfort for Women in Love*.

刚开始(事实上是相当长一段时间),我的爱情生活并非完全如此。噢,我们拥有爱情,有浪漫美好的时光,甚至有美好的婚姻、可爱的孩子和温馨的家。但是对我来说,找到真正的爱情、编织自己的(绝大部分是自己的)“从此后永远幸福”的爱情故事,还是费了一些时间,经历了内省深思,但没有多少伤心痛苦。有一天,我或许甚至会写写自己的故事。现在,生活在爱中,我深感幸福。

我很高兴能为读者献上这本爱情故事集。书中故事皆直接源自生活,直接反映了现实生活中女性的心声,读起来令人愉悦。在此,诚望《一杯安慰》能带给你安慰和快乐。

Here's to love.

Colleen S.

谨以此书献给爱情。

How to love

——考琳·塞尔



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