

珍爱卷

Chicken Soup  
心灵鸡汤 for the Soul.

# 从现在开始，好好爱自己

Shaping the New You I

Jack Canfield (杰克·坎菲尔德)  
[美] Mark Victor Hansen (马克·维克多·汉森) / 编著 顾芯宇 / 译  
Amy Newmark (艾米·纽马克)

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Chicken Soup for the Soul: Shaping the New You

101 Encouraging Stories about Dieting and Fitness... and Finding What Works for You

by Jack Canfield and Mark Victor Hansen & Amy Newmark. Foreword by Richard Simmons

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## Foreword

## 前言

My whole life is about inspiration, so when the folks from *Chicken Soup for the Soul* showed me the manuscript for this book about “Shaping the New You,” I wanted to get involved. We all need some help when it comes to taking care of ourselves. We want to do it, we know how good it will feel to be in shape, but we need that push to do the hard work necessary to get there.

These 100 stories written by regular people about their efforts to control their weight and get fit really resonate with me. There is no better inspiration than hearing someone else’s story. You will undoubtedly make a connection while reading this book—you’ll find a little motivational trick that you know will work for you, or read a phrase that gets you out of your chair... and out of the kitchen!

No one has a bigger appetite than me! Food

was my entire life growing up. I could be blindfolded and still find a po' boy place. I was raised in New Orleans, within walking distance of the best food in the world. I love food! But I have learned to love myself too. And that is how I dropped more than 100 pounds in my early twenties and kept it off for the four decades since.

My parents were in show business. Although they were larger than life, they had cute little bodies. I don't know if they had to work hard to look as good as they did. My mother was a professional singer and performer for much of my childhood. She was petite and always dressed elegantly—a real Auntie Mame type!

I was raised with music playing all the time in the house, and we lived around the corner from Preservation Hall. My parents danced in the living room. That is probably why exercising to music and dancing is so important to me.

My parents' philosophy was "Know no strangers." I use everything they taught me. No one remains a stranger to me. And it's funny how people will open up to me, on the most personal topics—their weight, their health, their life stories. I am like their priest or rabbi!

That's one of the things that I love about this book. The authors of these stories open up their lives to you and share their ups and downs (literally) and unselfishly pass on their wisdom. I am sure you will find useful tips and some great inspiration in these pages.

It doesn't take much to start to gain control of your life. You can do it a little piece at a time. Take the first story in Chapter 1, "Getting Started," as an example. Douglas Brown was 80 pounds overweight and was rejected when he applied for life insurance. This spurred him to action.

He started simply—taking the stairs in his four-floor office building every day. Over time, this led to a complete change in his fitness and diet and he is a much happier and healthier guy today.

You really can learn to love exercise. In Chapter 2, “Exercise Can Be Fun,” you’ll read about Fran Signorino, who got in shape in the privacy of her home using my tapes. After a fairly aggressive perm, she even had my hair! And her family and friends tease her all the time when she says she is “doing Richard” and can’t be disturbed. She says I’m always in a good mood and I make her keep trying even when she’s tired. Happy to be of service!

One of the things I love about this book is that there are plenty of stories about “falling off the wagon.” We all have our bad days, and that doesn’t mean your diet and fitness program is over... it just means that you will do better the next day. In Chapter 3, “To Err Is Human,” you’ll read lots of stories from people who have their weak moments, including Rebecca Hill’s very funny story about working on a fitness video shoot in Hawaii with a super fit staff. She was so embarrassed about ordering hamburgers from room service that she left the empty tray outside someone else’s door every night!

Chapter 4 is about “Regaining Control” and you’ll feel much better about your own slips as you read how other people got back on track. Kimberly Hutmacher describes how she has lost 20 pounds over the last couple of years in her story called “Resolution Not Revolution.” She explains, “By keeping my goals small, I was able to follow through and sustain each one for the long haul.” And in Chapter 5 you’ll read about “The Gym” and how it really isn’t as scary as you might think. Sally

Schwartz Friedman has a great story called "Sweat Sisters" about going to a women-only gym where the social life and the great conversation distract her while she sweats her way to fitness.

You deserve to reach your target weight and get fit! And you deserve to have a realistic target weight.

One of my key themes is to laugh and have fun while you are taking care of yourself, and what better way to have fun than to have a diet and fitness buddy?

Having a buddy can help you stay "accountable" too. I met a 402-pound man last December who is using me as his accountability buddy. Every week he sends me a journal of what he has eaten. He has lost 105 pounds so far in the eight months he has been doing this.

Every morning I get up around 4:30 and say, "Thank you God for this beautiful day and I'll be kind to everyone in every way." Every day can be wonderful for you too. You can be proud of yourself and happy with the progress you are making toward your goals. Take an inventory of who you are and what you want, and then get started on the path toward "Shaping the New You." You're sure to find inspiration and companionship in these pages.

*~Richard Simmons*



我的生命中从不可缺少鼓舞人心的事物。因此，当《心灵鸡汤》的朋友们给我看了这本有关“重塑自我”的原稿时，我就想成为其中的一分子。说到照顾自己这个话题，我们都需要一些帮助。我们想要自己身体健康，体态优美，我们很清楚那样的感觉有多好，但要达到那个目的，我们需要动力促使自己去完成必要的辛勤劳动。

这一百个由普通人撰写的关于他们努力控制自己体重与健身的故事和我真的产生了共鸣，没有什么能比听到别人的事迹更鼓舞人心的了。毫无疑问，你在阅读这本书的时候一定会和作者一样感同身受。你会找到一个能够激发自己行动起来的小窍门，或在书中看到一个短语让自己离开椅子、离开厨房，开始锻炼。

没有人的胃口能比我的更大！成长的过程中，食物就是我的全部。即使蒙着双眼，我都能找到卖大三明治的地方。我在新奥尔良长大，走几步路就能尝到世界上最好的美食。我爱死了美食！但我也知道要爱惜自己。因此，我在二十出头的年纪减掉了一百多磅的体重，并且自那以后一直保持这样的身材长达四十年。



我的父母是在演艺圈里混的。尽管他们出了名，但他们和普通人一样有着娇小可爱的身材。我不知道他们为了保持良好的形象是不是要努力健身。我小时候，母亲是一名专业歌手及演员，她很娇小，总是打扮得很优雅，绝对的欢乐梅姑打扮。

成长过程中，我家里的音乐就没断过，而且我们就住在典藏厅附近的街角上。我的父母总在客厅里跳舞，那可能就是为什么跟着音乐做运动和跳舞对我来说是多么重要。

我父母的人生观就是“天下没有陌生人”。他们教我的东西，我全都用上了。对我来说，世界上是没有陌生人的。而别人对我敞开心扉的方式也很有意思，大部分都是以个人话题开始的，比如他们的体重、健康状况、人生经历。我就好像他们的神父或是祭司！

这是我喜欢这本书的原因之一，这些故事的作者把自己的人生展现在大家面前，和大家一起分享人生中真实的起伏经历，无私地为大家传达他们的智慧之言。我保证你会在这本书里找到有用的提示和一些很棒的启发。

掌控自己的人生并不需要耗费太多的精力，你可以每次做一点儿。比如第一部分的第二个故事里，道格拉斯·布朗超重了八十磅，在申请人寿保险的时候遭到拒绝。这刺激了他，促使他开始采取行动。他的开头很简单，就是每天爬四层楼高的办公楼。随着时间的推移，每天爬楼梯让他的健康状况和饮食结构发生了翻天覆地的变化，今天的他更加快乐、更为健康。

你真的可以学着爱上锻炼的。在第二部分“运动乐趣多多”的故事里，你会了解到弗兰·西格诺里诺的减肥经历，她看着我的录像带在自家的私人领地里成功瘦身。在强有效的烫发之后，她甚至拥有和我一样的头发！每当她说自己在跟着理查德锻炼、闲人勿扰的时候，她的家人和朋友就嘲笑她。她说她看到我的心情一直都很好，因此即使她累了，我也是她坚持锻炼的动

力。我非常高兴自己还能起到这样的效果！

我喜欢这本书的其中一个原因是书里有很多关于“半途而废”的故事。都会有不顺心的时候，但那并不意味着你的瘦身和健身课程要搁浅，只是说明明天你会做得更好。在第三部分“犯错才是人类”里，你会看到很多人在经历人生低潮时的故事，包括丽贝卡·希尔和超级健美员工在夏威夷拍摄健身录像的绝佳趣事。她觉得自己预订客房服务、把汉堡包送到自己房间非常丢人，于是每天晚上她都把一扫而空的送餐车留在其他房客的门前！

第四部分是关于“重获掌控权”的，在看到其他人如何重新恢复锻炼的时候，你会对自己犯下的错误感到欣慰。金伯利·赫曼彻在名为《决心，而不是革命》的文章里讲述了她自己在过去几年中如何减掉二十磅体重的心路历程。她解释说：“把目标定得低一点儿，这样我可以一个一个实现，并一步一步走向成功。”在第五部分里，你会读到有关“健身房”的故事，其实健身房并不像你想象中那么可怕。萨莉·施瓦茨·弗里德曼有一个很棒的故事叫《流汗姐妹》，故事讲述了她前往一家只对女士开放的健身房，在那里挥汗如雨地健身时，总有社交生活和热闹的聊天分散她的注意力。

你应该达到自己的目标体重、让自己变得健康！你也应该定一个能够实现的目标体重！

我觉得关键主题之一就是在瘦身的同时畅快大笑、享受乐趣。有什么方法能比拥有一个瘦身、健身伙伴更能让人享受乐趣的呢？

找个人一起锻炼可以帮助你们对彼此负责。去年12月，我遇见一个重达四百零二磅的男人，他把我当作他的责任伙伴。每个星期，他都会给我寄一份饮食日志。迄今为止的八个月里，他一直在坚持不懈地努力着，已经减掉了一百零五磅。

现在，每天早上四点半左右我就起床了，我对上帝说：“感谢上帝赐予我

这美好的一天，我会竭尽所能地友好待人。”对你来说，每一天同样可以是美妙的，你会对自己为靠近目标所取得的进步而感到骄傲和快乐。对自身和想要的东西做一次总结，然后开始迈向“重塑自我”的大道，你一定会在这本书里受到启发、发现同道中人。

——理查德·西蒙斯



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