

彩色双语珍藏版
BILINGUAL

华北水利水电学院图书馆



207841031

H319.4

J7025

心灵鸡汤

每天都是一份礼物

CHICKEN SOUP FOR THE HEART

[美] 杰克·汉森 著 胡 邓 译



世界图书出版公司

北京·广州·上海·西安

784103

图书在版编目(CIP)数据

心灵鸡汤——每天都是一份礼物/(美)汉森著;胡邓译. —北京:
世界图书出版公司北京公司,2003.9

(心灵鸡汤:双语版)

ISBN 7-5062-6180-4

I. 心... II. ①汉... ②胡... III. 英语-对照读物,人生哲学-英、汉
IV. H319.4:B

中国版本图书馆 CIP 数据核字(2003)第 082995 号

心灵鸡汤——每天都是一份礼物

著 者 [美] 杰克·汉森

译 者 胡邓

责任编辑 纪谊

出 版 世界图书出版公司北京公司

发 行 世界图书出版公司北京公司

(北京朝内大街 137 号 邮编 100010 电话 64077922)

销 售 各地新华书店和外文书店

印 刷 北京雅龙印刷厂

开 本 880×1230 1/32

印 张 8

字 数 12 千字

版 次 2004 年 2 月第 1 版

印 次 2004 年 4 月第 2 次印刷

ISBN 7-5062-6180-4/H·632

定价:18.00 元

版权所有 翻印必究

如何阅读本书

经常有读者告诉我们，当他们面临亲近的人死去或是身患重病之类的考验与磨难时，书中的故事对他们来说具有无法衡量的价值。对于我们能够有机会以这样的方式去帮助别人，我们真是心怀感激。有些读者告诉我们，他们会把《心灵鸡汤》放在床边，每天晚上读一则故事，经常也会重读他们比较喜欢的片言只语。许多读者还会利用这本书让家人聚在一起，他们趁着晚上大人和小孩齐聚一堂的时候，大声地朗读书中的故事。

你可以选择在你之前的读者所选择的阅读方式，也可以用特殊的模式去阅读这本书，让每一则故事引领你的思想前往新的方向。你可以根据自己的意愿，找到适合自己的方式。而最重要的是，无论怎样，只要你能享受阅读此书的乐趣。

2009/7/27

PART I HEART

Rock of Ages/004

Learn to Say Thanks/008

Mother's Day/017

As the Twig Is Bent/022

A New Version of Washington and Cherry Tree/025

A Shepherd/030

Water/036

Santa Clause: The True Story/045

The Listener/050

The Dreamer/057

The Day the World Ended/062

卷一 为你点一盏心灯



顽石/004

学会感激/008

母亲节/017

如嫩枝弯而不断/022

新编“华盛顿与樱桃树”/025

牧羊人/030

水/036

圣诞老人：一个真实的故事/045

倾听者/050

追梦人/057

世界末日/062

PART II DREAM

I Met a Bushman/073

Father and Daughter/082

The Lubber/089

The Mute Singer/097

目 录

卷二 梦中的野百合花

我碰到一个布须曼人/073

父女情深/082

新水手/089

哑巴歌手/097

PART III HEAVEN

- The Rose/108
A Mother's Blessing/113
The Great Hamster Caper/118
God's Bestowal/123
Father of the Bride/130
Lucky to Be Alive/137
The Love Letter/143
Friends/155
Sam's Way/158
My Father's Tears/164

卷三 来自天籁的音符

- 玫瑰之歌/108
母亲的祝福/113
仓鼠风波/118
上帝的恩赐/123
新娘的父亲/130
活着真幸运/137
情书迟来/143
友情可叹/155
萨姆的方式/158
父亲的眼泪/164

PART IV LOVE

A Boy with A Mission/176

Mikey's Chair/184

Mystery of the White Gardenia/192

Deadline: Midnight!/196

The Price of Love/201

目 录

卷四 因为爱所以美丽

一个男孩的心愿/176

迈吉的椅子/184

白梔子花之谜/192

赶在午夜之前/196

爱的代价/201

CONTENTS

PART V SOUL

Play It Again, Dad/212

Where the Sun Always Rises/218

Another April/223

My Father's Hands/233

The Days of Picking Blue Berries/239

卷五 做个灵魂的舞者

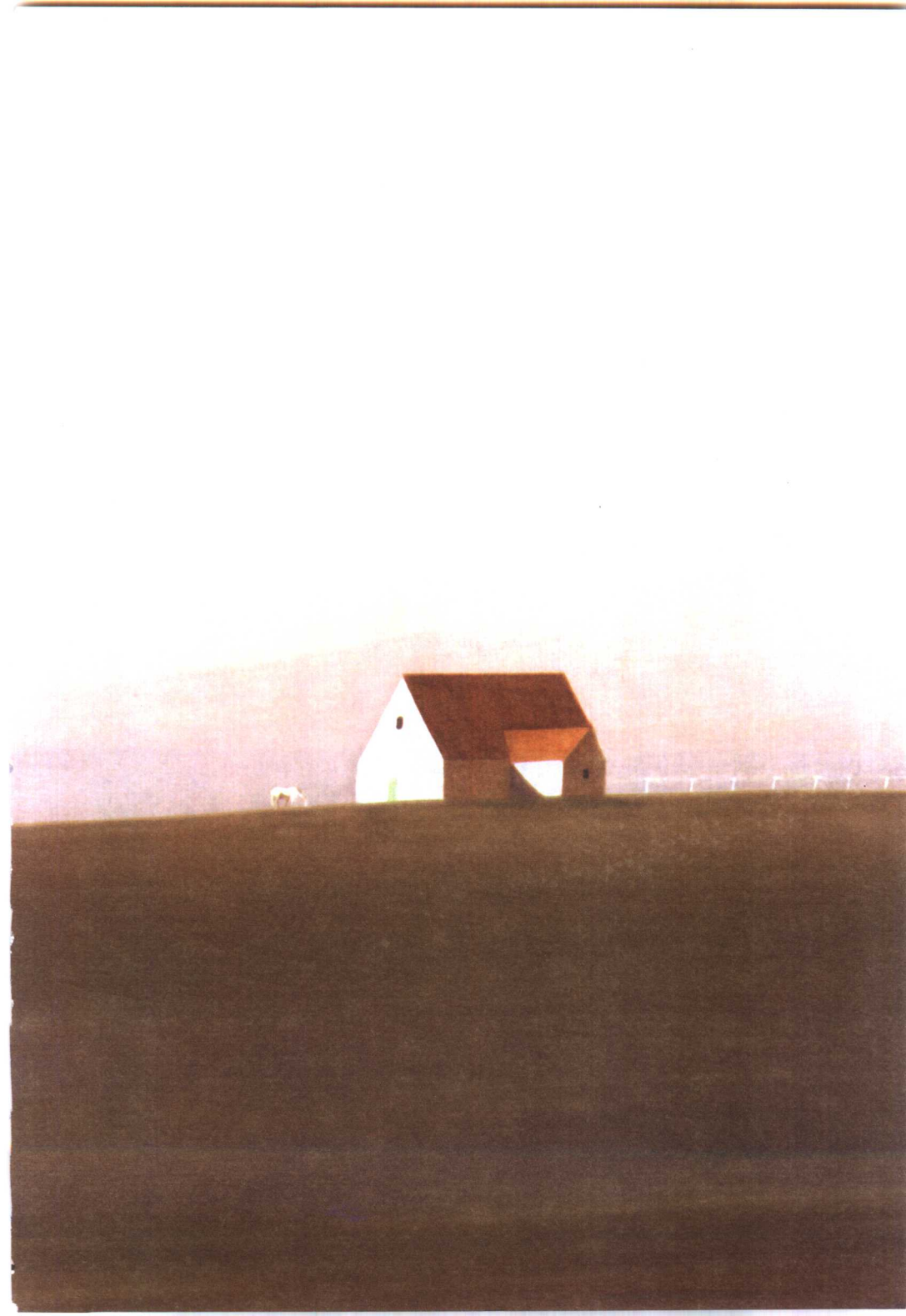
爸，再弹一次/212

日出东方/218

另一个四月/223

父亲的手/233

采摘紫浆果的日子/239



PART I HEART

THE SEA GYPSY

*I am fevered with the sunset,
I am fretful with the bay,
For the wander thirst is on me
And my soul is in Cathay.*

*There's a schooner in the offing,
With her topsails shot with fire,
And my heart has gone aboard her
For the Islands Desire.*

*I must forth again tomorrow!
With the sunset I must be
Hull down on the trail of rapture
In the wonder of the sea.*

— By Richard Hovey

卷一
为你点一盏心灯

海上吉卜赛

我为日落而兴奋，
我为海湾而焦躁，
因为我渴望去漂泊流浪，
我的灵魂已去了震旦。

远远的海面有条双桅船，
中桅帆火一般闪亮，
我的心早已经登上了她，
要驶向那渴望之乡。

我明天一定要再度出发！
一定要驶进那夕阳中，
沿欢乐的海路孤帆远去，
融进那大海的神奇。

——理查德·霍维



Rock of Ages

When I came to the farm as a bride, the rock was there, just around the corner of the house. It was an ugly dull orange, about a foot in diameter, and stuck up a couple of inches through the back lawn waiting to trip me.

“Can’t we dig it out?” I asked after I hit full speed with the lawn mower, breaking the blade.

“No, it’s always been there.” my husband said, and his father agreed. “It goes down pretty deep, I reckon.” my father-in-law added, “My wife’s family has lived here since the Civil War. No one’s ever got it out.”

diameter [ˈdaɪˌæmɪtə] n. 直径

blade [bleɪd] n. 刀刃, 刀片

stick up 突起; 竖起

trip [trɪp] v. 绊倒

reckon [ˈrekən] v. 估计; 猜想

心灵鸡汤

顽石

当我成为一个新娘来到这个农场的时候, 这块石头就在那儿, 正好就在房子的拐角处。它外表丑陋, 呈暗色橙形, 直径大约有一英尺, 有几英寸高凸起在屋后的草坪上, 好像随时等着要绊倒我似的。

有一次我正全速开着割草机, 一下就撞上了那块石头, 连刀刃都碰坏了。于是我就问道: “难道我们就不能把它挖出来吗?”

“不行, 它一直都在那儿。”我丈夫说。他父亲也表示赞同。接着我公公又补充说: “我估计, 它在土里埋得很深。自从内战以来, 我妻子一家就住在这里, 没有人曾挖动它。”

So it stayed. My children were born, grew up and went away. My father-in-law died. Some time later, my husband died.

After the mourning, there was the coping—and with a sharpened awareness of my surroundings, because I could change them more easily than my life's situation. The way a woman sees her house when a company comes unexpectedly. I saw a hundred little sore spots. I began to heal them, one at a time.

The spot at the southwest corner of the house, however, was never going to look nice. Now with that rock protection weeds and crab grass to form a scab on the green.

I went to the shed and got my shovel. I was going to dig out the rock.

a sharpened awareness 一种强烈的意识；一种深切的感受

sore spots (精神上)使人伤心的事；令人伤心的地方

company ['kʌmpəni] n. 陪伴；一大群

shovel ['ʃʌvl] n. 铲，生产

于是那石头就一直留在那里。接着，我的孩子们出生了，长大了，又各自离开了。我公公去世了。一段时间以后，我丈夫也去世了。

哀痛之后，我面临着妥善安排生活的问题——我强烈地感到应改变一下周围的环境，因为改变它要比改变我的生活状况容易得多。现在我开始观察我周围的院子，就像一个妇人在一大群客人意外来访时审视自己的房子一样。结果我看到的都是伤心之处。于是，我开始对它们一个一个地加以修补。

然而，房屋西南角的那一块地方总是让人看着别扭。在石头周围长满了野草，仿佛绿油油的草坪上有一块伤疤。

我走进小棚里，拿出铁锹，打算把那块大石头挖出来。

I braced myself for what was to be a long day, perhaps experienced by previous generations who had tried to dislodge the rock. I put on heavy shoes and rolled out my wheelbarrow. If it took the whole day, that rock was going to come out.

Five minutes later the rock was out. It had been about a foot deep, and maybe six inches wider than it looked from the top. I pried it loose with a crowbar and hoisted it into the wheelbarrow.

I was stunned. That rock had persisted there beyond living memory. Each family had taken it on faith that the previous generation had tried and failed to remove it. Because the rock had appeared to be large and deep, it was treated as immovable and strong. I have seen people do this too—and get others to walk carefully around them and assume a depth of character and knowledge solely

braced myself 鼓起勇气

demeanor [di'minə] n. 举动; 态度

心灵鸡汤

我鼓起勇气，准备大干一整天。也许先辈们已经尝试过要移走这块石头，但没成功。我穿上笨重的鞋，推出了我的手推车。即使要花一整天时间，我也要把那块石头挖出来。

五分钟之后，石头就露出来了。它入地约有一英尺深，地下部分比从上面看到的可能要宽六英寸。我用撬棍把它撬松，然后搬到了手推车里。

我十分惊讶。那块石头一直盘踞在那里，以至于今天的人们都记不起它了。每个家庭都深信不疑地以为前辈们曾试图搬走它，但都失败了。因为那块石头外表看起来似乎很大，入土似乎也很深，于是人们就觉得它坚如磐石，根本挪不动。我就曾见过这样的人：他们摆出学问渊博、深不可测的脸孔，其实纯粹是装

from demeanor rather than from actual accomplishment.

The orange rock had earned my respect. I couldn't just dump it behind the barn. So I wheeled it over to the shed, still within sight of the house. It rests there, with vinca growing around it.

I still see the rock every day but now as something good in my little landscape. It's a reminder that each generation ought to find things out for itself.

accomplishment [ə'kʌmplɪʃmənt] n. 才干; 学识; 才艺

vinca ['vɪŋkə] n. 长春蔓, 长春花

.....

装样子, 没什么真才实学, 只是想让人们对他们敬而远之。

这块橙形的石头已经赢得了我的敬意。我不能就把它倒在仓库后面不管了。于是, 我把它推出小棚, 仍作为房舍的一景。它默默地呆在那里, 周围爬满了常春藤。

我每天仍然能看到这块石头, 但是现在它成了我眼中一道美丽的风景。它提示着人们: 每一代人都应当亲自去探究某些事物。

Learn to Say Thanks

One of the nice things about having grown children is that I no longer have to tell them about writing thank-you notes. When they were little, all three would dictate thank-you's that I would include with drawings they'd made of their presents. By the time Eleanor, Sarah and Drew were old enough to write their own thank-you notes, however, they would do so only with much prodding.

"Have you written to thank Grandy for the book yet?" I'd ask, "What did you say to Aunt Dorothy about that top?" Invariably, I'd be met with mumbles and shrugs.

One year, in the days following Christmas, I'd grown weary of nagging. The children become mother-deaf. Frustrated, I declared

invariably [in'veriəb(ə)li] adv. 不变地, 总是
frustrated [frʌ'streitɪd] adj. 失败的, 落空的

心灵鸡汤

学会感激

孩子长大了, 有一个好处就是: 我不用再催他们写感谢信了。在我那三个孩子小的时候, 总是他们口述感谢, 由我将他们的话连同他们作为礼物所画的画一起寄走。等到埃莉诺、萨拉和德鲁都长大了, 能自己写感谢信时, 他们却总是要我百般督促才肯去写。

"你们写信感谢格兰迪送你们书了吗?" 我问, "还有多萝西姨妈送给你们陀螺, 你们写了些什么?" 每一次, 他们给我的回答都是咕哝和耸耸肩膀。

有一年, 圣诞节过后的那几天, 我不想再唠叨了。孩子们对

that no one would be allowed to play with a new toy or wear a new outfit until the appropriate thank-you notes had been mailed. Still they procrastinated and grumbled.

Something snapped. “Everyone into the car!” I said.

“Where are we going?” Sarah asked, bewildered.

“To buy a Christmas present.”

“But it’s after Christmas,” she protested.

“No arguing,” I said in a tone that meant exactly that.

The kids piled into the car. “You’re going to see just how much time those who care about you spend when they give you a present,” I told them. Handing Drew a pad of paper and a pencil, I said, “Please mark down the time we left home.”

procrastinate [prəʊ'kræstɪneɪt] v. 延迟, 耽搁, 没精打采地走(或坐、站)

我的话也早已当成耳边风了。我很沮丧，于是宣布，除非把该写的感谢信都写好寄了，否则谁也不许玩新玩具或穿新衣服。可他们还是拖延，不停地抱怨。

我突然灵机一动，说：“你们都给我上车！”

“去哪儿？”萨拉疑惑地问。

“买圣诞礼物。”

“可是圣诞节都过了。”她反驳道。

“别吵了。”我以一种毋庸置疑的口气命令道。

孩子们挨个挤进汽车。“你们将会明白，那些关心你们的人到底花了多少时间为你们买礼物。”我对他们说。我递给德鲁一沓纸和一支铅笔，告诉他：“请记住我们离开家的时间。”