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Shaping the New You II

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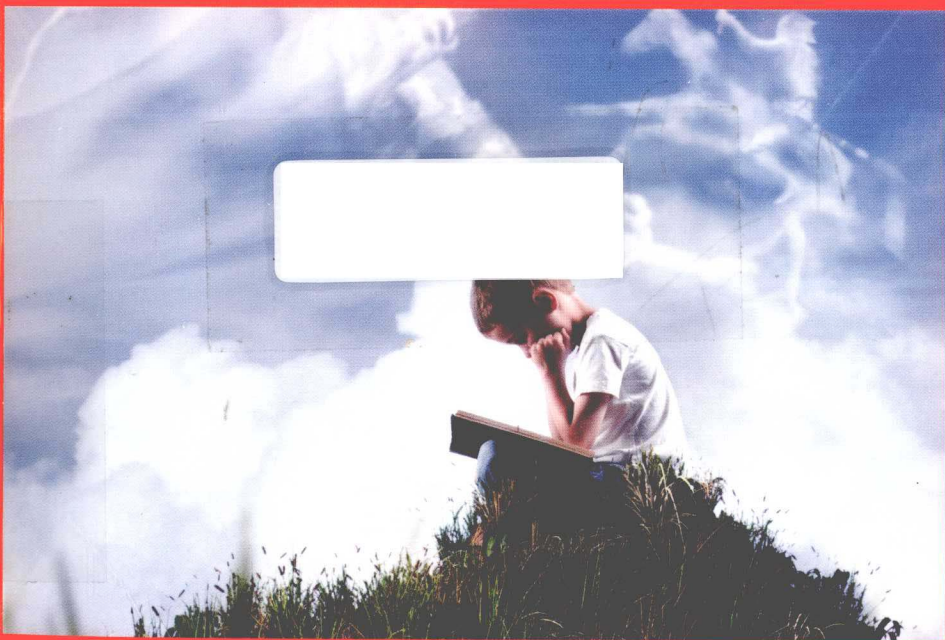
[美]

杰克·坎菲尔德 (Jack Canfield)

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艾米·纽马克 (Amy Newmark) / 编著

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湖南文艺出版社
HUNAN LITERATURE AND ART PUBLISHING HOUSE

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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 51 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.

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

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我的生命中从不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书的原稿时，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。

这五十一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！在成长的过程中，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。

我的父母是演艺界从业人员。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和演员，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。我就好像是他们的神父或祭司！

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。

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。此后的八个月里，他通过坚持不懈的努力，减掉

了一百零五磅。

现在，每天清晨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，你会为自己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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第一部分 喜欢自己

Chapter 1 Liking Myself

Whenever I find something to criticize about myself — I will
follow with a positive thought about myself.

—Richard Simmons, *The Book of Hope*

当我看不惯自己的时候，都会用一种积极的想法审视自我。

——理查德·西蒙斯《希望之书》