

· 注释版 ·

独家引进，全球热销 8,000 万册

心灵鸡汤

花样年华

A Second Chicken Soup for the Woman's Soul

Jack Canfield
Mark Victor Hansen
Jennifer Read Hawthorne
Marci Shimoff



· 注释版 ·

心灵鸡汤

A Second

花样年华

Chicken Soup

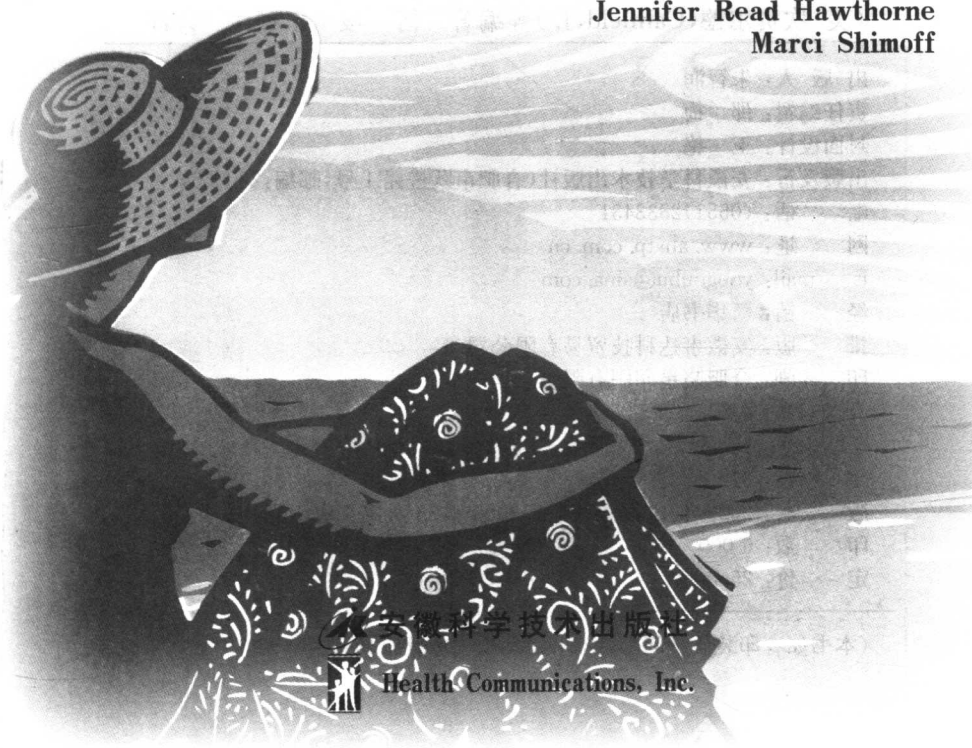
for the Woman's Soul

Jack Canfield

Mark Victor Hansen

Jennifer Read Hawthorne

Marci Shimoff



安徽科学技术出版社

Health Communications, Inc.

[皖] 版贸登记号:1201278

图书在版编目(CIP)数据

心灵鸡汤. 花样年华: 注释版/(美)坎费尔德
(Canfield, J.)等编著;何峻,朱耀武译注. —合肥:安徽
科学技术出版社,2006. 11

ISBN 7-5337-3602-8

I. 心… II. ①坎…②何…③朱… III. 英语-语
言读物,故事 IV. H319.4: I

中国版本图书馆 CIP 数据核字(2006)第 120126 号

心灵鸡汤. 花样年华: 注释版

(美)坎费尔德(Canfield, J.)等编著 何 峻 朱耀武 译注

出 版 人: 朱智润

责任编辑: 邵 梅

封面设计: 王 艳

出版发行: 安徽科学技术出版社(合肥市跃进路1号, 邮编: 230063)

电 话: (0551)2833431

网 址: www.ahstp.com.cn

E - mail: yougoubu@sina.com

经 销: 新华书店

排 版: 安徽事达科技贸易有限公司

印 刷: 合肥晓星印刷有限责任公司

开 本: 880×1230 1/32

印 张: 15

字 数: 376 千

版 次: 2006 年 11 月第 1 版 2006 年 11 月第 1 次印刷

印 数: 6 000

定 价: 25.00 元

(本书如有印装质量问题, 影响阅读, 请向本社市场营销部调换)

严正声明

安徽科学技术出版社已获得美国 Health Communications, Inc. 的授权,享有在中国独家出版、发行《心灵鸡汤》注释版的专有权。任何单位或个人,未经我社书面授权,不得擅自以任何形式使用本书的任何一部分,否则,我社将依法追究其法律责任。

监督举报电话:(0551)2846184

Original edition[©] 1998 by
Jack Canfield, Mark Victor Hansen,
Jennifer Read Hawthorne and Marci Shimoff

Original title: A Second Chicken Soup for the Woman's Soul

Original edition published by Health Communications, Inc. 1998

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the written permission of the Publishers.

Printed and bound in China

《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!

地址:合肥市跃进路1号
新闻出版大厦10楼
邮购电话:0551-2833431
邮编:230063
收款人:安徽科技出版社邮购部
网址:www.ahstp.com.cn
邮箱:yougoubu@sina.com

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美语的同时,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“点评”,便于读者体会其精妙之处。

本书由何峻、朱耀武加注。



Acknowledgments

致 谢

A Second Chicken Soup for the Woman's Soul has taken more than a year to write, compile and edit. It has been a true labor of love for all of us. One of the greatest joys of creating this book was working with people 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 families, who have given us love and support throughout this project, and have been chicken soup for our souls!

Dan Hawthorne, whose unconditional acceptance, enthusiasm for our work and great sense of humor always keep us going. Thank you for being one of our biggest fans.

Amy and William Hawthorne, for sharing their youthful perspective and being part of our cheering section.

Maureen H. Read, for always being there for us.

Louise and Marcus Shimoff, who are always thinking of us and providing love and support on every level.

Georgia Noble, for her love and her gracious support while we worked on this project.

Christopher Noble Canfield, for sharing his innocence, his art,



his singing,his acting,his great hugs and his irrepressible love for life with us.

Patty Hansen,and Elisabeth and Melanie Hansen,for once again sharing and lovingly supporting us in the process of creating yet another book.

Patty Aubery,the glue that holds everything together at the central *Chicken Soup for the Soul* office.Your heart,your clarity and your dedication are a constant inspiration,and we always appreciate how much we can count on you.

Beverly Merson,for putting her heart and soul into this project. We are grateful for your extraordinary talents in researching and creative problem-solving,and for your great dedication to this book. We thank you from the bottom of our hearts.

Elinor Hall,who did an extraordinary job in helping us read and research stories for this book.We deeply appreciate your support, your love and your friendship.

Carol Kline,for her wonderful contributions in researching, writing and editing stories for this book.Carol,you are a brilliant writer and we are grateful for your talent and your never-ending friendship.

Cynthia Knowlton and Sue Penberthy,for their devoted support and care of Jennifer's and Marci's respective lives.Thank you for keeping us sane.We couldn't have done this without both of you.

Sharon Linnéa,Erica Orloff and Wendy Miles,for the ir marvelous job of editing numerous stories.Your editor's touch captured the essence of *Chicken Soup*.

Joanne Cox,for an outstanding job typing and preparing our initial manuscripts.Thank you for your great attention to detail and your loyalty to this project.

Craig Herndon,our information management hero,for assisting with the preparation of the initial manuscript.

Suzanne Thomas Lawlor,for her excellent contributions in



researching and reading hundreds of story submissions.

Jeanette Lisefski, for keeping parts of our office impeccably on track.

Peter Vegso and Gary Seidler at Health Communications, Inc., our publishers extraordinaire, for their vision and their commitment to bringing *Chicken Soup for the Soul* to the world.

Heather McNamara, senior editor for the *Chicken Soup for the Soul* series, for working with us throughout the process of compiling this book, and for preparing and editing our final manuscript. You are a pro and a joy to work with!

Nancy Mitchell, for managing the ever-hallenging process of obtaining permissions for the stories used in this book—and somehow staying sane through it all. Thanks for your invaluable help.

Leslie Forbes, who was always there when we needed her and always had a smile on her face and love in her heart.

Veronica Romero and Robin Yerian, for working in Jack's office to make sure everything ran smoothly during the production of this book.

Rosalie Miller, who kept all of the communication flowing efficiently throughout this project. Your smiling face and never-nding encouragement have lightened our hearts.

Teresa Esparza, who brilliantly coordinated all of Jack's speaking, travel, and radio and television appearances during this time.

Kimberly Kirberger, for her ongoing support in all areas.

Larry and Linda Price, who, in addition to keeping Jack's Foundation for Self-Esteem operating smoothly, continue to administrate the Soup Kitchens for the Soul project, which distributes thousands of *Chicken Soup for the Soul* books free each year to prisoners, halfway houses, homeless shelters, battered women's shelters and inner city schools.



John and Shannon Tullius, John Saul, Mike Sacks, Bud Gardner, Dan Poynter, Bryce Courtney, Terry Brooks and all our other friends at the Maui Writers Conference and Retreat who inspire and encourage us every year.

Christine Belleris, Matthew Diener, Lisa Drucker and Allison Janse, our editors at Health Communications, for their generous efforts in bringing this book to its high state of excellence.

Randee Goldsmith, *Chicken Soup for the Soul* manager at Health Communications, for her masterful coordination and support of all the *Chicken Soup* projects.

Terry Burke, Irene Xanthos, Jane Barone, Lori Golden, Kelly Johnson Maragni, Karen Baliff Ornstein and Yvonne zum Tobel, the people at Health Communications, responsible for selling and marketing the *Chicken Soup* books.

Kim Weiss, Larry Getlen and Ronni O'Brien at Health Communications, for their publicity and marketing efforts.

Andrea Perrine Brower at Health Communications, for working with us so patiently and cooperatively on the cover design of this book.

Robbin O'Neill, and George and Felicity Foster, for their artistic input and invaluable ideas on cover design.

Rochelle Pennington, for assisting us with quotes.

Sandra McCormick Hill and Lynn Ramage at *Reader's Digest* and Maria Porzio at Economics Press, who generously go out of their way to help us.

Jim Rubis and the Fairfield (Iowa) Public Library, and Tony Kainauskas, Arnie Wolfson and Shirley Norway at 21st Century Bookstore, for their outstanding research assistance.

Fairfield Printing, especially Stephanie Harward and Cindy Sharp, for their enthusiastic support of our work.

Tom Simmons and Sherry Johnson at the Fairfield Post Office, for assistance above and beyond the call of duty.



Jerry Teplitz, for his inventive approach to testing manuscript and cover design.

John Reiner, who nourished our bodies and souls with his exquisite food during the final weeks of the project.

Robert Kenyon, for always being there with love, humor and support.

Debra Poneman, for her inspiration.

Terry Johnson and Bill Levacy, for their astute guidance on aspects of this project.

M., for the gifts of wisdom and knowledge.

Ann Blanchard, for her strength, clarity and loving guidance on this project.

The following people, who supported and encouraged us during this project: Ron Hall, Amsheva Miller, Birgitte Necessary, Paul and Susan Shimoff, and Lynda Valles.

We extend our gratitude to the following people, who completed the monumental task of reading the preliminary manuscript of this book, helped us make the final selections, and made invaluable comments on how to improve the book: Christine Belleris, Carolyn Burch, Diana Chapman, Linda DeGraaff, Lisa Drucker, Leslie Forbes, Mary Gagnon, Randee Goldsmith, Elinor Hall, Amy Hawthorne, Carol Jackson, Allison Janse, Carol Kline, Jeanette Lisefski, Kathy Karocki, Cynthia Knowlton, Robin Kotok, Ariane Lu ckey, Barbara McLoughlin, Karen McLoughlin, Heather McNamara, Barbara McQuaide, Beverly Merson, Holly Moore, Sandra Moradi, Sue Penberthy, Maureen H. Read, Wendy Read, Karen Rosenstein, Heather Sanders, Marcus and Louise Shimoff, Belinda Stroup, and Lynda Valles.

We also thank the following people, who took the time to spread the word about this book and helped us network with other writers: Terry Marotta, Marsha Arons, Jean Ravenscroft, Rob Spiegel, Eddy Hall, Marilyn Strube, Melanie Hemry, Maxine



Holder, Marlene Bagnull, Bob Lightman, Carol Zetterberger, Pam Gordon, Ray Newton, Marion Bond West, John Fuhrman, Robyn Weaver, Susan Osborne, Meera Lester, Reg A.Forder, Elaine Colvin Wright, Elizabeth Klungness, Anita Gilbert and Marden Burr Mitchel.

We deeply appreciate all the *Chicken Soup for the Soul* coauthors, who make it a joy to be part of this *Chicken Soup* family:Patty Aubery, Marty Backer, Ron Camacho, Irene Dunlap, Patty Hansen, Kimberly Kirberger, Tim Clauss, Carol Kline, Hanoch McCarty, Meladee McCarty, Nancy Mitchell, Maida Rogerson, Martin Rutte, Barry Spilchuk and Diana von Welanetz Wentworth.

We also wish to acknowledge the hundreds of people who sent us stories, poems and quotes for possible inclusion in *A Second Chicken Soup for the Woman's Soul*.While we were not able to use everything you sent in, we were deeply touched by your heartfelt intention to share yourselves and your stories with our readers and us.Many of these may be used in future volumes of *Chicken Soup for the Soul*.Thank you!

Because of the size of this project, we may have left out the names of some people who helped us along the way.If so, we are sorry—please know that we really to appreciate all of you very deeply.

We are truly grateful for the many hands and hearts that have made this book possible.We love you all!



Introduction

简 介

Welcome to A Second Chicken Soup for the Woman's soul: 101 More Stories to Open the Hearts and Rekindle the Spirits of Women.

Since the first *Chicken Soup for the Woman's Soul* came out, we have been overwhelmed by the response from readers around the world. The book has been at the top of every major bestseller's list in the United States, and it continues to be read by millions.

But what has moved us most is the feedback about how the stories have touched the lives of women around the world. Our goal in writing that book was to open the hearts and touch the souls of women everywhere. Apparently, that happened.

In fact, many readers told us that these stories are like potato chips—once you start, you can't read just one. The letters and comments we have received have been so moving and inspiring that we wanted to share a few with you.

From the Bahamas: "It was just absolutely one of the best books I have read for a long time. When I was about halfway into the book, I deliberately slowed down because I did not want the beautiful stories to end."

From New Zealand: "...after reading this book, I can honestly say that I say more thank-ous, and as I climb into a warm bed at



night, I count my blessings.”

From Michigan: “The stories made me cry—not out of sadness but out of joy. I said to myself, ‘Who are these women and how come I don’t know them? They are so much like me, sometimes struggling but with an amazing sense of self.’ I found myself then saying, ‘I do know them. *I am them.*’”

From California: “I suffer from depression. I’ve never wanted to take anti-depressants due to their side effects. Your books work as my medication. As long as I am able to read at least a story or two a day, I feel okay. Being a single mom, life is hard enough, but your books give me what I need to make it a little easier.”

We are often asked why the *Chicken Soup for the Soul* books have become such a phenomenon. From our experience, people seem to be soul-starved. With all the bad news that we hear all day long, people are relieved to hear these true stories of hope, courage, love and inspiration. They nourish the soul.

Mother Teresa has said:

The greatest disease in the West today is not TB or leprosy; it is being unwanted, unloved and uncared for. We can cure physical diseases with medicine, but the only cure for loneliness, despair and hopelessness is love. There are many in the world who are dying for a piece of bread, but there are many more dying for a little love. The poverty in the West is a different kind of poverty—it is not only a poverty of loneliness but also of spirituality. There’s a hunger for love....

The stories in *A Second Chicken Soup for the Woman’s Soul* are about ordinary people doing extraordinary things. We are happy to celebrate the good in people and we hope that this “soup” helps satisfy, even in some small way, the hunger for love in the world.



Contents

目 录

Acknowledgments	IX
致谢	
Introduction	XV
简介	

1. ON LOVE

关于爱情

The Wallet	2
钱包	
A Gift for Robby	9
罗比的礼物	
A Dance with Dad	13
与父共舞	
A Miracle of Love	17
爱的奇迹	
A Dream Come True	21
梦想成真	
Safe-Keeping	27
安全感	
The Best Badge of All	33
至高荣誉	



The Christmas Star	37
圣诞星	
My Dad, Charlie and Me	41
父亲、查理和我	
My Dad	45
我的爸爸	
A Happy-Ever-After	49
快乐永恒	
Holding On	53
坚持到底	
Of Miracles, Children and Joshua's Jingle Bell	58
铃儿响丁当	
Love in Action	64
简单爱	

2. ON ATTITUDE

关于态度

The True Spirit of Christmas	66
圣诞精神	
Veronica's Babies	71
弗罗尼卡的宝贝	
Seeing with the Heart	76
用心感悟	
A Jelly Bean for Halloween	81
万圣节的软糖	
Unexpected Angels	84
意外的天使	
Beauty Contest	87
美丽之争	
The Scar	89
伤痕	
The Melding	93
爱的结合	