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双语  
精华版  
(附赠 MP3)

# 心灵鸡汤

[成长系列]

岁月的音符

重拾那些岁月的音符，它们是生命时光中最深情的伙伴，是撒满在成长岁月里的珍珠。

*The Best of the Years*

Jack Canfield & Mark Victor Hansen 等 著  
胡织女 骆忠武 李光华 译

Chicken  
Soup for the  
Soul

安徽科学技术出版社

Health Communications, Inc.



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电话:(0551)3533330

网址:www.ahstp.com.cn

E-mail:yougoubu@sina.com

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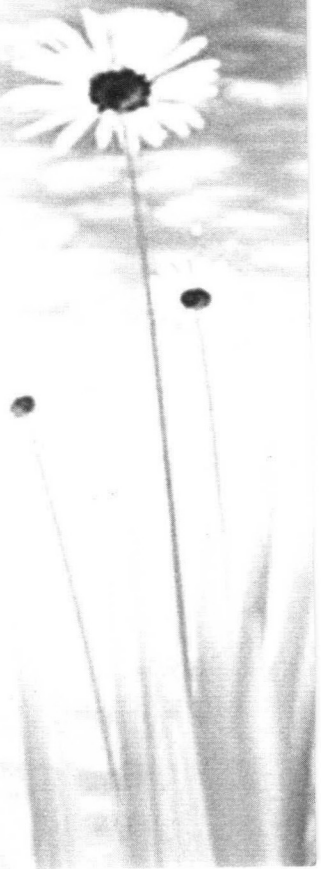
作为原生于美国的大众心理自助与人生励志类的闪亮品牌,《心灵鸡汤》语言地道新颖,优美流畅,极富时代感。书中一个个叩人心扉的故事,充分挖掘平凡小事所蕴藏的精神力量 and 人性之美,真率倾诉对生命的全新体验和深层感悟,字里行间洋溢着爱心、感恩、信念、鼓励 and 希望。因其内涵哲思深邃,豁然释然,央视“百家讲坛”曾引用其作为解读援例。

文本的适读性与亲和力、故事的吸引力和感召力、内涵的人文性和震撼力,煲出了鲜香润泽的《心灵鸡汤》——发行40多个国家和地区,总销量达一亿多册的全球超级畅销书!

安徽科学技术出版社独家引进的该系列英文版,深得广大读者的推崇与青睐,频登各大书店及“开卷市场零售监测系统”的畅销书排行榜,多次荣获全国出版发行业的各类奖项。

就学英语而言,本系列读物的功效已获广大读者乃至英语教学界的充分肯定。由于书中文章的信度和效度完全符合大规模标准化考试对考题的质量要求,全国大学英语四级考试、全国成人高考的阅读理解真题曾采用其中的文章。大学英语通用教材曾采用其中的文章作为精读课文。

为了让更多读者受惠于这一品牌,我社又获国内独家授权,隆重推出双语精华版《心灵鸡汤》系列:英汉美文并蓄、双语同一视面对照——广大读者既能在轻松阅读中提高英语水平,又能从中感悟人生的真谛,激发你搏击风雨、奋发向上的生命激情!



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## Love Is Never Lost

*If our love is only a will to possess, it is not love.*

Thich Nhat Hanh

They say it's better to have loved and lost, than never to have loved at all.

That thought wouldn't be very comforting to Mike Sanders. He had just been dumped by his girlfriend. Of course, she didn't put it quite that way. She said, "I do care about you, Mike, and I hope we can still be friends." Great, Mike thought. *Still be friends. You, me and your new boyfriend will go to the movies together.*

Mike and Angie had been going together since they were freshmen. But over the summer, she had met someone else. Now as he entered his senior year, Mike was alone. For three years they shared the same friends and favorite hangouts. The thought of returning to those surroundings without Angie made him feel—well, empty.

Football practice usually helped him take his mind off his troubles. Coaches have a way of running you until you are so tired, you can't really think of anything else. But lately, Mike's heart just wasn't in it. One day it caught up with him. He dropped passes he wouldn't normally miss and let himself get tackled by guys who had never been able to touch him before.

Mike knew better than to have the coach yell at him more than once, so he tried a little harder and made it through the rest of the



## 爱是永远不会失去的

一心想占有的爱情不是真正的爱情。

一行禅师

有人说爱过之后失去总比从来不爱的好。

这种想法可不会给迈克·桑德斯带来一丁点儿安慰。他刚刚被女友“甩”了。当然她可不是那么说的。她说：“迈克，我当然在乎你，希望我们还能做朋友。”这倒好，依然是朋友！我，你和你的新男友将会一起看电影，迈克暗暗想到。

迈克和安吉大一时就开始恋爱了。可今年夏天，她又遇到了另外一个人。今年大四了，迈克却成了光棍一个。三年来，他们有着同样的朋友圈子，一起前往常去的地方。一想到故地重游却无安吉相伴左右，他便感到失落无比。

橄榄球训练通常能让他忘掉烦恼。教练们有办法让你跑到筋疲力尽，直到你无力再想任何事情。可是最近，迈克训练时，总是心不在焉。一天，他又是如此。他竟然未能接住平常决不会丢掉的球，以前连碰都别想碰他的那些家伙竟然揪住了他。

迈克可不会傻到让教练冲他叫嚷两次，所以他训练起来更加卖力，总算完成了接下来的训练。当他跑下足球场时，他被告知去教练





practice. As he was running off the field, he was told to report to the coach's office. "Girl, family or school: Which one is bothering you, son?" asked his coach.

"Girl," Mike responded. "How did you guess?"

"Sanders, I've been coaching football since before you were born, and every time I've seen an all-star play like a J.V. rookie, it's been because of one of those three."

Mike nodded. "Sorry, sir. It won't happen again."

His coach patted him on the shoulder. "This is a big year for you, Mike. There's no reason why you shouldn't get a full ride to the school of your choice. Just remember to focus on what's really important. The other things will take care of themselves."

Mike knew his coach was right. He should just let Angie go and move on with his life. But he still felt hurt, even betrayed. "It just makes me so mad, Coach. I trusted in her. I opened myself up to her. I gave her all I had, and what did it get me?"

His coach pulled out some paper and a pen from his desk drawer. "That's a really good question. What did it get you?" He handed Mike the pen and paper and said, "I want you to think about the time you spent with this girl, and list as many experiences, good and bad, that you can remember. Then I want you to write down the things that you learned from each other. I'll be back in an hour." With that, the coach left Mike by himself.

Mike slumped in his chair as memories of Angie flooded his head. He recalled when he had first worked up the nerve to ask her out, and how happy he had been when she said yes. Had it not been for Angie's encouragement, Mike wouldn't have tried out for the football team.

Then he thought of the fights that they had. Though he couldn't

办公室报到：“女孩，家庭，学校：到底哪一个让你烦恼，孩子？”他的教练问道。

“女孩，”迈克答道，“您以为是什么？”

“桑德斯，我在你出生前就是橄榄球教练。每次看到一个全明星玩起球来像一个大学校队新手，我就知道原因不外乎以上三种。”

迈克点了点头，说道：“对不起，教练。再也不会发生了。”

教练拍了拍他的肩：“今年对你来说很重要，你没有理由不从理想中的大学顺利毕业。记住要把精力放在重要的事情上，其他的事情顺其自然。”

迈克知道他的教练是对的，他应该放弃安吉，继续他的生活。可他依然感到受了伤害，有种被背叛的感觉。“教练，我十分生气。我非常信任她，向她敞开了心扉，我给了她我的一切，可我得到了什么？”

他的教练从抽屉里抽出几张纸和一支钢笔。“这个问题问得好。你得到了什么？”他把纸和笔递给迈克，说道：“我想让你想一想和这位女孩度过的时光，列出你能记起的经历，不论是愉快的还是不愉快的。然后我要你写下在对方身上学到的东西。我一小时后回来。”说着，教练丢下迈克离开了。

迈克颓然跌坐在椅子上，关于安吉的记忆如潮水般涌进他的脑海。他想起他第一次鼓起勇气邀她出去，当她答应时他是多么的快乐呀！如果不是安吉的鼓励，迈克绝不会参加球队的选拔。

然后他想起了他们之间的争吵。尽管他记不起争吵的所有原







remember all the reasons for fighting,he remembered the sense of accomplishment he got from working through their problems.He had learned to communicate and compromise.He remembered making up after the fights,too.That was always the best part.

Mike remembered all the times she made him feel strong and needed and special.He filled the paper with their history,holidays,trips with each other's family,school dances and quiet picnics together.Line by line,he wrote of the experience they shared,and he realized how she had helped shape his life.He would have become a different person without her.

When the coach returned,Mike was gone.He had left a note on the desk that simply read:

*Coach,*

*Thanks for the lesson.I guess it's true what they say about having loved and lost,after all.See you at the practice.*

*David J.Murcott*

因,他却记得解决问题后的成就感。他学会了沟通和妥协。他也记得他们每次争吵后又和好如初。这总是最为甜蜜的回忆。

她让他感到强壮,她让他感到与众不同,她让他感到有用,这一切他都依然记得。他在报纸上写下了他们的过去、和对方家人一起度过的节日和旅行,一起出席的学校舞会和两人的野餐。关于他们共同的经历他写了一行又一行,他意识到她对他的生活影响是多么的大。没有她,他会是另外一个人。

教练回来时,迈克已经离开了。桌上有他留下的便条,上面简单地写道:

教练:

谢谢您给我上的这一课。爱过而失去总比从来没爱过要好,我想这句话是对的。明天训练场见。

大卫·麦考特



## My First Experience at Tasting the Raindrops



My blue shirt blended in perfectly with the color of the concrete I leaned against. As my hands lightly brushed the bumpy surface, I considered staying in that spot forever. I thought about the past few days, and I started to cry. I felt lonely as I watched the other students. There were the “in” groups and the “dork” groups. All were laughing and talking, trying to catch the boys’ eyes, and perfectly comfortable with their surroundings. I gazed down at my crumpled shirt and new Kmart brand jeans, and struggled to understand where I fit in the jigsaw puzzle of the seventh grade.

As the clock’s hands slowly turned, the end of the day crept in, and I stood in my hiding place. I could hear the groans of school buses arriving to take all the kids home. There were already students on the buses, and those were the ones I ached to join. They all looked the same in their navy blue skirts and matching white shirts. Stepping into the doors of a public school meant transforming my whole world from prayers and friends to brand names and gossip. Weeks passed by as I sank deeper and deeper into depression. Like my shirt and the concrete, I blended into the background of every situation, halfway wanting someone to notice me but at the same time longing to remain part of the masses. Then one day it all changed.

Every morning I dutifully filled the empty bus seat in the third

## 首次品尝雨滴

我的蓝衬衫与我靠着的水泥墙的颜色完全融在一起。当我的手轻轻抚摸着其凹凸不平的表面时,我想永远地呆在这个地方。想着前几天的事情,我开始哭。看着其他学生,我感到孤独。他们有的属于“时髦一族”,有的属于“书呆子一族”。所有的人都有说有笑,想吸引男孩子们的目光,对周围的环境感到满意。我低头看着自己皱巴巴的衬衫和新的凯马特牌牛仔裤,想方设法弄清七年级那种七巧板似的多彩生活中我的位置在哪。

随着时钟的指针慢慢地转动,这一天也不自觉地要结束了,我还站在躲藏的地方。我能听见来接孩子们回家的校车到达时的嘎吱声。车上已有学生,这些正是我想融入其中的人。以前,穿着藏青色的短裙,配着白色的衬衫,他们看起来都一样。可跨入公立学校的大门意味着我要改变自己的世界,不再关心祷文和朋友,而是品牌名称和闲言碎语。日子一个星期一个星期地过去了,我也越来越消沉。就如我的衬衫与水泥墙的关系,任何情况下我只能融入到背景中,既想引起他人的注意同时还想成为主体的一部分。后来有一天,一切全变了。

每天早上我都是坐在左边第三排空荡荡的座位上,好像这是我

