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双语
精华版
(附赠 MP3)

心灵鸡汤

[经典系列]

时光的印记

任时光飞逝，总有些印记在心灵深处挥之不去。

Traces of the Years

Jack Canfield & Mark Victor Hansen 等著
徐 艳 杨 芳 译

Chicken Soup for the Soul

安徽科学技术出版社
Health Communications, Inc.

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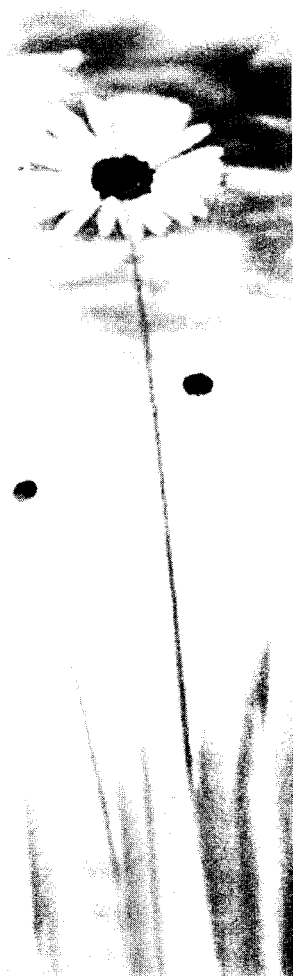
作为原生于美国的大众心理自助与人生励志类的闪亮品牌,《心灵鸡汤》语言地道新颖,优美流畅,极富时代感。书中一个个叩人心扉的故事,充分挖掘平凡小事所蕴藏的精神力量 and 人性之美,真率倾诉对生命的全新体验和深层感悟,字里行间洋溢着爱心、感恩、信念、鼓励 and 希望。因其内涵哲思深邃,豁朗释然,央视“百家讲坛”曾引用其作为解读援例。

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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Follow Your Dream

追寻梦想

I have a friend named Monty Roberts who owns a horse ranch in San Ysidro. He has let me use his house to put on fund-raising events to raise money for youth at risk programs.

The last time I was there he introduced me by saying, "I want to tell you why I let Jack use my house. It all goes back to a story about a young man who was the son of an itinerant horse trainer who would go from stable to stable, race track to race track, farm to farm and ranch to ranch, training horses. As a result, the boy's high school career was continually interrupted. When he was a senior, he was asked to write a paper about what he wanted to be and do when he grew up.

"That night he wrote a seven-page paper describing his goal of someday owning a horse ranch. He wrote about his dream in great detail

我有个叫蒙丁·罗伯特的朋友,他在圣·伊丝德罗有一个马场。他曾把他那儿的几间房借给我开展基金筹措项目,提供青年创业资金。

上回在他的马场时,他这样向人介绍我,“要说我为什么把房子借给杰克,得说一个故事。有个年轻人,父亲是常年奔波的驯马人,来回奔波于马厩、赛马场、农场、牧场,为人训练马匹。因为这样,年轻人的高中学业不停地被打断。毕业那年,他被要求写一篇文章,说自己将来的打算。”

“年轻人连夜写了整整7张纸,说将来想拥有一个马场。他写得很详细,甚至还画了一张草图,描绘他梦想中那片200英亩的马场,标





and he even drew a diagram of a 200-acre ranch, showing the location of all the buildings, the stables and the track. Then he drew a detailed floor plan for a 4,000-square-foot house that would sit on the 200-acre dream ranch.

"He put a great deal of his heart into the project and the next day he handed it in to his teacher. Two days later he received his paper back. On the front page was a large red F with a note that read, 'See me after class.'"

"The boy with the dream went to see the teacher after class and asked, 'Why did I receive an F?' "The teacher said, 'This is an unrealistic dream for a young boy like you. You have no money. You come from an itinerant family. You have no resources. Owning a horse ranch requires a lot of money. You have to buy the land. You have to pay for the original breeding stock and later you'll have to pay large stud fees. There's no way you could ever do it.' Then the teacher added, 'If you will rewrite this paper with a more realistic goal, I will reconsider your grade.'"

"The boy went home and thought about it long and hard. He asked his father what he should do. His father said, 'Look, son, you have to make up your own mind on this. However, I think it is a very important decision for you.'

"Finally, after sitting with it for a week, the boy turned in the same paper, making no changes at all. He stated, 'You can keep the F and I'll keep my dream.'"

Monty then turned to the assembled group and said, "I tell you this story because you are sitting in my 4,000-square-foot house in the middle of my 200-acre horse ranch. I still have that school paper framed over the fireplace." He added, "The best part of the story is that two summers ago that same schoolteacher brought 30 kids to camp out on my ranch for a week. When the teacher was leaving, he said, 'Look, Monty,

出所有房子、马厩和赛马场的位置,最后他还附了一张200英亩的梦想马场上4 000平方英尺的大房子的设计图稿。”

“他花了不少心思在上面。第二天,他把文章和图稿交给了老师。两天后,发下的作业上画了一个大大的F(极差),旁边有一行字:下课后来见我。”

“满怀梦想的年轻人去了,问道:‘为什么给我F?’老师说:‘对你来说,这个梦想不太现实。你没有钱,家庭条件一般,没有基础。创办马场得花一大笔钱。买地、创建投资、花大笔钱买种马,你根本没办法做到。’老师接着说:‘如果你肯重新定一个现实的目标,改写这篇文章的话,我会重新考虑你的分数。’

“回到家,年轻人苦苦思考了很久。他问父亲该如何是好,父亲答到:‘孩子,你得自己拿主意。我想这对你很重要。’过了一个礼拜,年轻人一字未改,把原稿又交了上去,他还写道:‘你的F可以保留,我的梦想也得保留。’”

蒙丁转过身来,对大家说:“说这个故事的时候,你们已经置身于我200英亩的马场中心4 000平方英尺的大房子中了。那篇文章至今我还留在壁炉上的镜框里。故事的精彩部分是,前年夏天,那位老师带了30个孩子到我的马场露营一周。临行前他说:‘看,蒙丁,现在





I can tell you this now. When I was your teacher, I was something of a dream stealer. During those years I stole a lot of kids' dreams. Fortunately you had enough gumption not to give up on yours.'"

Don't let anyone steal your dreams. Follow your heart, no matter what.

Jack Canfield

我可以告诉你了。我做你老师的时候，我像是一个偷梦者，我偷走了很多孩子的梦想，幸好你有进取心，始终不肯放手。’”

别让任何人偷走你的梦想。不管发生什么事，都要追寻自己的梦想。

杰克·卡菲尔德



The Perfect Hug 完美拥抱

Please continue to look at your children as valuable treasures. Honor them and yourself.

Bernie Siegel

请一直把你的孩子们视为珍宝,尊重他们和你自己。

波涅·西杰尔

The room was filling up with teachers and administrators. It was a long room with those bare and fading painted walls that we've come to associate with schools, church rectories and other under-funded institutions. The only details to relieve the plainness were the flag up on the front wall and the cracked slate chalkboard. This huge room served many purposes: classroom, meeting space and recreation hall for this old, small college.

I had been invited to present a workshop on innovative teaching methods to a large group of local teachers.

房间里挤满了教师们和教育管理人员,这是一间墙壁上的油漆已经陈旧剥落的狭长的大房间,这儿聚集的人来自各个学校、教区和这个基金会名下的大学。房间前面墙上挂的标志和斑驳的黑板提示,这间房间兼有多种用途:它是这所不大的古老的大学的教室、会议室和娱乐厅。

我受邀参加一项当地许多老师参与的教学方法改革的工作。

经典系列 / 时光的印记





At that moment in time, I was a single parent with full custody of my two little children. My daughter, Shayna, was about seven years old and my son, Ethan, was just five. Because this was not a school day, I had arranged for a babysitter to watch my children while I drove to the conference site. Unfortunately, the sitter canceled the morning of the conference and I had to take both children with me. They had been at many of my presentations before so they knew "the drill". They knew they had to sit and play quietly.

Shayna brought books and drawing materials to occupy her time. She also brought her doll collection including a box of Barbie dolls and their myriad accessories. Ethan brought a small suitcase of building blocks and soldier dolls with all their guns and equipment.

They sat at a table at the very back of the room, facing away from the front where I would be presenting, both fully engrossed in play.

The teachers group was lively and responsive. Every activity I proposed they enthusiastically made their own. Participation was nearly total as I demonstrated teaching methods and organized small groups to share ideas.

At one point, a teacher raised her hand and said, "I wonder what you'd suggest about hugging."

"Tell me more about your concern," I replied.

"Well, I teach elementary school—fourth and fifth grade combined—and sometimes I just want to hug the kids, especially the ones who are often in trouble. Do you think it's all right to do that?"

"It's a strange world, indeed, that we are living in," I replied. "Hugging is such a natural and spontaneous display of affection. It is often the very best thing you can do when a child is hurting, depressed, crying or frightened. Yet we've learned to be worried about it. There have been, sadly enough, too many cases reported in the media, of adults touching kids inappropriately. So it is important to have guidelines and clear limits

当时我独自一人带着一对儿女,女儿莎娜7岁左右,儿子埃赛才刚5岁,因为那天不是上学的日子,我去开会时必须找人帮我照看孩子。不巧的是,开会的这个上午,照看孩子的人有事不能来。我只好把他们一起带上。以前也常有这样的事,因此,他们知道怎么做,知道必须安静地坐在那儿自己玩耍。

莎娜带了书和画画的东西打发时间,她还带了收藏的娃娃,其中有一整盒芭比娃娃和娃娃要换的各种衣服。埃赛带来一小箱积木和他的士兵玩偶,还有枪和其他装备。

他们坐在房间最后面的桌子旁,背对着前面我坐的地方全神贯注地玩。

教师们很积极,很活跃,对于我提议的每一项活动他们都热烈响应,提出自己的建议。当我演示新的教学方法时,所有的人都参加了,还组织了小组进行讨论。

谈到某一点时,一个老师举手发言:“我对你的关于拥抱的建议还不太清楚。”

“是哪些地方不清楚呢?”我说。

“是这样,我教小学四年级和五年级的一个合班,有时我很想拥抱那些孩子,特别是那些有这样那样问题的孩子,我这样做对吗?”

“我们所居住的世界确实是非常奇怪的世界,而拥抱是我们表达爱的最自然而又发自内心的行为。当孩子们受了伤害,情绪低落,伤心或者受了惊吓等,你可以做的最好的事就是拥抱。当然,我们也知道要当心。媒体已经报道了不少成人不适当地触碰孩子的事例,已经令人很伤心了。所以如何和孩子相处具有一定的指导和行为的





to how, when and where we touch kids. Yes, I think hugging is a very good thing to do."

I concluded with this comment: "You know, when adults hug each other, there's always a bit of selfconsciousness about it. Part of you is committed to the hug and part of you may be thinking something like 'I wonder if this person understands what I really mean by this hug,' or 'I wonder what this person means by his or her hug!' or 'I wonder if anyone else is watching this hug and I wonder what they think,' or—" I added for the sake of humor—even "I wonder if I've paid my MasterCard bill." The group roared with laughter.

"As adults, because we've been through so many experiences, we each bring our entire personal history into the hug and all the concerns that come with that history. Further, we are worried about, thinking about, planning for, engaged in, so many, many things that it's hard to just be in the hug totally and completely. The reason I am thinking about this is that I can see my children at the back of the room."

At this, the group turned their heads to look at my children who were still sitting quietly, engrossed in play, facing away from the group. Then the participants turned back to me as I went on.

"You see, when I get home at the end of a work day, as tired as I am, one of the things I most look forward to is a hug from my children. As young as they are, they have less history and fewer complicated worries and no bills to pay. As I walk in the door, they each almost fly up my body and hug and kiss me. My son particularly nearly melts his body into mine, burying his face in my neck and just hugs me. I believe that at such moments he is fully, completely and only hugging me, without distracting thoughts and without reservation. And it's the most tender moment in my life!" The group smiled approvingly and that started a number of side conversations that went on for several minutes before we went on with the workshop.

界定,即什么方式、什么时机、什么地点去和孩子接触等,都是非常重要的。我想:拥抱是非常好的一件事。”

我总结说:“大家知道,成年人相互拥抱时,多多少少含有一些自我意识在里面。一部分意识在拥抱上,还有一部分意识正在思考,比如:‘这个人是不是明白我拥抱他的真正含义呢?’或者‘他或她的拥抱是什么意思啊?’又或‘有没有人看见我在拥抱,他们会怎么想?’等等,甚至会想起(我增添了点幽默气氛)‘我是否付过了万事达信用卡上的欠款。’”大家哄堂大笑起来。

“作为成年人,因为我们有了不少生活阅历,我们每个人都会把我们的个人经历以及所有那些与个人经历有关的东西带进拥抱中,进而还有那些我们的担忧、我们的思考、我们的打算、我们的事业等许许多多的东西,这就让我们不可能全心全意地投入拥抱。让我想到这些是因为我可以看到坐在后面的我的孩子。”

这时,所有的人都回头看我的两个孩子,他们背对着大家坐在那儿专注地玩。大家转回头时,我继续讲道:

“要知道,结束了一天的工作回到家里,我们非常疲惫,此时最盼望的就是孩子们的拥抱。他们那么小没有什么阅历,也没有复杂的担忧,更没有欠款。我一进门,他们就飞跑过来,扑到我怀里,拥抱亲吻我。特别是我的儿子几乎把他小小的身体融化到我的身体里,把小脸埋在我的脖子里,紧紧地抱着我。我相信,此刻他是全心全意地,只是拥抱我,毫无保留,也不会去想别的什么,这是我生活中最温馨的时刻。”大家都赞许地笑了,并从各个侧面讨论了几分钟,然后继续进行教学研讨。





Six or seven weeks later I was coming home from a long and exhausting day at the university where I taught educational psychology. I pulled into the garage, took my briefcase and entered the house through the kitchen door. Both children came flying down the stairs screaming, "Daddy, Daddy, Daddy!" and Shayna leaped into my arms, "I missed you, Daddy. Do you know what I did?" And of course I wanted to know all about what she had done. Their nanny stood beaming in the background as Shayna told her story. Then, done with me, Shayna ran gaily out of the kitchen and returned to her latest project.

Ethan had barely contained himself. He, too, leaped up on my chest and hugged me with all his might. He buried his face in my neck and his breathing slowed. His body softened as he seemed to melt into me. Then he raised his head slightly away from my neck and whispered in my ear, "I wonder if I paid my MasterCard bill!"

Hanoch McCarty

6至7个星期后的一天,我在大学上了整整一天教育心理学课程,很晚才回家,非常疲劳。我把车停在车库,拿起公文包从厨房的门进入房间,两个孩子从楼上飞跑下来,大声喊着:“爸爸,爸爸,爸爸!”莎娜跳进我的臂膀里,“我想你,爸爸,你知道我干什么了?”当然我十分想知道所有她做的事情。莎娜叙述着她的故事,他们的保姆微笑着站在后面,然后,莎娜欢快地跑出厨房去忙她最新的“事业”了。

伊桑几乎无法控制自己,他也跳起来紧贴我的胸口,用尽全力抱着我。他把脸埋在我的颈下,放慢了呼吸,身体软软地仿佛要融入我的身体。后来,他从我颈下微微地抬起头,在我耳边轻轻地说:“我在想是否付过信用卡上的欠款!”

哈诺克·莫卡提