

· 注释版 ·

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# 心灵鸡汤

致天下有情人

## Chicken Soup for the Couple's Soul

Jack Canfield  
Mark Victor Hansen  
Barbara De Angelis, Ph.D.  
Mark Donnelly  
Chrissy Donnelly



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*We are each of us angels with only one wing.  
And we can fly only by embracing each other.*

Luciano de Crescenzo

我们每个人都是只有一只翅膀的天使，  
只有相互拥抱，才能够飞翔。

——露西阿诺·德·克莱森卓

***F***rom our hearts to yours,  
we dedicate this book to everyone  
who has ever been in love, or  
hopes to be in love again.

谨以此书，  
真心献给天下曾经爱过、  
在爱着和期待爱情  
再度来临的人们。

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英语的同时,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,便于读者理解;对精彩的语句给予言简意赅、画龙点睛的“赏析”,便于读者体会其精妙之处。

本书由周敏加注。





## Acknowledgments

*Chicken Soup for the Couple's Soul* has taken more than three years to write, compile and edit. At times it has been a marathon, at times a sprint. At all times, it has been a work of love and joy. It has been a process of building strong relationships and benefiting unexpectedly from existing friendships. But most of all, it has been a project that we could not have completed without the loving assistance of many people. We would like to thank the following: Kim Kirberger, whose expert matchmaking skills helped bring this project through a pivotal phase. Kim, you have been our angel, and we are forever grateful for your friendship and love.

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We also want to acknowledge the hundreds and hundreds of people who submitted stories, letters, poems and quotes for possible inclusion in *Chicken Soup for the Couple's Soul*. While it wasn't possible to use everything you sent in, we were all deeply moved by your sharing of such poignant and moving pieces. Your feelings and intentions about love and relationships were a constant source of inspiration for all of us. Thank you!

Because of the scope and duration of this project, we may have neglected to mention people who helped us along the way. If so, please accept our apologies, and know that you are appreciated.

We are deeply grateful for the many caring hands and heartfelt intentions that have touched this project. Without you it wouldn't have been possible. We love you all!



## Introduction

Love is the most powerful, magical force in the universe, and there is nowhere it displays its beauty and wonder more than in the intimate relationship between two people. We wrote *Chicken Soup for the Couple's Soul* hoping to capture that mystery and wonder in words, words that will deeply touch and open your heart if you have ever been in love, or hope to be in love. This is a book for husbands and wives and lovers and anyone who dreams of finding their soul's true mate.

Some loves between two people endure a lifetime. Others are destined to only last for a while; then, the two lovers are separated, either by choice or by fate. But one thing is true: No matter what the outcome of a relationship, when love enters our lives, it never leaves without transforming us at the very depth of our being.

Each story in this book was written by someone who has been transformed by love. We were transformed when we read these stories, and our wish is that you will be, too. Perhaps some of the stories will help you renew the bond of trust and intimacy in your relationship, or better understand your partner; perhaps others will help you appreciate all of the ways love has enabled you to grow into a better human being; and still other stories will remind and reassure you that although love challenges and blesses each of us in unique ways, you are never alone in what you go through.

What defines our intimate relationships? What signs should we look for to discover how love is revealing itself? The stories you



will read answer these questions with insight and eloquence: Sometimes love reveals itself in the unmatched level of understanding and friendship we share with our mate and no one else. Sometimes it is in what is said, and sometimes, what is not said but deeply felt. Sometimes it is in the obstacles we must face together. Sometimes it is in how the joy we feel with our partner spills over to our children and family members. And sometimes it is in where the relationship takes us inside ourselves — places we would never go willingly; but for love, we will do anything.

Intimate relationships are also powerful teachers, as these stories illustrate so beautifully. They teach us to be compassionate, caring and forgiving. They teach us when to hold on more tightly, and when to let go. They give us the opportunity to develop great virtues such as courage, patience, loyalty and trust. When we allow them to, our relationships will show us all the ways we need to grow as a person. In this way, love will never enter our lives without changing us for the better.

There are moments when love can be experienced as quite ordinary, expressed in a simple smile of acceptance from your beloved. And in other moments, love seems utterly sublime, inviting you into new worlds of passion and oneness you've never known before. Like love itself, the stories in this book reflect every season and mood, and every color of emotion: sweet beginnings; challenging and deepening intimacy; moments of grief when we are forced to say good-bye to our soul mate; moments of astonishment when we rediscover a love we thought we'd lost.

Some stories will make you laugh. Some will make you cry. But above all, the stories in *Chicken Soup for the Couple's Soul* pay tribute to love's ability to endure, beyond years, beyond difficulty, beyond distance, beyond even death.

There is no miracle greater than love. It is God's most precious gift to us. We offer this book as our gift to you. May it open your heart, uplift your mind, inspire your spirit, and be a sweet companion on your own heart's journey. And may your life always be blessed with love.



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# 1 LOVE AND INTIMACY

## 爱和亲密

*Love is a force more formidable than any other.*

*It is invisible—it cannot be seen or measured—yet is powerful enough to transform you in a moment, and offer you more joy than any material possession ever could.*

*Barbara De Angelis, Ph.D.*

爱是世界上最强大的力量。

爱是无形的——看不见，也无法测量——但是它强大得足以在一瞬间改变你，带给你任何物质享受都无法比拟的快乐。

——芭芭拉·达·安格丽丝博士