

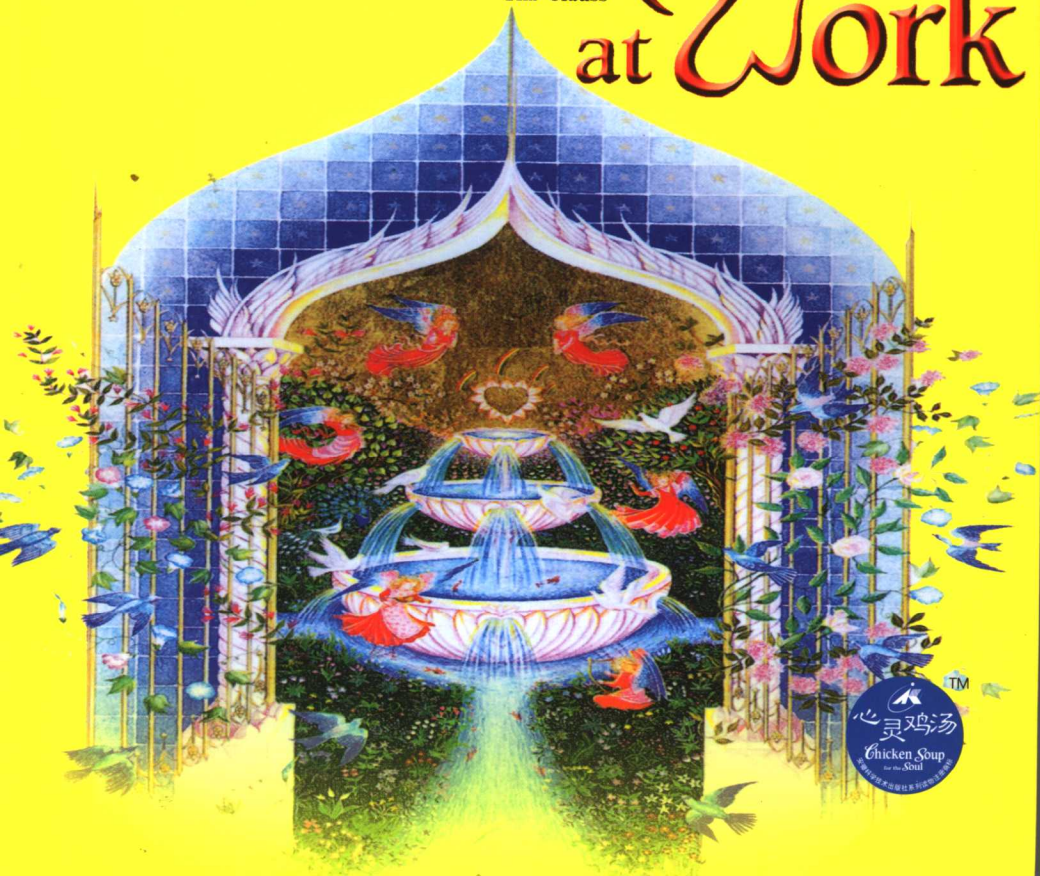
· 注释版 ·

心灵鸡汤

关于工作

Chicken Soup for the Soul[®] at Work

Jack Canfield
Mark Victor Hansen
Maida Rogerson
Martin Rutte
Tim Clauss



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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。

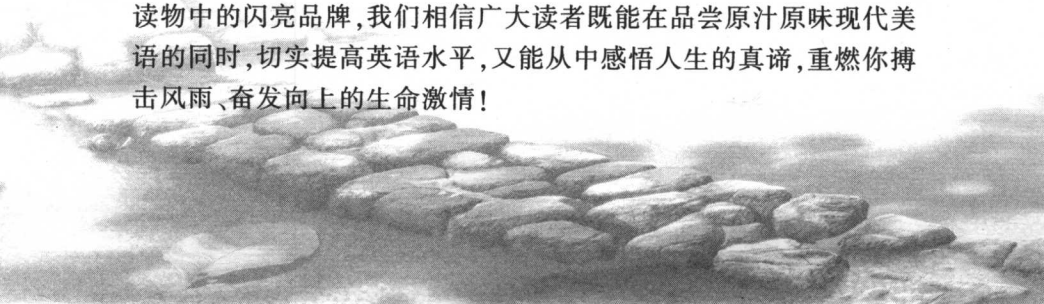
作者用平实的语言讲述发生在自己身边的故事,诉说他们对大千世界的真切感受,内容极具真实性与亲和力。

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

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,对原英文版的理解。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



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。

本书由朱建芬女士加注。



Acknowledgments

Chicken Soup for the Soul at Work has taken more than a year to write, compile and edit. It has been a true labor of cocreation for all of us. One of the greatest joys in creating this book has been working with people who gave this project not just their time and attention, but also their hearts and souls. 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 who have been chicken soup for *our* souls!

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Valerie Santagto, for her photographic creativity and professionalism.

And our dear friend Douglas Blair for his love, encouragement and caring throughout our book-writing process.

A special thank you to the story authors for your inspiring contributions to this book. We hope their inclusion will expand your careers and further your self-expression in the world.

Our appreciation also to the hundreds of people who sent us stories, poems and quotes for possible inclusion in *Chicken Soup for the Soul at Work*. While we were not able to use everything that was sent in, we were deeply touched by your heartfelt intention to share yourselves and your stories with us and our readers.

We're also grateful to many of the contributors to previous *Chicken Soup for the Soul* books for their love of this project and their continued willingness to share their stories.

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Christine Belleris, Matthew Diener and Mark Colucci, our editors at Health Communications, Inc., for their generous efforts in bringing this book to completion.

Arielle Ford and Kim Weiss, our publicists, who continue to get the word out about the *Chicken Soup* series.

Because of the enormity 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 do appreciate each of you.

And finally, we are truly grateful to the living *Spirit* that inspires us. Through its presence in our lives, this work became play and a direct expression of our souls' true purpose.



Introduction

A successful businessman traveled to India to spend a month working in one of Mother Teresa's shelters. He longed to meet the tiny nun, but Mother Teresa was traveling, and it wasn't until the day before his departure that he received an audience. When he was finally in her presence, much to his surprise, he burst into tears. All the times when he'd been self-centered, busy or focused on his own gain flashed before his eyes, and he felt an enormous sadness that he had missed so many opportunities in his life to give of himself and his resources. Without a word, Mother Teresa walked over to where he was seated, put her hands on his shoulders and looked deeply into his eyes. "Don't you know," she said, "that God knows you are doing the best that you can."

Work is an integral part of our lives, filled with a wide variety of experiences. In writing this book, we received stories from teachers and engineers, carpenters and accountants, artists, managers, housekeepers, chiropractors—and workers from many other professions. Reading these stories, we have been deeply touched by the enormous heart, soul and spirit that people express through



their work. Day after day, we all get up every morning, in many cases deal with a busy family, then go to work to spend 8, 10, even 12 hours making our contribution. This is commitment in action.

Sweeping and profound changes are occurring every day in the workplace, but we still long for our basic human needs to be met—meaningful relationships, creative fulfillment, and the knowledge that our work is valued and valuable.

There are definite signs that work is undergoing a renewal. This is reflected in our chapter headings, including *The Power of Acknowledgment* (Chapter 3)—discovering the life-affirming, positive energy of recognition; *Service: Setting New Standards* (Chapter 4)—exploring the richness of giving; and *Follow Your Heart* (Chapter 5)—emphasizing the value of intuitive knowing.

You can use these stories in many ways—as a good read, as fuel for reflection, as a respite you seek when you're down or you're up—but above all, please share them with your friends and co-workers. Let the stories lead you to discussion and sharing. If you're inspired, share your inspiration; if you're amused, share your laughter; if your heart is touched, reach out to another.

As we approach the new millennium, let's support each other in having the work we do be fulfilling, rewarding and a contribution to us all. As Thomas Aquinas said, "There is no joy in living without joy in work."

Reading these stories will remind you again, as it has reminded us, that when everything else is scraped away, we are working souls—loving, growing, always evolving—"doing the best that we can."

There is nothing better for a man than to eat and drink and tell himself that his labor is good.

Ecclesiastes 2:24

Where our work is, there let our joy be.

Tertullian

With love, we dedicate this
book to working souls everywhere for
your labors of love, service and purpose.
We deeply acknowledge your energy, creativity,
caring and commitment. May you, your
families and our world be blessed by
your unique contributions.



It's insulting the way Management treats us all like a bunch of children. But I *am* growing fond of story time.



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