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· 注释版 ·

# 心灵鸡汤

天真烂漫

## Chicken Soup for the Kid's Soul

Jack Canfield  
Mark Victor Hansen  
Patty Hansen  
Irene Dunlap



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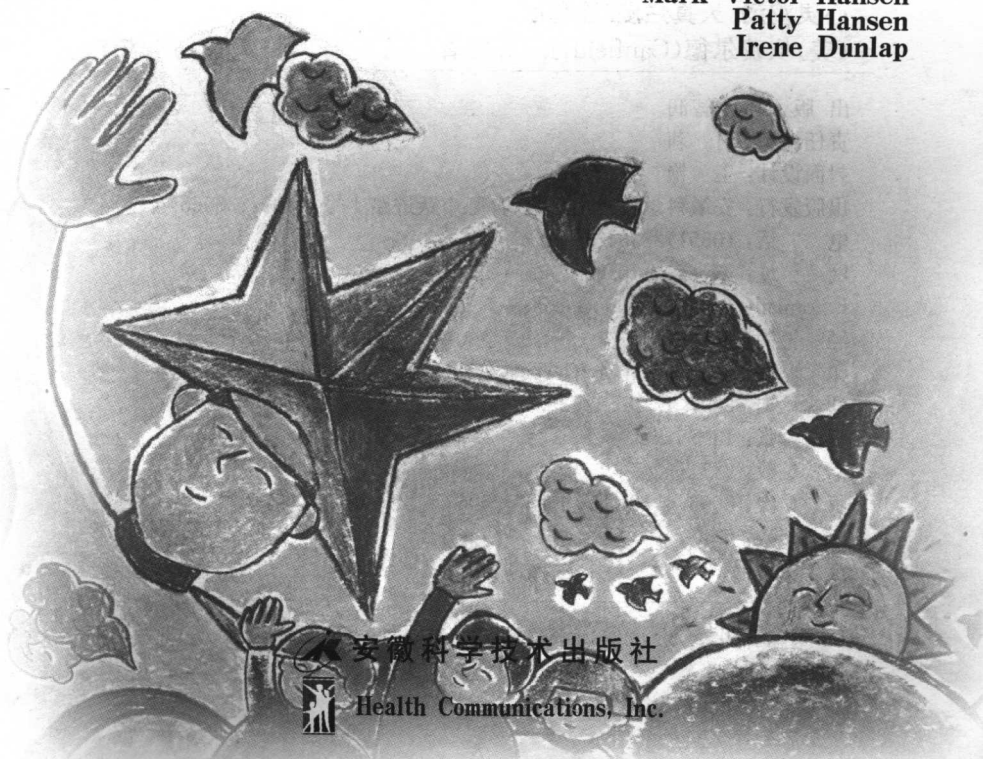
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安徽科学技术出版社



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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、平民化与亲和力。

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

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。

等原因,阅读与理解受

到了影响。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、

本书由许俊农、章媛、李春林加注。

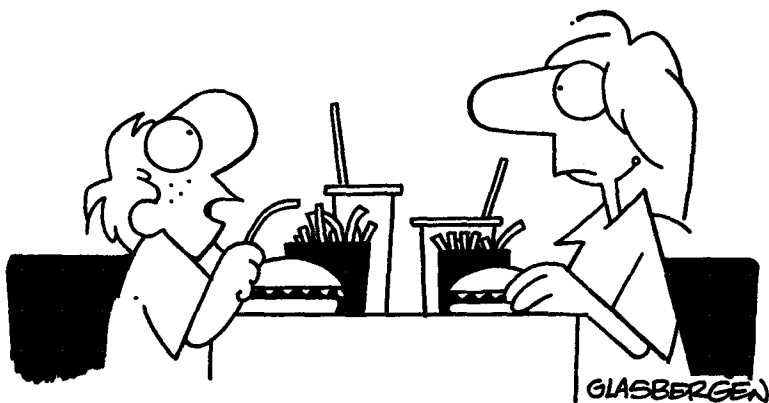


## Book

Oh,look,it's a book!  
I'm sure it must be  
A path of adventures waiting for me,  
A yellow brick road to the Wizard of Oz,  
A frivolous poem without any cause.  
Should I open it and peek to see what's inside?  
What if it's scary I might need to hide.  
I'll never know unless I dare.  
I need a good laugh,a cry or a scare.  
I'm sure it can wait—well,then I'll never know  
Maybe it's someplace that I'll never go.  
But today is the day that's been waiting for me  
I'll open this book,and I will see.

*Jessica McCain,age 14*

To the kids of the world who  
need these stories, we dedicate this book.  
We want to bring you hope, laughter, inspiration  
and courage—and to let you know  
that you are not alone.  
Especially to our own kids—  
Christopher, Elisabeth and Melanie;  
Marleigh and Weston.  
You are our heroes.



"My teacher says I can grow up to be whatever  
I want to be. I want to be a kid."





## Acknowledgments

### 致谢

During the eighteen months that we worked on this book(actually, the book worked *through* us) , we were blessed to have many loving and supportive people associated with its production.

Special thanks to the “English policewoman,”Killeen Anderson, for her hours of editing and proofing;to Gina and DeeDee Romanello, and especially Michelle René Martin, for ongoing work effort;to Nancy RichardGuilford for research and writing on “Just Ask”;to Nancy Mikaelian Madey for research and writing on “The Rock Club”;and to Sally Redd for photographic support.

From 7, 800 stories that were submitted to us, we looked very seriously at 376 of them.With the help of the following people, who read for several weeks, we were able to cut that number down to a manageable 205, which were then sent to our readers for grading.

Thanks to the staff of Mark Victor Hansen’s office:Lisa Williams, DeeDee Romanello, Michelle René Martin , Trisha Holland, Gill Torres, Michelle Adams, Laurie Hartman, Paula Childers and Ami Garcia;and to Pam, Kyle and Jack Brown, Pattie and Makenna Buford, DeDe Moore, Megan Niedermeyer, Laurie Walker, Jody Sherman, Dawn Siemonsma and Kathi Fischer. Thanks to Sandy Asper and her seventh-grade classes at Ensign Intermediate School, and to Dee Mattern and her fourth-grade



class, Cindy Branson-Waller and her sixth-grade class, and Shirley Kwan and her third- and fourth-grade classes at Kaiser Elementary School in Costa Mesa, California. We send big thanks to Donna Thompson (we love you, Donna!) and her seventh- and eighth-grade classes at Riverchase Middle School in Birmingham, Alabama. Also: Virginia Becker, Jennifer and Angela Sarb, Jordan Curry, Jacob Hackler-Roy, Carol Kline, Meladee McCarty, Kim Kirberger, Nancy Siebert and her granddaughter, Brittney, Sara Krehbiel, and Ellyse and Dana Wilhm—thanks to all of you.

We had over 375 kids take part in the reading and grading process to help create the book you now hold. We thank our own kids, Elisabeth and Melanie Hansen, Christopher Canfield, and Marleigh and Weston Dunlap, for hanging in there while we worked long hours and were away from you. To Kasey Mullins, thanks for saving our book when our computer crashed during the last hours of book production. To Eva Espinosa, thanks for keeping the home fires burning. To Kent Dunlap, thanks for letting us invade your home during the production of the book. Also: Sarah Mutt; Maegan Romanello; Chris Baker; Marieth Mitchell; Ann Thompson; Jennifer Fishel; Donny Wilson and Michael Parris at Shaq's office; Skye at Sterling Winters Company, Kathy Ireland's management office; Adrienne Lopez at Nickelodeon; Dana and Pilar at the Savage Agency; Jordan Dabby at Shade Global; and the Children's Authors and Illustrators Society. Thanks to Lisa Williams for technical support; John Sokalski for graciously helping to keep our computers networked; Christine Jurenka at Kaiser Elementary for support and ideas; Christine Russell for typing; and Melissa Pool for scanning hundreds of stories.

Thanks to Georgia Noble for her gracious hospitality while we finished editing the book at Jack and Georgia's house and offices.



And, speaking of hospitality, many thanks to Clark Albright and the Westin Los Angeles Airport Hotel for hosting our out-of-town kids. You are fantastic! We also wish to thank the following people for their ongoing love and support:

Peter Vegso and Gary Seidler at Health Communications, Inc., for recognizing the value of our book from the beginning, and for getting it into the hands of millions of readers. Thank you, Peter and Gary!

Patty Aubery, who was always there when we needed guidance and advice, and who keeps the whole *Chicken Soup for the Soul* central office up and running in the middle of what always feels like a tornado of activity.

Nancy Mitchell, for her invaluable feedback as well as the outstanding job she always does in getting permissions for the stories, poems and cartoons—especially the hard-to-track-down ones. Thanks, Nancy, for hanging in there!

Heather McNamara, senior editor of the *Chicken Soup for the Soul* series, for helping with the readers' evaluation, and for being there when we needed her.

Veronica Romero, Robin Yerian and Leslie Forbes, for helping to ensure that Jack's office 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 neverending encouragement have lightened our hearts.

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



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

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

Most important, we wish to acknowledge the thousands of kids, teachers, writers and others who sent stories, poems and quotes for possible inclusion in *Chicken Soup for the Kid'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 with us. Thank you!

Because of the size of this project, we may have left out the names of some people who have helped us along the way. If so, we are sorry. Please know that we truly do appreciate all of you very much.

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



## Introduction

### 简介

*A great man is one who has not lost his child's heart.*

Mencius

*I think it is funny to be writing about chicken soup for somebody's soul when you can't even see a soul. It must be a special thing inside of all of us that does something because books are written about it every day.*

*When I cook chicken soup, it takes a lot of ingredients to make the soup turn out right. Maybe that's why a book about chicken soup for a kid's soul will be fun—because it will take a lot of different ideas, from many different people, for the book to turn out right.*

*Some kids might write about happy things, and others will find that there are only sad things in their lives to write about—like when I think about my cousin Kimmy, it makes me sad because she was the first person I ever knew who died.*

*But then, when I play with Kimmy's baby daughter, Emilie, it makes me feel happy when she does something to make*



*me laugh..Something inside of me can feel happy and sad at the same time.Is that when you know that you have a soul?*

Candice Hanes, age 10

Ever since the first *Chicken Soup for the Soul* was published in June 1993, we have been getting requests from kids all over the world asking for a *Chicken Soup* book just for them. So here it is, the first full-length *Chicken Soup for the Kid's Soul*, written by kids and by adults who haven't forgotten what it's like to be a kid.

When we started this book a year and a half ago, we thought we pretty much knew what issues and challenges our kids face. When our own kids—Christopher, Elisabeth, Melanie, Marleigh and Weston—went off to school every day, we assumed that they were experiencing many of the same things that we did at their age. For example, being teased because of looks or physical disabilities was a big deal. Also, making and keeping friends was important. Betrayal by a friend was guaranteed to break our hearts. Getting good grades, being accepted by our peers, and being liked and supported by our teachers were things that mattered.

In April 1997, we did a fax-mailing requesting stories from over 5, 800 elementary and middle schools across the United States. We received an overwhelming response. We read every single story sent to us—over 4, 000! There were an additional 3, 800 stories sent from other sources, giving us a grand total of 7, 800 stories submitted and read for possible inclusion in this book. What we learned from the stories was very enlightening.

You, the kids of today, face much graver issues and harder decisions than we ever did. It is not uncommon for you to be



exposed to gang warfare on a daily basis, and it is not necessarily confined to inner-city or at-risk kids. Drugs, alcohol, smoking, early physical development, pregnancy, depression and suicide have found their way into our middle and elementary schools. You know about kidnappings, child abuse and violence through the media or your own experiences. Immediate family members, grandparents and friends die from accidents or from diseases like AIDS and cancer. You are frightened of losing your families through divorce or separation; even when you know it is for the best, you don't want it or like it. One of the subjects you submitted the highest number of stories about expressed your fear of and dislike of moving, and losing the home you have known all your life.

Although we celebrate the closing of the gender gap and the broader career choices that have become available to your generation, we now realize the stress that this creates for you. You are expected at an earlier and earlier age to know what you want to be and what you want out of life, and the choices can be overwhelming. We received stories that showed us that kids like you feel as if you must understand and accept all the troubles of the world. Because of the stories you have shared with us, we now have a better understanding of what you kids are going through today.

We realize that you have been requesting a *Chicken Soup* book of your own not only because you *want* one, but because you *need* one. Never has there been a time in history when kids have needed *Chicken Soup* for their souls more than now.

A book can open the door to a magical kingdom where knowledge and inspiration are available to all who read it. We hope that this book will become your best friend and nonjudgmental advisor, for a book cannot tell whether the person holding it is black or white, red or tan, young or old, a boy or a girl.



The pages in this book are meant to be read, absorbed and reread over and over again, and shared with friends and family. Within these pages are stories of heroes—kids just like you who have overcome some of the tremendous challenges that you face today. There are also stories that are funny or just plain silly. Without this side of the childhood experience, none of us can ever hope for balance and true joy in life.

This book is designed to empower and encourage you to love and accept yourself, and to believe in your dreams; to let you know that there are answers to your questions; and to give you hope for a great future.

It is our hope that any adult or teenager who picks up this book and reads it will find his or her “child heart” touched, and hopefully, reawakened. We truly believe that within each and every one of us, there is a piece of our heart and soul that we have hidden—a piece of us that perhaps still believes that there is a Santa Claus, that butterflies should be set free and that good will always prevail over evil. On a very deep level—our kid-soul level—we all want to be loved, accepted, encouraged and supported, no matter what our age. From our hearts to your hearts, we present *Chicken Soup for the Kid's Soul*.

May kids reign forever!





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