

· 注释版 ·

# 心灵鸡汤

A 4<sup>th</sup> Course of

(第四辑)

重燃心火

# Chicken Soup for the Soul

Jack Canfield  
Mark Victor Hansen  
Hanoch McCarty  
Meladee McCarty



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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。

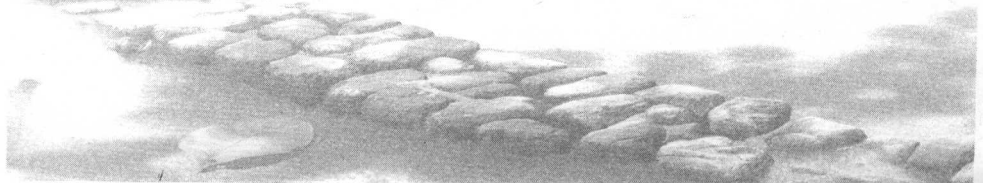
作者用平实的语言讲述发生在自己身边的故事,诉说他们对大千世界的真切感受,内容极具真实性、平民化与亲和力。

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 5000 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,总销量达 8000 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,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。



本书由杨芳、杨晓阳加注。



## Acknowledgments

This fourth volume of *Chicken Soup for the Soul* took over 18 months to write, compile and edit. It has been a joyous, though always difficult, task and we must thank all those whose contributions made it possible.

Our families—Georgia and Patty, Christopher, Oran, Kyle, Stephanie, McAllister, Shayna Liora, Ethan, Melanie and Elisabeth who have given again and again of their love, editing, story ideas and story writing and editorial suggestions as well as continual emotional support.

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Patty Aubery, who oversaw every aspect of production, managed the staff and kept The Canfield Training Group moving forward during a time of great flux.

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stories to help complete this book during its final stages.

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A heartfelt thank you to those special people who were readers and raters of stories. In the midst of their own busy schedules, they found the time and energy to go through mounds of stories and brought their unique points of view to bear in



evaluating them. We couldn't have created a book of such high quality without them. They represent every area of our country and a wide variety of ethnic and professional backgrounds: Virgie Binford, Clara Boyle, Diana Chapman, Leslie and Marty Cohen, Rose Marie Cortez, Lizann Cruz-Hinds, Delores Ehrlich, Mel Ehrlich, Sarah Eisenberg, Joan Frey, Carolyn Gardner, Dora Graye, Norman Green, Leona Green, Julie A. Greenman, Mike Grogan, Susan Milchman Grossman, Donna L. Hanson, Shayna Liora Hinds, Mitchell Hinds, Sandy Holland, Tom Huntington, Rebecca Jacobson, Mary Ellen Klinc, Jennifer M. Krumm, Marianne Larned, Donna Loesch, Lulu Lopez, Aileen Nitta, Bruce Nitta, Cindy Palajac, A. Gringa Parnussa, Dave Potter, Dave Rabb, Ann C. Richards, Fred Richards, Elizabeth Sabo, Judith Salzburg, Jack Schlatter, Shelly Seddon, Victor Schmenge, Lois Veen, Hilda Villaverde, Glennis Weatherall, Jackie Wenger, Mike Wenger, Maureen Wilcinski and Steven Zacker.

We give honor to all those thousands of people who sent in stories, poems and quotes for possible inclusion. We regret that we couldn't use everything that was submitted—so many were of marvelous quality and sentiment that it made choosing a difficult process indeed. Thank you for sharing yourselves and your insights.

Because of the immensity 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 all of you.

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





## Introduction

*Everybody is a story. When I was a child, people sat around kitchen tables and told their stories. We don't do that so much anymore. Sitting around the table telling stories is not just a way of passing time. It is the way the wisdom gets passed along. The stuff that helps us live a life worth remembering. Despite the awesome powers of technology many of us still do not live very well. We need to listen to each other's stories once again.*

Rachel Naomi Remen

Everyone has a story. No matter what we do for a living, how much we have in our bank account or what the color of our skin is, we have a story. Each one of us has a story, whether it is visible to the eye or it is locked inside of us. We are encouraged to believe that our past, our circumstances, both physical and emotional, and our experiences are our story. Our mental picture of our life's story encompasses what we perceive to be true about ourselves and our possibilities.

The life one is born into is not necessarily our destiny. All of us have the power to rewrite our story, to recast the drama of our lives and to redirect the actions of the main character, ourselves.



The outcomes of our lives are determined mainly by our responses to each event. Do we choose to be hero or victim in our lives' dramas?

Good stories, like the best mentors in our lives, are *door openers*. They are unique experiences containing insights tied to emotional triggers that get our attention and stay in our memories. These stories can free us from being bound to decisions of the past and open us to understanding ourselves and the opportunities that are there before us. A really good story allows us to recognize the choices that are open to us and see new alternatives we might never have seen before. It can give us permission to try (or at least consider trying) a new path.

Many of the people you will meet in these pages provide a model to follow of unconditional acts of kindness and love, of great courage and foresight, of belief when cynicism would be the norm, a sense of hope in what the world has to offer, and the inspiration to seek it for ourselves.

Some of the stories you will refer to again and again because the message is one of comfort and encouragement. Other stories will inspire you to share them with your family, friends and colleagues.

## **How to Read This Book**

We have had the tremendous opportunity to receive feedback from readers all over the world. Some have shared with us that they get the most value if they read our books from cover to cover. Others focus in depth on a particular chapter that interests them. Most people tell us that they find it works best to read one or two stories at a time, and really savor the feelings and lessons that the stories evoke. Our advice is to take your time and really let each story effect you at a deep level. Ask yourself how you could apply the lessons learned to your own life. Engage each story as if it



mattered, as if it could make a real difference in your life.

Compiling these stories has taken a lot of work, but we feel we have selected 101 gems. We hope you will love these stories as we have loved them. May they bring you tears, laughter, insight, healing and empowerment.

We hope that we can in a small way contribute to your life by bringing you these models of ordinary people doing extraordinary things to guide you on your journey. We wish for you that, in the pages of this book there is a story that holds the key to doors that need opening in your life.

*Jack Canfield, Mark Victor Hansen,  
Hanoch McCarty and Meladee McCarty*



## From a Previous Reader

Dear Sirs:

I am writing you from a military base in Panama to thank you for your marvelous book and to share with you the impact it has had on my life and upon those with whom I have shared it.

I was alone in my hotel room one night after working extended hours when I read the story "Information Please" in *A 3rd Serving of Chicken Soup for the Soul*. I am not ashamed to confess that I cried profusely and found something healing in those tears. At that point I wrote a poem for you which I have enclosed.

Later I shared your book with a Marine who was in charge of guarding access to classified information. He was the third in line of armed security making his job the least demanding and the most boring. Because of this his superior officer had given him permission to read, but he had forgotten a book. It was going to be a long 12-hour watch for him so I gave him a copy of *A 3rd Serving of Chicken Soup for the Soul*, which I had in my briefcase. I warned him, however, that he might be caught in the act of "unMarine-like" emotional catharsis after reading some of the stories.

I entered the hallway at the end of our watch and found another armed Marine standing next to the first. Both of them had moist eyes as one said, "Kinda gets you, doesn't it?"



The other Marine replied, "Roger that," and walked off. Seeing me, he said, "Thanks for the book, Lieutenant. I'm going to the exchange first thing tomorrow to buy me one. "

"Told you there were some zingers in there," I said, and we bid each other good night.

Thanks for a great book. I recommend it to everybody.

Here's the poem.

*Tell me a story, my heart is empty.  
Let the tears flow, my eyes are dry.  
Too long has discouragement bound me.  
Lift my soul, let me fly.*

*Tell me a story, my hope has diminished.  
Tell me of faith and love.  
Remind me that we are created  
To live on earth as in heaven above.*

*Tell me a story, fill my heart with compassion.  
Open my eyes, I've been blind.  
Remind me that all men are brothers,  
That we all should be loving and kind.*

*Serve me another helping,  
More Chicken Soup for My Soul.  
To love let us encourage each other,  
That higher dimensions of love may we know.*

*Lieutenant Morris Passmore, USNR*



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