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# 心灵鸡汤

豆蔻年华(二)

# Chicken Soup for the Teenage Soul II

Jack Canfield  
Mark Victor Hansen  
Kimberly Kirberger

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—豆蔻年华(二)

CHICKEN SOUP  
FOR THE TEENAGE

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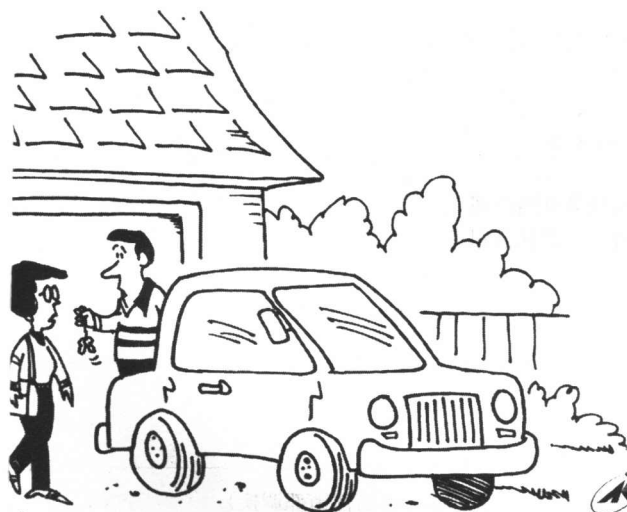
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01 More Stories of Life,  
Love and Learning

Jack Canfield

Mark Victor Hansen

Kimberly Kirberger



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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。

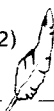
《心灵鸡汤》的这些特质,无疑揭示了其为何能成为发行40多个国家和地区,总销量8 000多万册的全球超级畅销书。作为英语读物中的闪亮品牌,我们相信广大读者既能在品尝原汁原味现代英语的同时,切实提高英语水平,又能从中感悟人生的真谛,重燃你搏击风雨、奋发向上的生命激情!



**W***ith love, we dedicate this book to our children  
who are teenagers now, or soon to be:  
Jesse, Christopher, Melanie and Elisabeth.  
May you live every minute of your teenage years  
with gratitude for this most exciting time of life.*

*We also dedicate this book to  
all the teenagers who read the first book,  
who sent in stories and poems and took the time  
to send us wonderful thank-you letters.*

*Finally, we dedicate this book to God,  
from whom all blessings flow.*



## Acknowledgments

*All sorrows can be borne if you tell a story  
about them.*

Karen Blixen

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Lisa Gumenick, Lisa Rothbard, Lia Gay, Hana Ivanhoe, Bree





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We are very grateful to all the students who helped us because it was their feedback that made this book what it is. Thank you, thank you, thank you.

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Thanks to the over twenty-five thousand people who submitted stories, poems and other pieces for our consideration. You all know who you are. While most of the pieces you submitted weren't used in the book, each and every one inspired and moved us.

Because so much goes into a project like this, we probably forgot to thank some very deserving people and for that we apologize. Please know in your hearts that we are grateful and very aware that a project like this is the result of lots of hard work and, without a doubt, the blessing of God.



## Introduction

Dear Teenager,

Shortly after the release of *Chicken Soup for the Teenage Soul*, we began to receive hundreds of letters a day. Those letters contained submissions of stories and poetry, wonderful thank-yous, and, last but not least, a request for a second book “as soon as possible.” We heard you and we have responded!

We are, of course, proud of the success of the first book. In fact, it made a *Chicken Soup* record for being the first book to reach sales of 3 million copies in its first year. But our real happiness lies in our admiration and appreciation of you, the teenagers, who bought the book. You were the ones who showed the world that if a book is written that honors and respects you, you will respond in a positive way. We think that says a lot about who you are.

As was the case in the first book, we have included stories that deal with issues that concern you. Even though we couldn't use all the stories that were sent to us, we did pay attention to the issues that were contained in them. You wrote to us about losing a boyfriend or girlfriend and the recovery that followed; you wrote about how painful it is when a friendship ends or friends move in different directions. You wrote about the death of loved ones and the painful process of learning about and dealing with a friend being diagnosed with cancer.

You wrote about performing acts of kindness and how wonderful you felt afterwards and about how others' acts of kindness toward you touched you deeply. And, of course, you wrote about growing up—you are growing and learning so fast that it takes writing it down, or reading someone else's account of it, to



see who you are and where you are going.

These are the stories you will find in this book. They are your stories—your triumphs and your tragedies, your heartaches and your breakthroughs, your insights and your discoveries, and your awareness that being a teenager is a journey. It is a journey of becoming your best self.

It is our hope that you will love this book as much, if not more, than the first. It is your book, there for you to read when you need some cheering up or when you simply need to be reminded that you are by no means alone on the journey.

## How to Read This Book

Read this book however you want to, from beginning to end or jump around. If there is a particular chapter that speaks to your concerns or that you have a special interest in—such as On Relationships or On Family—feel free to go there first.

We encourage you to return to this book again and again, much like the way you would call on a friend. We received the following e-mail from *lwiilhelm@aol.com* after he had finished *Chicken Soup for the Teenage Soul*.

*I just wanted to tell you how grateful I am for this great book. I read it all the time and it really has become my best friend.*

While we hope the book as a whole will touch you deeply, you may find that one story in particular will change your life. Kim Price wrote to us about a story that touched her that way.

*The story, "I Love You Dad," deeply touched my soul. Never had anything made me think how important my dad is to me.*

Kim wrote him a letter after reading the story and he wrote



back a beautiful reply that she says,

*...boosted my confidence in myself and my love toward my family .... I haven't been afraid to tell people how much I care about them. I hope your stories have touched other people's lives in the way they have touched mine.*

## Let These Stories Help You Grow

Many of the letters we received told us how you changed something about yourself after reading a story. Diana Yarmovich wrote to us about an incident she was involved in at her school. She told us how she and some of her friends were teasing a fellow classmate and calling her gay. They were given the "punishment" of going around to different classrooms and talking about words ending in -ism, (i.e., racism, ageism and sexism). She went on to say,

*The story "Betty Ann" helped me realize how the other girl felt. I now realize how wrong I was.*

In another letter, Melissa Moy writes,

*Every day the world looks different to me. In the morning I wake up feeling sure of myself, something that I have never experienced before. Remarkably, this book has also expanded my compassion for others.*

## Share These Stories

This is a great book to read with others. We've heard stories about classrooms reading it together, youth groups using it to begin their meetings, and teens passing the book around and reading to each other at parties or sleepovers. Lauren Antonelli wrote to us about a slumber party she went to. All the girls had



fallen asleep except Lauren and her friend, Mary Beth. They had been reading the book together and sharing which ones were their favorites. She writes,

*After we put the book away, we talked. We didn't gossip though, we had a very serious heart-to-heart.... We talked about life, love and stuff like that. We grew closer that Saturday night and I'm not sure what happened or how it happened. But one thing is for sure, we will never look at life the same way and that is all because of a book called Chicken Soup for the Teenage Soul.*

## This Is Your Book

Once again, this is your book. We are thrilled that this book contains more stories actually written by teenagers than the first one. We were so impressed with the stories and poems that were sent to us. They contained such honesty and wisdom. What touched us the most, however, was the desire by every person who submitted something to help others. We heard over and over, "I hope that my story can help someone else the way these stories have helped me." Even if your story isn't in here, it still has helped others, because each and every letter, story and poem we received helped make this book what it is.

We were 100 percent committed to having teenagers decide what went into this book. We learned early on that to ensure a great book, we needed to include teenagers in all the decision making. There were countless teenagers who read our final two hundred stories and some who read the final copy. We had high school students, middle school students and a youth group help us select the stories, poems and cartoons that appear in this book. They did a great job!

So here it is, another book, from our hearts to yours, just for you.

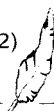


# Contents

Acknowledgments .....	6
Introduction .....	11

## 1. ON RELATIONSHIPS

Starlight, Star Bright .....	2
Seven Minutes in Heaven .....	5
Practical Application .....	8
A Geek, a Nerd, a Bookworm .....	9
My Angel Has a Halo .....	13
A Cool Drink of Water .....	15
Unrequited Love .....	18
Gray .....	23
Starting a New Path .....	24
Discovery .....	28
Hopscotch and Tears .....	31
Inside .....	34
Lost Love .....	36
Why Guys Like Girls .....	40
Love Is Never Lost .....	43
David's Smile .....	46



## 2. ON FRIENDSHIP

The Rift .....	50
The Right Thing .....	53
Donna and Claudia .....	57
A Friend for Life .....	62
Speechless .....	64
I Need You Now .....	70
Choices .....	71
Friends Forever .....	75
I Remember Gilbert .....	78
The Tragic Reunion .....	82

## 3. ON LOVE AND KINDNESS

Bobby, I'm Smiling .....	86
An A for Mrs. B .....	89
Kids Who Are Different .....	92
McDonald's .....	93
A Valentine for Laura .....	94
A Simple Hello .....	96
Change for a Dollar .....	97
My Friend Charley .....	99
My First Experience at Tasting the Raindrops .....	101
So How Do You Boost an Ego? .....	104
Losing an Enemy .....	107
Give Random Acts of Kindness a Try! .....	110





## 4. TOUGH STUFF

Losing Hope .....	114
A Call for Help .....	119
Tomorrow Came Again .....	122
It Happened to Me .....	124
Tell Me Why You Cry .....	127
Nintendo Master .....	131
Already Perfect .....	133
My Toughest Decision .....	137
It's Tough to Be a Teenager .....	139
Not Your Typical Prom Night .....	141
No Matter What Happens .....	144
Hero of the 'Hood .....	146
Visionary .....	154
The Mom I Never Had .....	156
Good Night, Dad .....	159

## 5. ON FAMILY

Beautiful, She Said .....	164
Steeped with Meaning .....	167
There Is an Oz .....	169
A Father's Wish .....	173
Heartwood .....	176
The Cheerleader .....	182
The Bridge Between Verses .....	186
The Ones in Front of Me .....	189
Role Reversal .....	191