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Chicken Soup for the Teenage Soul series

KIMBERLY KIRBERGER

with Colin Mortensen

心灵鸡汤

友谊地久天长 *Teen Love* TM *Series*



ON
FRIENDSHIP

奉献给青少年的“心灵鸡汤”

心灵鸡汤

——友谊地久天长

Chicken Soup
For Teen Love on Friends

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Country Style and
Straight from the Heart

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With love I dedicate this book to my son, Jesse. Your Kindness and humor make you a great friend.

With love I also dedicate this book to the many teens who I am lucky enough to call friend. (Many of them are really Jesse's friends, but are sweet enough to let me call them friend, too.) I love you guys: Christine, Lia, James, Ashley, Cory, Hayley, Madison, Lily, Nico, Caitlin, Jenny, Amber, Una, Taylor, Hannah, Alex, Charlotte, Vanessa, Cary.

With love also to my very cool nephew, Christopher.

I am so grateful to have a life that is filled with teenagers' trust and love.



Acknowledgments

I am grateful to be able to have my work be something that I love so completely. Every time I am able to help a teen, gain the trust of a teen or simply have a conversation with a teen, I feel totally blessed. For all this I am very thankful.

I am very appreciative of the love and support I receive from my husband, John, who continually makes me laugh. Our “friendship” is strengthened every time we laugh together—usually at ourselves. John, you are brilliant, talented, funny and kind, and I am lucky to have you to pick on and love...so much.

My unconditional love goes to my son, Jesse, who is so amazing and has taught me so much. At this moment you are fifteen, and Jesse, you have already surpassed my greatest expectations of what a son should be. It is all gravy from here. Seriously, you have the kindest heart, the sharpest mind and the funniest sense of humor. You are multitalented and humble enough to want me to stop... but there's more! Your band is great, I love your girlfriend and you are the best son I could have ever wished for. Thank you. I love you.

I love and thank my parents for everything, including putting up with my freak-outs each time we moved, and I had to leave all my friends behind and make new ones. I thank you both for teaching me about hard work, being kind, making a difference and going for my dreams.

My brother Jack is my best friend. Jack believed in me when I



友谊地久天长

didn't believe in myself and always told me I could do it. It was because of his faith in me that I was able to do the first book, and he continues to support me in ways that are magical. I have always looked up to him because he is my oldest brother and because he always excelled at everything he did. It has been really great to have our friendship become more equal, and to realize that we each would choose the other as a friend even if we weren't related. I have so much respect for who you are, Jack. Your generosity and your ability to inspire others make you unique. I love you dearly and am so grateful to have you as my friend. You've even gotten very funny.

My dear friend Tasha is so sweet and so smart and so good at what she does. Her guidance, encouragement, sense of humor and amazing skill are the reasons I am able to do these books. This book was really a huge effort for me, and it was Tasha who always reassured me and pushed me to keep going. She took my words and made them into sentences and more than once made me look a lot smarter than I really was. (Who wouldn't love that?) I love you, Tasha, and I consider you one of my dearest friends.

Then there is Mitch. Mitch is perfect. He is the vice president of I. A. M. 4 Teens, Inc., and he keeps the whole show together. Mitch is involved in every step of the process, and he has the absolute best work ethic I have ever seen. He works hard because he cares that the books get completed, the Web site continues to support thousands of teens, all the employees of I. A. M. 4 Teens are happy and productive, and on and on. Mitch, I am so grateful. Thank you from the bottom of my heart.

Nina Palais is our den mother. She is one of those people in whose presence one can't help but feel nurtured. Nina is the president of the Teen Letter Project. She makes sure that all the letters get answered, that all the submissions are read carefully and given over for consideration to the appropriate book and, most



of all, she makes sure that the teens on staff are well taken care of. She also is the mother of two of my favorite teenagers, Ashley and Taylor, and she has done an amazing job of raising them. You go, girl!!!

Thank-you to Kelly Harrington. Kelly is the rights and permissions director, and because of her hard work and diligence we are able to use some great stories, poems and excerpts. I thank you, Kelly, for being such a hard worker and for being so dedicated. You are deeply appreciated.

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A very, very special thank-you to the teenagers who helped me with this book by coming to my house every Sunday and sharing their deepest feelings and thoughts about friendship with me. I never could have done this without this group of teens being so open about what things were hard for them and what information they felt teens could benefit from hearing. The best thing of all was the day we discussed what each person appreciated about each other in the room. The depth and intensity of love these guys have



for each other made it all clear for me. I knew from that moment that this book would have a very special element within its pages, and it does. So, from the bottom of my heart, I thank each and every one of you for sharing your heart so that other teens could benefit from your insights and wisdom. You guys are so amazing and I love you all very much: Ashley Fisher, Emma Bates, Liz Stein, Caitlin Owens, Hannah Hubble, Lily Lamden, Vanessa Little, Jenny Sharaf, Amber Brockman, Una Maslesa, Charlotte Grubb, Hayley Gibson, Jane Cary McCormick.

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Patty Aubery, I wish I could clone you and have one of you here with me at all times. Instead, I have to be happy with small doses of your genius, your great personality, and your unbelievable ability to know so much, be so sharp and so funny at the same time. Unfortunately, you are a one-of-a-kinder.

To Kim Foley, the sweetest girlfriend I have ever had, you are the best. You are my angel and I can only hope that I am yours.

Lia Gay, I have watched you grow up and now I am watching you grow. You have always been brilliant, beautiful, articulate, talented and simply one of my favorite people. I am now watching you become responsible, grateful, mature, wise beyond your years and in love. You have always brought me great joy, but now you bring even more. You are a wonderful friend, a wonderful god-daughter, a wonderful person, and I love you very much.

Colin Mortensen: What can I say? I admired you as the guy I watched every Tuesday night on MTV's *Real World Hawaii*. I was often amazed at the integrity you demonstrated while still being a fun-loving and gorgeous guy. Then I got to meet you and I was pleasantly surprised that the real you was even better than the "Real World" you. The thing that makes me happiest is that you and your friendship just keep getting better with time. (I'll refrain from comparing you to a fine wine.) I am trully grateful to have you as a friend and a partner. I am also thankful to have had something to do with what I know will be a very bright future for you, as both a writer and a gift to the teens who will read your words and get to know you better as well.

Last, but certainly not least, I want to thank YOU, the reader of these books. I appreciate the support, the letters of thanks and the trust you place in me. It is because of readers like you that I am able to continue to do these books for teens, and for that there are



no sufficient words to express my gratitude. I thank you from the deepest place in my heart.

Kimberly Kirberger

Acknowledgments





Mom and Dad, thanks for always believing in me.

Ryan, I love you.

Max, "Colin all done."

Tro, Eiffel Tower.

Mike, Whatever.

Casey, Italy.

Dave, Alta Bates.

Matt, "Sweet Home Berryessa."

Kelly, ASU.

Glenn Morgan, for your vision, your intelligence, and, most of all, for giving me a shot.

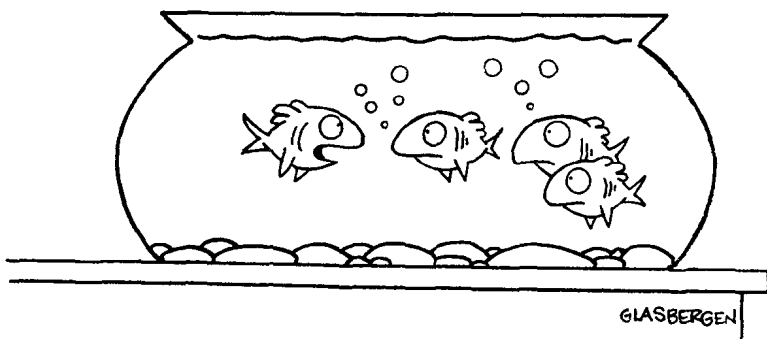
Jeff Meshel, for believing and for being so damn nice.

Kim Kirberger, for having so much faith and heart.

Colin Mortensen

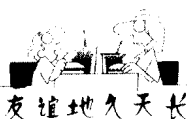
III

Acknowledgments



"We have no secrets and no privacy! They can see and hear everything we do! I'm telling you guys, we're the new cast of the *Real World*!"

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Introduction



I had a friend once.

Jesse Kirberger

Friendship is such a huge thing. When I first set out to write and compile this book I knew it would be challenging. I knew that especially in adolescence, friendship can cause great happiness and great sorrow. I knew that there were many definitions of friendship and that it means something a little different to everyone. I knew all these things, but I didn't know that I was about to embark on such a huge challenge in both my writing career and my personal life.

I have seen the beauty of the human spirit and the sacredness involved when hearts come together in friendship, and I have also seen the dark side and the pain caused when we forget that our actions affect others and that to hurt another is to hurt ourselves. I have come to believe that if we can learn to be a friend to ourselves and to others then we will have achieved what we were put on this earth to do.

I have learned that being a friend and having friends is an ongoing process and each time we are hurt or disappointed, it is an opportunity to learn something new. The key is to enjoy the friendships we have and, even if they don't work out, keep ourselves and our hearts open so that we can experience the great joy



that friendship can bring.

The joy that comes from being there for someone, from laughing and sharing with another person, from knowing what the other person is thinking without a word being spoken, and feeling safe to be all that we are, is a joy that cannot be topped. The peace and happiness that comes from having and being a good friend is the absolute best and certainly worth the challenges friendship can present.

In this book, we will look at many aspects of friendship. We will read stories of best friends, friendships gone wrong and of friendships that have simply grown apart. We will read stories of friends who have helped each other, cheered each other up and in some cases literally saved one another's life. We will hear about friends becoming lovers and lovers becoming friends. Teens who thought they would never have a friend will tell us about how that changed and someone who thought they were better than others will share being humbled by an experience that showed them differently.

From the thousands of letters I have received and from the friendship forum on our Web site, I have read about most, if not all, the problems that plague teens in the area of friendship. I have done my best to include the most common ones. As is true with all the books in this series, the goal is first and foremost for you to see you are not alone. The stories will tell of situations similar to ones you have experienced and in some cases will go on to share how a particular problem was resolved. The poetry in the book will help put into words the thoughts and feelings you have for a friend or the pain you have felt when a friend betrayed you. Throughout the book Colin and I have shared our wisdom and thoughts with you. Our hope is that our words will inspire you or simply remind you of what you already know to be true.

I hope that this book comforts you and guides you in many



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ways. Remember, as always, happiness and friendship are things you do have control over. The more you do to achieve joy with yourself and others, the more joy you will have.

Good luck and enjoy the journey.





Who Is Kimberly Kirberger?

Kimberly is an advocate for teens, a writer for teens, a mother of a teen, and a friend and confidante to the many teens in her life. She is committed to bettering the lives of teens around the globe through her books and the outreach she does for teens on behalf of her organization, Inspiration and Motivation for Teens, Inc.

Kim's love for teens was first expressed globally with the publication of the bestselling *Chicken Soup for the Teenage Soul*. This book was a true labor of love for Kim, and the result of years of friendship and research with teens from whom she learned what really matters. After the success of the first *Teenage Soul* book, and the outpouring of hundreds and thousands of letters and submissions from teens around the world, Kim went on to coauthor the *New York Times* #1 bestsellers *Chicken Soup for the Teenage Soul II* and *Chicken Soul for the Teenage Soul III*, *Chicken Soup for the Teenage Soul Journal* and *Chicken Soup for the College Soul*. She is currently at work on the upcoming *Chicken Soup for the Teenage Soul Letters*.

In October 1999, the first book in Kim's *Teen Love* series was released. *Teen Love: On Relationships* has since become a *New York Times* bestseller and the inspiration behind her popular Web site, www.love4teens.com. Her friendship and collaboration with Colin Mortensen of MTV's *Real World Hawaii* produced the much-loved *Teen Love: A Journal on Relationships*.



Kim's empathic understanding of the issues affecting parents led her to coauthor the recent release *Chicken Soul for the Parent's Soul*. She is also currently working on a book for both parents and teens that she hopes will give both sides of this relationship the support they need.

Kim lives in Southern California with her husband, John, and son, Jesse. When she is not reading letters she gets from teens, she is offering them support and encouragement in the forums on her Web site, www.teenagechickensoup.com. She also enjoys nurturing her family, listening to her son's band and hanging out with her son's friends when they will let her.

Who Is Kimberly Kirberger?





Who Is Colin Mortensen?

Colin Mortensen is a twenty-year-old actor/writer currently living in Los Angeles, California.

After graduating from high school, Colin completed two years of studies at the University of California at Berkeley at the top of his class. During his time at Berkeley, Colin not only excelled academically, but also was heavily involved with the campus television and radio stations and the theater community, honing his writing and performing skills and launching his career as an on-air personality.

While attending Berkeley, Colin auditioned for and was chosen as the host of MTV's *Real World/ Road Rules Casting Special*, his television debut. Based on the exuberant reception of his breakout performance on the casting special, Colin was chosen as the first cast member of MTV's *Real World Hawaii* (MTV's highest rated series ever) and was later voted its most popular cast member.

After completing filming for the *Real World*, Colin moved to Los Angeles in order to pursue his passion for acting. Once in Los Angeles, he was immediately cast as the sexy, clueless office assistant, AJ, in the critically acclaimed NBC comedy *MYOB*, written and created by Don't Roos. An NBC "summer hit", *MYOB* received excellent ratings.

Following his MTV fame and his role on *MYOB*, Colin hit the cover of *TV Guide* and was soon after chosen as one of E-Online's "Sizzlin' Sixteen," one of eight male actors predicted to be