

原汁原味的

独家引进,全球热销8,000万套

# 心灵鸡汤

不屈的灵魂

# Chicken Soup for the Unsinkable Soul

Jack Canfield  
Mark Victor Hansen  
Heather McNamara

101 Inspirational  
Stories of Overcoming  
Life's Challenges

With Outstanding  
Stories of Overcoming:  
Emotional Hardship  
Losing a Loved One  
Physical Challenges  
Financial Obstacles  
Illness or Disease  
Life Changes

# 心灵鸡汤

——不屈的灵魂

## CHICKEN SOUP FOR THE UNSINKABLE

*101 Inspirational Stories of  
Overcoming Life's Challenges*

Jack Canfield    Mark Victor Hansen  
Heather McNamara



安徽科学技术出版社



Health Communications, Inc.

[皖] 版贸登记号:1201167

图书在版编目(CIP)数据

心灵鸡汤.不屈的灵魂/(美)坎费尔德(Canfield, J.), (美)汉森(Hansen, M. V.)等编著. —合肥:安徽科学技术出版社, 2004.2

ISBN 7-5337-2877-7

I. 心… II. ①坎… ②汉… III. 英语-语言读物, 故事 IV. H319.4: I

中国版本图书馆 CIP 数据核字(2002)第 061751 号

\*

安徽科学技术出版社出版  
(合肥市跃进路 1 号新闻出版大厦)

邮政编码:230063

电话号码:(0551)2825419

新华书店经销 合肥远东印刷厂印刷

\*

开本:889×1194 1/32 印张:10.875 字数:273 千

2004 年 2 月第 1 版 2004 年 2 月第 1 次印刷

印数:8 000

定价:19.00 元

(本书如有倒装、缺页等问题, 请向本社发行科调换)



不屈的灵魂

'CHICKEN SOUP FOR THE SOLE.'



CALLAHAN

[EDITORS' NOTE: John Callahan's sense of humor is shaped in part by his being a quadriplegic, but also by his being an adopted child, having been educated in Catholic schools, and being a recovered alcoholic.]

Reprinted by permission of Levin Represents.



不屈的灵魂

Chicken soup for the unsinkable soul

## Acknowledgments

*Chicken Soup for the Unsinkable Soul* took more than three years to write, compile and edit. It has been a joyous—though often difficult—task, and we wish to thank the following people whose contributions have made it possible.

Our life partners, Inga, Patty and Rick, and our children, Christopher, Oran, Kyle, Elisabeth and Melanie, who have supported us for months through the process of compiling this book.

Georgia Noble, for being such a beautiful person and for sharing your heart with us.

Patty Aubery, who was always there when we needed her, as well as for keeping 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 Autio, our friend, thank you for your invaluable feedback and for your impeccable job researching and obtaining permissions.

Katy McNamara-Abatemarco, who read many of the stories, and who thought up the title that best befits the stories included in this book.

Cristi Leahs, who did an extraordinary job reading and researching stories. We deeply appreciate your support, your

VII

Acknowledgments



## 不屈的灵魂

friendship and your loving attention to this project.

Leslie Forbes, for an outstanding job starting the permission process and assisting whenever and wherever needed. D'ette Corona, a new addition at Chicken Soup Enterprises, for diving in at the end of this project and doing what she could to help.

Peter Vegso at Health Communications, Inc., for his continuing vision of the direction and value of *Chicken Soup* books, and for his unflagging support in getting these stories out to people all over the world.

Veronica Valenzuela, Robin Yerian, Lisa Williams, Laurie Hartman and Deborah Hatchell for working to make sure everything ran smoothly during the production of this book.

Rosalie Miller, who kept all of the communication flowing efficiently throughout this project, all while triumphing over her own obstacles.

Teresa Esparza, who brilliantly coordinated all of Jack's speaking, travel, and radio and television appearances during this time.

Christine Belleris, Matthew Diener, Lisa Drucker and Allison Janse, our editors at Health Communications, Inc., for bringing this book to its high state of excellence. You bring such value to the *Chicken Soup* series. You also never falter in the support department; we thank you for that.

Erica and Maryanne Orloff, Ann Reeves and Eric Wing for their brilliant edits and input on the stories in this book.

Randee Feldman, *Chicken Soup for the Soul* manager at Health Communications, Inc., for her masterful coordination and support of all the *Chicken Soup* projects.

Terry Burke and the sales team, Ketty Maragni and the marketing team at Health Communications, Inc., for their wonderful sales and marketing efforts.

Lisa Camp at Health Communications, Inc., for working with





## 不屈的灵魂

us so patiently and cooperatively on the cover design of this book. And Lawna Eldfield and Dawn Grove for their skillful typesetting of the book.

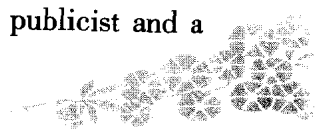
We also want to thank the following people who completed the monumental task of reading the preliminary manuscript of the book, helped us make the final selections, and made invaluable comments on how to improve the book: Tamy Aberson, Willanne Ackerman, Jerry Acuña, Fred Angelis, Nancy Autio, Christine Belleris, Bonnie Block, Nora Bridges, Julie Brookhart, Dave and Marsha Carruthers, Diana Chapman, Linda Rohland Day, Mary Jane West Delgado, Eldon Edwards, Nancy Richard Guilford, Elinor Hall, Sandra Hutchins, Allison Janse, Bettie Kapiloff, Robin Kotok, Tom Krause, Lillian Lamb, Cristi Leahs, Audrey Lohr, Barbara LoMonaco, Robert MacPhee, Danny and Laura McNamara, Joan McVittie, Suzanne Ohler, Judie Sinclair, Milly VanDerpool, Danene Van Hecker and Dottie Walters.

To the more than five thousand "Daily Soup" subscribers who answered our call for a title with wonderful suggestions. You all played an integral part in deciding the title of this book!

*Chicken Soup* coauthors: Patty and Jeff Aubery, Nancy Autio, Marty Becker, Dan Clark, Tim Clauss, Barbara De Angelis, Mark and Chrissy Donnelly, Irene Dunlap, Patty Hansen, Jennifer Read Hawthorne, Kimberly Kirberger, Carol Kline, Hanoch and Meladee McCarty, Maida Rogerson, Martin Rutte, Marci Shimoff and Barry Spilchuk.

Larry and Linda Price, who, in addition to keeping Jack's Foundation for Self-Esteem operating smoothly, continue to administrate the Soup Kitchens for the Soul project, which distributes thousands of *Chicken Soup for the Soul* books free each year to prisoners, halfway houses, homeless shelters, battered women's shelters and innercity schools.

To Kim Weiss, who is a pleasure, a great publicist and a





## 不屈的灵魂

great friend. And to Kim's diligent and conscientious staff, Larry Getlen and Ronni O'Brien.

Rick Frischman at Planned Television Arts and Newmann Communications, who continue to help us keep our books on the bestseller lists.

Claude Choquette and Tom Sand, who manage year after year to get each of our books translated into more than twenty languages around the world.

We also wish to thank the more than eight thousand people who took the time to submit stories, poems and other pieces for consideration. You all know who you are. While many of the stories submitted were wonderful, most did not fit into the overall structure of the book. However, many will be used in future volumes of the *Chicken Soup for the Soul* series.

Because of the immensity of this project, we may have left out 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

### **Un · sink · able Soul.** Person

who faces any challenge with hope, humor and heart. See stick-to-it-ness. See perseverance. See pit bull. See also victory.

XI

Introduction

Since the first *Chicken Soup for the Soul* book was released, readers continue to tell us that their favorite chapter is Overcoming Obstacles.

It's no wonder. We all face obstacles—some are tiny hurdles that may trip us up for a time before we land on our feet; others loom like ominous clouds, sending even the bravest souls in search of shelter. How we handle these situations determines the course of our life; whether we will live with fear and anger or acceptance and joy.

We compiled *Chicken Soup for the Unsinkable Soul* to help readers overcome the obstacles in their daily lives, whether they're dealing with an emotional loss, battling an illness, experiencing the ups and downs of pursuing a lifelong dream, or trying to make themselves a better person.

From the humorous to the heroic, from the extraordinary to the everyday, each story emphasizes victory in spite of the





odds. For instance, you'll share in the triumph of a determined climber who scaled one of the world's most challenging mountains despite being blind; a middle-aged woman who took a chance on a new career and became an award-winning columnist; a little girl with a stuttering problem who found her voice at a school pageant; and a young mother who was suddenly paralyzed but chose to embrace the positive over pity.

With each turn of the page in chapters like Taking the Challenge and Living Your Dream, you'll find yourself amazed at how others have taken risks and kept their faith even when others told them, "It can't be done!"

The chapters On Attitude and A Matter of Perspective will show you how to view life through hopeful eyes—to see a hurdle as a possible stepping stone to something great—and to appreciate the things you have.

You'll come to realize the priceless value of unconditional support by reading The Power of Love and The Power of Support. We hope these stories encourage you to reach out to others when you need help and to open your heart to someone who needs a shoulder on which to lean.

And finally, Eclectic Wisdom proves that many times obstacles are our best teachers: They shine a light on our strengths; remind us of the areas we need to improve; show us to have faith in ourselves; and force us to accept things that are beyond our control.

We offer this book as a gift to you. We hope you find it an instrument of strength and a constant reminder that you *do* have the power to achieve your dreams.





## Contents

Acknowledgments .....	VII
Introduction .....	XI

### 1. TAKING THE CHALLENGE

Growing Roots <i>Philip Gulley</i> .....	2
A New Day for Dorothy <i>Frances E. Leslie</i> .....	5
My Mother's Greatest Gift <i>Marie Ragghianti</i> .....	10
The Ugliest Cat in the World <i>Penny Porter</i> .....	16
Small Soldiers <i>Rachel Berry</i> .....	22
Journey out of Silence <i>William L. Rush</i> .....	27
The Flight of the Red-Tail <i>Penny Porter</i> .....	31
Albert <i>Magi Hart</i> .....	40
The Racking Horse <i>Lori Bledsoe as told to Rhonda Reese</i> .....	42
Tina's Ten Points <i>Tom Krause</i> .....	47
Don't Quit <i>Clinton Howell</i> .....	49
Beat the Drum <i>Carol Barre</i> .....	50
The Letter <i>Julane DeBoer as told to Bill Holton</i> .....	54
Just Do What You Can <i>D'ette Corona</i> .....	58

### 2. LIVING YOUR DREAM

New Directions <i>Maya Angelou</i> .....	60
--	----



## 不屈的灵魂

Dare to Imagine <i>Marilyn King as told to Carol Kline</i> .....	63
The Little Girl Who Dared to Wish <i>Alan D. Shultz</i> .....	66
Perseverance <i>Anne Stortz</i> .....	69
Never Give Up <i>Jason Morin</i> .....	70
How to Be New and Different <i>Patricia Lorenz</i> .....	73
I Was Thirty-Seven Years Old at the Time <i>Erma Bombeck</i> .....	78
The Secret Behind My Success <i>Carol Burnett</i> .....	80

### 3. THE POWER OF LOVE

No Greater Love <i>Col. John W. Mansur</i> .....	86
Dharma <i>Deborah Tyler Blais</i> .....	88
Dear Jesse <i>Paula Bachleda Koskey</i> .....	93
The Other Mother <i>Diane Payne</i> .....	96
A Prayer for Children <i>Ina J. Hughes</i> .....	99
Washing Teddy Bears <i>Jean Bole</i> .....	102
To Love Enough <i>Cynthia M. Hamond</i> .....	105
The Angel Who Fetched <i>Susan McElroy</i> .....	108
Ben <i>Terry Boisot</i> .....	112
Heaven's Very Special Child <i>John and Edna Massimilla</i> .....	115
Lavender Roses <i>Charles A. Hart</i> .....	117

### 4. THE POWER OF SUPPORT

The Ludenschide Connection <i>Penny Porter</i> .....	122
The Day I Finally Cried <i>Meg Hill</i> .....	127
The Sound of One Hand Clapping <i>Tim Hansel</i> .....	130
The Joy of Usefulness <i>Philip Gulley</i> .....	131
The Writer <i>Willy McNamara</i> .....	134
Tzippie <i>Ruchoma Shain</i> .....	135



不屈的灵魂

Chicken soup for the unsinkable soul

Sharing Beauty <i>Sherry Maddox</i> .....	138
Mama's Visit <i>Victoria Robinson</i> .....	140
Margaret of New Orleans <i>Sara Cone Bryant</i> .....	144
Bridge Builder <i>Will Allen Dromgoole</i> .....	147
The Yellow Ribbon <i>Nikki Willett</i> .....	149
And, And, And <i>Robin L. Silverman</i> .....	152

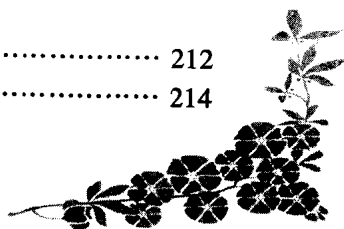
## 5. INSIGHTS AND LESSONS

The Day at the Beach <i>Arthur Gordon</i> .....	156
A Lesson in Cloud Recognition <i>Joyce A. Harvey</i> .....	162
A Story to Live By <i>Anne Wells</i> .....	165
Sensory Deprivation <i>Deborah E. Hill</i> .....	168
The Birthday Present <i>Mavis Burton Ferguson</i> .....	170
Mrs. George <i>William L. Rush</i> .....	172
A Bowl of Humility <i>Linda LaRocque</i> .....	176
Wind Beneath My Wings <i>Karyl Chastain Beal</i> .....	179
Sorrow <i>Abraham Lincoln</i> .....	184
How I Came to Terms <i>Mike Cottrill as told to Bill Holton</i> .....	185
Like Me <i>Emily Perl Kingsley</i> .....	189

Contents

## 6. ON COURAGE AND DETERMINATION

The Best Advice I Ever Had <i>Maurice Chevalier</i> .....	193
The Victim's Voice <i>Richard Jerome</i> .....	199
Barriers or Hurdles? <i>Irvine Johnston</i> .....	203
A Tribute to Courage <i>Victoria Robinson</i> .....	205
Riley <i>Jeffrey Weinstein</i> .....	209
You Can Beat the Odds and Be a Winner, Too <i>Abigail Van Buren</i> .....	212
Superman Learns How to Ride <i>Robert Tate Miller</i> .....	214





不屈的灵魂

A Father's Advice <i>Christopher de Vinck</i> .....	217
Highsights <i>Erik Weihenmayer</i> .....	220
Ode to the Champions <i>Tom Krause</i> .....	226
Ask Creatively <i>The Best of Bits &amp; Pieces</i> .....	228
Never Say Quit <i>Bob Hoppenstedt</i> .....	230
Struggle and Victory <i>Lila Jones Cathey</i> .....	235
Mothers of Disabled Children <i>Erma Bombeck</i> .....	240

## 7. ON ATTITUDE

Third-Place Winner <i>Bettie B. Youngs</i> .....	243
Challenger Baseball <i>Darrell J. Burnett</i> .....	245
Don't Worry, Be Happy <i>Mindy Pollack-Fusi</i> .....	248
The Wake <i>Melva Haggard Dye</i> .....	254
The Power of Forgiveness <i>Chris Carrier</i> .....	258
Happy Birthday <i>Willanne Ackerman</i> .....	261
Manners <i>Paul Karrer</i> .....	265
Born to Live, Born to Love <i>Eileen Goltz</i> .....	266
Table Manners <i>Adele Frances</i> .....	269
Mirror, Mirror on the Wall <i>Karen Klosterman</i> .....	273

## 8. A MATTER OF PERSPECTIVE

Big Willy <i>Nancy Bouchard</i> .....	276
Just Playing <i>Anita Wadley</i> .....	278
The Cracked Pot <i>Willy McNamara</i> .....	280
A Flight of Geese <i>Fred Lloyd Cochran</i> .....	283
Sledding <i>Robin L. Silverman</i> .....	285
The Hill <i>Betty J. Reid</i> .....	288
The Halfway Point <i>Dennis J. Alexander</i> .....	290
I Talk to Me <i>Phil Colburn</i> .....	294

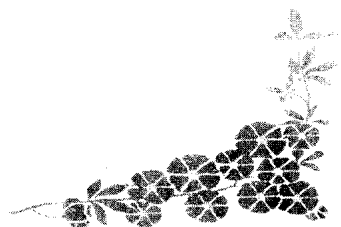


不屈的灵魂

Obstacle Illusions <i>Heidi Marotz</i> .....	296
My New Set of Wheels <i>Darlene Uggan</i> .....	299
What Should I Fear? <i>David L. Weatherford</i> .....	301

## 9. ECLECTIC WISDOM

What's Wrong with Your Dad? <i>Carol Darnell</i> .....	304
Cyclops Stole Our Hearts <i>Penny Porter</i> .....	307
An Act of Faith <i>Walter W. Meade</i> .....	312
Benny's Balloon <i>Michael Cody</i> .....	317
One, Two, Three <i>Henry Cuyler Bunner</i> .....	318
Mother's Hands <i>Janie Emaus</i> .....	320
The Game <i>Christa Holder Ocker</i> .....	323
Hussy Sunsets <i>Milly VanDerpool</i> .....	327
Two Brothers <i>Willanne Ackerman</i> .....	331
At Wit's End <i>Erma Bombeck</i> .....	333





不屈的灵魂

Chicken soup for the unsinkable soul

1 TAKING THE CHALLENGE

1

# TAKING THE CHALLENGE

*A ship in port is safe, but this is not what ships are built for.*

*Grace Hopper*





## Growing Roots

*O*ur strength grows out of our weakness.

Ralph Waldo Emerson

2 When I was growing up, I had an old neighbor named Dr. Gibbs. He didn't look like any doctor I'd ever known. Every time I saw him, he wore denim overalls and a straw hat, the front brim of which was green sunglass plastic. He smiled a lot, a smile that matched his hat—old and crinkly and well worn. He never yelled at us for playing in his yard. I remember him as someone who was a lot nicer than circumstances warranted.

When Dr. Gibbs wasn't saving lives, he was planting trees. His house sat on ten acres, and his life's goal was to make it a forest.

The good doctor had some interesting theories concerning plant husbandry. He came from the "no pain, no gain" school of horticulture. He never watered his new trees, which flew in the face of conventional wisdom. Once I asked why. He said that watering plants spoiled them, and that if you water them, each successive tree generation will grow weaker and weaker. So you have to make things rough for them and weed out the weenie trees early on.

He talked about how watering trees made for shallow roots,

