

双语

精华版

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# 心灵鸡汤

[成长系列]



智慧的花园

汪精玲 程 香 译

*The Garden of Wisdom*

Jack Canfield & Mark Victor Hansen 等著

Chicken  
Soup for the  
Soul

安徽科学技术出版社

Health Communications, Inc.

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电 话: (0551)3533330

网 址: [www.ahstp.com.cn](http://www.ahstp.com.cn)

E-mail: [yougoubu@sina.com](mailto:yougoubu@sina.com)

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作为美国大众心理自助与人生励志类的闪亮品牌,《心灵鸡汤》语言地道新颖,优美流畅,极富时代感。书中一个个扣人心弦的故事,深度挖掘平凡小事蕴藏的精神力量 and 人性之美,真率倾诉对生命的全新体验和深刻感悟,字里行间洋溢着爱心、感恩、信念、鼓励 and 希望。由于故事的蕴涵哲思深邃,豁然释然,央视“百家讲坛”曾引用其作为解读援例。

文本的适读性与亲和力、故事的吸引力和感召力、内涵的人文性和震撼力,煲出了鲜香润泽的《心灵鸡汤》——发行 40 多个国家和地区,总销量上亿册的全球超级畅销书!

安徽科学技术出版社独家引进的该系列英文版,深得广大读者推崇与青睐,频登各大书店及“开卷市场零售监测系统”的畅销书排行榜,多次荣获全国出版发行业的各类大奖。







就学英语而言,本系列读物的功效已获莘莘学子乃至英语教学界的充分肯定。由于语篇的信度、效度符合标准化考试命题的质量要求,全国大学英语四级考试、全国成人本科学位考试的阅读理解真题曾采用其中的文章。

为了让更多读者受惠于这一品牌,我社又获国内独家授权,隆重推出双语精华版《心灵鸡汤》系列:英汉美文并蓄、双语同视面对照——广大读者既能在轻松阅读中提高英语水平,又能从中感悟人生的真谛,激发你搏击风雨、奋发向上的生命激情!

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# The Wonder Years

## 非凡岁月

[EDITORS'NOTE: This is an NYU college-admission application essay question and the actual answer.]

编辑手记：下面是纽约大学入学申请中的一道问答题以及一位申请人的回答。

Question:

*In order for the admissions staff of our college to get to know you, the applicant, better, we ask that you answer the following question: "Are there any significant experiences you have had, or accomplishments you have realized, that have helped to define you as a person?"*

Answer:

*I am a dynamic figure, often seen scaling walls and crushing ice with my bare hands. I have been known to remodel train stations on my lunch breaks, making them more efficient in the area of heat retention. I translate ethnic slurs for Cuban refugees. I write award-winning operas. I manage time efficiently. Occasionally, I tread water for three days in a row. I woo women with my sensuous and godlike*

问题：

为了让我校相关工作人员更好地了解入学申请人，请回答如下问题：是否有足以说明你为人的重要经历或成就？

回答：

我是一个富有活力的人，常常徒手攀墙，赤手碎冰。午饭休憩时，改造火车站，使其在保温方面效果倍增。为古巴难民翻译民族中伤之辞。创作获奖歌剧。高效地安排时间。偶尔，连续三天踩水畅游。吹奏美妙而庄严



*trombone playing. I can pilot bicycles up several inclines with unflagging speed, and I cook thirty-minute brownies in twenty minutes. I am an expert in stucco, a veteran in love and an outlaw in Peru. Using only a hoe and a large glass of water, I once single-handedly defended a small village in the Amazon basin from a horde of ferocious army ants. I play bluegrass cello. I was scouted by the Mets. I am the subject of numerous documentaries. When I'm bored, I build large suspension bridges in my yard. I enjoy urban hang gliding. On Wednesdays, after school, I repair electrical appliances free of charge. I am an abstract artist, a concrete analyst and a ruthless bookie. Critics worldwide swoon over my original line of corduroy evening wear. I don't perspire. I am a private citizen, yet I receive fan mail. I have been caller number nine and have won the weekend passes.*

*Last summer I toured New Jersey with a traveling centrifugal-force demonstration. I bat. 400. My deft floral arrangements have earned me fame in international botany circles. Children trust me. I can hurl tennis rackets at small moving objects with deadly accuracy. I once read Paradise Lost, Moby Dick and David Copperfield in one day and still had time to refurbish an entire dining room that evening. I know the exact location of every food item in the supermarket. I have performed several covert operations with the CIA. I sleep once a week; and when I do sleep, I sleep in a chair. While on vacation in Canada, I successfully negotiated with a group of terrorists who had seized a small bakery. The laws of physics do not apply to me. I balance, I weave, I dodge, I frolic and my bills are all paid. On weekends, to let off steam, I participate in full-contact origami. Years ago I discovered the meaning of life but forgot to write it down. I have made extraordinary four-course meals using only a mouli and a toaster-oven. I breed prize-winning clams. I have won bullfights in San Juan, cliff-diving competitions in Sri Lanka and*

*spelling bees at the Kremlin.I have played Hamlet,I have performed open-heart surgery and I have spoken with Elvis.*

*But I have not yet gone to college.*

...He was accepted.

*Hugh Gallagher*

的长号向女人们示爱。可以骑着自行车高速地窜过好几个斜坡。用20分钟烹制有30分钟效果的核仁巧克力饼。是拉毛粉饰法方面的专家。情场上的老兵。秘鲁的逃犯。曾经用一把锄头一大杯水,独自一人击退凶残的蚂蚁大军,使亚马逊盆地的一个小村免遭涂炭。用大提琴弹奏蓝草音乐。曾是纽约大都会棒球队的物色对象。是众多纪录片描绘的主角。无聊时,在院子建造巨大的悬索桥。喜爱都市乘风滑翔。星期三放学后,免费为人修理电器。是抽象的艺术家,具体的分析家,无情的涂鸦作家。有关灯芯绒晚礼服的原创诗句让全世界的评论家为之陶醉。不流汗。一介平民却收到追星族来信。是幸运电话呼叫者,也曾赢得周末优惠一卡通。

去年夏天,随杂技团到新泽西巡游。在理想的棒球场上打球。灵巧的花卉布置技艺让我在国际植物学界名声不菲。受到孩子们信任。能够准确无误地用网球拍击中移动着的微小物体。曾一天之内读完《失乐园》《白鲸》《大卫·科波菲尔》,而且仍然有时间在晚上再刷新整个饭厅。知道超市里每样食品摆放的精确位置。曾与中央情报局一起开展过几次秘密行动。一周只睡一次觉,而且睡在椅子上。在加拿大度假时,与袭击一家小面包店的一群恐怖主义者交涉成功。物理学法则对我不起作用。我稳,我闪,我躲,我跳,所有的账单全付清。周末,为了散发多余的精力,参加实战性的折纸手工。几年前发现了人生的真意却忘了记录。曾做过四道菜的风味大餐,而只用了“茂利”食品加工器和烤面包炉。饲养能够得奖的蛤蚌,赢得过圣胡安的斗牛比赛,斯里兰卡的悬崖跳水竞赛,克里姆林宫的拼字大赛,演过哈姆雷特,做过心脏手术,同猫王埃尔维斯谈过话。

可是我还从来没有上过大学。

……他被录取了。

休·加拉赫  
(汪精玲译)



## Being Yourself!

### 成为你自己!

*I strongly believe you should never judge people by how they look. The only thing that matters is what's on the inside.*

Nick of the Backstreet Boys

我相信,你决不该以貌取人。唯一重要的是内在的东西。

——后街男孩之尼克

Friends come together to learn and grow with one another, to lighten each other's loads and brighten each other's days. Our friends can have a tremendous impact on our lives. They are our teachers and our guides, our support systems and our cheer-leaders. It is a big responsibility to be a good friend. So it is very important to come into a friendship with a solid sense of who we are—we should be able to give our friend our best, most authentic self. It is only by being real with our friends that we can truly give the gift of our friendship. Our friends will enjoy our company so much more if we can be ourselves in their presence. The payoff for us is enormous. We are assured that we are loved for ourselves rather than someone we are pretending to be and, because of that, we are able to be completely at ease.

But how do we know when we are truly being ourselves? How do we learn to be ourselves? Being yourself is a process and not a destination, and there are steps that you can take to start being yourself.





Begin by asking yourself the question, *Who am I?*

·What are my values?What do I believe in and what do I consider important?

·What do I like?What are my hobbies or interests?How do I like to spend my time?What type of movies,books or TV shows do I like?

·What is my personality?What do I care about?What are some words I would use to describe myself?

When we don't know the answer to these basic questions,we run the risk of taking on identities that are not truly ours in order to please others.We've all had the experience of taking on an identity

结交朋友是为了一起学习、成长,减轻彼此的负担,使彼此的人生充满光明。朋友对我们的生活影响巨大。他们是我们的老师、向导、依靠、拉拉队长。做个好朋友有很大的责任。所以,重要的是,开始一段友谊时,要清楚地了解我们是谁——我们应该可以给朋友一个最好的、最真实的自我。只有通过朋友真诚相待,我们才能真正奉献友谊的馈赠。如果在朋友面前成为我们自己,朋友会更加喜爱与我们相伴。我们将得到巨大的回报。要确信,我们得到爱,是因为我们自己,而非我们伪装的那个人;因为这一点,我们可以完全放松。

可是我们怎么知道,什么时候能真正成为我们自己?怎样才能学会成为我们自己?成为你自己是一个过程,而非终点,你可以采取一些措施开始成为你自己。

首先问自己这个问题:我是谁?

·什么是我的价值?我信仰什么,我认为什么重要?

·我喜欢什么?我的爱好和兴趣是什么?我喜欢怎样利用时间?我喜欢什么类型的电影、书籍、电视节目?

·我的性格是什么?我关心什么?我会用什么样的语句来描述自己?

如果不知道这些基本问题的答案,我们就会冒着为取悦别人呈现非真实个性的危险。我们都有过这样的经历:呈现的个性特性不是真正自己

that is not really our own. Even if we won the approval and acknowledgment of the people we were trying to impress, it is a hollow victory. We end up feeling lonely and empty when we aren't being true to ourselves.

Another way to know ourselves is to know our *boundaries*. It is important to know our limits—what we will and won't do, what we need or don't need, and what we want or don't want. Boundaries are the lines we draw around ourselves to protect us; they are our borders. It is that voice that tells us, "No, this doesn't feel right to me," or the knowledge that we deserve better. We will be challenged many times either to do what's easy and popular or to do what's right. It isn't always easy to stand up for yourself when it isn't the popular stance, but you only need to do this one time to know that the way in which it empowers you makes it totally worthwhile.

In friendships, if we don't communicate our boundaries to others we can resent the other person for sapping our time and energy. We can become irritated and even angry with another person when we aren't true to ourselves. This could lead to hurting that person's feelings unintentionally. We end up blaming our friends for not "seeing" or "knowing somehow" that they were asking too much of us. If we can take responsibility for saying what our needs are, we can avoid situations that result in resentment. The key is to be real clear about what our needs are, and to express our limits before any bad feelings build up. This positive action on our parts can make us feel much better about ourselves.

Another aspect of being ourselves is accepting *all* parts of ourselves: the good, the bad and the ugly. This doesn't mean it's fine to exhibit such negative behaviors as lying and stealing and simply write it off as, "Hey, I'm not perfect." We should always resist any temptation to behave in a way that hurts others and ourselves. But it is important



to realize that we all have shadow sides to ourselves. Nobody is perfect. We all have feelings of envy, judgment, jealousy, guilt, anger and fear. These feelings are just part of the human experience. The important thing is not to beat ourselves up for these feelings but to have compassion for ourselves in those moments.

的。即使赢得了我们设法感动的人们的称赞和感谢,这也只是个空洞的胜利。对自己不真诚,我们最终会感到孤独、空虚。

认识自己的另一种方法是了解我们的能力界限。了解我们的局限性很重要——能做的和不能做的,需要和不需要的,想要和不想要的。能力界限是我们为了保护自身,在自己周围划定的界线;它们是我们的边界。正是那样的声音会告诉我们,“不,这不适合我。”或者告诉我们,我们应该获得更多。我们将多次受到挑战,要么做容易的、受人喜欢的事,要么做正确的事。以不受欢迎的姿态,站在自己的一边,不会总是那么容易。你只需要做一次就能知道,这种赋予你力量的方式完全值得你一试。

在友谊中,如果不能让别人知道我们的能力界限,我们就会怨恨他人消耗我们的时间和精力。对自己不真诚时,我们会恼怒,甚至生别人的气。这会导致无心地伤害他人的感情。我们最终会责备朋友不能“领会”或“领悟”到他们要求我们太多。如果我们担负起责任,说清楚自己需要什么,就能避免导致怨恨的局面。关键是要搞清楚我们所需要的东西,在任何恶劣的情绪形成前,表白自己的局限。就我们而言,这一积极的举动,能够使我们对自我的感觉好很多。

成为我们自己的另一点是,接受自我的方方面面:好的、坏的、丑陋的。这并不意味这样做是好事:展示诸如说谎、偷窃等负面行为,简单地将其一笔勾销,“嗨,我并不完美。”我们应该永远顶住诱惑,不去做伤害别人和自己的事。但是,重要的是要认识到,我们自身都有阴暗面。没有人是完美的。我们都有这些情感状态:羡慕、指责、嫉妒、内疚、愤怒、恐惧。这些情感正是人类经历的一部分。重要的是,不要因为这些而痛击自己,而要在这个时候,对自己抱有怜悯之心。



If we condemn our faults instead of trying to understand them, we won't grow and learn. Most importantly, each time we accept our own limitations we can more fully begin to accept the limitations of other people. This is one of the most important factors in being a good friend.

As with everything, being yourself is a journey. It is never complete. We don't wake up one day and proclaim that we are now "ourselves". The treasure is in the learning, not in the final destination.

如果我们谴责自己的缺点,而不去设法理解它们,那么,我们就不会成长、不能获得知识。最为重要的是,每当我们接受了自己的弱点,我们更能开始充分地接受他人的弱点。这是做个好朋友的最重要的因素之一。

与所有的事一样,成为你自己是一段历程。它永远不会结束。我们不可能在某天醒来,宣布我们现在已经成为我们自己。珍贵的是在学习的过程中,而非在其终点。

(汪精玲译)







# Never Too Old to Live Your Dream

## 实现梦想永远不会太迟

The first day of school our professor introduced himself to our chemistry class and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being.

She said, "Hi, handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?"

I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze.

"Why are you in college at such a young, innocent age?" I asked.

She jokingly replied, "I'm here to meet a rich husband, get married, have a couple children, and then retire and travel."

"No seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age.

上学的第一天,教授向我们化学班作了自我介绍,并鼓励我们去结识还不认识的人。我起身张望,这时有人轻轻地拍了拍我的肩。我转过身,发现一位身材矮小、满脸皱纹的老太太正愉快地朝我微笑,她的笑容让她容光焕发。

她说:“你好,漂亮的年轻人。我叫罗斯,今年87岁。我可以拥抱你吗?”

我笑了起来,热情地回答道:“当然可以。”她友好地拥抱了我一下。

我打趣地问她:“为什么要在年纪这么轻、这么纯真的时候上大学?”

她也开玩笑地答道:“我来是为了找个有钱的丈夫,结婚,生几个孩子,然后退休去旅行。”

“不是认真的吧,”我问道。我很好奇,是什么促使她在这样的年纪去接受如此挑战。