

# LIFE WISDOM

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便能找到解答

## 生活智慧

〔美〕卡诺琳·汤姆西&凯诺·韩德莉

九州出版社

中英对照

# LIFE WISDOM

人生智慧 · 生活智慧  
如何生活 · 如何智慧  
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## 生活智慧

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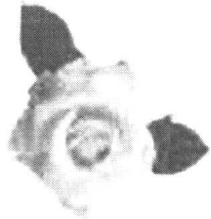
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卡诺琳·汤姆西 凯诺·韩德利 著  
林为正 译



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### 《爱的智慧》

不论你尚在寻找对象、正在谈恋爱，或是已经结婚，《爱的智慧》都可以提供你智慧、建议与勇气，向真正充实、圆满的爱迈进。

《爱的智慧》的两位作者，卡诺琳·汤姆西和凯诺·韩德莉，都是曾经历失败、独力抚养幼子的职业女性。两人结为挚友后，彼此承诺：要重新塑造自己的人生，并找到圆满的婚姻。

如果你正在寻求爱情，正在为情所困，正在寻求婚姻幸福的真谛，正在寻求爱的智慧和力量，那么此书，便是两位作者送给你的一份爱的礼物。她们希望能将亲身体会、感悟的爱的智慧(Love Wisdom)，与你分享，使你能享有应得的喜乐与满足。

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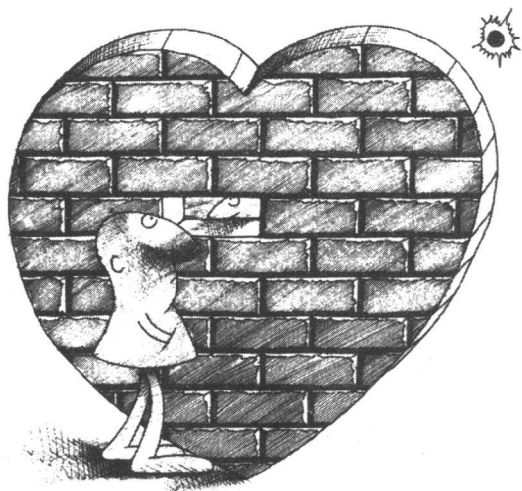
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## Our Story

*We're best friends who met when we were both hard-working single mums . Carolyn was a marketing consultant running her own business and Caro was a journalist writing for women's magazines . We met through a mutual interest in humanistic psychotherapy . Both of us were combining our work with bringing up a young child alone , and we also found we had a great deal of other issues in common .*

*On the surface , our lives seemed great . We both had lovely children , successful careers , owned our own homes , had plenty of friends and interests . However , below this facade of having got it right lurked a whole number of issues that needed addressing . We wanted to settle down with lovely partners and have more children . We wanted to change careers and sort out our finances . We wanted less stress and conflict in our lives , plus better health and contentment .*

*Day by day , life threw up endless puzzles and challenges and we realised that we were not as free in our choices as we thought we were . We had unresolved baggage from the past and a set of habits and coping strategies that impacted upon the way we lived and got in*



*the way of us getting what we truly wanted . Together we made a commitment to change this .*

*We were determined to understand the emotional , spiritual and psychological aspects of life as well as the practical skills . We wanted to make sure that we enjoyed the way that we lived , that we balanced our lives more effectively and that we created lived that we could be proud of .*

*The more we got to know ourselves , the more we realised just how much we could steer ourselves in the direction that we wanted . Gradually we began to understand where our responsibilities lay in all of this and how we could make changes in our lives which would result in real and lasting benefits .*

*The lessons along the way were tough , challenging , exciting and frustrating but always enriching . We helped ourselves and each other and developed a totally new understanding of life – this book is the result of what we have learnt and continue to practise .*

*We have written this book for ourselves , our partners , our children and for you . We hope that our wisdom enriches your journey to building the life that you want for yourself , and that it is one that is filled with peace , joy and satisfaction .*

