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BESTSELLER

Jack Canfield

Mark Victor Hansen

Jennifer Read Hawthorne

Marci Shimoff

心灵鸡汤

女人心语

# Chicken Soup

for the

Woman's  
Soul

With Stories By:

Oprah Winfrey

Maya Angelou

Dolly Parton

Bessie Delaney

Linda Ellerbee

Kathie Lee Gifford

And Many More

101 Stories to Open the  
Hearts and Rekindle the  
Spirits of Women

# 心灵鸡汤

——女人心语

## CHICKEN SOUP FOR THE WOMAN'S SOUL

Jack Canfield Mark Victor Hansen  
Jennifer Read Hawthorne Marci Shimoff

*101 Stories to Open the Hearts and Rekindle  
the Spirits of Women*



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With love we dedicate this book to  
the 2.9 billion phenomenal women of the world.  
May these stories touch your hearts  
and inspire your souls.

We also dedicate this book to our parents,  
Ellen Taylor and Fred Angelis, Una and Paul Hansen,  
Maureen and Brooks Read, and Louise and  
Marcus Shimoff, for the extraordinary gifts of  
love and life you have given us.

## Phenomenal Woman

Pretty women wonder where my secret lies.  
I'm not cute or built to suit a fashion model's size  
But when I start to tell them,  
They think I'm telling lies.  
I say,  
It's in the reach of my arms,  
The span of my hips,  
The stride of my step,  
The curl of my lips.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

I walk into a room  
Just as cool as you please,  
And to a man,  
The fellows stand or  
Fall down on their knees.  
Then they swarm around me,  
A hive of honey bees.  
I say,

It's the fire in my eyes,  
 And the flash of my teeth,  
 The swing in my waist,  
 And the joy in my feet.  
 I'm a woman  
 Phenomenally.  
 Phenomenal woman,  
 That's me.

Men themselves have wondered  
 What they see in me.  
 They try so much  
 But they can't touch  
 My inner mystery.  
 When I try to show them  
 They say they can't see.  
 I say,  
 It's in the arch of my back,  
 The sun of my smile,  
 The ride of my breasts,  
 The grace of my style.  
 I'm a woman  
 Phenomenally.  
 Phenomenal woman,  
 That's me.

Now you understand  
 Just why my head's not bowed.  
 I don't shout or jump about  
 Or have to talk real loud.  
 When you see me passing  
 It ought to make you proud.

I say,  
It's in the click of my heels,  
The bend of my hair,  
The palm of my hand,  
The need for my care.  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

*Maya Angelou*



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*Chicken Soup for the Woman's Soul* has taken more than a year to write, compile and edit. It has been a true labor of love for all of us. One of the greatest joys in creating this book has been working with people who gave this project not just their time and attention, but their hearts and souls as well. We would like to thank the following people for their dedication and contributions, without which this book could not have been created:

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

This book has been a gift to us. From the moment it was conceived, we have felt the love, joy and indomitable spirit of women every step of the way. Our hope is that this book will be a gift to you as well.

For many years the four of us have been speaking to audiences—often women’s audiences—about living our lives more fully and joyfully. We’ve been inspired, even overwhelmed, by how eager women are to share their hearts, their stories and their lessons. It is from this inspiration that *Chicken Soup for the Woman’s Soul* was born.

We experienced miracles every day in the creation of this book! We felt as if an invisible hand was guiding us along the way.

For example, we searched for more than a year for Phyllis Volkens, the author of “A Goodnight Kiss”, to get her permission to use her story. We finally located a distant cousin, who told us that Phyllis and her husband had moved to Iowa, where they were living only miles from Jennifer and Marci! More remarkable, however, was the response of Phyllis’s husband, Stanley, when we called. He told us how happy he was we had found them. They had been *Chicken Soup for the Soul* fans for years, but Phyllis had only about

one week to live. He couldn't wait to tell her that she would be part of our book; he later told us how much it meant to her. She died two days later.

Women who sent us their stories told us repeatedly how grateful they were for the opportunity to write them down. They said that even if their stories were not included in our book, they were happy just to have expressed them. In doing so, they felt cleansed and renewed.

Because of this book we, too, are changed people. We see more clearly what's really important in life. We appreciate more deeply the human experience. And we live more fully in the moment.

Women bring such beautiful gifts to the world through their openness, compassion and wisdom. Our deepest desire is that each time you read these stories, you will come away with a greater appreciation for yourselves and for each other—as we all did.

As one of the women who wrote to us, Mary Michalica, so beautifully said:

*All women go through periods in their lives when numerous demands are placed on them — family, work, spouse, ex-spouse, children, stepchildren, parents.*

*It is important, indeed necessary, to step back and reevaluate one's priorities, to reflect on one's mission in life. For it is only in nurturing one's soul that one can nurture, take care of another. Sometimes, one must say, "Stop! Listen to me. I have a story to tell."*

So from our hearts to yours, we offer you *Chicken Soup for the Woman's Soul*. May you experience the miracles of



love and inspiration when you read this book. May it touch your heart and move your spirit.

*Jack Canfield, Mark Victor Hansen,  
Jennifer Read Hawthorne and Marci Shimoff*