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#1 New York Times  
& USA Today  
BESTSELLING AUTHORS

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Mark Victor Hansen

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心灵鸡汤

单身一族

Chicken  
Soup for the  
Single's  
Soul

With Stories By:

Joan Rivers

Dr. Joyce Brothers

Dave Barry

Cathy Lee Crosby

Mrs. Jack Benny

And Many More

Stories of Love  
and Inspiration for  
the Single, Divorced  
and Widowed

# 心灵鸡汤

——单身一族

## CHICKEN SOUP FOR THE SINGLE'S SOUL

Jack Canfield Mark Victor Hansen  
Jennifer Read Hawthorne Marci Shimoff

*Stories of Love and Inspiration for the Single,  
Divorced and Widowed*



安徽科学技术出版社



Health Communications, Inc.

[皖]版贸登记号:1201127

图书在版编目(CIP)数据

心灵鸡汤. 单身一族/(美)坎费尔德(Canfield, J.)等编著.  
—合肥:安徽科学技术出版社, 2001  
ISBN 7-5337-2296-5

I. 心… II. 坎… 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(2001)第 074355 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 合肥星光印务有限责任公司印刷

\*

开本:889×1194 1/32 印张:12.5 字数:324 千

2001 年 11 月第 1 版 2001 年 11 月第 1 次印刷

印数:7 000

ISBN 7-5337-2296-5/H·344 定价:20.00 元

(本书如有倒装、缺页等问题请向本社发行科调换)

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Original edition© 1999 by  
Jack Canfield and Mark Victor Hansen

Original title: Chicken Soup for the Single's Soul

Original edition published by Health Communications, Inc. 1999

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Printed and bound in China

**With love, we dedicate this book  
to all single people  
on the journey of life.**

## Acknowledgments

*Chicken Soup for the Single's Soul* has been a true labor of love for all of us. One of the greatest joys of creating this book was 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:

Our families, who have given us love and support throughout this project, and who have been chicken soup for our souls!

Inga, Travis, Riley, Christopher, Oran and Kyle for all their love and support.

Patty Hansen, and Elizabeth and Melanie Hansen, for once again sharing and lovingly supporting us in creating yet another book.

Dan Hawthorne, and Amy and William, for their constant love and affection.

Maureen H. Read, for always being there.

Louise and Marcus Shimoff, for their eternal support and love—and for being two of the best parents on Earth.

Beverly Merson, for once again putting her heart and soul into another *Chicken Soup for the Soul* book. We deeply

## VII ACKNOWLEDGMENTS

appreciate the extraordinary work you did in connecting with writers nationwide, researching stories, handling millions of details and fostering relationships with many people and organizations in the singles world. We couldn't have done it without you.

Bryan Aubrey, Natalie Cleeton, Wendy Miles, Linda Neukrug, Daniel Schantz and Teresa Williams for their brilliant editing of numerous stories. You beautifully captured the flavor of *Chicken Soup for the Soul*.

Suzanne Thomas Lawlor, for her dedication and perseverance in reading thousands of stories and helping us select the gems.

Craig Herndon, our manuscript and information management hero, for his devotion, patience and commitment to perfection.

Cindy Knowlton and Sue Penberthy, for their devoted care and support of Jennifer's and Marci's respective lives. Your loyalty, heart and attitude of service touch us deeply and help our lives flow more smoothly.

Patty Aubery, for being a great friend and colleague—and the real soul that holds the central *Chicken Soup for the Soul* office together.

Jeanette Lisefski, for continuing to keep parts of our office impeccably on track.

Carol Kline, for her ongoing support, feedback, input and help wherever it was needed. You are a wonderful friend, and we're so lucky to have you in our lives.

Joanne Cox, for her excellent contribution to helping prepare our initial manuscript.

Peter Vegso at Health Communications, Inc., our publisher extraordinaire, for his vision and commitment to bringing *Chicken Soup for the Soul* to the world.

Heather McNamara, senior editor for the *Chicken Soup for the Soul* series, for her wisdom, experience and heartfelt dedication in completing our final manuscript.

Nancy Autio, for overseeing the permissions process for the stories used in this book and for her ongoing support.

Teresa Esparza, Leslie Forbes, Rosalie Miller, Veronica Romero and Robin Yerian for the great job they do in running Jack Canfield's office. It's a joy to work with you.

Laurie Hartman, Laura Rush and Lisa Williams at Mark Victor Hansen's office, for helping in the marketing and promotion of our books.

Kimberly Kirberger, for her ongoing support in all areas.

Mark and Chrissy Donnelly, for their friendship, support and marketing efforts on our behalf.

Christine Belleris, Matthew Diener and Lisa Drucker, our editors at Health Communications, Inc., and especially Allison Janse, our managing editor, for their expertise and willingness to work with us on every aspect of this book.

Terry Burke, Randee Feldman, Larry Getlen, Kelly Maragni, Tom Sand, Kim Weiss and the marketing department at Health Communications, Inc., for bringing their talents to the support and promotion of this book.

Larissa Hise, Bren Frisch, Shepley Hansen and Robbin O'Neill for working with us so patiently and cooperatively on the cover design of this book.

The following people, who completed the monumental task of reading the preliminary manuscript of this book, helped us make the final selections and made invaluable comments on how to improve the book: Fred C. Angelis, Barbara Astrowsky, Bryan Aubrey, Carolyn Burch, Tom Davenport, Linda DeGraaff, Trina Enríquez, Corina Garona, Larry Getlen, Pam Gordon, Elinor Hall, Amy Hawthorne, Dan



Hawthorne, Paul Hindman, Carol Jackson, Carol Kline, Cindy Knowlton, Robin Kotok, Barbara LeMonaco, Suzanne Lawlor, Jeanette Lisefski, Donna Loesch, Barbara McLoughlin, Karen McLoughlin, Heather McNamara, Barbara McQuaide, Beverly Merson, Linda Mitchell, Monica Navarrette, Sue Penberthy, Dick Purnell, Maureen Read, Wendy Read, Carol Richter, Heather Sanders and Marcus and Louise Shimmoff.

Dan Hurley and Bill and Patricia Rayl for administering our America Online contest for stories.

Jim Rubis and the Fairfield Public Library (Iowa), for their outstanding research assistance.

Fairfield Printing (Iowa), especially Cindy Sharp, for their enthusiastic support of our work.

Jerry Teplitz, for his inventive approach for testing manuscript and cover design.

M., for the gifts of wisdom and knowledge.

Ron and Elinor Hall, for their constant support, encouragement and love.

We also thank the following people who took the time to spread the word about this book, helped us network with other writers and researched stories: Doris Booth, Dan Davidson, Reg A. Forder, Gary Gray, David Hargrove, Lynda Hunter, Janet L. Jacobsen, Eileen Lawrence, Patricia Lorenz, Trish McDermott, Ray Newton, Penny Porter, Dick Purnell, Barbara Schiller, Jeff Shepherd, H. Norman Wright and Steve Zikman.

We deeply appreciate all the *Chicken Soup for the Soul* coauthors, who make it a joy to be part of this Chicken Soup family: Patty Aubery, Jeff Aubery, Marty Becker, Ron Camacho, Tim Clauss, Barbara De Angelis, Mark and Chrissy Donnelly, Irene Dunlap, Patty Hansen, Kimberly Kirberger,

Carol Kline, Hanoch and Meladee McCarty, Heather McNamara, Nancy Autio, Maida Rogerson, Martin Rutte, Barry Spilchuk and Diana von Welanetz Wentworth.

We also wish to acknowledge the hundreds of people who sent us stories, poems and quotes (especially Rochelle Pennington!) for possible inclusion in *Chicken Soup for the Single's Soul*. While we were not able to use everything you sent in, we were deeply touched by your heartfelt intention to share yourselves and your stories with us and our readers. Many of these may be used in future volumes of *Chicken Soup for the Soul*. Thank you!

Because of the size 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 very deeply.

We are truly grateful for the many hands and hearts that have made this book possible. We love you all!

## Introduction

Welcome to *Chicken Soup for the Single's Soul*! For the first time in history, there are more single people than married people in our society. If you are reading this book, it is likely that you have never been married, or have become divorced or widowed.

This is a book that shares the love, the challenges and the unique joys of being single. Whether you are single by choice or by circumstance, these stories will show you that you are not alone.

When we started this book, our intention was to compile a collection of stories that would address the many types of single people—from the twenty-year-old never-married man or woman, to the fifty-year-old divorcée, to the eighty-year-old widower. And we discovered that the opportunities and challenges facing this diverse group of people are numerous and often inspiring.

For example, we included stories about being Single and Happy—an unprecedented trend in our country. For the first time, many people are choosing to remain single for a lifetime—something that was almost inconceivable even twenty years ago.

On the other hand, it's impossible to talk about being single without addressing the desires that so many single people have regarding relationships. Many single people want to have a relationship, and that's why we have included

chapters on Dating and Finding Your Mate.

Still others are in the process of letting go of a relationship or grieving the loss of a love. The stories in *Single Again* deal with rebuilding life after divorce. The stories in *Losing a Partner* share experiences of healing after the death of a partner.

Then there are single parents! Thirty-three percent of all families in the United States are now headed by a single parent. We hope the stories in *Single Parenting* will touch the hearts of single mothers and fathers everywhere and encourage them on their journey.

One of the most rewarding aspects of working on this book has been discovering the strength and commitment many single people have to making their own lives fulfilling and enriching the lives of others. You will find their stories in our chapter on *Making a Difference*.

We have also included stories about the incredible support available in many ways for single people. In our chapter *We Are Not Alone*, we see the support that often appears when least expected or in miraculous ways. In the chapter called *Friends and Family*, we see the power of the support that comes from the deep bonds of family and important friendships.

Finally, there's love. Love is the most powerful force in the universe. While we often think of love in terms of a marriage or intimate relationship, it's very clear that love comes in many forms. And in a world where 50 percent of the population is now single, we recognize that love is not just for those in relationships. In fact, it is the common thread that binds the many different kinds of stories in *Chicken Soup for the Single's Soul*.

So in the spirit of love, we offer this book to single people everywhere. No matter what your circumstance in life as a single person, we hope these stories open your heart and give you a vision of life's possibilities. May your path be filled with joy and the magical touch of love—wherever you find it.

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