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New York Times
BESTSELLING AUTHORS

Jack Canfield
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心灵鸡汤

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Chicken
Soup for the

COLLEGE

Soul

With Stories By:
Robert Fulghum
Dave Barry
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George Plimpton
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Inspiring and Humorous
Stories About College

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CHICKEN SOUP FOR THE COLLEGE SOUL

Jack Canfield Mark Victor Hansen
Kimberly Kirberger Dan Clark

*Inspiring and Humorous Stories
About College*



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From our hearts to yours ,
we dedicate this book to everyone
who has ever attempted to better his or her life
through the pursuit of a higher education.

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

Introduction

Dear College Student ,

We are excited about this book. It has been a true labor of love for us, as well as a complete education in itself. In the process of creating this book we read over eight thousand stories and poems and talked to hundreds of college students. The journey has been a rewarding one. We have discovered much about today's students and we are very impressed with what we have seen and heard.

You have worked very hard to get to where you are and you seem to know the importance of the job that still awaits you. You are preparing to inherit a world with many problems; yet, it is clear to us that you have the intelligence and the heart necessary to confront and solve them.

Being all too aware of the stresses and pressures you are under, we have worked diligently to give you a book that will offer you the inspiration, motivation, insights and comic relief you will need to do the job at hand.

We have filled this book with anecdotes about the difficult transition from home to college and from adolescent to adult. There are stories about professors who inspire and students who excel. There are stories that will make you

laugh and stories that contain the wisdom of those who have been there.

The college years are packed with so much emotional challenge. It has been said that people grow and develop the most during two periods of their lives; before the age of five and during college. Therefore, it is so important that you remember to be good to yourself and nourish yourself with as much *Chicken Soup* as possible during this important time of transition.

So, here you go. A book from our heart to yours. May it give you hope when you have none, may it inspire you when you most need it, and may it remind you to take things lightly and never be so serious that you forget to laugh.

We wish you love, joy, courage and the strength to persevere.

From a Previous Reader

[EDITORS' NOTE: *The following story was submitted to us by a college student about her first day on campus.*]

Common Ground

Towards the end of high school, when it came time to start thinking about what colleges I was interested in applying to, there was only one thing on my mind: I wanted to get away from home. I was the oldest of two kids, and had begun to feel the urge to be on my own, that I was ready to take charge of my own life.

Even at the time of being accepted to Virginia Tech, I was excited at the prospect of starting over, with new faces, and new things to see and do. I had no boyfriend at the time, (in fact, I had just gotten out of a pretty bad relationship), and felt that I had no ties keeping me in my New Jersey hometown.

But as the time arrived to pack my bags and prepare to leave, the reality of what I was doing hit

home hard. I cried as I realized that I was going to be eight-and-a-half hours away from everything and everybody that was familiar to me. I was leaving the town where I had grown up, and all the things about it that I loved.

For the first few days after arriving at school, I thought that I was not going to make it through the year. I had yet to meet anyone besides a few random girls in my dorm, whom I was fairly sure did not even remember my name. After a tearful call back home, I grabbed one of the few books that had made it into my suitcase, *Chicken Soup for the Teenage Soul*, and I headed down to the quad to read a few stories. They had always been able to cheer me up before, and I was hopeful that they would now.

On the way out, I passed another girl in the hallway. She saw the book in my hand and smiled, saying that she had the same book in her dorm room, too. I took a chance, and invited her to come read with me. Being as homesick as I was, she agreed, and we found our way onto the quad.

Before we knew it, we were surrounded by girls, who, like us, had either read or owned the book, and who loved it as much as we did. As I watched the tears fall down everyone's faces and the smiles grow as we all read, I realized that I was not alone, and even if all we had in common was the love for the book, it was something to start with.

The days went on, and I still missed home — but the campus was beautiful, the people were kind, and it became better and better as the school year continued. I began to realize that there were many peo-

ple who, like myself, were homesick and just wanted to make friends. The night we spent reading bonded a group of us together, and most of us still hang out now.

The binding of my book is now ripped and cracked from overuse, but I still feel amazing when I read each story. It is unbelievable to me how many souls and hearts have been touched by the book, and how many spirits have been raised and inspired. It gave me hope for a great new beginning, and the knowledge that sometimes all it takes is one small thing for many people to find a common ground.

Megan Narcini

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