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BESTSELLING AUTHORS

Jack Canfield
Mark Victor Hansen

A 2nd
Helping
of

心灵鸡汤

第二辑

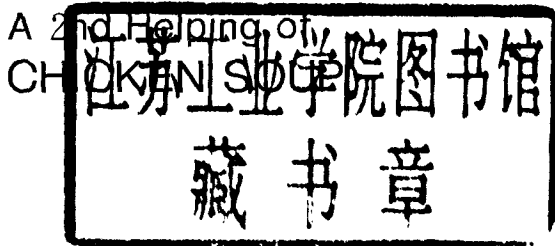
Chicken
Soup

for the Soul[®]

101 More Stories To
Open The Heart And
Rekindle The Spirit

心灵鸡汤

——第二辑



*101 More Stories To
Open The Heart And
Rekindle The Spirit*



安徽科学技术出版社



Health Communications, Inc.

[皖]版贸登记号:1200055

图书在版编目(CIP)数据

心灵鸡汤.第2辑:英文/(美)坎费尔德,(美)
汉森著.—合肥:安徽科学技术出版社,2000.10
ISBN 7-5337-2047-4

I. 心… II. ①坎… ②汉… III. 英语-语言读物
IV. H319.4

中国版本图书馆CIP数据核字(2000)第48668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 合肥义兴印刷厂印刷

*

开本:889×1194 1/32 印张:11.25 字数:289千

2002年2月第4次印刷

印数:10 000

ISBN 7-5337-2047-4/H·310 定价:19.00元

(本书如有倒装、缺页等问题,请向本社发行科调换)

Acknowledgments

Like the first volume of *Chicken Soup for the Soul*, this book took almost two years to write, compile and edit. It was a true labor of love for all of us, and we would like to thank the following people for their contributions, without which this book could never have been created:

Dave Potter, for continuing to funnel more stories to us than anyone else on the planet, and for taking us skiing in Idaho when we needed to unwind from the pressures of writing and speaking. You are a true brother, Dave!

Peter Vegso and Gary Seidler at Health Communications, for believing in us and getting our first book, *Chicken Soup for the Soul*, into the hands of over a million readers. Thank you Peter and Gary. We love you more than you'll ever know!

Our wives, Georgia and Patty, and our children, Christopher, Oran, Kyle, Melanie and Elisabeth, who gave us the space to do the book and gave us the needed emotional support to persevere through what seemed like a totally overwhelming and never-ending task. You continue to be chicken soup for our souls day after day!

Patty Aubery, who spent countless hours typing and re-typing the manuscript and supervising the early production

phase of the book. Patty—we couldn't have done it without you!

Kim Wiele, who read all 800 stories that were submitted and gave us hundreds of hours of valuable feedback.

Nancy Mitchell, who spent countless hours handling the maze of permissions that had to be obtained to make this book a reality.

Angie Hoover, who handled a lot of the interface between Jack and the outside world and made it possible for us to complete the book.

Larry Price and Laverne Lee, for running the Foundation for Self-Esteem without the emotional and physical support they should have had from Jack during this period of time. Thanks for hanging in there.

Trudy Klefstad at Office Works, who typed the first draft of the book in record time and with very few errors. You are a true gem!

Peggy Paradise, who read and evaluated every story that was submitted through Mark's office.

Christine Belleris and Matthew Diener, our editors at Health Communications, for their generous efforts in bringing this book to its high state of excellence.

Dottie Walters, who called us almost every week to tell us about a wonderful story she had just read or about a person we "just had to interview and get their story in the book." Dottie, you are a true mentor and friend!

The over 800 people who submitted stories, poems and other pieces; you know who you are. While many of the pieces, though wonderful, just didn't fit into the overall structure of this book, you provided us with hundreds of hours of enjoyable and inspiring reading.

The following people who read the first very rough draft

of the book, helped us make the final selections and made invaluable comments on how to improve the book; Raymond Aaron, Steve Andreas, Kelle Apone, John Assaraff, Jeff Aubery, Christine Belleris, Michael and Madonna Billauer, Kyle Canfield, Taylor Canfield, Bill Cowles and Cindy Hancock at SkillPath, Matthew Diener, Mike Hall, Bob and Tere Harris, Jennifer Hawthorne, Lou Heckler, Eve Hogan, Sandy Holland, Norman Howe, Peggy Jenkins, Ruth A. Johnston, Kimberly Kirberger, Jeffrey Laign (the wonderful editor of *Changes* magazine, which has so graciously featured our *Chicken Soup* stories over the past year), Danielle Lee, Sandy Limina, Meladee McCarty, Ernie Mendez, Tomas Nani, Cindy Palajac, Dave Potter, Lee Potts, Dave Rabb, Brenda Rose, Marci Shimoff, Carolyn Strickland, Dottie Walters, Harold C. Wells (Jack's co-author on *100 Ways to Enhance Self-Concept in the Classroom*) and Maureen Wilcinski.

And the following people who contributed in other important ways; Kathryn Butterfield; Michael Adamson, Ronald Dahlsten, Chuck Dodge, David Latimer and Martin Louw, who each sent several pieces we have included in this volume; Pam Finger, whose newsletter is a constant source of inspiration to us; Helen Fisher, for a wonderful quote from Gandhi; Barbara Glanz, for all of the great quotes she shared with us; Chuck Glover; Neil Glover; Susan J. Golba; Jerry Harte; Les Hewitt; Keith Howes; Doris Jannke; Michael Jeffries; Don Olivett; Peg Otsby; Bertie Synoweic; Dolly Turpin and Kim Weiss.

Because of the immensity of this project we are sure we have left out the names of some of the people who helped us. For that we are sorry but nonetheless grateful for the many hands that made this book possible. Thank you all for your vision, your caring, your commitment and your actions.

Dear Reader

I am here for you. When you are lonely or feel isolated, seek my companionship. When you are filled with doubt and your self-confidence seems to be a distant memory, look to my light. When confusion and chaos appear to reign supreme in your life, listen to my wisdom. As your grandparents used chicken soup to restore health to your body, I am here to give life to your soul. My insights into family and love will guide you out of the caverns of your solitude. My stories of courage and fortitude will strengthen your resolve.

My recipe contains a strong dose of inspiration offered by those who have faced mountains of challenge, only to overcome and stand above them among the clouds and stars. Your entire system will vibrate with new energy and lightness as you consume large quantities of humor, as you struggle to share your gifts with a world in need. Tales of the champions, the heroes and the heroines who have gone before you, will give new energy to your step and vitality to your dreams. Great thoughts uttered by the wisest of souls will break the shackles of fear that hold you in bondage.

Above all, I offer you the vitamin of vision—the vision of your future filled with joy, victory, happiness, health, pro-

sperity, companionship and love. I am *Chicken Soup for the Soul*.

John Wayne Schlatter

Introduction

The universe is made of stories, not of atoms.

Muriel Ruckeyser

From our hearts to yours, we are delighted to offer you *A 2nd Helping of Chicken Soup for the Soul*. This book contains 101 stories that we believe will inspire and motivate you to love more unconditionally, live with more passion and pursue your heartfelt dreams with more conviction. It will sustain you in times of frustration and failure and comfort you in times of pain and loss. It will become a lifetime companion offering support and wisdom whenever you need it.

You are about to embark on a wonderful journey. This book is different from other books you have read. At times it will touch you at the depths of your being. At other times it will transport you to new levels of love and joy. Our first *Chicken Soup for the Soul* book was so powerful that non-readers reported that they read the entire book cover to cover. We wondered how this could be possible. They told us that the love energy, the inspiration and the tears and cheers for their soul captivated them and motivated them to read on.

I am only ten and I love this book. It's amazing that I love this book. I used not to read, but now I read, read and read.

Ryan O. — 4th grade

How to Read This Book

This book could be read all at once in one sitting; however, we don't recommend it. We suggest that you slow down, take your time, savor it like a fine wine — one sip at a time. Each little sip will give you a warm glow, a tingling spirit and a radiant countenance. You will find that each story will nourish your heart, mind and soul in a different way. We invite you to surrender to the process and to give yourself enough time to digest each story. If you rush through them, you may miss the deeper meanings that lie beneath the surface. Each story contains a great deal of life wisdom and experience.

Having received thousands of letters from readers describing how the book affected their lives, we are more convinced than ever that stories are one of the most potent tools we can use to transform our lives. Stories speak directly to our subconscious mind. They lay down blueprints for living a better life. They offer practical solutions to our everyday problems and model creative behavior that works. They heal our wounds and remind us of the grandest aspects of our nature. They lift us out of our habitual day-to-day lives and awaken us to infinite possibilities. They inspire us to do and be more than we originally thought possible.

Share These Stories with Others

*You may have tangible wealth untold,
Caskets of jewels and coffers of gold.
Richer than I you could never be;
I know someone who told stories to me.*
Cynthia Pearl Maus

Some of the stories you read will move you to share them with a loved one or a friend. When a story really touches you to the depths of your soul, close your eyes ever so briefly and ask yourself, “Who needs to hear this story right now?” Someone you care about may come to mind. Take the time to go to them or call them and share the story with them. You will get something even deeper for yourself from sharing the story with someone you care about. Consider the following from Martin Buber:

A story must be told in such a way that it constitutes help in itself. My grandfather was lame. Once they asked him to tell a story about his teacher. And he related how his teacher used to hop and dance while he prayed. My grandfather rose as he spoke, and he was so swept away by his story that he began to hop and dance and show how the master had done. From that hour on he was cured of his lameness. That’s how to tell a story!

Consider sharing these stories at work, at church, synagogue or temple, and at home with your family. After sharing, discuss how the story affected you and why you were drawn to share it with them. And most important, let these

stories inspire you to share your own stories.

Reading about, telling and listening to each others' stories can be very transformational. Stories are powerful vehicles that release our unconscious energies to heal, to integrate, to express and to grow. Hundreds of readers have told us about how the first book of Chicken Soup stories opened a flood-gate of human emotions and facilitated deep family and group sharings. Family members started recalling and relating important experiences in their lives and began to bring those to the dinner table, the family meeting, the classroom, the support group, the church fellowship and even the workplace.

One of the most valuable things we can do to heal one another is listen to each other's stories.

Rebecca Falls

One teacher in Pennsylvania had her fifth-grade class collaborate to write their own *Chicken Soup for the Soul* book with moving stories from their own lives. Once the book was written and compiled, it was duplicated and circulated. It had a profound impact on both the students and their parents.

A manager at a Fortune 500 company told us she has started every staff meeting for a year with a story from *Chicken Soup for the Soul*.

Ministers, rabbis, psychologists, counselors, trainers and support group leaders have been beginning and ending their sermons and their sessions with stories from the book. We encourage you to do this too. People are hungry for this nurturance for the soul. It takes so little time and can have such a lasting impact.

We also encourage you to begin telling your stories to

those around you. People may need to hear your story. As several stories in this book will point out, it may even save someone's life.

*Sometimes our light goes out but is blown into flame
by another human being. Each of us owes deepest
thanks to those who have rekindled this light.*

Albert Schweitzer

There have been many people who have rekindled our lights over the years, and we are grateful to them. We hope that, in some small way, we will be part of rekindling your light and blowing it into a bigger flame. If we do, then we have been successful.

We would love to hear about your reaction to this book. Please write to tell us how these stories affect you. We also invite you to become part of our "network of upliftment." Please send us any stories and poems you think we should include in future volumes of *Chicken Soup for the Soul*. See page 313 for our address. We look forward to hearing from you. Until then...may you enjoy reading *A 2nd Helping of Chicken Soup for the Soul* as much as we have enjoyed compiling, editing and writing it.

Jack Canfield and Mark Victor Hansen

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