

激励卷

Chicken Soup
心灵鸡汤 for the Soul.

一切都是最好的安排

Tough Times, Tough People II

Jack Canfield (杰克·坎菲尔德)
[美] Mark Victor Hansen (马克·维克多·汉森) / 编著 杨照 / 译
Amy Newmark (艾米·纽马克)

双语美文
~ 附赠 ~
29篇美文朗读MP3
听力发音双效合一

连续七年蝉联美国畅销榜第一名
全球最经典权威的心灵成长书系



人自降生就有一个注定的生命长度和人生使命。人生中的困苦是人生必修课中必不可少的一部分。

We had a mission in life and a time limit, and hardship were part of the curriculum.

双语悦读新体验

CTS 湖南 教育出版社
HUNAN EDUCATION PUBLISHING HOUSE

Chicken Soup
心灵鸡汤 for the Soul

一切都是最好的安排

Tough Times, Tough People II

Jack Canfield (杰克·坎菲尔德)
[美] Mark Victor Hansen (马克·维克多·汉森) / 编著 杨照 / 译
Amy Newmark (艾米·纽马克)

CTS

湖南文艺出版社

明精天卷
ZS-BOOKY

图书在版编目(CIP)数据

一切都是最好的安排: 汉英对照 / (美)坎菲尔德(Canfield, J.), (美)汉森(Hansen, M.V.), (美)纽马克(Newmark, A.) 编著; 杨照译. —长沙: 湖南文艺出版社, 2012.9
(心灵鸡汤)

书名原文: Chicken Soup for the Soul: Tough Times, Tough People
ISBN 978-7-5404-5656-6

I. ①一… II. ①坎… ②汉… ③纽… ④杨… III. ①英语—汉语—对照读物 ②故事—作品集—世界 IV. ①H319.4: I

中国版本图书馆CIP数据核字(2012)第137873号

著作权合同登记号: 图字 18-2012-39

©中南博集天卷文化传媒有限公司。本书版权受法律保护。未经权利人许可, 任何人不得以任何方式使用本书包括正文、插图、封面、版式等任何部分内容, 违者将受到法律制裁

上架建议: 心灵励志·英语学习

Chicken Soup for the Soul: Tough Times, Tough People
101 Stories about Overcoming the Economic Crisis and Other Challenges
by Jack Canfield, Mark Victor Hansen, Amy Newmark

Published by Chicken Soup for the Soul Publishing, LLC www.chickensoup.com

Copyright © 2009 by Chicken Soup for the Soul Publishing, LLC. All Rights Reserved.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the written permission of the publisher.

Chicken Soup for the Soul, P.O. Box 700, Cos Cob, CT 06807-0700, Fax 203-861-7194

心灵鸡汤: 一切都是最好的安排

作者: (美)坎菲尔德等

译者: 杨照

出版人: 刘清华

责任编辑: 丁丽丹 刘诗哲

监制: 蔡明菲 潘良

特约编辑: 汪璐

版权支持: 辛艳

封面设计: 吕彦秋

版式设计: 崔振江

出版发行: 湖南文艺出版社

(长沙市雨花区东二环一段508号 邮编: 410014)

网 址: www.hnwy.net

印 刷: 北京盛兰兄弟印刷装订有限公司

经 销: 新华书店

开 本: 880mm × 1230mm 1/32

字 数: 330千字

印 张: 12

版 次: 2012年9月第1版

印 次: 2012年9月第1次印刷

书 号: ISBN 978-7-5404-5656-6

定 价: 32.00元

(若有质量问题, 请致电质量监督电话: 010-84409925)



Introduction

引言

Chapter 1 Fired!

第一章 勇往直前!

003. The Moment My Life Began

生命起程的时刻

009. They Won't Eat Us!

它们才不会吃掉我们!

013. The Glass Slipper

玻璃鞋

021. Nickel Walks

生财之道

027. Crisis, Opportunity, and Change

危机、良机和改变

034. The Humorous Heroine

幽默的女英雄

042. For Richer or Poorer

贫富之间

051. Downsized

裁员

Chapter 2 With a Little Help from My Friends

第二章 朋友的滴水之恩

061. No Disability between Neighbors

邻里之间无障碍

067. Choosing My Own Path

走自己的路

074. Drive-through Giveaway

赠人玫瑰，手有余香

081. Staying Warm in the Dark

温暖不惧黑暗

090. Good Old-Fashioned Sharing

分享永不过时

093. Heartbreak and Compassion

绝望与怜悯

100. Love Versus Adversity

爱与逆境的较量

105. One Boulder at a Time

一石激起千层浪

112. A Certain Samaritan

做个乐善好施的人

118. Lifeline of Hope

希望是生命之泉

Chapter 3 Tough People

第三章 生命不止 自强不息

125. Lessons in Suffering

在苦难中成长

131. Making the Best of the Worst of Times

最坏亦是最好

137. Ziggy

天使奇吉

142. Riding Home

漫漫回家路

146. Super Strong Mom

绝世好妈妈

150. Burned

浴火重生

157. Marks on the Heart

你曾走过

163. Hope Is a Choice

选择希望

170. Spitting in Death's Eye

朝它吐口唾沫

176. Tough Yet Tender

坚强又柔软

182. Maestro

艺术家

Chapter 4 For Richer or Poorer

第四章 贫富之间

191. My Parents' Worth
父母的“身价”
199. Interesting Times
不乏味的时光
205. Camping on the Couch
沙发也是露营地
209. Then and Now
当时和现在
214. Broke
枯木逢春
222. Extraordinary Lessons from Extraordinary Debt
从特殊债务中获得的特殊经验
229. Blessed
幸福的我们俩
235. Do It Yourself, or Do Without
要么自己动手，要么宁愿没有
241. Getting Up Again
重新站起来
247. The Legacy
遗产
254. Going Back
回到过去

Chapter 5 Grief and Healing 第五章 治愈心灵的悲伤

263. Losing a Wife, Mother, and Daughter

她已逝，生者如斯

272. Dear Danielle

亲爱的丹尼尔

278. To Forgive Is to Receive

原谅即获得

286. Healing Connections

心相连，伤即愈

293. Memories of Sarah

缅怀莎拉

297. Patchwork Memories

拼贴回忆

304. He Can't Hide from God... or His Mother

母爱无疆

311. Rows of Grief

悲伤逆流成河

Chapter 6 Five Bonus Stories of Faith 第六章 额外送给你的五个心灵小故事

319. The Ultimate Landlord

终极房东

327. Demon

小恶魔

332. Living Well with God and CF

好好活下去

336. The Source

源泉

342. A Dandelion Christmas Wish

一朵蒲公英的圣诞愿望

347. Meet Our Contributors

见见我们的撰稿人

364. Meet Our Authors

见见我们的作者

367. Thank You

感谢词

370. Chicken Soup for the Soul

Improving Your Life Every Day

心灵鸡汤

每天改善你的生活

371. Share with Us

与我们一同分享



Chapter 1
Fired!

第一章 勇往直前!

He who is outside his door has the hardest part
of his journey behind him.

~Dutch Proverb

.....
迈出安乐窝，你就已经走出了人生旅途中最艰难的一步。

——荷兰谚语

The Moment My Life Began

生命起程的时刻

Turn your face to the sun and the shadows fall behind you.

~Maori Proverb

Monday morning, 8:15 A.M. is when it happened. I lost my job. Not just any job, my first real job. This was my first professional experience outside of graduate school. I worked almost two years before my vice president called me into her office to relay the life-altering news.

It didn't take long. In fact, I kind of knew it was coming. I just sat there listening to the sad tone of my boss' voice and the other vice president who accompanied her as they talked about how much they'd miss me, how sad they were, what my severance options were and how they knew whatever I did, I would succeed. The more they spoke, the more I started to drift into a moment of complete surrender to my faith.

Just a week prior to the news, I was in Hawaii enjoying a vacation with my close girlfriends. During



our weeklong getaway, we decided to skydive. I had always been a planner—a control freak—and yearned to let go of that characteristic. As I fell from the plane, I let go of all my worries and just lived in the moment. I didn't worry about deadlines, relationships, the things of this world. Instead, I took in the beauty of the sea, the mountainside and the unexplainable peace that comes from just floating and having no clue what the next moment will hold or feel like.

It was in my boss' office that morning that I reverted to the feeling I had as I took a step of faith and fell. Fell and let go of all things in my control, and trusted that life isn't about me and my plans. Instead it's about following what I believe to be true and trusting the one I believe created me.

That day was the first day of the rest of my life. I often tell my old co-workers that the day I lost my job was the best day of my life. It's the day I stopped living in a nine-to-five box and started living life as it was meant to be lived: adventurously.

The next couple of weeks were trying. But I couldn't let circumstances get me down. I was a woman who yearned to enjoy life, and no matter what my income now was, I was determined to make that dream a reality.

Two weeks after I was let go, I found myself surrounded by middle school students on a bus heading to North Carolina. I had always wanted to volunteer with youth, but never had the time due to my job and prior commitments. But since I was no longer constrained, I went on a weeklong trip as a chaperone. I was blessed to get to know some amazing girls as we shared a hotel room, and even more blessed as I watched these kids perform for various non-profits throughout the city.

Next, I went to camp as a leader. Again, I developed relationships that would benefit the middle and high school students. I was in fellowship with them, along with growing internally myself. But even more exciting things

were on the horizon.

I had always wanted to go overseas on a mission trip, and in fact there was one I was very interested in. We would set up a sports camp for orphans in a desert town clear across the world. The kicker? The trip was scheduled for the same week as my biggest event at work. I could never have gone.

I applied for a passport and started to prepare for the trip. My new passport showed up in July, just days before I was asked to accompany a group of teenagers to the Dominican Republic on another mission trip. The trip would be free, since I would go as a leader and there was nothing holding me back.

My life only continued to get better. I travelled across the country. I visited London for the first time. I learned about culture, others, and myself. I had made a commitment to myself in the beginning of 2008 to make it a year of no fear, and for the first time in my life I had a free schedule to play with. I had no classes, no meetings, no work.

I had gone to school to be a writer, I was born to be a writer, and for the first time I could take the time to be a writer. My job interviews focused on writing. Continuing my education was also a big dream of mine, and I enrolled in online courses for another graduate degree. I was chasing my dreams at a time when the world was telling me to be depressed and settle for whatever I could get. The loss of my job opened doors I never would have foreseen or even attempted to venture through.

~Michelle McCormick



把你的脸迎向阳光，让阴影落在你身后。

——毛利人谚语

星期一的早晨，八点十五分，一个坏消息晴天霹雳般降临了。我下岗了。那并不是一份随随便便能找到的工作，而是我大学毕业后第一份真正的工作。就在公司的副总裁把我叫到她的办公室告诉我这一改变人生的消息之前，我已工作差不多两年了。

她没说几句，我就明白她的意思了。事实上，我有预感，这事迟早都会发生的。我只是坐在那里听着老板惋惜的话语，她和另一位副总裁都说他们多么替我感到悲哀，会多么想念我，还告诉我被解雇的原因，以及无论我今后做什么都会成功的预言。但他们说得越多，我就越发想要放弃。

就在得知这一消息的前一周，我还在夏威夷和闺蜜们享受着假期。在为期一周的欢乐假期里，我们决定去高空跳伞。我一直是一个凡事都要作计划的人——也是一个控制狂——而我也渴望改掉这个毛病。从飞机上一跃而下时，我释放掉了所有的烦恼，只是尽情地享受着那美妙的瞬间，

把对各种最后期限、人际关系和种种事情的担忧抛诸脑后。我欣赏着大好河山的美丽、不可名状的宁静，这种酣畅淋漓的感觉正源自飘荡在空中，而下一秒会怎样、感觉如何，我都无从知晓，也不放在心上。

就在那个早晨，坐在老板办公室里的我又找回了那种踏出一步就海阔天空的感觉。离开这里，抛开所有受控的情绪，并坚信生活不只属于我和各种计划，相反，真正的生活应当遵循我心、相信我养我的父母。

那是重生的第一天。我常常告诉我的老同事们，失去工作的那一天是我人生中最美好的一天。打从那天开始，我不再朝九晚五地枯燥度日，而是过上了原来憧憬的生活：游历四方。

接下来的几周虽然很折磨人，但我绝不会让收入告急阻碍我前进的脚步。我是一个渴望享受生活的女人，不管现在的收入怎样，我都下定决心要将那个梦想变为现实。

在被解雇的两周后，我搭上一辆前往北卡罗来纳州的公交车，车里满是中学生。我一直都想和年轻人一起做志愿者，但是由于之前工作与责任的束缚，我一直没有时间实现这一想法。现在没有了约束，我就作为监护人陪同这帮孩子进行了一次为期一周的旅行。当我们共住同一个酒店房间时，我有幸认识了一些了不起的女孩，更加幸运的是，我欣赏了孩子们为各种各样的非营利组织所进行的表演。

之后，我又作为领导者参加了野营，再一次与初、高中生们建立起和谐的友谊。在这个过程中，我就像他们的知心伙伴一样，而我的内心也随之成长。而令人更激动的事情还在后面。

我一直想跟随慈善机构到海外去，而真的有这样一个我十分感兴趣的团体。我们将会去世界的另一边为一个沙漠小镇的孤儿举办一场野营运动会。可这也太巧了吧？旅行时间与我被解雇这件大事恰巧在同一周，



我原本无法抽身离去。

后来我申请了一本护照，开始为旅行作准备。就在另一个慈善旅行团邀请我七月份陪同一群青少年去多米尼加共和国的前几天，新护照才办好。由于我是这次旅行的领导者，而且也没有有什么其他事情能够阻碍进程，所以这肯定是一次无拘无束的自由行。

生活出乎意料地持续改善。我走遍了全国各地，也迎来了有生以来的第一次伦敦之旅。我不仅了解了不同地域的人文习俗，也更加了解自己。我在 2008 年年初对自己许下过一个承诺，那就是要让这一年勇往直前。就这样，我第一次自由地安排了自己的行程，不用参加培训项目、不用开会，也不用上班。

后来，我到一所学校学习写作，并发现自己天生就是当作家的料，而这也是我第一次可以腾出时间来安心写作。我的求职面试主要集中在与写作有关的工作上。继续深造也是我的一个大梦想，为此我还报名参加了在线网络课程、攻读另一个硕士学位。当全世界都令我沮丧并强迫我必须接受现状时，我选择去追逐自己的梦想。失去工作曾让我无比绝望，同时也为我打开了一扇先前无法预见的或者没有勇气冒险穿越的大门。

——米歇尔·麦考密克