

激励卷

Chicken Soup
心灵鸡汤 for the Soul

爱让我们变得勇敢

Tough Times, Tough People I

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)

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by Jack Canfield, Mark Victor Hansen, Amy Newmark

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引言 Introduction

We received an astounding quantity and quality of submissions for this book on tough times and the tough people living through them—thousands of heartwarming, inspiring stories and poems filled with hope, faith, comfort, and humanity. This topic really struck a chord with our contributors and this book is a beautiful expression of their journeys through their personal tough times.

Half the stories in this book are about tough times related to the economy, and the other half cover a wide gamut of challenges, from illness and disability, to family issues and loss, to natural disasters and crime. You will find a common theme—people working together to help each other overcome the challenges described in their stories. Everyone will find some lessons, support, tears, and smiles in these pages.

Many of our writers stressed how happy they are now, despite lower incomes, smaller homes, and simpler lives. Many wrote about the new lives they have come to accept and enjoy after chronic illness, accidents, losing loved ones, or other non-economic challenges. Some were victims of a crime, some watched their houses burn down, and some are living with incurable illnesses or disabilities. Many wrote about finding inner strength, support from family and friends, marriages strengthening in the face of adversity, and rediscovering the joys of their families. They wrote about the silver linings they found in their troubles and the many blessings in their lives. In fact, we had so many fabulous submissions on this theme that we created a companion volume, *Chicken Soup for the Soul: Count Your Blessings*, which will be published in time for Christmas 2009.

We hope you enjoy reading these stories as much as we enjoyed choosing and editing them for you, and we are sure they will provide you with a little extra help and inspiration during these tough times. We've included a bonus chapter with ten extra stories about tough times and faith—a little extra value for you—to say thanks for being part of the Chicken Soup for the Soul community.

~Amy Newmark

Publisher, Chicken Soup for the Soul



关于这本书，我们收到了一批质量上乘且数量惊人的来稿。这些充满着希望、信仰、宽慰与博爱的故事和诗歌，描绘了在逆境中自强不息的人们，以及他们所经历的艰难岁月。这个感人至深、更鼓舞人心的主题确实引发了众多撰稿人的共鸣，这本书也完美演绎了他们在困顿中所走过的人生旅程。

此书有一半的故事涉及经济危机，而另外一半则囊括了各种人生挑战——从身患疾病和残疾，到家庭矛盾和亲人离世，再到自然灾害和罪恶行径。你会从中发现一个共同的主题思想——二人同心，其利断金。希望每位读者，都可以从本书的字里行间，收获经验教训，得到支持鼓励，挥洒动情的泪水，绽放会心的欢笑。

很多作者都强调自己现在是多么幸福和快乐，纵使他们的收入不怎么高、房子不算大、生活也并不总是一帆风顺。许多人在文中写到，自从经历了慢性疾病、意外事故，失去了至亲至爱的人，或者遭受到其他非经济方面的损失，他们的心境就随之变得坦然，并开始享受新的生活。一些人曾是犯罪行为的受害者，也有一些人亲眼目睹了自己的房子被烧成灰烬，还有一些人生活在不治之症或身体残疾的折磨中。许多人在面对不幸和灾祸时，找寻到了内心的力量，获得了

来自亲朋好友和伴侣的支持，并重新发现了家庭生活的乐趣。在阴霾之中，他们找到了一丝希望的曙光，得到了上天的眷顾和庇佑。事实上，关于这个主题，我们有非常多特别好的来稿，所以我们另外创作了一部姊妹篇——《心灵鸡汤：细数你所拥有的幸福》，将会在2009年的圣诞节面世（注：本书的英文原版已于2009年11月在美国出版发行。中文版为《每天读一点英文：一个人，也能穿越黑暗》和《每天读一点英文：抓住身边的幸福》，已于2011年在中国出版发行）。

我们真心希望您能享受阅读故事的乐趣，就像我们在为您挑选和编辑这些故事时，所享受到的一样。同时我们坚信，当您也身处相似困境时，这些故事一定能提供一些意想不到的帮助和鼓励。我们还在书里额外添加了一个章节，其中包含十个讲述艰难岁月与信仰的故事（注：本书选取了其中的四个呈现给读者）——一点儿小小的心意，以此感谢踊跃加入《心灵鸡汤》大家庭的你。

——艾米·纽马克
《心灵鸡汤》出版者



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第一部分 简单的快乐

Chapter 1 Simple Pleasures

Life is really simple, but we insist on making it complicated.

—— 塞内加



Simple Pleasures

Life is really simple, but we insist on making it complicated.

世上本无事，庸人自扰之。

In Praise of the Staycation
美好的家乡之旅

He is the happiest, be he king or peasant, who finds peace
in his home.

~Johann Wolfgang von Goethe

The airline information was already spread out on the dining room table. The resort brochures were nuzzling it. All was in readiness... almost.

The only missing piece: our consciences.

My husband and I had been looking forward to travel, especially after long years of paying college and graduate school tuitions for our daughters. We'd vowed that in these, our semi-retirement years, we'd step up to the tarmac and fly—literally and figuratively, too. It was, we told ourselves, our turn.

But sitting at that dining room table on an early summer night last year, we also knew that this trip, an indulgence we'd assumed we deserved, was feeling uncomfortable. While our spirits would have embraced a trip to the American West, a region we'd longed to explore, we were uneasy.

Times were bad. And getting worse.



Hard luck was knocking on too many doors, and we heard its echoes.

And like so many others, we were starting to hear other echoes, these more personal: they were the voices of our parents, the stalwarts who had lived through the Great Depression and never forgot it. As the generation just behind them, we learned a bit about saving, not spending, and repairing not replacing.

Sure, we chafed at the messages. Who wants to hear that “goody-goody” stuff about the virtues of going without? Who wants to celebrate the old car, the old clothes, the simple meals, the birthday gifts more practical than fanciful? Not the young.

But suddenly, the experiences and the advice of our late parents were ringing in our ears. And it was suddenly sounding prudent and wise.

So my husband and I took a major step backward, filed the brochures in a folder marked “Future Travel,” and rethought our plan. And that’s when we took a leap of faith to a far different destination: our home.

We’d do a Staycation.

It was a term—and concept—that had tiptoed into our lives as the economy was beginning its tumble. And while the late-night comedians were already lampooning it, we figured we had little to lose.

Which is how it came to pass that last summer we did not venture more than fifty miles from home, nor did we once spend an overnight away from our own bedroom.

I would love to say that it was the best vacation of our lives, but that would be fudging. Still, I can honestly say that we came to know our town, our region, and yes, ourselves, better in those two weeks than in any other vacation of our lives.

It certainly took some symbolic shifting of gears to set aside any work-related things, from e-mails to paperwork to phone calls, and to establish the clear bottom-line rule that we were simply not available.