

信念卷

Chicken Soup
心灵鸡汤 for the Soul.

在安静中，不慌不忙地坚强

Teens Talk Tough Times II

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

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Chicken Soup for the Soul: Teens Talk Tough Times

Stories about the Hardest Parts of Being a Teenager

by Jack Canfield and Mark Victor Hansen, edited by Amy Newmark

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杰克和马克的特别寄语
A Special Foreword by Jack and Mark

For us, 101 has always been a magical number. It was the number of stories in the first *Chicken Soup for the Soul* book, and it is the number of stories and poems we have always aimed for in our books. We love the number 101 because it signifies a beginning, not an end. After 100, we start anew with 101.

We hope that when you finish reading one of our books, it is only a beginning for you too—a new outlook on life, a renewed sense of purpose, a strengthened resolve to deal with an issue that has been bothering you. Perhaps you will pick up the phone and share one of the stories with a friend or a loved one. Perhaps you will turn to your keyboard and express yourself by writing a Chicken Soup story of your own, to share with other readers who are just like you.

This volume contains our 101 best stories and poems on tough challenges that face teenagers. We share this with you at a very special time for us, the fifteenth anniversary of our *Chicken Soup for the Soul* series. When we published our first book in 1993, we never dreamed that we had started what would become a publishing sensation, one of the best-selling lines of books in history.

We did not set out to sell more than one hundred million books, or to publish more than 150 titles. We set out to touch the heart of one person at a time, hoping that person would in turn touch another person, and so on down the line. We know that it has worked. Your letters and stories have poured in by the hundreds of thousands, affirming our life's work, and inspiring us to continue to make a difference in your lives.

On our fifteenth anniversary, we have new energy, new resolve, and new dreams. We have recommitted to our goal of 101 stories or poems per book, we have refreshed our cover designs and our interior layout, and we have grown the Chicken Soup for the Soul team, with new friends and partners across the country in New England.

In this new volume, we showcase our 101 best stories and poems on tough times for teenagers, drawn from our fifteen year history. We know that being a teenager is difficult even under idyllic circumstances. But when bad things happen, the challenges of being a teenager can be overwhelming, leading to self-destructive behavior, eating disorders, substance abuse, and other challenges. In addition, many of you are faced with illness, car accidents, the loss of loved ones, divorces, and other upheavals, and the obstacles to happiness can seem insurmountable.

We chose stories written by other teenagers just like you. We hope

that you will find these stories inspiring and supportive, and that you will share them with your families and friends. We have identified the 20 *Chicken Soup for the Soul* books in which the stories originally appeared, in case you would like to continue your journey through your teenage years with some of our other books. We hope you will also enjoy the additional titles for teenagers in “Our 101 Best Stories” series.

With our love, our thanks, and our respect.

~Jack Canfield and Mark Victor Hansen



对我们而言，101^①是个神奇的数字，这个数字代表我们第一本心灵鸡汤的101个故事，也是我们这本书的目标。我们喜欢这个数字，因为它代表着开始，而非结束。100之后，我们再向101发起征程。

我们也希望你在读完这本书后能够有一个全新的开始：对人生有全新的认识、对生活有更高的目标，并有战胜困难的更加坚定的决心。也许你会拿起电话，同朋友和爱人分享其中的一个故事。也许你会敲打键盘，讲述有关你自己的“心灵鸡汤”故事，并同其他与你同样遭遇的人共勉。

这卷书的101个故事讲述了年轻人所面对的艰难与挑战，在心灵鸡汤系列丛书出版15周年这个特殊日子，我们希望与你分享本书。1993年心灵鸡汤第一册面世时，我们未曾奢望它会获得如此大的反响并成为历史上最畅销的丛书之一。

我们的目标并不是大卖一亿册，或是继续发行150个分册。我们希望我们的故事在某个时段触及一个人的内心，希望他的感触继而影响另一个人，并让这种感触延续下去。

① 为了方便中国读者阅读，中国出版方决定将一本分成两本，以中英文对照的形式出现。

相信我们已经做到了，你们的回信和有关你们的故事雪片般送到了这里，这肯定了我们的工作，并将激励我们继续为你们的生活带来变化。

在丛书出版 15 周年之际，我们积蓄新的能量、设定新的目标、怀揣新的梦想。我们致力于每本书都为大家献上 101 个故事（本册收录其中一半的内容，编注），我们更新了封面并重新设计版式。我们的团队更加成熟，新的朋友和搭档遍布整个新英格兰地区。

本卷为大家奉献的是本书创办 15 年以来最感人的 101 个有关年轻人面对逆境的故事。我们了解年轻人的艰辛，哪怕你的青年时代一帆风顺。当不幸降临，年轻人所面临的挑战异常严峻，这可能令他自暴自弃、饮食无常、沉溺毒品或堕入歧途。此外，许多年轻人忍受着疾病、车祸、爱人的离去、离婚以及其他苦难的折磨，幸福路上的障碍看似不可逾越。

书中故事的作者是和你一样的年轻人，我们希望你可以从中获得激励与支持，也希望你可以和家人与朋友一同分享这些故事。这些故事是从 20 本《心灵鸡汤》丛书中摘录的，在文后我们已为大家注出，希望这些书可以陪你一起度过青年时代。我们也希望你也会喜欢“我们 101 个最美故事”系列中关于年轻人话题的分册书目。

献上我们的爱意、感激和尊敬

——杰克·坎菲尔德，马克·维克多·汉森



A Special Foreword by Jack and Mark
杰克和马克的特别寄语

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已经很完美

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第一部分 难忘的一课

Chapter 1
Lessons Learned

Other people may be there to help us, teach us, guide us
along our path. But the lesson to be learned is always ours.
~Melody Beattie

人生道路上，我们会获得其他人的帮助、指导和教诲，然而只有真正领悟了你才能受益。

——美乐蒂·比蒂