

激励卷

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心灵鸡汤 for the Soul.

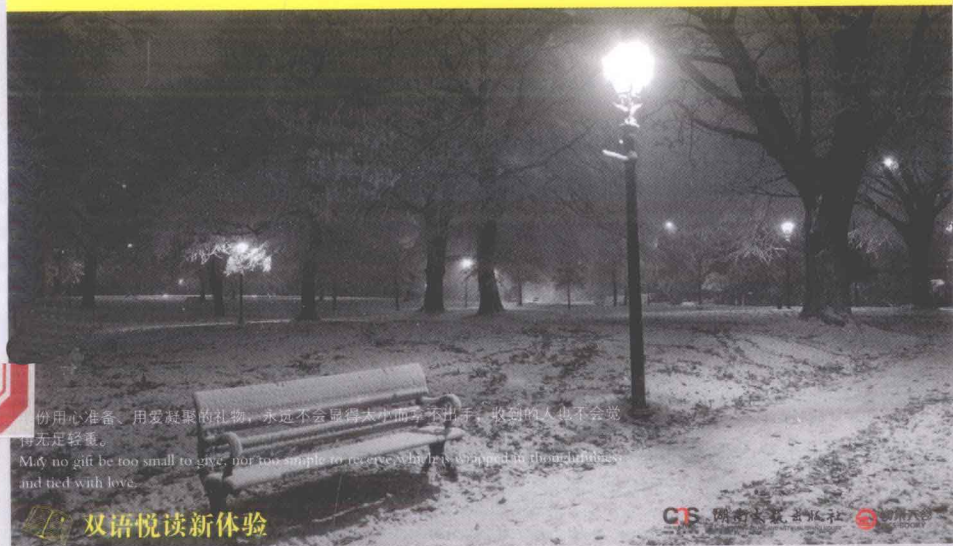
# 温暖心灵的幸福瞬间

True Love II

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

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CIS 湖南文艺出版社

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Chicken Soup for the Soul: True Love

101 Heartwarming and Humorous Stories about Dating, Romance, Love, and Marriage

by Jack Canfield, Mark Victor Hansen, Amy Newmark

Foreword by Kristi Yamaguchi and Bret Hedican

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前言  
Foreword

Kristi: Everyone enjoys a great love story, so we were excited about being part of the *Chicken Soup for the Soul* family for this wonderful book of true love stories. This is not my first time in a Chicken Soup for the Soul book. I had a story about my early years as an athlete in *Chicken Soup for the Preteen Soul 2* and my mom had a story about my skating career in *Chicken Soup for the Sports Fan's Soul*.

Skating is great, but true love is even better! After all, it's something we all strive for and most of us achieve it at some point in our lives. Bret and I are fortunate to have it all—great careers, a strong marriage, and a wonderful family. But it almost didn't happen...

*Bret: We met at the 1992 Olympics when I was playing for the U.S. hockey team and Kristi was figure skating for the U.S. She won a gold medal that year.*

*Nancy Kerrigan and Kristi were walking around meeting some of the other American team members. Kristi made an impression on all of us—she was just excited to be there and happy to be watching the hockey team and the players and be a part of it.*

Kristi: There were about twenty-five hockey players and I remembered a few of them, but not Bret. When we met again a few years later in Vancouver, he told me that we had met at the Olympics. I had to go back to look at the photos to see if he was really there.

A hockey player was the last type of athlete I thought I would ever date. Hockey players are just a different breed from figure skaters. We always competed with the hockey players for rink time when I was a kid.

*Bret: We had no class.*

Kristi: It was pretty funny, because when we were reintroduced, one of my choreographers was with me, and he said there was this cute guy who kept looking over at me. I was so embarrassed, as if I was transported back to grade school.

We dated for about three years before Bret proposed. Bret was playing for the Vancouver Canucks and I was based in the Bay Area so we were only going to see each other over Christmas for a day and half, actually only forty hours! Bret called me and said he had missed his flight. I was not happy. There had been a snowstorm in Vancouver, and Bret's car wasn't working, and there were no cabs available since they are not accustomed to heavy snow in Vancouver.

*Bret: We were spending Christmas Day with Kristi's family so I wanted us to have a nice quiet Christmas Eve dinner, just the two of us, so I could propose. But when I arrived, I discovered that Kristi had said that her sister and brother-in-law could join us. I pulled her sister aside and told her I had the*

*ring in my pocket, and that she needed to leave right after dinner.*

Kristi: He was still in trouble with me for being late, so it took me a while to figure out what was going on, and then I thought, “Don’t do it because I’ve been so nasty all night.” But we ended up at the top of the Marriott in downtown San Francisco, with a 360 degree view of the city, and he proposed. Of course I said yes.

Our parents were thrilled and excited and we decided to have a nice intimate family wedding in Hawaii. My extended family had a tradition of vacationing on the Big Island of Hawaii—25 or 30 of us at the Orchid Mauna Lani. We loved it and thought a small wedding would be nice.

You can guess what happened. We gave everyone more than a year to plan, so they could plan their family vacations around the wedding, and almost 100% of our invites said yes. Over 300 people came. We took over the whole hotel. It was awesome. It turned into a five-day wedding because everyone came early and by the time we had the ceremony on Saturday, everyone knew each other.

*Bret: At the reception I scored points by serenading my bride with the Bob Dylan song “Make You Feel My Love.” I saw Scott Hamilton quoted in People Magazine saying that every single woman in the room was crying.*

Kristi: That was in 2000, and three years later we had our first child, Keara, and two years after that we had Emma. Our daughters are our proudest accomplishments. The minute you become a parent, you become so much closer and it reinforces the bond you have with each other. You become more conscious of the values you want to instill in your family. You also have a better understanding of your own parents—it’s a lot of work!

While our marriage is still young compared to many out there, we feel

a real affinity to the stories in this latest Chicken Soup for the Soul volume about true love. It's a lot of fun to read about dating, proposals, and weddings and remember our own years of long distance dating and our own wedding. And we love the stories written by long-time couples about how they keep their marriages fresh and their relationships healthy. Some of the stories are so funny, and a few will make you tear up. There is something in here for everyone, even you guys out there. We wives know that you secretly enjoy a good love story too, right Bret?

*Bret: Yes, dear.*

*~Kristi Yamaguchi and Bret Hedican*

**克利斯蒂：**人人都喜欢伟大的爱情故事，所以能够参与《心灵鸡汤：温暖心灵的幸福瞬间》一书的编辑，我们感到十分荣幸。这不是我第一次为《心灵鸡汤》写作，一个关于我早年作为运动员的故事曾在《心灵鸡汤：儿童成长2》中发表。母亲也曾在《心灵鸡汤：体育迷》中，讲述过我的滑冰生涯。

滑冰是很棒的运动，但是真正的爱情更加美好！毕竟，我们每个人对爱情都有强烈的渴望，并希望在生命中的某一时刻收获爱情。布雷特和我是幸运的。我们婚姻幸福，事业顺利，家庭美满。但是，有可能这一切都不会发生……

**布雷特：**我们是在1992年的奥运会上相遇的，当时我在美国冰球队，克利斯蒂在美国女子花样滑冰队。那年，她赢得了金牌。南希·克里根（冬奥会花样滑冰明星）和她一起，在赛场上走来走去，和其他的美国队成员打招呼。克利斯蒂给我们所有人留下了深刻的印象——她非常兴奋，很高兴能观看冰球比赛和认识其他球员，并成为团队的一员。

**克利斯蒂：**那时大概有25名队员，我记得其中一些人，但对布雷特没有什么印象。几年后，我们在温哥华再次相遇。当他告诉我，我们曾在1992年奥运会上见过面时，我非常



惊讶，还回去翻了以前的照片看他是不是真的在那里。

我从没想过自己会和一名冰球队员交往。要知道，冰球和花样滑冰不过是冰上运动的不同种类罢了。当我还是个孩子的时候，我们就经常和冰球运动员抢冰场场地。

**布雷特：**我们冰球运动比较没地位了。

**克利斯蒂：**说来挺逗的，我们再次遇到的时候，我的编舞导演和我在一起。他跟我说：“有个很可爱的家伙一直盯着你看呢。”我当时觉得特别尴尬，就好像回到了小学时代一样。

我们交往了三年左右，布雷特向我求婚了。当时，布雷特在温哥华加入队，而我在旧金山训练。所以我们只有在圣诞节期间——大约一天半的时间才能见对方。只有 40 小时！所以布雷特打电话告诉我说他错过航班的时候，我特别伤心。那天温哥华下了很大的雪，他的车子发动不了。而且因为大雪的原因，他也打不到出租车。

**布雷特：**我们原本打算同克利斯蒂的家人一起过圣诞节。所以，在圣诞前夜，我希望我们两个能一起吃一顿浪漫、温馨的晚餐。然后，我可以借这个机会向她求婚。但是，我到达之后克利斯蒂告诉我，她的妹妹和妹夫也要和我们一起吃晚餐。于是，我把她妹妹拉到一边，告诉她我的口袋里揣着戒指，希望她能在晚餐后离开。

**克利斯蒂：**我当时还在为他的迟到而生气，所以，我花了一点时间才弄明白究竟发生了什么事情。我的第一反应是：“不要啊，我今天晚上表现得那么恶劣。”但是当我们在旧金山市中心万豪酒店顶层俯瞰全城的时候，他真的向我求婚了。当然，我答应了。

父母听到我们订婚的消息都替我们感到激动和兴奋。我们打算在夏威夷举办一场甜蜜的家庭婚礼。我们家族有在夏威夷度假的传统——家族里有 25 到 30 个人都会选择夏威夷大岛马纳拉尼海岛的兰花酒店。我们很喜欢那里，

觉得在那里举办一个小型婚礼会很不错。

你可以想象得出后面发生了什么。我们给所有亲朋好友一年多的时间来准备，让他们的家庭休假安排在我们的婚期前后。几乎所有受到邀请的亲朋都同意这么做。结果，我们的婚礼来了三百多位宾客，几乎占用了整个酒店。那场面真的太壮观了。我们的婚礼持续了五天，因为每位宾客都是提前到达的，等我们周六举行仪式的时候，他们彼此间早都认识了。

**布雷特：**在婚宴上，我为我的新娘唱了一首鲍勃·迪伦的《感受我的爱》，这给我加分不少。斯科特·汉密尔顿（萨克斯风手）引用《人物》杂志上的话说，房间里的每一个单身女子都感动得哭了。

**克里斯蒂：**在2000年，也就是结婚三年后，我们有了第一个孩子琪拉。两年后，我们有了艾玛。两个女儿是我们最大的骄傲，是孩子让我们两个紧紧地连在一起。有了自己的孩子之后，你会更注重培养家庭价值观，也会更加理解自己的父母。为人父母，实在不简单呢！

相比其他人，我们的婚姻还很年轻，但是我们的确在《心灵鸡汤：温暖心灵的幸福瞬间》中找到了共鸣。这些有关约会、求婚和婚礼的故事，读起来非常有意思，也让我想起自己坠入爱情时的那段时光和我们的婚礼。我们喜欢那些老夫老妻写的文章，他们教会我们如何让婚姻健康、富有活力。有的故事让人忍俊不禁，有的则让你泪流满面。每个人都能从故事中有所收获，即使男人也一样。我们做妻子的知道，背地里你们也很喜欢看爱情故事的，对吗，布雷特？

**布雷特：**呵呵，亲爱的，确实如此。

——克里斯蒂·亚玛古驰和布雷特·赫迪坎

## 引言 Introduction

My very thoughtful son, who is a college senior with a long-time fabulous girlfriend, has a wonderful metaphor for relationships. He views a relationship as a machine—a box full of intermeshed gears working together. When the machine is new, the gears are shiny and sharp. They work together, but there is some roughness around the edges and a little resistance as they mesh. Over time, the gears lose some of their shininess, and their edges become a little rounded, but they work together more and more smoothly. A little dirt gets in the machine from time to time, and it must be cleaned out diligently in order to keep the gears working well and avoid permanent build-up.

Once in a while, a major problem may occur, and a piece of metal may fall into the works. But a well-maintained machine with well-matched gears will survive this. The gears will keep moving and the stray piece of metal may get thrown against the side wall of the machine, leaving a permanent dent that mars the machine but doesn't impair its performance. Or

the piece of metal may actually damage a gear, bending it or breaking it, but the machine soldiers on, and the gears still mesh better and better over time, albeit with one missing tooth.

Our relationships are like that metaphorical machine. Over time, our gears may darken with age and wear down, and even show some breakage, but if we tend to them they should mesh more and more smoothly. If the machine really suffers irreparable damage, and we break up or divorce, we look to start over with new machines.

*Chicken Soup for the Soul: True Love* is an inspiring collection of stories about dating, romance, love, and marriage. You will find stories about everything from first dates and falling in love, to proposals and weddings, to second chances and love later in life, to making relationships work over the years. Whether you are looking for new love, basking in the glow of a successful relationship, or working on a relationship that needs a little polishing, you will find fundamental wisdom in these pages, from real people sharing their personal stories with you.

Our Assistant Publisher, D'ette Corona, and I had so much fun reading the thousands of stories submitted for this book. After all, who doesn't enjoy a great love story? We laughed and cried, nodded our heads in recognition, shook our heads in disbelief, and were disappointed when it was all over and the book was finished!

So now it is your turn. "Gear up" for a great read. We hope these stories will help your relationship "machine" work as well as ours, or give you faith that your next box of gears will be the one that operates smoothly for the rest of your life!

~Amy Neumark

*Publisher, Chicken Soup for the Soul*

我的儿子是名大四学生，他有个很优秀的女朋友，对恋爱也有着独到的看法。他曾将恋爱中的两人比喻为一台由啮合齿轮构成的机器，刚开始的时候，齿轮是崭新锐利的。它们刚开始一起工作，由于齿轮太锐利，它们啮合的时候偶尔会出现摩擦或阻力。但是随着时间的推移，齿轮失去了些许光泽，边缘也更加圆润，但它们的配合却越来越好。偶尔，它们也会沾染上一些灰尘，这时候就需要及时清除，保持机器正常工作，避免造成永久性损坏。

一段时间后，机器也可能出现一些小故障，比如某个部件不能正常工作。但是如果进行精心保养和护理，它们也能够渡过难关。齿轮运转过程中，被甩出机器侧壁的金属部件可能会在机器上留下永久性凹痕，但却不会损害其性能，部件也有可能会弄弯或折断一个齿轮，但是机器维修工会修好损伤的部分。机器上哪怕缺少一个齿牙，齿轮还是能够很好地啮合在一起。

恋爱中两个人的关系也正如这个比喻中的机器。随着年岁增长，我们的齿轮可能也会变暗和磨损，甚至有一定的损坏，但只要细心呵护，这台机器便能运转得越来越顺畅。如果机器真的遭受无法弥补的损害，我们就会分手或者离婚，

期待着能同新齿轮更好地啮合。

《心灵鸡汤：感悟真爱》一书收录了有关约会、恋爱、婚姻的各种感人故事：从初次约会的到坠入爱河，从求婚策划到婚礼举行，从和好如初到新的爱恋。品味这些故事的同时，相信你能找到让爱情经久不衰的秘诀。无论渴盼下段恋情的成功，还是需要给多年的爱情打磨抛光，这些真实的人和事都会对你有所裨益。

出版助理德·卡罗娜和我在审阅无数来稿时，收获了巨大的快乐。毕竟，谁不喜欢动人的爱情故事呢？我们开心地笑，感动地哭，既会认同地点头，也会微微摇头表示怀疑。当这本书的编辑工作完成时，我们的内心则感到深深的不舍和失落。

现在，轮到你了。“加大油门”开始愉悦的阅读之旅吧。希望这些故事能让你们的爱情“机器”更加良好地运转，或是帮你找到同你默契啮合一生的齿轮。

——《心灵鸡汤》出版人艾米·纽马克



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