

原汁原味的

#1 New York Times  
& USA Today

BESTSELLING AUTHORS

Jack Canfield  
Mark Victor Hansen

心灵鸡汤

第一辑

Chicken  
Soup

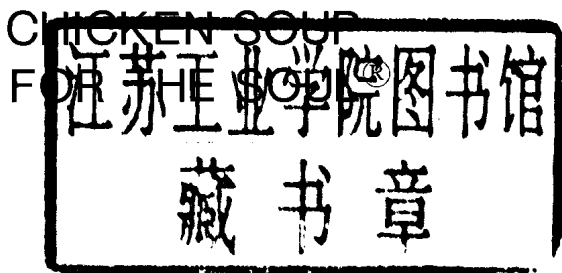
for the Soul®

With Outstanding  
Stories By:  
Dan Millman  
Robert Fulghum  
Gloria Steinem  
Tony Robbins  
Art Buchwald  
Les Brown  
And Many,  
Many More

101 Stories To  
Open The Heart And  
Rekindle The Spirit

# 心灵鸡汤

—— 第一辑



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1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 7-5337-2046-6

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

中国版本图书馆 CIP 数据核字(2000)第 48660 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 合肥晓星印刷厂印刷

\*

开本:889×1194 1/32 印张:9.625 字数:248千

2002年1月第5次印刷

印数:10 000

ISBN 7-5337-2046-6/H·309 定价:18.00元

(本书如有倒装、缺页等问题,请向本社发行科调换)

## Acknowledgments

This book took almost two years from conception to completion. It was a labor of love and took the combined efforts of many people. We especially wish to acknowledge the following:

Patty Mitchell, who typed and retyped each of these stories at least five times. Her commitment to this project included many weekdays until 10:00 P.M. and lots of weekends. Thank you, Patty! We couldn't have done it without you.

Kim Wiele, for the monumental typing and retyping of many of the stories, handling much of the extensive research and coordinating all of the seemingly endless work to secure copyright permission of the stories we didn't write ourselves. She did a terrific job. Thanks, Kim.

Kate Driesen, who assisted with the typing, read and commented on each story and helped with much of the research. You were always there when there were deadlines. Thank you.

Wanda Pate, who contributed endlessly in helping with typing and research.

Cheryl Millikin, who kept the processing and flow of the material working all along.

Lisa Williams, for taking care of Mark's business so he

could be dedicated to this book.

Larry Price and Mark Powers, for keeping everything else going while this book was being written.

To the hundreds of people who listened, read and commented on these stories, poems and quotes.

To all of our friends at the National Speakers Association, who so generously gave of their own material to complete this book. We especially want to thank Dottie Walters for her continued encouragement and support.

To Frank Siccone, a dear friend, who contributed several of his stories and quotes.

To Jeff Herman, for being such an inspired literary agent and for believing in the book from the beginning. Jeff, we love working with you.

To Peter Vegso, Gary Seidler and Barbara Nichols at Health Communications for catching the vision of the book long before anyone else did. We appreciate your enthusiastic support.

To Cindy Spitzer, who wrote and edited several of the most important stories in this book. Cindy, your contribution was invaluable.

To Marie Stilkind, our editor at Health Communications, for her timeless efforts in bringing this book to its high state of excellence.

To Bob Proctor, who contributed several stories and anecdotes from his voluminous file of teaching stories. Thank you, Bob. You've been a good friend.

To Brandon Hall, who helped us with two stories.

We also want to thank the following people for giving us very valuable feedback on the first draft: Ellen Angelis, Kim Angelis, Jacob Blass, Rick Canfield, Dan Drubin, Kathy Fellows, Patty Hansen, Norman Howe, Ann Husch, Tomas

VIII ACKNOWLEDGMENTS

Nani, Dave Potter, Danielle Lee, Michele Martin, Georgia Noble, Lee Potts, Linda Price, Martin Rutte, Lou Tartaglia, Dottie Walters, Rebecca Weidekehr, Harold C. Wells.

## Introduction

*We know everything we need to know to end the needless emotional suffering that many people currently experience. High self-esteem and personal effectiveness are available to anyone willing to take the time to pursue them.*

It is difficult to translate the spirit of a live presentation into the written word. Stories we tell every day have had to be rewritten five times to work as well in print as they do live. When you are reading these stories, please forget everything you ever learned in your speed-reading classes. Slow down. Listen to the words in your heart as well as in your mind. Savor each story. Let it touch you. Ask yourself, what does it awaken in me? What does it suggest for my life? What feeling or action does it call forth from my inner being? Let yourself have a personal relationship with each story.

Some stories will speak louder to you than others. Some will have deeper meaning. Some will make you cry. Some will make you laugh. Some will give you a warm feeling all over. Some may hit you right between the eyes. There is no right reaction. There is only *your* reaction. Let it happen and let it be.

Don't hurry through this book. Take your time. Enjoy

it. Savor it. Engage it with your whole being. It represents thousands of hours of culling the “best of the best” from our 40 years of combined experience.

One last thing: Reading a book like this is a little like sitting down to eat a meal of all desserts. It may be a little too rich. It is a meal with no vegetables, salad or bread. It is all essence with very little froth.

In our seminars and workshops we take more time to set up and discuss the implications of each story. There are more explanations and explorations of how to apply the lessons and principles to your everyday life. Don't just read these stories. Take the time to digest them and make them your own.

If you find yourself moved to share a story with others, do it. When a story makes you think of another person, call the person it brings to mind and share it. Engage these stories and let them move you to do whatever comes up for you. They are meant to inspire and motivate you.

For a lot of these stories we went back to the original source and asked them to write it or tell it in their own words. Many of the stories will be in their voice, not ours. We have attributed every story we could to the original source. For all of those that are from fellow speakers and trainers, we have included a contributors section in the back of the book where we have listed their name, address and phone number so you can contact them yourself if you wish.

We hope you will enjoy reading this book as much as we have enjoyed writing it.



# Contents

Acknowledgments .....	VI
Introduction .....	IX

## 1. ON LOVE

Love; The One Creative Force <i>Eric Butterworth</i> .....	2
All I Remember <i>Bobbie Probstein</i> .....	4
Heart Song <i>Patty Hansen</i> .....	7
True Love <i>Barry and Joyce Vissell</i> .....	9
The Hugging Judge <i>Jack Canfield and Mark V. Hansen</i> .....	11
It Can't Happen Here? <i>Jack Canfield</i> .....	16
Who You Are Makes A Difference <i>Helice Bridges</i> .....	19
One At A Time <i>Jack Canfield and Mark V. Hansen</i> .....	22
The Gift <i>Bennet Cerf</i> .....	24
A Brother Like That <i>Dan Clark</i> .....	25
On Courage <i>Dan Millman</i> .....	27
Big Ed <i>Joe Batten</i> .....	28
Love And The Cabbie <i>Art Buchwald</i> .....	31
A Simple Gesture <i>John W. Schlatter</i> .....	34
The Smile <i>Hanoch McCarty</i> .....	36
Amy Graham <i>Mark V. Hansen</i> .....	39
A Story For Valentine's Day <i>Jo Ann Larsen</i> .....	42

## I CONTENTS

Carpe Diem! <i>Alan Cohen</i> .....	45
I Know You, You're Just Like Me! <i>Stan Dale</i> .....	51
Another Way <i>Terry Dobson</i> .....	55
The Gentlest Need <i>Fred T. Wilhelms</i> .....	59
Bopsy <i>Jack Canfield and Mark V. Hansen</i> .....	61
Puppies For Sale <i>Dan Clark</i> .....	65

## 2. LEARNING TO LOVE YOURSELF

The Golden Buddha <i>Jack Canfield</i> .....	68
Start With Yourself <i>Anonymous</i> .....	71
Nothing But The Truth! <i>Dallas Morning News</i> .....	72
Covering All the Bases <i>Source Unknown</i> .....	73
My Declaration Of Self-Esteem <i>Virginia Satir</i> .....	74
The Bag Lady <i>Bobbie Probst</i> .....	76
Response/Ability <i>Bernard Gunther</i> .....	78
The Rules For Being Human <i>Chérie Carter-Scott</i> .....	80

## 3. ON PARENTING

Children Learn What They Live <i>Dorothy L. Nolte</i> .....	83
Why I Chose My Father To Be My Dad <i>Bettie B. Youngs</i> .....	85
The Animal School <i>George H. Reavis</i> .....	93
Touched <i>Victor Nelson</i> .....	95
I Love You, Son <i>Victor B. Miller</i> .....	98
What You Are Is As Important As What You Do <i>Patricia Fripp</i> .....	101
A Mom's Life <i>Delia Ephron</i> .....	103
The Perfect American Family <i>Michael Murphy</i> .....	106
Just Say It! <i>Gene Bedley</i> .....	111
A Legacy Of Love <i>Bobbie Gee</i> .....	115

On Parenting	<i>Kahlil Gibran</i>	117
--------------	----------------------	-----

#### 4. ON LEARNING

Bilding Me A Fewchr	<i>Frank Trujillo</i>	119
I Like Myself Now	<i>Everett Shostrum</i>	120
All The Good Things	<i>Helen P. Mrosla</i>	121
You Are A Marvel	<i>Pablo Casals</i>	125
All I Ever Really Needed To Know I Learned In Kindergarten	<i>Robert Fulghum</i>	126
We Learn By Doing	<i>John Holt</i>	128
The Hand	<i>Source Unknown</i>	129
The Royal Knights Of Harlem	<i>Gloria Steinem</i>	130
The Little Boy	<i>Helen E. Buckley</i>	136
I Am A Teacher	<i>John W. Schlatter</i>	141

#### 5. LIVE YOUR DREAM

Make It Come True	<i>Dan Clark</i>	145
I Think I Can!	<i>Michele Borba</i>	146
Rest In Peace; The "I Can't" Funeral	<i>Chick Moorman</i>	149
The 333 Story	<i>Bob Proctor</i>	153
There Are No Vans	<i>Anthony Robbins</i>	156
Ask, Ask, Ask	<i>Jack Canfield and Mark V. Hansen</i>	160
Did The Earth Move For You?	<i>Hanoch McCarty</i>	163
Tommy's Bumper Sticker	<i>Mark V. Hansen</i>	165
If You Don't Ask, You Don't Get — But If You Do, You Do	<i>Rick Gelinas</i>	170
Rick Little's Quest	<i>Adapted from Peggy Mann</i>	174
The Magic Of Believing	<i>Edward J. McGrath Jr.</i>	179
Glenna's Goal Book	<i>Glenna Salsbury</i>	180

Another Check Mark On The List	<i>John Goddard</i>	.....	183
Look Out, Baby, I'm Your Love Man!	<i>Jack Canfield</i>	.....	189
Willing To Pay The Price	<i>John McCormack</i>	.....	193
Everybody Has A Dream	<i>Virginia Satir</i>	.....	197
Follow Your Dream	<i>Jack canfield</i>	.....	200
The Box	<i>Florence Littauer</i>	.....	202
Encouragement	<i>Nido Qubein</i>	.....	206
Walt Jones	<i>Bob Moawad</i>	.....	207
Are You Strong Enough To Handle Critics?			
	<i>Theodore Roosevelt</i>	.....	212
Risking	<i>Patty Hansen</i>	.....	213
Try Something Different	<i>Price Pritchett</i>	.....	215
Service With A Smile	<i>Karl Albrecht and Ron Zenke</i>	.....	217

## 6. OVERCOMING OBSTACLES

Obstacles	<i>Viktor E. Frankl</i>	.....	219
Consider This	<i>Jack Canfield and Mark V. Hansen</i>	.....	220
John Corcoran — The Man Who couldn't Read	<i>Gary Smith</i>	.....	223
Don't Be Afraid To Fail	<i>Wall Street Journal</i>	.....	227
Abraham Lincoln Didn't Quit	<i>Source Unknown</i>	.....	228
Lesson From A Son	<i>Danielle Kennedy</i>	.....	230
Failure? No! Just Temporary Setbacks	<i>Dottie Walters</i>	...	234
For Me To Be More Creative, I Am Waiting For...			
	<i>David B. Campbell</i>	.....	239
Everybody Can Do Something	<i>Jack Canfield</i>	.....	242
Yes, You Can	<i>Jack Canfield and Mark V. Hansen</i>	.....	245
Run, Patti, Run	<i>Mark V. Hansen</i>	.....	248
The Power Of Determination	<i>Burt Dubin</i>	.....	251

The Power Of Optimism *Alan Loy McGinnis* ..... 253  
 Faith *Roy Campanella* ..... 259  
 She Saved 219 Lives *Jack Canfield and Mark V. Hansen* .....  
 ..... 261  
 Are You Going To Help Me? *Mark V. Hansen* ..... 265  
 Just One More Time *Hanoch McCarty* ..... 267  
 There Is Greatness All Around You — Use It *Bob Richards*  
 ..... 269

## 7. ECLECTIC WISDOM

You've Got Yourself A Deal *Florence Littauer* ..... 272  
 Take A Moment To Really See *Jeffrey Michael Thomas* ...  
 ..... 274  
 If I Had My Life To Live Over *Nadine Stair* ..... 278  
 Two Monks *Irmgard Schloegl* ..... 280  
 Sachi *Dan Millman* ..... 281  
 The Dolphin's Gift *Elizabeth Gawain* ..... 282  
 The Touch Of The Master's Hand *Myra B. Welch* ..... 284

Who Is Jack Canfield? ..... 286  
 Who Is Mark Victor Hansen? ..... 288  
 What People Are Saying About... ..... 290

---

# 1

---

# ON LOVE

*The day will come when, after harnessing space, the winds, the tides and gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, we shall have discovered fire.*

*Teilhard de Chardin*

## Love: The One Creative Force

*Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbor.... Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.*

Mother Teresa

A college professor had his sociology class go into the Baltimore slums to get case histories of 200 young boys. They were asked to write an evaluation of each boy's future. In every case the students wrote, "He hasn't got a chance." Twenty-five years later another sociology professor came across the earlier study. He had his students follow up on the project to see what had happened to these boys. With the exception of 20 boys who had moved away or died, the students learned that 176 of the remaining 180 had achieved more than ordinary success as lawyers, doctors and businessmen.

The professor was astounded and decided to pursue the matter further. Fortunately, all the men were in the area and he was able to ask each one, "How do you account for your success?" In each case the reply came with feeling, "There was a teacher."

The teacher was still alive, so he sought her out and asked the old but still alert lady what magic formula she had used to pull these boys out of the slums into successful achievement.

The teacher's eyes sparkled and her lips broke into a gentle smile. "It's really very simple," she said. "I loved those boys."

*Eric Butterworth*



## All I Remember

When my father spoke to me, he always began the conversation with “Have I told you yet today how much I adore you?” The expression of love was reciprocated and, in his later years, as his life began to visibly ebb, we grew even closer... if that were possible.

At 82 he was ready to die, and I was ready to let him go so that his suffering would end. We laughed and cried and held hands and told each other of our love and agreed that it was time. I said, “Dad, after you’ve gone I want a sign from you that you’re fine.” He laughed at the absurdity of that; Dad didn’t believe in reincarnation. I wasn’t positive I did either, but I had had many experiences that convinced me I could get some signal “from the other side.”

My father and I were so deeply connected I felt his heart attack in my chest at the moment he died. Later I mourned that the hospital, in their sterile wisdom, had not let me hold his hand as he had slipped away.

Day after day I prayed to hear from him, but nothing happened. Night after night I asked for a dream before I fell asleep. And yet four long months passed and I heard and felt nothing but grief at his loss. Mother had died five years before of Alzheimer’s, and, though I had grown daughters of my own, I felt like a lost child.