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#1 New York Times  
BESTSELLING AUTHORS

Jack Canfield

Mark Victor Hansen

Maida Rogerson, Martin Rutte  
and Tim Clauss

心灵鸡汤

关于工作

# Chicken Soup

for the Soul<sup>®</sup>  
at Work

With Outstanding  
Stories by:  
Alex Haley  
Beverly Sills

Dilbert's Scott Adams  
Tom Chappell  
Dave Thomas  
And Many More

101 Stories of Courage,  
Compassion and Creativity  
in the Workplace



# 心灵鸡汤

——关于工作

## CHICKEN SOUP FOR THE SOUL® AT WORK

Jack Canfield   Mark Victor Hansen  
Maida Rogerson   Martin Rutte  
Tim Clauss

*101 Stories of Courage,  
Compassion and Creativity  
in the Workplace*



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*Where our work is, there let our joy be.*

Tertullian

With love, we dedicate this  
book to working souls everywhere for  
your labors of love, service and purpose.  
We deeply acknowledge your energy, creativity,  
caring and commitment. May you, your  
families and our world be blessed by  
your unique contributions.



It's insulting the way Management treats us all like a bunch of children. But I *am* growing fond of story time.

*Reprinted by permission from Randy Glasbergen.*

# Acknowledgments

*Chicken Soup for the Soul at Work* has taken more than a year to write, compile and edit. It has been a true labor of cocreation for all of us. One of the greatest joys in creating this book has been working with people who gave this project not just their time and attention, but also their hearts and souls. We would like to thank the following people for their dedication and contributions, without which this book could not have been created:

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And finally, we are truly grateful to the living *Spirit* that inspires us. Through its presence in our lives, this work became play and a direct expression of our souls' true purpose.

# Introduction

*A successful businessman traveled to India to spend a month working in one of Mother Teresa's shelters. He longed to meet the tiny nun, but Mother Teresa was traveling, and it wasn't until the day before his departure that he received an audience. When he was finally in her presence, much to his surprise, he burst into tears. All the times when he'd been self-centered, busy or focused on his own gain flashed before his eyes, and he felt an enormous sadness that he had missed so many opportunities in his life to give of himself and his resources. Without a word, Mother Teresa walked over to where he was seated, put her hands on his shoulders and looked deeply into his eyes. "Don't you know," she said, "that God knows you are doing the best that you can."*

Work is an integral part of our lives, filled with a wide variety of experiences. In writing this book, we received stories from teachers and engineers, carpenters and accountants, artists, managers, housekeepers, chiropractors—and workers from many other professions. Reading these stories, we have been deeply touched by the enormous

heart, soul and spirit that people express through their work. Day after day, we all get up every morning, in many cases deal with a busy family, then go to work to spend 8, 10, even 12 hours making our contribution. This is commitment in action.

Sweeping and profound changes are occurring every day in the workplace, but we still long for our basic human needs to be met—meaningful relationships, creative fulfillment, and the knowledge that our work is valued and valuable.

There are definite signs that work is undergoing a renewal. This is reflected in our chapter headings, including The Power of Acknowledgment (Chapter 3)—discovering the life-affirming, positive energy of recognition; Service: Setting New Standards (Chapter 4)—exploring the richness of giving; and Follow Your Heart (Chapter 5)—emphasizing the value of intuitive knowing.

You can use these stories in many ways—as a good read, as fuel for reflection, as a respite you seek when you're down or you're up—but above all, please share them with your friends and co-workers. Let the stories lead you to discussion and sharing. If you're inspired, share your inspiration; if you're amused, share your laughter; if your heart is touched, reach out to another.

As we approach the new millennium, let's support each other in having the work we do be fulfilling, rewarding and a contribution to us all. As Thomas Aquinas said, "There is no joy in living without joy in work."

Reading these stories will remind you again, as it has reminded us, that when everything else is scraped away, we are working souls—loving, growing, always evolving—"doing the best that we can."

*There is nothing better for a man than to eat and drink and tell himself that his labor is good.*

Ecclesiastes 2:24

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