



独家引进，全球热销 8,000 万册

# 心灵鸡汤

32

A **6<sup>th</sup>**  
Bowl  
of

第六辑

Chicken  
Soup

for the  
Soul

Jack Canfield  
Mark Victor Hansen

# 心灵鸡汤

## ——第六辑

### A 6TH BOWL OF CHICKEN SOUP FOR THE SOUL®

Jack Canfield  
Mark Victor Hansen



安徽科学技术出版社



Health Communications, Inc.

[皖] 版贸登记号:1201311

图书在版编目(CIP)数据

心灵鸡汤. 第6辑/(美)坎费尔德(Canfield, J.)等编  
著. —合肥:安徽科学技术出版社, 2006. 1  
ISBN 7-5337-3383-5

I. 心… II. 坎… III. ①英语-语言读物②故事-作  
品集-美国 IV. H319.4:I

中国版本图书馆 CIP 数据核字(2005)第 129997 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)2833431

E-mail: yougoubu@sina.com

yougoubu@hotmail.com

网址: www. ahstp. com. cn

新华书店经销 合肥义兴印务有限责任公司印刷

\*

开本:889×1194 1/32 印张:11.5 字数:376 千

2006 年 1 月第 1 版 2006 年 6 月第 2 次印刷

印数:5 000

定价:20.00 元

(本书如有倒装、缺页等问题,请向本社发行科调换)

*With love and appreciation we dedicate this book to the more than 38 million people who have purchased, read and shared the twenty-one Chicken Soup for the Soul books with their families, friends, business partners, employees, students and congregations, and to the over five thousand readers who have sent us stories, poems, cartoons and quotes for possible inclusion in A 6th Bowl of Chicken Soup for the Soul. Although we couldn't use everything you sent in, we were deeply touched by your heartfelt intention to share yourselves and your stories with us and our readers.*

*Love to you!*





E-mail: [c10setohome@compuserve.com](mailto:c10setohome@compuserve.com)

[www.uexpress.com](http://www.uexpress.com)

McPherson

**"Will you knock it off with the  
Chicken Soup for the Soul excerpts!"**





## Introduction

*Without the stories we are nothing.*

Bryce Courtney

From our hearts to yours, we are delighted to offer you *A 6th Bowl of Chicken Soup for the Soul*. This book contains more stories that we know will inspire and motivate you to love more fully and unconditionally, live with more passion and compassion, and pursue your heartfelt dreams with greater conviction, bolder action and stronger perseverance. We believe that this book will sustain you during times of challenge, frustration and failure, and comfort you during times of confusion, pain and loss. We hope it will truly become a lifelong companion, offering continual insight and wisdom in many areas of your life.

### How to Read This Book

We have been blessed with readers from all over the world who have given us feedback. Some read our books from cover to cover; others pick out a particular chapter that interests them. Some simply can't put our books down from



## 第六輯

beginning to end, going through a big box of tissues en route. We've been particularly touched by those readers who have reconnected to loved ones or old friends as a result of being inspired by one of the stories.

Many times we have been approached by readers—at a speech or public appearance—who told us how one or more stories were of inestimable value during a period of trial and testing, such as the death of a loved one or a serious illness. We are grateful for having had the opportunity to be of help to so many in this way. Some have told us they keep their *Chicken Soup* book at bedside, reading one story each night, often rereading favorites. Many use these books as a family gathering experience, reading a story aloud with parents and children gathered together in the evening.

You may choose the path of readers who have gone before you, or simply enjoy reading this book with no particular pattern in mind, letting each story guide your thoughts in new directions. Find the path that's best for you, and most of all, enjoy!



## 第六輯

# Contents

Introduction .....	VI
<b>1. ON LOVE</b>	
The Healing Power of Love .....	2
How Much Love Can You Fit in a Shoebox? .....	5
Discretion Is the Better Part of Marriage .....	11
You Do It Quiet .....	14
Blue Christmas .....	20
A Hand to Hold .....	29
Daisy's Trip .....	35
Lilies of the Valley .....	38
The \$325 Salvation .....	41
The Kindness of Strangers .....	46
Los Angeles Gets It Together .....	52
A Simple Act .....	56
Hope .....	60
My Father's Gift .....	64
Sprite .....	70
First-Day Employee .....	73
First Night .....	75
Missing Pieces .....	78





## 第六輯

A Christmas Adoption Miracle .....	84
The Storyteller .....	90
My Second Proposal .....	99
The Swordsman .....	102

## 2. ON PARENTING

Rebuilding a Stairway to Heaven .....	109
The Bus Doesn't Stop Here Anymore .....	113
Crossing Over .....	116
Through the Years .....	118
Leading with My Chin .....	120
Why Monks Sit in the Snow .....	121
Making Room for Shooting Stars .....	124
My Favorite Father's Day .....	127
Dear Old Dad .....	130
My Name Is Mommy .....	132
Mikey's Goal .....	138
One Rose .....	140
Can I Come with You? .....	142
A Daughter's First Dance .....	145
Love Notes .....	147
Rite of Passage .....	151
Wishes for My Daughter .....	154
The Handwriting on the Wall .....	156
Leftover Halloween Candy .....	158

## 3. ON DEATH AND DYING

Gramma's Blanket from Heaven .....	161
Homer and the Racing Car .....	165



## 第六輯

Seeing Around the Corner .....	169
My Mother's Eyes .....	172
My Dad .....	176
Whistling Pete .....	179
Legacy of Love .....	182
The Wave Game .....	184
Season of Miracles .....	187
The Gift of Joy .....	194
Al .....	196
The Gift .....	200
Mr. Michael Ted's Big Production .....	203

#### 4. ON TEACHING AND LEARNING

Wrestling .....	210
The Cage .....	212
Don't Touch Me .....	217
Two Little Boys Named Chris .....	221
Big Heart .....	222
A Touch of Lemon .....	224
The Dustpan Carrier .....	226
The Influence of the Insignificant .....	230
A Neighbor I'll Never Forget .....	232

#### 5. OVERCOMING OBSTACLES

Everyday Heroes .....	237
Weep with Those Who Weep .....	242
Sandy, I Can't .....	246
Perfectly Normal .....	249
The Pony .....	253



Consider This .....	256
Casting a New Mold for Heroes .....	259
Angels All Around .....	263
The Bicycle .....	268

## 6. LIVE YOUR DREAM

A Glass of Lemonade .....	273
From Hodgkin's to Ironman .....	277
The First Step .....	284
I Promise, Mama .....	286
A "Real" Beautiful Person .....	290
This Is Not a Permanent Situation .....	293
The Confidence Course .....	296
Twenty Things You Should Do in This Lifetime .....	297

## 7. A MATTER OF PERSPECTIVE

My Dream House and My Boy .....	300
The Tattooed Child .....	306
Coat of Many Colors .....	310
When Social Security Speaks .....	314
Never Give Up .....	317
The Little Leaguer I'll Never Forget .....	321
Hold On to Your Hair! .....	325
Memories and Laughs .....	328
Make Mine Vanilla .....	332

## 8. ECLECTIC WISDOM

Write Your Own Life .....	335
---------------------------	-----





## 第六輯

Nice Timing .....	337
Take Some Time .....	339
The Movers and the Gentleman .....	342
Old Wives' Tales .....	344
The Runaways .....	348
The Journey of Success .....	350
Acknowledgments .....	352

1

# ON LOVE

The love we give away is the only love  
we keep.

*Elbert Hubbard*







## The Healing Power of Love

We dreaded Christmas that year. It was 1944, and the war would never be over for our family.

The telegram had arrived in August. Bob's few personal possessions, the flag from his coffin, the plan of his burial site in the Philippine Islands, and a Distinguished Flying Cross had arrived one by one, adding to our agonizing grief.

Born on a Midwest prairie, my brother rode horseback to school but wanted to fly an airplane from the first day he saw one. By the time he was twenty-one, we were living in Seattle, Washington. When World War II broke out, Bob headed for the nearest Air Force recruitment office. Slightly built, skinny like his father, he was ten pounds underweight.

Undaunted, he persuaded Mother to cook every fattening food she could think of. He ate before meals, between meals and after meals. We laughed and called him "lardo".

At the Navy Cadet Office he stepped on the scale—still three pounds to go. He was desperate. His friends were leaving one after the other; his best buddy was already in the Marine Air Corps. The next morning, he ate a pound of greasy bacon, six eggs and five bananas, drank two gallons of milk, and, bloated like a pig, staggered back on their scales. He passed the weigh-in with eight ounces to spare.

When he was nominated Hot Pilot of primary training school in Pasco, Washington, and involuntarily joined the "Caterpillar Club" (engine failure causing the bailout) at St. Mary's, Califor-





## 第六輯

nia, we shook our heads and worried. Mother prayed. He was born fearless, and she knew it. Before graduating from Corpus Christi, he applied for transfer to the Marine Air Corps at Pensacola, Florida. He trained in torpedo bombers before being sent overseas.

They said Bob died under enemy fire over New Guinea in the plane he wanted so desperately to fly.

I never wept for Bob. In my mind's eye, I pictured my debonair big brother wing-tapping through the clouds, doing what he loved best, his blue eyes sparkling with love of life. But I wept for the sadness that never left my parents' eyes.

Mother's faith sustained her, but my father aged before our eyes. He listened politely whenever the minister came to call, but we knew Daddy was bitter. He dragged himself to work every day but lost interest in everything else, including his beloved Masonic Club. He very much wanted a Masonic ring, and at Mother's insistence he had started saving for the ring. Of course, after Bob died, that too ceased.

I dreaded the approach of Christmas. Bob loved Christmas. His enthusiasm excited us long before reason took over. His surprises were legendary: a dollhouse made at school, a puppy hidden in mysterious places for little brother, an expensive dress for Mother bought with the very first money he ever earned. Everything had to be a surprise.

What would Christmas be without Bob? Not much. Aunts, uncles and Grandmother were coming, so we went through the motions as much for memory as anything, but our hearts weren't in it. Dad sat for longer and longer periods, staring silently out the window, and Mother's heart was heavy with worry. . . .

On December 23, another official-looking package arrived. My father watched stone-faced as Mother unpacked Bob's dress blues. *After all this time, why oh why did they — the*



nameless they—send his dress uniform, I thought bitterly. Silence hung heavy. As she refolded the uniform to put it away, a mother's practicality surfaced, and she went through the pockets almost by rote, aching with grief.

In a small, inside jacket pocket was a neatly folded fifty-dollar bill with a tiny note in Bob's familiar handwriting: "For Dad's Masonic ring."

If I live to be a hundred, I will never forget the look on my father's face. Some kind of beautiful transformation took place—a touch of wonder, a hint of joy, a quiet serenity that was glorious to behold. Oh, the healing power of love! He stood transfixed, staring at the note and the trimly folded fifty-dollar bill in his hand for what seemed an eternity; then he walked to Bob's picture hanging prominently on the wall and solemnly saluted.

"Merry Christmas, Son," he murmured, and turned to welcome Christmas.

Mary Sherman Hilbert





## 第六輯

## How Much Love Can You Fit in a Shoebox?

*The little things? The little moments? They aren't little.*

Jon Kabat-Zinn

On a cold and rainy February morning, my mom, four brothers and I cleaned out Dad's apartment. There were a thousand places we would have rather been, but we were together and the rest of the world seemed distant. With Dad's funeral scheduled for the next day, it was all I could do to take my mind off the reality of his heart attack. Everything he owned was in his apartment. He wasn't materialistic, yet every belonging seemed priceless. His countless drawings filled every room. His notepads of sketches he drew in the hospital had a flavor of who he really was. His deteriorating car and torn furniture didn't begin to describe what made him successful in my eyes.

He took life one day at a time, never taking anything too seriously. It was his best quality... and his worst. I was thirty-seven years old and had grown up much like him, putting tremendous value on the little things in life.

I moped around from room to room, gathering souvenirs and throwing out the garbage he never had the chance to. As I turned