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Chicken Soup
for the Soul

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Everyday English Snack

每一次跌倒，都是最好的成长

Think Positive II

[美]

杰克·坎菲尔德 (Jack Canfield)

马克·维克托·汉森 (Mark Victor Hansen)

艾米·纽马克 (Amy Newmark) / 编

李娟 / 译

为每一天、每一分、每一秒而活。

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图书在版编目 (CIP) 数据

每一次跌倒,都是最好的成长:汉英对照/(美)坎菲尔德(Canfield,J.), (美)汉森(Hansen,M.V.), (美)纽马克(Newmark,A.)编;李娟译.—长沙:湖南文艺出版社,2015.1

书名原文:Chicken soup for the soul:think positive

ISBN 978-7-5404-7022-7

I. ①每… II. ①坎… ②汉… ③纽… ④李… III. 英语—汉语—对照读物②人生哲学—通俗读物 IV. ① H319.4 : B

中国版本图书馆 CIP 数据核字 (2014) 第 270833 号

著作权合同登记号:图字 18-2012-42

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上架建议:心灵励志·英语学习

CHICKEN SOUP FOR THE SOUL: Think Positive

101 Inspirational Stories about Counting Your Blessings and Having a Positive Attitude

By Jack Canfield, Mark Victor Hansen, Amy Newmark. Foreword by Deborah Norville

Published by Chicken Soup for the Soul Publishing, LLC www.chickensoup.com

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责任编辑:薛健 刘诗哲

监制:蔡明菲 潘良

特约编辑:苗方琴

版权支持:辛艳

版式设计:崔振江

封面设计:壹诺设计

内文排版:百朗文化

出版发行:湖南文艺出版社

(长沙市雨花区东二环一段 508 号 邮编:410014)

网 址:www.hnwy.net

印 刷:北京盛兰兄弟印刷装订有限公司

经 销:新华书店

开 本:880mm×1230mm 1/32

字 数:332 千字

印 张:12

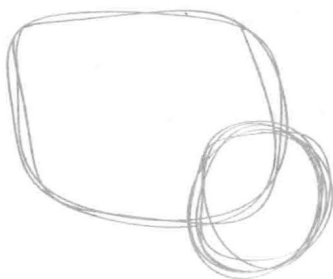
版 次:2015 年 1 月第 1 版

印 次:2015 年 1 月第 1 次印刷

书 号:ISBN 978-7-5404-7022-7

定 价:36.00 元

(若有质量问题,请致电质量监督电话:010-84409925)



前言 Foreword

Change your thoughts and you change your world.

—Norman Vincent Peale

I can't remember how long it's been since I first heard those words. "Change your thoughts and you change your world." It's a simple enough phrase, but wow—those words are packed with power. They have been something of a lifelong mantra for me. Change your thoughts and you change your world. When times are tough, when I feel so frustrated by disappointments and not reaching my goals, I repeat those words in my head and make a conscious, almost physical effort to change course, recalibrate, and steer my little ship of self in a fresh, more positive direction.

The other day I was speaking to a group of

women in the financial industry and one woman asked to what I credited my long television career. I had to think for a moment. I have been blessed in the television business. I started working at the CBS station in Atlanta when I was still in college and interviewed then-President Jimmy Carter on live TV when I was only nineteen years old. (I don't know which was more exciting: Interviewing the President or having ABC's White House Correspondent Sam Donaldson asking me afterward what he said! You could have shot me and my tombstone would have read, "She died happy.")

Even when my career took some unexpected tough turns, I somehow managed to pull myself and my career back together, pick up the pieces and start over. But what was the secret to my long and still successful career? As I pondered the question, I realized there were probably three qualities that have worked in my favor—and the good news is anyone can develop them. I have an extraordinary capacity for hard work, an insatiable curiosity, and a (sometimes) ridiculous ability to look on the bright side. All of us can work hard, put in a few more hours at work, and try a bit harder to master a challenge. Contrary to the old saying, curiosity didn't kill the cat or anyone else. Learning new things, exploring topics about which we know nothing—that's what gives life its zest. But finding the bright side? Well, how does one do that when you've lost a job, gotten a dire diagnosis, or seen your personal life shattered?

For me, finding the silver lining in life's clouds was something of a coping mechanism. As a little girl, my mother battled chronic illness. I remember when school was dismissed, I'd hear other kids see their

moms' cars in the pick-up line and complain their playground time was cut short because "Mom is here already." I was thrilled when my family's station wagon was among the cars. It meant Momma was having a "good day." Later when she died (I was twenty at the time), I was able to find gratitude in the knowledge that she was no longer in pain.

When I started my television career before I graduated from the University of Georgia, I had to deal with plenty of naysayers. How would you respond to a woman who said to you, "You have no business being here and are taking away a job from someone who is qualified?" I will never forget that moment in front of the vending machines at Channel 5. I stammered out a reply along the lines of "Well, the boss is giving me this chance and I hope to prove him right." I also resolved to make the most of the opportunity as long as it lasted. Who knows, the boss might be persuaded the female reporter was right!

Later when my career was derailed, I discovered that while I couldn't control what happened in my life, I could control how I let it impact me. The Greek Epictetus said it quite elegantly, "Ask not that events should happen as you will, but let your will be that events should happen and you will have peace." I must confess I only made that discovery after wallowing in depression and self-pity for a time.

It is NOT easy to do. How many times have you not gotten the job? Haven't you felt kicked in the teeth when denied opportunities, been frustrated when someone not nearly qualified enough got the green light instead? Maybe health problems have rearranged your family's life. It just isn't fair! I know I've felt that way. It isn't fair. But here's the thing. I've given birth to three children and at no point was there ever anyone in the

delivery room looking at that newborn and saying, “Kid, from here on out, it’s all fair.” Life just doesn’t work that way.

Some people don’t seem to be affected by that. Just as there are those who can walk through a field of poison ivy and never have the slightest discomfort, there are some people who can be hammered by all of life’s negatives and still remain unscathed. I am not one of them. Deny me entry to the club, and part of me wants to sob in the corner wondering why I’m not good enough. But the bigger part of me has realized it’s no fun going to a pity party. The better I get at resisting the temptation to give in to sorrow, frustration, or stress, the more successful I seem to be both personally and professionally.

Was this real—or was this something I was imagining? I have spent the last several years researching these kinds of values: gratitude, respect, resilience, and faith. What is it that makes some people more resilient? How are some people able to let the difficulties of life roll off them like water off a duck’s back? Why do some people just seem stronger? The answer is—think positive. Recent scientific studies have proven that a positive attitude actually has measurable benefits. Grateful, positive people report they have better lives and more positive memories. People who can recall positive events have been proven to be more resilient, even in the most difficult of situations. People who keep track of the “good things” in their lives are healthier, more active, more productive—and held in higher regard by those around them. There’s peer-reviewed proof of this!

What’s more, people who are able to “accentuate the positive” are smarter, better able to make cognitive associations and connections. They solve problems faster and more correctly. Kids who summon up

positive memories do better on tests.

But how do you summon up positive memories when you're in a really tough spot? Plenty of people are right now. The collapse of financial markets wiped out jobs and life savings. Retirements have been postponed and homes foreclosed upon. Terror scares have changed the way we travel and the way we look at people from other countries.

Change your thoughts and you change your world.

Let's face it. It isn't always easy. When things aren't going your way, those peppy little sayings—Count your blessings instead of sheep, When life gives you lemons, make lemonade, and If you see it, you can be it—are just plain annoying. Maybe they make good needlepoint pillows for the family room couch, but somehow when you're in the midst of a really difficult situation in life, trite sayings just don't help much. But this book will.

This wonderful new volume of 44 inspirational stories, *Chicken Soup for the Soul* is filled with the experiences of real people living everyday lives with real problems—yet they've found the inner strength to overcome those challenges or just ways to make their lives more meaningful. Their examples can help you find the keys to think positively, enhance your own life, and provide that little bit of motivation that will help you get over the speed bumps of life.

In fact, the tale of the *Chicken Soup for the Soul* series is a great example of thinking positively. I fell in love with the series when it debuted years ago—but I love the story of how it came into existence even more. I cite it often in speeches as a great example of perseverance. Jack Canfield and Mark Victor Hansen were convinced their little collection of inspirational stories had the power to make a meaningful

difference in the lives of readers. Trouble was—they couldn't find a publisher who agreed with them. They took their book to publishing conferences and literally hundreds of publishers ignored them. Finally they found a small publisher who would print a few thousand books for them and they started selling *Chicken Soup for the Soul* from the backs of their cars as they drove around making speeches and doing book signings. Eventually the book, that wonderful "little engine that could," turned into a worldwide bestseller and *Chicken Soup for the Soul* became a publishing phenomenon, one of the most successful lines of books in history.

You just gotta believe. Like JB, the foster kid in the movie *Angels in the Outfield*. Every night the little boy went to bed with the hope that tomorrow would be the day he found a family. "It could happen," JB would say as he snuggled under the covers. In true Hollywood form, the movie ends with JB being adopted by the baseball coach George Knox, played by Danny Glover.

JB never gave up hoping that "it could happen." The founders of *Chicken Soup for the Soul* never gave up on their dream of changing lives through inspiring stories. George Patton said "Courage is fear hanging on one second longer." I like to paraphrase General Patton by saying "Success is failure trying one more time." Most of us don't succeed because we give up too soon. Did you know the average customer has to be pitched five to seven times before he will make a purchase? The average salesman gives up after two or three attempts. Want to read the ultimate tale of persistence? Pull out your kid's copy of *Green Eggs and Ham*. Count up how many times Sam I Am offers up that plate of green

eggs and ham. Sixteen tries! As we all know, when he finally gave it a taste, he liked it after all!

It could happen for you too. You just gotta believe. The stories that follow will help you summon up that extra bit of energy and positive attitude that you need to help you reach your potential. They already have for me.

Change your thoughts and you change your world. I didn't know until I did a computer search that those were the words of Dr. Norman Vincent Peale. Did you know he too suffered from self-doubt? After his manuscript for *The Power of Positive Thinking* was rejected for the umpteenth time, he tossed it in a wastebasket, where it was retrieved by his wife Ruth. It went on to publish 20 million copies in 42 languages. Ruth Peale, who died in 2008, was quoted as saying of her husband, "I don't have as much self-doubt as he did."

You'll love James Scott Bell's story of how the now-bestselling author first met the "father" of positive thinking. Bell tells how meeting Norman Vincent Peale influenced his life and helped him get through the anxiety of being a lawyer turned author.

Got a dream you want to pursue but afraid to give it a shot? Just do it. When unemployment hit both her and her husband, Debbie Acklin was terrified to start a new business but circumstance had backed her into a corner. Starting from scratch, she made up flyers advertising computer training, rented out a space, and fielded enough clients to launch a successful new business. Her example has made me strategizing how I can extend my own fledgling yarn business into something more.

Health issues are something every family must confront but it's not

always easy to see the blessing in such unfair adversity. The chapter “Health Challenges” is filled with stories in which unforeseen medical misfortunes changed lives but also offered opportunities. People like Shawn Decker, a hemophiliac who contracted HIV from a childhood blood transfusion. Instead of turning bitter, Shawn is upbeat and grateful for life. Now a leader in the HIV community, he’s coined the term “positoid” for people in his situation.

Sometimes the magic is in the moment. Surveys show nine out of ten of us say we are “extremely pressed” for time (and the other ten percent were too busy to talk to the pollster, I bet!) The stories in the “Every Day Is Special” chapter remind us that sometimes there’s nothing better than an average mundane day. Elaine L. Bridge used to treat herself to a special coffee on Fridays and always had an upbeat attitude on those days. Then she realized she could have that fancy coffee and that positive attitude any day of the week. Why not make every day a special day?

Heather Gallegos had gone to the local track a bit reluctantly for her morning run when she was confronted with an incident that underscored how an ordinary day can turn out to be anything but. When a man collapsed on the track in front of her, she administered CPR compressions for eleven minutes until paramedics arrived. As she put it, it was “Enough time to save his life. Enough time to change mine.”

They say God never gives you more than you can handle, but you have to marvel at the strength and resilience of the people who share their stories in the chapter called “Role Models.” You all know the emphasis I put on gratitude and giving thanks. In the “Counting Your

Blessings” chapter, Jane McBride Choate’s story on how a gratitude journal helped when her husband’s business hit on hard times will probably encourage many of you to try the technique. As I’ve written in my own books, weaving gratitude into our daily lives empowers us to lead happier more productive lives. This powerful book ends with a chapter on “Gratitude,” with inspiring examples of how the power of “thank you” can make an incredible impact.

As you read along, dog ear the stories that particularly resonate for you. You’ll want to refer back to them on those days when you’re feeling like “life” is getting the better of you. I also suggest you keep a pencil and paper handy to jot down the questions you might find yourself asking of you. Each of these 44 stories has a lesson of unique benefit. What you take from the stories might be different from what I learn or what a friend might discover from the story. As you go through the book, you’ll begin to see a pattern to your scribbles. The questions you write—and the answers you offer to them—can provide a template to help you live your own life more authentically and more fully.

Are you living the way you feel you are meant to?

What are the benefits that come from your own adversities?

What blessings have happened this day, this week?

Who serves as a role model for you? Have you told them?

How can you celebrate the mundane and the ordinary?

What is it your life lacks that would give it greater meaning?

Share this book with family and friends. Give a copy to someone who needs a boost. And when you need a reminder that life is filled with blessings, benefits, opportunities, and joy return to this book. You’ll find

you're looking ahead with grateful, positive happy eyes that recognize all the good in your life now—and to come. I'm just positive of it!

—Deborah Norville

改变你的想法，你也改变了你的世界。

——诺曼·文森特·皮尔

我已经记不清距离自己第一次听到这句话有多长时间了：“改变你的想法，你也改变了你的世界。”就是这样一句简单的话语，却充满了无穷的力量。它就是我的_{人生格言}。改变你的想法，你也改变了你的世界。在遇到困难时，在没有实现自己的目标而失望沮丧时，我就会在头脑中不断重复这句话，并且从精神和体力上努力去逆转局势，重新定位，用一种全新的更加积极的态度来调整自己的方向。

一天，我与一群从事金融业的女士交谈，其中一位询问我怎样评价自己长期从事的电视行业。我思考了一会儿，我享受着电视行业。当我还在上大学时，就开始在亚特兰大的哥伦比亚电视台工作，十九岁时就现场采访了时任总统吉米·卡特。（我不知道哪件事更加让我激动：采访总统先生还是之后美国广播公司白宫记者萨姆·唐纳森问我他说了些什么。你可以用枪击毙我，然

后看到我的墓志铭写着“她幸福地死去了”。)

即使在我的事业遇到意想不到的困难的时候，我也努力地使自己和事业振作起来，整装待发，重新开始。但是，什么是我取得事业长期稳定成功的秘诀呢？当仔细考虑这个问题时，我意识到或许有三个对我有利的因素起到了作用——而令人高兴的是每个人都能够做到这三点。我有非凡的勤奋工作的能力，永不满足的好奇心，还有偶尔看似滑稽可笑的乐观处事的能力。我们所有人都可以勤奋工作，多花一些时间投入到工作中，更加努力地去征服新挑战。恰恰与老话相反，好奇心不会害死猫或者任何人。学习新事物，探究我们未知的主题——会让生活别有一番趣味。但是要如何乐观处事？好吧，当你失去了工作，收到可怕的诊断结果或是发现自己的生活支离破碎时，你又能做到？

对我来说，在生活的愁云中找到一线希望本来就是一种应对机制。童年时，我的母亲长期与疾病抗争。我记得每当放学时，我听到其他孩子抱怨，因为看到母亲的车已经在排队等候而缩短了他们在操场上玩耍的时间，因为“妈妈已经在那儿等着了”。每当家里的旅行车也在其中时，我会兴奋不已，这说明妈妈“这一天状况不错”。后来她离开了人世（那时我二十岁），当明白她不必再遭受痛苦时，我的内心充满感激。

在我从佐治亚大学毕业前，刚开始从事电视工作时，我不得不与很多唱反调的人打交道。你该如何回应一位女士对你说：“你无权待在这里，你剥夺了一个称职的员工的工作权利！”我永远不会忘记在第五频道办公楼内自动售货机前的那一幕。我结结巴巴地说：“哦，老板给了我这个机会，我希望证明他的决定是对的。”与此同时，我下定决心竭尽全力地把握住这一次机会。谁知道，老板会不会被说服相信这位女士是对的！

之后当事业偏离轨道时，我发现虽然我无法控制人生中发生的事情，

但是我可以控制它们对我的影响。希腊人爱比克泰德曾从容地说过：“不要指望事情如你所愿，而是当事情发生时，心存平静。”我必须坦白，沉浸在沮丧与自怜中一段时间后我才意识到这一点。

这做起来并不容易。有多少次你被工作拒之门外？难道你没有在错失机遇时倍感受伤，在一个勉强合格的人却能顺利过关时万分沮丧吗？而或许因为健康问题，你的家庭生活发生了改变。这是多么不公平啊！我知道我会这样想，这不公平。重要的是，我已经生了三个孩子，而每次都有人在产房里对着刚出生的婴儿说：“孩子，从现在开始，一切都是公平的。”只是生活从来不会按照他们所说的那样进行。

有些人似乎并不受影响。就像一些人穿过长着毒藤的原野，却并没有感到任何不适，有些人饱受生活的磨砺，但仍旧安然无恙。我并不是他们中的一员。当我被俱乐部拒之门外时，其中一个自己便想要躲在角落里哭泣，想知道为什么自己不够优秀。但是那个更强大的自己意识到自怨自艾毫无意义。我越是抑制住这种悲伤、沮丧、沉重的情绪，越能感觉到自己在个人成长以及职业上的成功。

这是真的吗？——或者只是我臆想的东西？我花了好几年的时间来寻找这几种价值：感激、尊重、豁达和信仰。是什么让这些人如此乐观？他们怎么能够对生活中的困难不屑一顾地一扫而过，就像水流过鸭子的后背？为什么他们会变得更加强大？答案就是——积极思考。最新的科学研究证明积极的态度可以让人受益匪浅。感恩、乐观的人表现出拥有更加美好的人生和更多积极的记忆。那些拥有美好的记忆的人被证实即使在最困难的境况下，也会表现得非常豁达。那些在人生中留下“美好事物”的人更加健康、积极、多产——并且得到身边人更多的青睐。对此的评论证明屡见不鲜！

除此之外，能够“强化积极因素”的人更加聪明，更容易产生认知联想、建立事物的联系。他们能更加准确快速地解决问题。那些能唤起积极记忆的孩子在考试中也表现得更好。

但是如何能在艰难的时刻唤起积极的记忆呢？现在许多人正处于这种境况里。金融市场的崩溃让人们失去了工作和毕生的积蓄，退休时间被推迟，家庭开支不断缩减，对恐怖主义的恐慌改变了我们旅行的方式及看待来自其他国家民众的眼光。

改变你的想法，你也改变了你的世界。

让我们来面对一切，虽然并不总是那么容易。当事情没有按你预计进行，那些令人振奋的语句——细数你的幸福而不是绵羊；当生活抛给你柠檬，那就来做柠檬汁；还有你能想到，就能做到——只会让人厌烦。它们就像家里沙发上的绣花枕头，而当你真正身处人生困境时，那些陈词滥调根本不起作用。但是这本书却能做到。

新的一卷《心灵鸡汤》包含了四十四个精彩纷呈、鼓舞人心的故事。它们都是生活中的真实的人物和他们所遇到真实的困难，然而他们都找到了内心的力量去跨越挑战或让生活更加富有意义。他们的实例会帮助我们找到积极思考的关键，改善你的生活，为你走出人生的低谷提供一些动力。

事实上，《心灵鸡汤》故事系列是一些积极思考的极好实例。当它几年前刚刚问世的时候，我就喜欢上了这个系列——但是我更喜欢这些故事产生的方式。在演讲中，我经常引用它作为坚持不懈的典范。杰克·坎菲尔德和马克·维克托·汉森确信他们收集的这些振奋人心的故事能够给读者的生活带来不同凡响的变化。问题是——他们没法找到与自己意见一致的出版商。他们把自己的书带到图书出版洽谈会，众多的出版商