

LOVE

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便能找到解答

WISDOM

爱的智慧

〔美〕卡诺琳·汤姆西&凯诺·韩德莉

九州出版社

中英对照

LOVE WISDOM

爱的智慧

（美）卡伦·海涅斯·史密斯著 傅晓芳译



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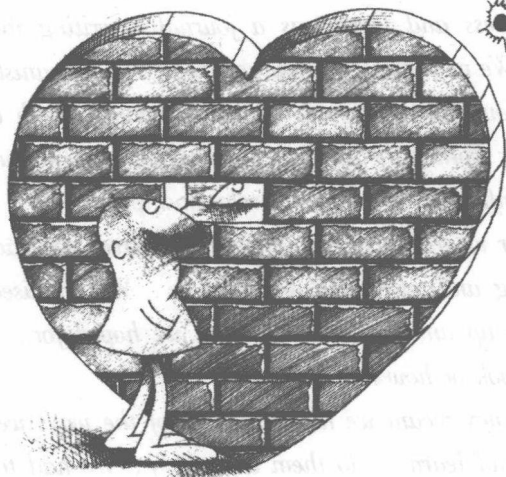
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Our Story



Our Story

We're best friends who met when we were both hard working single mums . Carolyn was a marketing consultant running her own business and Caro was a journalist writing for women's magazines . We met through a mutual interest in humanistic psychotherapy and found that we had a lot in common . Both of us were combining our work with bringing up a young child alone , after a history of painful and unsuccessful relationships .

Together we made a commitment to ourselves and each other to find satisfying and successful relationships . We promised that we wouldn't give up until we'd found what we hoped for , no matter how long it took or how hard it got .

The journey meant we had to let go of the ways we'd always done things and learn to do them differently . We had to face uncomfortable truths , most importantly that the only thing standing in the way of our dream was us . We had to be brave , face our fears , learn from our mistakes , deal with obstacles and raise our hopes , our standards and our self-esteem . Which meant recognising that ultimately we had the power to shape our lives and to choose our fu-

tures .

At times it was really tough . We wept , we argued , we took three steps forward and two steps back . Sometimes we came up against something so painful or difficult that all there was to do was cry , laugh , pick ourselves up , dust ourselves down and start all over again , taking with us everything we'd learned from the experience .

And eventually our commitment and our hard work paid off as , one after the other , we found the relationships we wanted . Now we both have love , commitment , respect , warmth , nurturing , laughter , interesting conversation , friendship and honesty . Sometimes it's still tough . But we're dealing with the tough times together with our partners , in loving and supportive relationships . Love Wisdom is the result of everything we learned and we've written it for ourselves , our partners , our children and for you .

我们的故事

我跟我最好的朋友当年结识时，我们俩都是努力工作的单亲妈妈。卡诺琳是行销顾问，有自己的公司，凯诺则是女性杂志的执笔记者。我们因为对人本心理治疗有共同兴趣而认识，进而发现彼此有许多共同点。我们俩都想办法把工作与独立抚养幼子结合起来，也都有过痛苦而失败的婚姻。

我们对彼此也对自己许下重诺，一定要找到满意而成功的婚姻。我们答应一定要让希望成真，不管花多少工夫、不管多么辛苦都决不放弃。

要踏上这趟追寻之旅，我们得放弃以前所用的方法，改用不同的方式来达到目的。我们得面对不愉快的真相，其中最重要的一点是：挡在我们这条筑梦之路上的惟一障碍，就是我们自己。我们得鼓起勇气，面对恐惧，从错误里学习，解决困难，提升我们的希望、标准、自尊。这也就是说，我们毕竟有力量塑造自己的人生，选择自己的未来。

一路走来，有时真是难过。我们曾经哭泣、争论、原地打转。有的状况不是太痛苦就是太困难，我们哭

