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心灵鸡汤

世间最美的
心灵盛宴

[美]

杰克·坎菲尔德 (Jack Canfield)

马克·维克多·汉森 (Mark Victor Hansen)

艾米·纽马克 (Amy Newmark)

/ 编著 朱若菡 / 译

CHICKEN SOUP
FOR
THE SOUL



献给你，
这世间最美的文字

20周年美文典藏

心灵鸡汤

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FOR
THE SOUL

Happiness is like a butterfly:
the more you chase it,
the more it will elude you,
but if you turn your attention
to other things, it will come
and sit softly on your shoulder.

幸福就像蝴蝶：你越是追逐它，
它越是躲着你，但一旦你把注意力转移
到其他东西上，它就会飞过来，
轻轻落在你的肩上。

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101 Inspirational Stories about Finding Your Purpose, Passion, and Joy

By Jack Canfield, Mark Victor Hansen, Amy Newmark and Deborah Norville

Foreword by Deborah Norville

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前言 Foreword

Some people pursue happiness, others create it.

—Margaret Bowen

We're all familiar with our constitutional right to pursue happiness. As a child, I recall more than once telling my not-at-all-amused mother that I was "pursuing my right to happiness" when I made a particularly large mess. She very cleverly informed me that if I wanted to enjoy life or liberty, I would clean it right up too! Who doesn't want to be happy? Not only does being happy beat the alternative, happiness has some pretty attractive benefits. Research has found being happy adds about nine years to your life!

Chances are you picked up this book in hopes of reading some stories that can help brighten your

own day or put you on a new path that's got a bit more joy or a little more laughter than the road you currently travel. Inside this book are 51 stories specifically chosen to show you there are many roads to happiness. After you read these stories, you'll be much better equipped to find the path—and the destination—that's right for you.

Some people pursue happiness, others create it. Take a look at Margaret Bowen's quote and ask yourself, "Who's more likely to be happy? The person chasing, or the one creating?" If you need a hint, you may find a clue in these words by Henry David Thoreau that I had on a poster on my wall during high school and college:

Happiness is like a butterfly: the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder.

As much as you may try to be happy, your efforts probably only serve to make you frustrated. "Don't Worry—Be Happy" was a cute idea in a song, but as advice for those who've lost their zest for life, it doesn't work. You can't just "be" happy. But turn your attention to other things—the right things—and you will find that happiness has found you. What are the right things? We'll get to that in a moment. But here's a central truth: When it comes to being happy, the journey IS the destination.

It's funny that the Chicken Soup for the Soul people came to me to write the foreword for a book on finding your happiness because there was a period in my life when I was profoundly unhappy. Perhaps I was even depressed. I was too down in the dumps to seek professional help to find out. My career was in the toilet. My telephone had stopped ringing. I didn't think I would ever work again. So what happened? Did I

wake up one day, put on make-up and hop over to a TV studio, saying, "I'm back! Put me on the show!"?

Hardly. Instead, I got out my sewing machine. In the depths of my unhappiness, I pulled out my old Kenmore machine, dug out some lengths of fabric, and started making curtains and slipcovers. You can work out a lot of aggression on those long seams as you floor the foot pedal. When you see the results of those hours with the machine -slipcovers that make an old chair new again, curtains that warm up a bare room—you can't help but feel pleased about your work... and yourself.

That long-ago search for happiness led me to reconnect with a long ignored passion. I had been sewing, doing embroidery, and knitting and crocheting since I was eight years old. Dusting off that machine, reminding myself of the many pleasant hours I used to spend stitching, helped brighten my spirits. Some people pursue happiness, others create it. That I was happy after returning to my long-lost hobby was an unintended consequence of engaging in something that I had once enjoyed. Without expecting to, I had created my own happiness.

The surprise factor has a lot to do with happiness. If you look up the etymology of the word "happy", you see that it stems from the Old Norse word "happ", which meant "chance" or "unforeseen occurrence". By chance, we stumble into happiness. Like that butterfly, we rarely catch it if we are chasing it.

Here's another secret: You won't find happiness by always striving to be the best. Good enough is, well, good enough. Research conducted by Professor Barry Schwartz of Swarthmore College found some notable differences between those he calls "maximizers", people who have to

have the best and are compelled to research every possible choice, and those who are satisfied more easily. Because they insist on the “best”, those maximizers do tend to earn about \$7,000 more annually, but they feel worse. They’re not as happy as the rest of us who are willing to “settle”. The ordeal of making the choice, coupled with the potential for regret over the decision made, mitigated any pleasure they might have enjoyed from their increased spending power.

So what can help you Find Your Happiness? Here’s my recipe:

- Count Your Blessings—Happiness operates in an upward spiral; it feeds on itself. People who keep track of the “good things” in their lives are healthier, more active, more productive—and held in higher regard by others. That would make me happy, wouldn’t it you? So take note of what’s right in your life and see if things don’t change for the better. This book is filled with examples of people who say it has worked for them.

- Foster Connections—There is no question it is the connections with others that bring richness to our lives. Strong social connections and shared experiences create the foundation on which happiness can thrive. Pick up the phone; e-mail an old friend.

- Know Yourself and Pursue Your Passion—To “Find Your Happiness” you must first know what makes you happy. Perhaps the words of the German philosopher Goethe are helpful: As soon as you trust yourself, you will know how to live. Pull out your notebook and a pencil and try to answer these questions: What are your passions? What pastimes give you joy? What are you good at? What long-ago dreams have you put to pasture because they weren’t practical, were unrealistic, “could never happen”? Forget what all the naysayers may have said in the past.

The answers you supply can help you plan a new journey and find your happiness. The joy is in the doing as much as it is the “done”.

- **Keep Learning**—The day you stop growing is the day you start going. There is no question that people with goals and challenges find life more zestful than those content with the status quo. You’ll love the story of Jane Congdon, who gave up a career that had stopped making her happy, and at age sixty-six will have her first book published.

- **Find Meaning**—People who have found meaning and purpose in their lives are happy. Period. You might find meaning by getting outside yourself in service of others as Shannon Anderson has with her “good deed a day”. You’ll read her story about how she first taught her family the benefits of doing good deeds, and then inspired her whole first grade classroom to do good deeds and keep a diary of them. The kids loved it! Ralph Waldo Emerson urged: Make yourself necessary to somebody. You lift yourself when you lift others. Perhaps you fail to see the meaning in your job or profession or maybe your job’s not right for you. Even hospital cleaners, at the bottom of the ladder in both pay and prestige, see their work as challenging and skilled when they are shown that their contributions are central to the hospital’s mission.

- **Find Quiet**—The Chinese have a wonderful expression: Only the stillness can still. No matter how noisy and hectic it may be where you are, close your eyes for just this moment and imagine you are deep in a lush green forest, sitting on a moss-covered stone, listening to the distant sounds of water tumbling down a stream. Breathe. Sit. Forget about all the “stuff” in your life. Don’t worry about the jam-packed schedule. Just breathe. That small momentary exercise has likely left you feeling just a

bit more in control, a bit less frazzled. Remember that butterfly called happiness won't come and sit softly on your shoulder if you are rushing about madly.

—Deborah Norville



有人追求幸福，有人创造幸福。

——玛格雷特·鲍恩

我们都知道，美国宪法中赋予了每个人追求幸福的权利。当我还是个孩子的时候，每每把东西弄得一团糟，我就会对母亲说我是在“追求我的幸福权”，而我的母亲也并不觉得我的解释好笑。她很聪明地告诉我，如果我想要享受生活或者享有自由，我也要先把这个烂摊子收拾干净！有谁不想获得幸福呢？人人都想幸福生活，不仅如此，幸福本身也能带来一些绝佳的好处。研究表明，幸福可以让人增加九年的寿命！

当你拿起这本书时，可能希望书中的故事可以照亮你的生活，或者引领你走上新的道路，可以让你比现在过得更快、笑得更开怀。这本书中收录了51个故事^①，这些精心挑选的故事将会告诉你，通往幸福的道路有很多条。读过这些故事后，你会更加想要整装待发，去寻找属于你的道路——以及属于你的目的地。

^① 为了方便中国读者阅读，中国出版方决定将一本书分成两本，以中英文对照的形式出现。——编辑注

有人追求幸福，有人创造幸福。想想玛格雷特·鲍恩这句话，再问问自己：“哪一种人更幸福呢？是追求幸福的人，还是创造幸福的人？”如果你想不出的话，可以看看亨利·戴维·梭罗的话，在我读高中和大学的时候，我在墙上贴了印有这句话的海报：

幸福就像蝴蝶：你越是追逐它，它越是躲着你，但一旦你把注意力转移到其他东西上，它就会飞过来，轻轻落在你的肩上。

你可能努力想要获得幸福，但结果也许却让你十分沮丧。“别担心——要开心”，这句话做歌词很贴切，但对于那些生活没有激情的人来说却并不管用。你不能简简单单“要”开心。但是你可以转移注意力——转移到正确的事情上——然后你就会发现幸福找到了你。那什么是正确的事情呢？我们很快就会讲到那里，但是现在我们要说一条重要的真理：在幸福这件事上，过程就是结果。

想想有点不可思议，《心灵鸡汤》负责人竟然找我来写前言，这本书是关于找到幸福的，但我有一段时间特别不幸福。可能我都有点绝望了。我心情已低落到都不愿去寻求专业人士的帮助。事业毫无起色，电话不再响起，我觉得我再也不会工作了。到底发生了什么改变了一切呢？难道是我某天醒来，化好妆，冲到电视演播室说：“我回来了！让我上电视！”吗？

而事实不是这样的。相反，我拿出了我的缝纫机。在我极度低落的时候，我拿出了我以前的缝纫机，又翻出一些布，然后就开始做窗帘和椅套。踩踩踏板，就会有很多种缝合的方法。当你看到这几小时的工作成果后——新做的椅套让破旧的椅子焕然一新，新做的窗帘给空荡荡的房间增色不少——你不由自主地就会对你的工作，以及你自己感觉很好。

这很久以前给我带来快乐的事重新点燃了我遗失已久的激情。打八岁起，

我就开始缝纫、刺绣、编织。让缝纫机重见天日，让我想起以前缝缝补补的愉快时光，也帮我打起了精神。有人追求幸福，有人创造幸福。重拾很久以前的兴趣让我很开心，但这也是我开始做这些事时所没有想到的。不经意间，我创造了自己的幸福。

惊喜的元素与幸福密不可分。如果查一下“happy”（幸福）这个词的词源，你会发现它是由古斯堪的纳维亚语中的“happ”这个词而来，意思是“际遇”或“无法预见的事情”。机缘巧合，我们遇到了幸福。就像那只蝴蝶，追逐时反而难以捕捉。

另一个秘密是：总是想做到最好，你就不会幸福。足够好就足够了。斯沃斯莫尔学院的巴里·施瓦茨教授通过研究找到了他称为“完美主义者”的人和容易满足的人之间的一些主要区别。所谓“完美主义者”，即那些一定得拥有最好的东西，一定得面面兼顾的人。正是因为他们总是想要“最好的”，这些完美主义者一年大约能多挣 7000 美元，不过他们的心情相对更糟糕。他们不像我们这些愿意“止步”的人一样感到幸福。做出选择的煎熬加上以后后悔的可能性让财富增加带来的快乐消失殆尽。

那么，什么可以帮你找到幸福呢？我的方法如下：

细数幸福的事——幸福是螺旋式上升的，幸福本身可以带来幸福。时常记录生活中的“好事”，人会更健康，更有活力，工作更富成效——别人的评价也会更高。这些会让我觉得幸福，你应该也是吧？所以，记录下生活中的美好，看看事情会不会越来越好。这本书中有许许多多的事例，说明这条原则对很多人有效。

与他人建立联系——毫无疑问，与他人建立联系会丰富我们的生活。强大的人脉和互相分享的经历是幸福的基础。所以拿起电话吧，或者给老朋友

发封邮件吧。

了解自己，追随激情——要“找到属于你的幸福”，首先要知道什么能让你幸福。也许德国哲学家歌德的话能对你有所帮助：只要你相信自己，你就会懂得如何生活。拿出笔和笔记本，试着回答这些问题：你对什么有激情？过去有什么能让你开心？你擅长什么？很久以前你有没有放弃过什么梦想，因为它们不切实际、异想天开、“永远无法实现”？忘掉那些过去和你唱反调的人说过的话吧。你的答案可以帮你设计一段新的旅程，并且找到幸福。做的过程与结果同样都会带来快乐。

不断学习——不前进就会倒退。毫无疑问，那些有目标、有挑战的人会比那些安于现状的人觉得生活更加充满激情。你会喜欢简·康多恩的故事，她放弃了一份让自己不快乐的工作，在66岁时即将迎来自己第一本书的出版。

找到意义——那些找到人生意义和目的的人是幸福的，就是如此。你可以像“日行一善”的香农·安德森一样，走出自己，找到意义所在。你会读到香农第一次告诉家人做好事的益处的故事，以及后来她启发所有的一年级学生去做好事，并为他们写日记的故事。孩子们可喜欢这样做了！拉尔夫·沃尔多·爱默生力劝我们：让自己成为别人需要的人。予人玫瑰，手有余香。可能你觉得你的工作或职业没有意义，也有可能你的工作不适合你。即使是处于薪金和地位最底层的医院清洁工，只要能看到自己的贡献对整座医院很重要，就都会觉得自己的工作富有挑战、需要技巧。

找到宁静——中国人有句话很不错：静水流深。无论你周围的环境如何

嘈杂繁忙，现在请闭上眼睛，想象你身处一片葱葱郁郁的森林深处，坐在一块长满青苔的石头上，听着远处溪水欢快地流淌。深呼吸，静坐，忘掉生活中的一切“琐事”，别为那排满了的时间表而担心。深呼吸，这种短时小练习可以帮你平静一些，让你感觉不那么疲惫了。记住，要是你总是疯狂地忙来忙去，那只名叫“幸福”的蝴蝶不会飞来落在你的肩膀上。

——黛波拉·诺维尔



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