

超越卷

Chicken Soup
心灵鸡汤 for the Soul.

谢谢你，陪我走过黑暗

Older & Wiser I

Jack Canfield (杰克·坎菲尔德)
[美] Mark Victor Hansen (马克·维克多·汉森) / 编著 陈晓翎 / 译
Amy Newmark (艾米·纽马克)

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Chicken Soup for the Soul: Older & Wiser

Stories of Inspiration, Humor, and Wisdom about Life at a Certain Age

by Jack Canfield and Mark Victor Hansen, edited by Amy Newmark

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前言

Foreword

For us, 101 has always been a magical number. It was the number of stories in the first Chicken Soup for the Soul book, and it is the number of stories and poems we have always aimed for in our books. We love the number 101 because it signifies a beginning, not an end. After 100, we start anew with 101.

We hope that when you finish reading one of our books, it is only a beginning for you too—a new outlook on life, a renewed sense of purpose, a strengthened resolve to deal with an issue that has been bothering you. Perhaps you will pick up the phone and share one of the stories with a friend or a loved one. Perhaps you will turn to your keyboard and express yourself by writing a Chicken Soup story of your own, to share with other readers who are just like you.

This volume contains our best stories and poems for our dynamic older readers. We share this with you at a very special time for us, the fifteenth anniversary of our *Chicken Soup for the Soul* series. When we published our first book, we never dreamed that we had started what became a publishing phenomenon, one of the best-selling series of books in history.

We did not set out to sell more than one hundred million books, or to publish more than 150 titles. We set out to touch the heart of one person at a time, hoping that person would in turn touch another person, and so on down the line. Fifteen years later, we know that it has worked. Your letters and stories have poured in by the hundreds of thousands, affirming our life's work, and inspiring us to continue to make a difference in your lives.

On our fifteenth anniversary, we have new energy, new resolve, and new dreams. We have recommitted to our goal of providing good stories or poems, we have refreshed our cover designs and our interior layouts, and we have grown the Chicken Soup for the Soul team, with new friends and partners across the country in New England.

We know how it is to cross the magic 60 year mark and feel young at heart despite a few new wrinkles. We wouldn't trade away a bit of our wisdom and experience to get rid of all those life markers. We have earned them! In this new volume, we have selected our 101 best stories and poems about growing older and wiser from our rich fifteen year history. The stories that we have chosen will inspire you, teach you, and make you laugh. After all, there is nothing wrong with a few more smile lines.

We hope that you will enjoy reading these stories as much as we enjoyed selecting them for you, and that you will share them with your families and friends. We have identified the 35 *Chicken Soup for the Soul* books in which the stories originally appeared, in case you would like to continue reading about families and senior life among our other books. We hope you will also enjoy the additional books about families, pets, sports, and retirement years in “Our 101 Best Stories” series.

With our love, our thanks, and our respect.

Jack Canfield and Mark Victor Hansen



对我们而言，101^①是个神奇的数字，这个数字代表我们第一本心灵鸡汤的 101 个故事，也是我们这套丛书的目标。我们喜欢这个数字，因为它代表着开始，而非结束。100 之后，我们再向 101 发起征程。

我们也希望你在读完这本书后能够有一个全新的开始：对人生有全新的认识、对生活有更高的目标，并有战胜困难的更加坚定的决心。也许你会拿起电话，同朋友和爱人分享其中的一个故事。也许你会敲打键盘，讲述有关你自己的心灵鸡汤故事，并同其他与你同样遭遇的人共勉。

这卷书讲述了充满活力的老年人的故事，在心灵鸡汤系列丛书出版 15 周年这个特殊日子，我们希望与你分享本书。心灵鸡汤第一册面世时，我们未曾奢望它会获得如此大的反响并成为历史上最畅销的丛书之一。

我们的目标并不是大卖一亿册，或是继续发行 150 个分册。我们希望我们的故事在某个时段触及一个人的内心，希望他的感触继而影响另一个人，并让这种感触延续下去。15 年来，相信我们已经做到了，你们的回信和有关你们的

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

故事雪片般送到了这里，这肯定了我们的工作，并将激励我们继续为你们的生活带来变化。

在丛书出版 15 周年之际，我们积蓄新的能量、设定新的目标、怀揣新的梦想。我们致力于为大家献上精彩的故事，我们更新了封面并重新设计版式。我们的团队更加成熟，新的朋友和搭档遍布整个新英格兰地区。

我们知道跨过 60 岁意味着什么，也知道新添的几丝皱纹掩盖不住一颗年轻的心。我们绝不会用自己的智慧和经验为交换条件，以去除所有生命衰老的印记。那是我们在生活中赢得的智慧和经验！在这本新书中，我们从心灵鸡汤出版 15 年来的众多故事中挑选了 101 个关于老人智慧的最好的故事。我们所挑选的故事将会激励你、教育你，让你会心而笑。反正再多几条笑纹也没什么关系。

我们希望你能像我们享受挑选这些故事一样享受阅读这些故事，并且与你的家人和朋友们分享。这些故事是从 35 本心灵鸡汤丛书中精选出来的，如果你还想继续阅读有关家庭和老年生活的故事，你可以在这些书中找到相应的故事。我们也希望你能喜欢“我们 101 个最好的故事”系列丛书中其他关于家庭、宠物、运动和退休生活的书籍。

献上我们的爱意、感激和尊敬

——杰克·坎菲尔德，马克·维克多·汉森



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Chapter 1
Celebrating Life

第一部分 拥抱生活

The purpose of life, after all, is to live it, to taste the experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

~Eleanor Roosevelt

生活的意义其实就是活着，体会生存的极致，始终积极地面对新的不停的变化并且毫无畏惧。

——罗斯福

The Odyssey

奥德赛

Attitudes are contagious. Are yours worth catching?

—Dennis and Wendy Monnering

One frosty Colorado morning, while I sipped coffee, my husband, John, said, “We need a lifestyle change. Let’s go cruising.” I listened dumbstruck, as he continued, “Leslie, what if all our savings and possessions were in one small briefcase? Imagine standing on a sidewalk with that briefcase dangling in your hand; where would you want to go? What would you do next?” Not taking him too seriously, I replied, “I guess I’d go to the beach, sit in a lounge chair and think about it first!”

John was obviously in the throes of a midlife crisis, and it was scaring me. In the ensuing weeks, I noticed his behavior changing. An avid technical reader, John was now reading things like *How to Survive Without a Salary* by Charles Long. My husband has always been an upbeat person, able to find new projects to keep himself motivated. Lately, John had been showing little interest in work and

