

<<心灵鸡汤>>

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## &lt;&lt;心灵鸡汤&gt;&gt;

## 前言

Introduction We received an astounding quantity and quality of submissions for this book on tough times and the tough people living through them- thousands of heartwarming, inspiring stories and poems filled with hope, faith, comfort, and humanity. This topic really struck a chord with our contributors and this book is a beautiful expression of their journeys through their personal tough times. Half the stories in this book are about tough times related to the economy, and the other half cover a wide gamut of challenges, from illness and disability, to family issues and loss, to natural disasters and crime. You will find a common theme-people working together to help each other overcome the challenges described in their stories. Everyone will find some lessons, support, tears, and smiles in these pages. Many of our writers stressed how happy they are now, despite lower incomes, smaller homes, and simpler lives. Many wrote about the new lives they have come to accept and enjoy after chronic illness, accidents, losing loved ones, or other non-economic challenges. Some were victims of a crime, some watched their houses burn down, and some are living with incurable illnesses or disabilities. Many wrote about finding inner strength, support from family and friends, marriages strengthening in the face of adversity, and rediscovering the joys of their families. They wrote about the silver linings they found in their troubles and the many blessings in their lives. In fact, we had so many fabulous submissions on this theme that we created a companion volume, *Chicken Soup for the Soul : Count Your Blessings*, which will be published in time for Christmas 2009. We hope you enjoy reading these stories as much as we enjoyed choosing and editing them for you, and we are sure they will provide you with a little extra help and inspiration during these tough times. We've included a bonus chapter with ten extra stories about tough times and faith-a little extra value for you-to say thanks for being part of the *Chicken Soup for the Soul* community. ~Amy Newmark Publisher, *Chicken Soup for the Soul*

引言 关于这本书，我们收到了一批质量上乘且数量惊人的来稿。这些充满着希望、信仰、宽慰与博爱的故事和诗歌，描绘了在逆境中自强不息的人们，以及他们所经历的艰难岁月。

这个感人至深、更鼓舞人心的主题确实引发了众多撰稿人的共鸣，这本书也完美演绎了他们在困顿中所走过的人生旅程。

此书有一半的故事涉及经济危机，而另外一半则囊括了各种人生挑战--从身患疾病和残疾，到家庭矛盾和亲人离世，再到自然灾害和罪恶行径。

你会从中发现一个共同的主题思想--二人同心，其利断金。

希望每位读者，都可以从本书的字里行间，收获经验教训，得到支持鼓励，挥洒动情的泪水，绽放会心的欢笑。

很多作者都强调自己现在是多么幸福和快乐，纵使他们的收入不怎么高、房子不算大、生活也并不总是一帆风顺。

许多人在文中写到，自从经历了慢性疾病、意外事故，失去了至亲至爱的人，或者遭受到其他非经济方面的损失，他们的心境就随之变得坦然，并开始享受新的生活。

一些人曾是犯罪行为的受害者，也有一些人亲眼目睹了自己的房子被烧成灰烬，还有一些人生活在不治之症或身体残疾的折磨中。

许多人在面对不幸和灾祸时，找寻到了内心的力量，获得了来自亲朋好友和伴侣的支持，并重新发现了家庭生活的乐趣。

在阴霾之中，他们找到了一丝希望的曙光，得到了上天的眷顾和庇佑。

事实上，关于这个主题，我们有非常多特别好的来稿，所以我们另外创作了一部姊妹篇--《心灵鸡汤：细数你所拥有的幸福》，将会在2009年的圣诞节面世（注：本书的英文原版已于2009年11月在美国出版发行）。

中文版为《每天读一点英文：一个人，也能穿越黑暗》和《每天读一点英文：抓住身边的幸福》，已于2011年在中国出版发行）。

我们真心希望您能享受阅读故事的乐趣，就像我们在为您挑选和编辑这些故事时，所享受到的一样。同时我们坚信，当您也身处相似困境时，这些故事一定能提供一些意想不到的帮助和鼓励。

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我们还在书里额外添加了一个章节，其中包含十个讲述艰难岁月与信仰的故事（注：本书选取了其中的五个呈现给读者）-- 一点儿小小的心意，以此感谢踊跃加入《心灵鸡汤》大家庭的你。

-- 艾米·纽马克 《心灵鸡汤》出版者

## <<心灵鸡汤>>

### 内容概要

《心灵鸡汤：一切都是最好的安排》一书涵盖了五十余篇中英双语对照的感人励志的故事，讲述了发生在困厄时期的人和事，比如经历了经济危机、下岗失业、生老病死的人和他们克服困厄的坚强意志。

文笔极具感染力，激励读者保持积极的心态。

地道的美式英文，翻译精巧的中文，使读者受到心灵的感动与震撼。

这本书是地道双语的完美结合，不论是形式，还是故事内容，都堪称经典。

具有极强的市场竞争力。

同时，本书以双语形式编排推出，是人们学习英语的最佳读本。

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### 作者简介

①杰克·坎菲尔德（Jack Canfield）是“心灵鸡汤系列丛书”的创始人之一，这套丛书被《时代》杂志赞誉为“近十年来是出版业的神话”。他还参与编写了另外八本畅销作品。

②马克·维克多·汉森（Mark Victor Hansen）和Jack Canfield一样，是“心灵鸡汤系列丛书”的创始人之一。他是一个备受追捧的演讲人、畅销书作者、市场营销专家。他关于可能性、机遇、行动的具有冲击力的见解，已经为全球成千上万的人生带来了神奇的变化。

③艾米·纽马克（Amy Newmark）是“心灵鸡汤系列丛书”的出版人，拥有三十年的从业经历，其身份包括作家、演讲人，以及金融与电信领域的金融分析师和业务主管。

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## 章节摘录

They Won't Eat Us !  
它们才不会吃掉我们 !

I got a pink slip. Sounds sexy, right? I wish I could say that it was the slinky, sassy kind that one might find in a Victoria's Secret catalog. But given the state of our economy, you probably know what kind of pink slip I'm really talking about. After all, pink is the new black in this economy. I can't say I'm surprised. I've had my eye on the market. I've also worked in the corporate world long enough to know how these things work. It literally comes down to the dollars and cents of the matter. It's not personal. It's business. So over the past few months I have braced for this moment, if not dared myself to embrace the opportunity that will come with my severance package. However, convincing my nerves to look on the bright side has been an entirely different story, especially on that somewhat sobering morning when I was sequestered in a faraway conference room to receive the news. On the long walk to that conference room, where a senior leader from New York awaited me, I called to mind a profound conversation with my three-year-old niece, Lexi, just a few days before. She shared a story about this dinosaur café; her dad, my baby brother, was taking her to for lunch in Orlando where they live. "They won't eat us," she kept repeating in her sweet little voice. "They're being the dinosaurs. I wasn't sure who she was trying to convince, herself or me. Funny, but those were the words that saved me on that seemingly grim morning. "They won't eat me," I mumbled to myself as I walked the green mile toward my impending fate, shuffling my feet like a kid on her way to the principal's office. The truth being, I wasn't all that convinced that they wouldn't. All I knew for sure was that little Lexi was onto something beyond her three tender years on this planet. When you think about it, no matter how big the proverbial meat-eating dinosaurs are in this life, they won't eat us unless we let them. So after working nineteen years for a company I loved, with people I loved even more, I felt numb sitting in that conference room face-to-face with the next chapter of my life. In a big way, after months of much fear and uncertainty, it was somewhat of a relief to finally hear the words out loud and to be assured there is life after a layoff. Believe it or not, there is a certain freedom that comes packaged in the truth and in the distinct knowledge that, in the end, they won't eat us !

~Natalie June Reilly我收到了一件粉色的东西。

听起来很性感，对吗？

我真心希望这是一款像“维多利亚的秘密”内衣宣传册里那样时髦的紧身内衣。

如果你了解当前糟糕的经济环境，就知道我真正谈论的粉色东西是什么了--解雇通知单。

事实上，粉色通知单在经济萧条时期简直如同死亡诏书。

我对此并没感到特别惊讶。

其实我早已留意市场情况的变化，再加上在企业界摸爬滚打了这么久，其中的游戏规则我还是了解的。

归根结底，这是纯粹的经济因素所致。

这就是金融法则，与私人恩怨无关。

所以在过去的几个月里，我已经为这一时刻的到来作好了准备，并打算在领到养老金的时候另谋出路。

然而，说服自己保持乐观完全是另外一回事，尤其是当我坐在那个遥远的会议室里接受这个消息的时候。

不过在那个早上，我却有了彻悟。

纽约的老总在会议室里等着我，我得步行很长一段路才能到达。

其间，我回想起几天前一次有启发意义的与侄女莱克西的交谈。

她家住在奥兰多，她跟我讲了一个那儿的一家恐龙咖啡馆的故事。

她才三岁，有一天，她的爸爸--也就是我弟弟，带她去那儿吃午餐。

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&ldquo;它们才不会吃掉我们。

&rdquo;又轻又甜美的声音不断重复着。

&ldquo;它们&rdquo;指的是恐龙。

我不确定她是在试图说服谁--是她自己，还是我？

有趣的是，在那个看似糟糕的被解雇的早晨，这句话拯救了我。

&ldquo;它们才不会吃了我。

&rdquo;我喃喃自语道。

我踏上了去往&ldquo;刑场&rdquo;的最后一段路，去接受命运的审判，这种感觉就像一个孩子拖着脚走在去校长办公室的路上。

事实上，我还是怀疑&ldquo;它们&rdquo;会把我给吃了。

但我能肯定的是，小小的莱克西知道一些已然超越她三岁年龄的事情。

仔细想一想，现实生活中的&ldquo;肉食恐龙&rdquo;无论有多么庞大，也不会吃掉我们--除非经过你的允许。

我在这家我所深爱的公司里工作了十九年，这里还有我友情深厚的同事和朋友们，现在我却麻木地坐在会议室里，面对即将展开的下一个人生篇章。

经过了几个月的害怕与忐忑之后，我终于听到了老板清晰响亮的解雇宣告，这在很大程度上算是一种解脱。

我确信在裁员后，自己还能重新恢复正常的生活。

不管你们信不信，反正我相信这世上有一条永恒不变的真理、千真万确的定律--就算是到了最后，&ldquo;它们&rdquo;也不会吃掉我们！

&mdash;&mdash;娜塔莉&middot;琼&middot;莱利&hellip;&hellip;

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### 编辑推荐

《心灵鸡汤》系列发行56个国家，被译为40多种语言。

全球畅销上亿册，是美国乃至世界各国公认的权威心灵成长读物。

该丛书连续七年蝉联美国畅销榜第一名，有以下三大优势：最丰富的阅读体验：只收录最打动人心的篇章，每一个段落都精心打磨，让你领略隽永文字的美好。

最激励的成长故事：成长的伤痛，是每个人必然经受的考验，这些故事散发着玫瑰的馨香，让心灵获得滋养。

最权威的双语美文：地道美语原味呈现，语言优美晓畅，情节跌宕起伏，适合每天诵读。

在赏析的同时，提升英文阅读能力。

《心灵鸡汤：一切都是最好的安排》精选数十篇感人至深、激发你生命潜能的故事，蕴藏涤荡内心的历练、不怕挫败的勇气、引人深思的智慧，以及关于爱与梦想的能量。

这是一场丰美的盛宴，当你被温柔的文字包裹，心中就不会再害怕孤独。

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