

<<心灵鸡汤>>

图书基本信息

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作者：Jack Canfield

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内容概要

This is real life-in a book.have a Foreword 、 Acknowledgments、 Introduction、 ACHIEVING DREAMS、 ON FRIENDSHIP、 ON FAMILY、 ON LOVE、 ON DEATH AND DYING、 ON ATTITUDE AND PERSPECTIVE、 OVERCOMING OBSTACLES、 ON CHOICES、 ON TOUGH STUFF、 ON CHANGES 、 ECLECTIC WISDOM.

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## 章节摘录

She lived in a fun part of town that had two pizza places , an all-night book-store , a movie theater and a park. As we walked from the school bus stop through her neighborhood , I tried to guess which house might be hers. Was it the white one with the perfect lawn or the brown-shingled three-story house with a silky golden retriever on the front porch ?

Was I surprised when she led me into an apartment building , which smelled like frying food , chemical cleaning sprays and incense !

She lived on the fourth floor in a two-room place with her mother , her stepfather , her two brothers and her sister. When we go to the room she shared with her sister , she took out a big case of Barbies——which was my next surprise. I would have thought she'd outgrown them. I had never played with them. But we sat on the floor of a walk-in closet , laughing as we made up crazy stories about the Barbies. That's when we found out that we both wanted to be writers when we were older and we both had wild imaginations. When we got bored making up stories , she took out a small case of make-up and taught me how to put on lipstick and blush. I still thought that I looked like a clown; my face just wasn't made for make-up. Unlike me , Paris looked about eight-teen years old in make-up. We spent that afternoon screaming with laughter. Our jaws ached from smiling so much. She showed me her wardrobe , which had mostly come from a designer clothing store down the block. The woman who owned it used her as a model sometimes for her newspaper ads and gave her clothes in exchange.

Paris had the whole neighborhood charmed. The bookstore owners lent her fashion magazines , the movie theater gave her free passes and the pizza place let her have free slices. Soon I was included in her magic world. We slept over at each other's houses , spent every free moment together. Sometimes Paris and I stayed up the entire night talking. We never ran out of things to discuss , whether we were making detailed lists of boys we liked or talking about the meaning of life. She was too poor to have a telephone , so when I was forced to be apart from her , I would dial the number of the pay phone in the pizza place. If I was lucky , Paris would be nearby and answer it.

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## 媒体关注与评论

它不仅仅是心灵的鸡汤，在我看来，对于青年人来说，它甚至不亚于一场色香味俱全的人生盛宴：并非是饕餮的口腹之乐，而是滋补你精神饥渴的佳肴与美酿。

让你畅饮人生！

畅饮知识！

畅饮爱心与大爱之情！

如今为了一次演讲，我在江南的霏霏梅雨中吟读它，蓦然回想起昔日在纽约洛克菲勒广场旗帜扬升的早晨，那一抹金晖中，我走出曼哈顿一家书店时，无意中向橱窗一瞥：曾经看到过它多彩的封面。

同行的美国教授对我说：“您可能不会看那本小书，不过它的确不错。

” 我后悔当初没有返回那家书店找到这本书，希望大家不要犯我当年的错误。

——北京大学东方文学研究中心特聘教授 方江文 现代人的生活节奏快，压力大，普通百姓又没有时间去读大部头的书籍，《心灵鸡汤》可以给你一份温情，让你在酷暑感到凉爽，在寒冬享受温暖，在春天播下爱的种子，在秋天收获勤奋的果实。

我爱《心灵鸡汤》，像爱厨房里新端出的一盘青菜，餐桌上新烧出的一盆老豆腐。

愿把《心灵鸡汤》奉献给你的家庭，换来孩子的健康成长，老人的欢声笑语。

——南开大学教授 王宏印 《心灵鸡汤》弘扬“真善美”，以“醒心”为己任。

书中叙述的一段段人生经历能感动你，催你潸然泪下，因为那些事就发生在你身边，与你息息相关... 失恋的人读之能重振对生活的信心 遭受病痛之苦的人读之似服灵丹妙药，孤独的人读之如沐“关怀”

”的香雨，丧失亲人者读之会感受到来自四面八方的慰藉.....它是一扇窗户，让你了解世界：它是一座桥梁，连接你我他.....

——苏州大学外国语学院教授 方华文 《心灵鸡汤》之所以能拨动人的心弦，是因为书中的话语全来自灵魂深处，是“肺腑之言”人与人之间的隔阂与冷漠必须靠这种“真情”打破和消除 如此，人世间便会温情涌动、冰山消融.....读了书中动人的故事，凡是有良知的人，其内心不可能不受到触动——《心灵鸡汤》之功大矣！

——商务印书馆《英语世界》主编 魏令查

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