

<<心灵鸡汤>>

图书基本信息

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前言

Love is the most powerful , magical force in the universe , and there is nowhere it displays its beauty and wonder more than in the intimate relationship between two people . We wrote Chicken Soup for the Couples Soul hoping to capture that mystery and wonder in words , words that will deeply touch and open your heart if you have ever been in love , or hope to be in love . This is a book for husbands and wives and lovers and anyone who dreams of finding their soul ' S true mate . Some loves between two people endure a lifetime . Others are destined to only last for a while ; then , the two lovers are separated , either by choice or by fate . But one thing is true : No matter what the outcome of a relationship , when love enters our lives , it never leaves without transforming US at the very depth of our being . Each story in this book was written by someone who has been transformed by love . We were transformed when we read these stories , and our wish is that you will be , too . Perhaps some of the stories will help you renew the bond of trust and intimacy in your relationship , or better understand your partner ; perhaps others will help you appreciate all of the ways love has enabled you to grow into a better human being ; and still other stories will remind and reassure you that although love challenges and blesses each of US in unique ways , you are never alone in what you go through .

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内容概要

每个人的人生道路不可能都是一帆风顺的，都会有困惑彷徨、失意痛苦的时候。说得更直接一点儿就是，从我们每个人出生的那一天开始，就注定了要背负起经历各种困难折磨的命运。

每当我们困惑、失意的时候，心灵就要承受着巨大的压力与打击。

本书系“心灵鸡汤”之《花样年华》，书中收录了一些清新隽永的小故事，这些故事经典耐读，流传广泛。

当你心烦意乱、困惑彷徨的时候，请打开这本书，相信你会得到最及时的指点、最细心的呵护。

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章节摘录

One day , while walking with the girls , I stopped in at a local pizzeria to find out if I could get a cup of water for the baby. And then I saw him——muscular , handsome and Italian. He was the most beautiful man I had ever laid eyes on !

I knew that I looked terrible , but still , he gave us a friendly smile. I asked him if we could have some water , and he said to have a seat while he got it. He brought over the water and started talking about how hard it was to raise a family in this city. He left for a moment to answer the phone , and when he came back , he brought a lot of food with him. More food than I had seen in the whole month !

I was so embarrassed. I told him that I didn't have any money to pay for it. "It's on the house , " he said. "Only pretty ladies like you get this kind of treatment though." I thought he must be crazy !

We sat there for a while , making small talk. Then , he began asking questions that made me nervous. "How do you get all those bruises on your face ?

Why don't you have a coat on ?

"Things like that. I answered as calmly as I could. He listened thoughtfully. Then , he wrapped up the food and put it in the pocket of the stroller. I washed the girls up in the washroom , and I tried to clean myself up a little bit.

I looked awful. We were not dirty though , just disheveled. On the way out , we thanked him and he said to come back anytime we wanted. I didn't want to wear out our welcome though. Winter was coming fast , and I either had to come up with a solution about a job , or figure out how I could get to Georgia to be with family. We left and started looking for a place to sleep for the night. A little while later , as we wandered aimlessly , the baby spit up. I had seen the man put some napkins in with the food , and when I went to look for one , I found nine

dollars folded up in a little wad. Maybe he accidentally put the money there when he gave me the food , I thought. But I knew I couldn't accept it. So I turned around and started back to the restaurant. There he was again. I told him that I had found this money , and I wanted to return it. "I put it there on purpose , " he said kindly. "I'm sorry I didn't have more on me." Why was he doing this ?

An angel. That was my first thought. All I could do was to stammer another embarrassed thank-you. "Bring the girls in tomorrow for lunch , " he responded. I was stumped !

Why was he being so nice to us ?

But with no other hope , I agreed , said good-bye , and we started out again. About halfway down the street , I could feel that we were being followed. It made me nervous because I had two children to protect.

Quickly , I ducked into an alley with the kids and tried to keep the baby quiet. She wanted to make noise though , and there was no hushing her. I felt someone approaching and held my breath.

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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旋旗扬升的早晨，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看大部头的书籍，《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”的春雨，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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编辑推荐

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