

<<心灵鸡汤>>

图书基本信息

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## 前言

Since the first Chicken Soup for the Soul book was released , readers continue to tell us that their favorite chapter is Overcoming Obstacles. Its no wonder. We all face obstacles——some are tiny hurdles that may trip us up for a time before we land on our feet ; others loom like ominous clouds , sending even the bravest souls in search of shelter. How we handle these situations determines the course of our life ; whether we will live with fear and anger or acceptance and joy. We compiled Chicken Soup for the Unsinkable Soul to help readers overcome the obstacles in their daily lives , whether theyre dealing with an emotional loss , battling an illness , experiencing the ups and downs of pursuing a lifelong dream , or trying to make themselves a better person.

From the humorous to the heroic , from the extraordinary to the everyday , each story emphasizes victory in spite of the odds. For instance , youll share in the triumph of a determined climber who scaled one of the worlds most challenging mountains despite being blind ; a middle-aged woman who took a chance on a new career and became an award-winning columnist ; a little girl with a stuttering problem who found her voice at a school pageant ; and a young mother who was suddenly paralyzed but chose to embrace the positive over pity.

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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《不屈的灵魂》，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。

## 书籍目录

Introduction  
 1. TAKING THE CHALLENGE Growing Roots A New Day for Dorothy Small Soldiers Journey out of Silence The Flight of the Red-Tail Albert The Racking Horse Tina's Ten Points Beat the Drum The Letter Just Do What You Can  
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 7. ON ATTITUDE Third-Place Winner Challenger Baseball Don't Worry,Be Happy The Wake The Power of Forgiveness Happy Birthday Manners Born to Live,Born to Love Table Manners  
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 9. ECLECTIC WISDOM What's Wrong with Your Dad? Cyclops Stole Our Hearts An Act of Faith Benny's Balloon Mother's Hands The Game Hussy Sunsets Two Brothers At Wit's End

## 章节摘录

I dont think this is too much to expect. My friends congregation was decimated by a pernicious virus. Im not asking for that. I dont want to be so busy that I dismiss watching The Andy Griffith Show every lunch hour. But if a few persons could see their way clear to contracting a mild disease , that would be considerate. It wouldnt have to be anything exotic. Once a lady in my meeting was afflicted with Bells palsy. It caused her mouth to droop , and she lost all the feeling on one side of her face. Then , after I spent two glorious days by her bedside , her condition grew better and she was completely healed. It was a wonderful illness !

She received much-needed bed rest , and I knew the exquisite joy of helpful ministry. I know Im not alone in my desire to feel useful. If a woman spends twelve years learning to be a surgeon , I bet shes anxious to perform her first operation. If a man goes away to technical school and studies car repair , he probably cant wait to crawl underneath a chassis. Doesnt a free country owe its citizens the right to ply their chosen trades ? Isnt that what America is all about ?

Back when I was growing up , our town had a volunteer fire department. They screeched the fire alarm once a week , and all the firefighters practiced rushing to the station. After a while , they grew discouraged , because real fires were few and far between. One of our more thoughtful citizens , on a beautiful autumn weekend afternoon , set his field ablaze , thereby earning the gratitude of many of our towns-people. Our policemen got to block the nearby roads. Our firefighters got to fight a real fire. Our newspaper reporter got to write a story. Our insurance agent got to process a claim for damaged crops. And the minister at the Baptist church got to visit the considerate citizen that very evening and profess thanksgiving that no one was hurt. By days end , everyone felt the pleasant exhaustion of usefulness and went to bed happy. It was one of our towns finer days.

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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

《心灵鸡汤：不屈的灵魂（英文珍藏版）》独家引进，全球畅销亿万册。  
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