

<<心灵鸡汤>>

图书基本信息

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前言

Everyone has a story. No matter what we do for a living , how much we have in our bank account or what the color of our skin is , we have a story. Each one of us has a story , whether it is visible to the eye or it is locked inside of us. We are encouraged to believe that our past , our circumstances , both physical and emotional , and our experiences are our story. Our mental picture of our life's story encompasses what we perceive to be true about ourselves and our possibilities. The life one is born into is not necessarily our destiny. All of us have the power to rewrite our story , to recast the drama of our lives and to redirect the actions of the main character , ourselves. The outcomes of our lives are determined mainly by our responses to each event. Do we choose to be hero or victim in our lives dramas ?

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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《重燃心火》，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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书籍目录

Acknowledgments Introduction From a Previous Reader 1.ON LOVE 2.ON KINDNESS 3.ON PARENTS AND PARENTING 4.ON TEACHING AND LEARNING 5.ON DEATH AND DYING 6.A MATTER OF PERSPECTIVE 7.OVERCOMING OBSTACLES 8.ECLECTIC WISDOM

章节摘录

"Okay. Being beautiful on the inside is a choice you make , honey , to be good to your parents , a good sister to your brother and a good friend to the children you play with. You have to care about other people , honey. You have to share your toys with your playmates. You need to be caring and loving when someone is in trouble or gets hurt and needs a friend. When you do all those things , you are beautiful on the inside. , Do you understand what I'm saying ?

"Yes , Mommy , I'm sorry I didn't know that , " she replied. Hugging her , I told her I loved her and that I didn't want her to forget what I'd said. The subject never came up again. Nearly two years later , we moved from the city to the country and enrolled Lisa in a preschool program. In her class was a little girl named Jeanna , whose mother had died. The child's father had recently married a woman who was energetic , warm and spontaneous. It was readily apparent that she and Jeanna had a wonderful , loving relationship. One day Lisa asked if Jeanna could come over to play for an afternoon , so I made arrangements with her stepmother to take Jeanna home with us the next day after the morning session. As we were leaving the parking lot , the following day Jeanna said , "Can we go and see my mommy ?

"I knew her stepmother was working , so I said cheerfully , "Sure , do you know how to get there ?" Jeanna said she did and , following her directions , I soon found myself driving up the gravel road into the cemetery. My first response was one of alarm as I thought of the possible negative reaction of Jeanna's parents when they learned what had happened. However , it was obvious that visiting her mother's grave was very important to her , something she needed to do; and she was trusting me to take her there. Refusing would send her a message that it was wrong of her to want to go there.

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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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