

<<心灵鸡汤>>

图书基本信息

书名：<<心灵鸡汤>>

13位ISBN编号：9787533728779

10位ISBN编号：7533728777

出版时间：2004-2

出版时间：安徽科学技术出版社

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页数：231

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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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## 章节摘录

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

Shereceived 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 twelveyears learning to be a surgeon , I bet shes anxious to perform her first operation. Ifa man goes away to technical school and studies car repair , he probably cant waitto crawl underneath a chassis. Doesnt a free country owe its citizens the right toply their chosen trades ? Isnt that what America is all about ?

Back when I was growing up , our town had a volunteer fire department. Theyscreeched the fire alarm once a week , and all the firefighters practiced rushing tothe station. After a while , they grew discouraged , because real fires were few andfar between. One of our more thoughtful citizens , on a beautiful autumn weekendafternoon , 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 fighta real fire. Our newspaper reporter got to write a story. Our insurance agent gotto process a claim for damaged crops. And the minister at the Baptist church gotto visit the considerate citizen that very evening and profess thanksgiving that noone was hurt. By days end , everyone felt the pleasant exhaustion of usefulnessand 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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