

<<感谢折磨你的人>>

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## &lt;&lt;感谢折磨你的人&gt;&gt;

## 前言

A Special Foreword by Jack and Mark For us, 101 has always been a magical number. It was the number of stories in the first Chicken Soup for the Soul book, and it is the number of stories and poems we have always aimed for in our books. We love the number 101 because it signifies a beginning, not an end. After 100, we start a new with 101. We hope that when you finish reading one of our books, it is only a beginning for you too – a new outlook on life, a renewed sense of purpose, a strengthened resolve to deal with an issue that has been bothering you. Perhaps you will pick up the phone and share one of the stories with a friend or a loved one. Perhaps you will turn to your keyboard and express yourself by writing a Chicken Soup story of your own, to share with other readers who are just like you. This volume contains our 101 best stories and poems on tough challenges that face teenagers. We share this with you at a very special time for us, the fifteenth anniversary of our Chicken Soup for the Soul series. When we published our first book in 1993, we never dreamed that we had started what would become a publishing sensation, one of the best-selling lines of books in history. We did not set out to sell more than one hundred million books, or to publish more than 150 titles. We set out to touch the heart of one person at a time, hoping that person would in turn touch another person, and so on down the line. We know that it has worked. Your letters and stories have poured in by the hundreds of thousands, affirming our life's work, and inspiring us to continue to make a difference in your lives. On our fifteenth anniversary, we have new energy, new resolve, and new dreams. We have recommitted to our goal of 101 stories or poems per book, we have refreshed our cover designs and our interior layout, and we have grown the Chicken Soup for the Soul team, with new friends and partners across the country in New England. In this new volume, we showcase our best stories and poems on tough times for teenagers, drawn from our fifteen year history. We know that being a teenager is difficult even under idyllic circumstances. But when bad things happen, the challenges of being a teenager can be overwhelming, leading to self-destructive behavior, eating disorders, substance abuse, and other challenges. In addition, many of you are faced with illness, car accidents, the loss of loved ones, divorces, and other upheavals, and the obstacles to happiness can seem insurmountable. We chose stories written by other teenagers just like you. We hope that you will find these stories inspiring and supportive, and that you will share them with your families and friends. We have identified the 20 Chicken Soup for the Soul books in which the stories originally appeared, in case you would like to continue your journey through your teenage years with some of our other books. We hope you will also enjoy the additional titles for teenagers in "Our 101 Best Stories" series. With our love, our thanks, and our respect, Jack Canfield and Mark Victor Hansen 对我们而言, 101是个神奇的数字, 这个数字代表我们第一本心灵鸡汤的101个故事, 也是我们这本书的目标。我们喜欢这个数字, 因为它代表着开始, 而非结束。

100之后, 我们再向101发起征程。

我们也希望你在读完这本书后能够有一个全新的开始: 对人生有全新的认识、对生活有更高的目标, 并有战胜困难的更加坚定的决心。

也许你会拿起电话, 同朋友和爱人分享其中的一个故事。

也许你会敲打键盘, 讲述有关你自己的心灵鸡汤故事, 并同其他与你有同样遭遇的人共勉。

这卷书的101个故事讲述了年轻人所面对的艰难与挑战, 在心灵鸡汤系列丛书出版15周年这个特殊日子, 我们希望与你分享本书。

1993年心灵鸡汤第一册面世时, 我们未曾奢望它会获得如此大的反响并成为历史上最畅销的丛书之一。

我们的目标并不是大卖一亿册, 或是继续发行150个分册。

我们希望我们的故事在某个时段触及一个人的内心, 希望他的感触继而影响另一个人, 并让这种感触延续下去。

相信我们已经做到了, 你们的回信和有关你们的故事雪片般送到了这里, 这肯定了我们的工作, 并将激励我们继续为你们的生活带来变化。

在丛书出版15周年之际, 我们积蓄新的能量、设定新的目标、怀揣新的梦想。

## <<感谢折磨你的人>>

我们致力于每本书都为大家献上101个故事，我们更新了封面并重新设计版式。

我们的团队更加成熟，新的朋友和搭档遍布整个新英格兰地区。

本卷为大家奉献的是本书创办15年以来最感人的有关年轻人面对逆境的故事。

我们了解年轻人的艰辛，哪怕你的青年时代阳光明媚。

当不幸降临，年轻人所面临的挑战异常严峻，这可能令他自暴自弃、饮食无常、沉溺毒品或堕入歧途。

此外，许多年轻人忍受着疾病、车祸、爱人的逝去、离婚以及其他苦难的折磨，幸福路上的障碍看似不可逾越。

书中故事的作者是和你一样的年轻人，我们希望你可以从中获得激励与支持，也希望你可以和家人与朋友一同分享这些故事。

这些故事是从20本《心灵鸡汤》丛书中摘录的，在文后我们已为大家注出，希望这些书可以陪你一起度过青年时代。

我们也希望你也会喜欢“我们101个最美故事”系列中关于年轻人话题的分册书目。

献上我们的爱意、感激和尊敬 ——杰克·坎菲尔德，马克·！

维克多·汉森

## <<感谢折磨你的人>>

### 内容概要

《心灵鸡汤：感谢折磨你的人》精心讲述了50余篇震撼人心的故事，故事的主人公在磨难中穿越了黑暗。

每个人在自己的少年时期都会遇上一些不可躲避的艰难时刻和尴尬瞬间，如何在这样的时刻和瞬间奋起，是这本书贯穿的一个主题。

本书整体风格激扬向上，荡涤人心。

原汁原味的英文，优美感性的中文，给人身心的双重滋养。

这本书是地道双语的完美结合，不论是形式，还是故事内容，都堪称经典。

同时，本书以双语形式编排推出，是人们学习英语的最佳读本。

## <<感谢折磨你的人>>

### 作者简介

杰克·坎菲尔德 (Jack Canfield) 是“心灵鸡汤系列丛书”的创始人之一，这套丛书被《时代》杂志赞誉为“近十年来是出版业的神话”。

他还参与编写了另外八本畅销作品。

马克·维克多·汉森 (Mark Victor Hansen) 和Jack

Canfield一样，是“心灵鸡汤系列丛书”的创始人之一。

他是一个备受追捧的演讲人、畅销书作者、市场营销专家。

他关于可能性、机遇、行动的具有冲击力的见解，已经为全球成千上万的人生带来了神奇的变化。

艾米·纽马克 (Amy Newmark) 是“心灵鸡汤系列丛书”的出版人，拥有三十年的从业经历，其身份包括作家、演讲人，以及金融与电信领域的金融分析师和业务主管。

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## 章节摘录

Dangerous Depression 危险的抑郁症 Adversity introduces a man to himself. Author Unknown “Blah, blah, blah, blah, blah...” was all I heard while my Spanish teacher lectured the class about verb conjugation or something like that. Someone raised his hand to ask a question. I struggled to keep my eyes open. “You need to listen to this,” I thought to myself. Our teacher went off topic, again, and started telling us a really interesting story that had nothing to do with learning Spanish. I looked at the clock. There were still thirty minutes of class left. But a minute later, the bell rang. It couldn't possibly be the dismissal bell. “Is there an earthquake or fire drill today?” I thought to myself. Usually the teachers forewarned students about drills, but this bell rang longer than it should have. There could only be one reason that a bell like that would ring: a lockdown drill. After locking the classroom door, our teacher immediately called the office to ask them what was going on. They didn't know, but they did say that the bell was not for a lockdown drill but for an actual lockdown! Everyone in the class got scared. The students began to talk among themselves, including me. One girl, Joyce, had to go to bathroom really bad, but no one was allowed to leave class. An armed gunman could be walking the halls for all we knew. Before I knew it the dismissal bell rang, but we couldn't go to break because no one could leave class. Joyce just couldn't hold it anymore. So our teacher asked for an administrator to escort one of her students to the restroom—it was an emergency. It wasn't too long after Joyce came back that a girl in my class got a cell phone call from her friend, and we found out what was going on. In Room 309, another classroom just two halls away, a boy stood up with a loaded gun, pointed it at the teacher, and started talking about how horrible his life was and how stupid his family was. While he was speaking one of the teacher aides snuck out of the classroom with about five students and ran to the office. It was then that the lockdown bell rang. The boy with the gun waved it around while the teacher and his friend tried to calm him down. The boy pointed the gun at a student named Greg. His friend saw this and, although terrified, jumped on the boy. Greg, seeing that the boy was distracted, immediately grabbed the gun. An administrator came in, and soon after the police arrested the boy. I called my parents and left school early that day, along with half of the school. The students from Room 309 went to counseling for the next few weeks, which brought them behind in their classes. The boy with the gun is now in jail; he will never participate in a graduation ceremony. However bad his life was, it cannot be worse than it is now. I wish he knew there are other ways to cope with trauma than by using a weapon on yourself or others. Help is always there. Rosie Ojeda 逆境能让人认清自我。

——逸名 我听到，西班牙语老师正在讲台上哇啦哇啦地讲着好像动词变位的内容。有人举手提问，我强迫自己把眼睛睁开。

“你必须注意听这部分内容。”

”我暗自告诫自己。

老师又开始跑题了，她在讲一个有趣的故事，但却和西班牙语的学习毫无关系。

我看了看表，还有三十分钟下课。

然而一分钟之后，铃声却响了起来，这不可能是下课铃。

“是地震吗，还是今天有消防演习？”

”我在琢磨着。

通常老师会提前告知大家演习内容。

然而这个铃声太长了，不像是消防演习。

只有一种演习的铃声是这样响的，那就是紧闭演习。

将教室大门锁上之后，老师立刻打电话给办公室询问发生了什么事情。

然而大家都不知道，但是他们确定这次并不是演习，是来真的！

教室里每个人都很紧张。

大家开始议论纷纷，包括我在内。

一个名叫乔伊斯的女生特别想去上厕所，然而大家都被禁止离开教室。

人人心里都很明白，现在可能有持枪歹徒正在教室外的走廊上徘徊。

## <<感谢折磨你的人>>

还没回过神来，下课铃响了，但是我们却无法下课，因为大家都不能离开教室。

乔伊斯实在忍不住了，于是老师找来一位管理员护送她去旁边的卫生间，这也属于紧急情况下的应急措施。

乔伊斯回来后不久，班里的一个女生用手机联系上了她的朋友，我们终于明白发生了什么事情。

在距离我们两个教室远的309教室，一个男生突然站起来拿枪指着老师，然后开始抱怨他的生活有多么糟糕，家人有多么愚蠢。

当这个学生正在滔滔不绝地讲着自己的遭遇时，一名助教带着大概五名学生，偷偷溜出教室跑到了办公室。

之后紧闭铃声响起。

那个男生不停地挥舞着枪，而老师和这个男生的一位朋友努力想让他冷静下来。

男生接着将枪指向了一位名叫格雷格的男生。

见此情形，他的朋友尽管很恐惧，但依然扑了上去。

格雷格看到这个男生被牵制住了，立刻上去抢下了枪。

一名管理员进来，之后警察很快速捕了这个男生。

我给我的家人打了电话，之后和学校大多数同学一样，放弃接下来的课程，早早离开了学校。

309教室的学生们接下来的几周都需要进行心理咨询，而这会影响到他们的课程进度。

那名持枪男生现在仍在羁押中，他再也赶不上毕业典礼了。

不管他的人生有多么糟糕，都不会比现在的状况更糟。

我希望他能明白，治疗心灵创伤的方式不应该是手持武器朝向自己或他人，而是有许多其他方法，总能够帮助到你。

——罗西·欧杰达      .....

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### 编辑推荐

《心灵鸡汤》系列发行56个国家，被译为40多种语言。  
全球畅销上亿册，是美国乃至世界各国公认的权威心灵成长读物。  
该丛书连续七年蝉联美国畅销榜第一名，有以下三大优势：

最丰富的阅读体验：《心灵鸡汤》

最新中文版全球首次正式授权，保证权威。

最感人的成长激励：书中精选多篇直抵灵魂深处的真情故事，教你相信自身的潜能，给你走出困境的坚强信念。

最权威的双语美文：地道美语原味呈现，赏析故事的同时，又拓展了英文知识，适合每天诵读。

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精选数十篇撼动内心、情真意切的故事。

它们将使你体悟到，生命是一场漫长的历险，只要信念常在，没有困难可以阻挡前进的征程。  
全书于温情暖意间透出坚韧和智慧，一字一句触动你的心怀，让你抱拥一个更完美的新生。

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