

<<心灵鸡汤 (第1辑)>>

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### 内容概要

本书是英文版·心灵鸡汤系列丛书中的第一辑。

它以浅显的语言表达着人间真情；它以至深的情感述说着五彩人生；它在每一个角落把真情的火炬点燃；它的每一缕清香在尘世间悠悠流传；它让真情在心灵的碰撞中凝固成永恒。

本书是原汁原味的英语读物，可供高校英语专业的学生和一切英语爱好者欣赏。

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书籍目录

Acknowledgments

Introduction

1 ON LOVE

2 LEARNING TO LOVE YOURSELF

3 ON PARENTING

4 ON LEARNING

5 LIVE YOUR DREAM

6 OVERCOMING OBSTACLES

7 ECLECTIC WISDOM

## 章节摘录

The junior executive took the blue ribbon and placed it right on his boss jacket above his heart. As he gave him the last extra ribbon , he said , "Would you do me a favor? Would you take this extra ribbon and pass it on by honoring somebody else? The young boy who first gave me the ribbons is doing a project in school and we want to keep this recognition ceremony going and find out how it affects people." That night the boss came home to his 14-year-old son and sat him down. He said , "The most incredible thing happened to me today. I was in my office and one of the junior executives came in and told me he admired me and gave me a blue ribbon for being a creative genius. Imagine. He thinks Im a creative genius. Then he put this blue ribbon that says Who I Am Makes A Difference on my jacket above my heart. He gave me an extra ribbon and asked me to find somebody else to honor.

As I was driving home tonight , I started thinking about whom I would honor with this ribbon and I thought about you. I want to honor you. "My days are really hectic and when I come home I dont pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school and for your bedroom being a mess , but somehow tonight , I just wanted to sit here and , well , just let you know that you do make a difference to me. Besides your mother , you are the most important person in my life. Youre a great kid and I love you!" The startled boy started to sob and sob , and he couldnt stop crying. His whole body shook. He looked up at his father and said through his tears , "I was planning on committing suicide tomorrow , Dad , because I didnt think you loved me. Now I dont need to."

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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旌旗扬升的早晨,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

独家引进，全球热销上亿册《纽约时报》畅销书NO.1，每个人在创作自己美好人生画卷的时候，都会有浓墨重彩的一笔笔。

让文字定格生活中那些让你微笑。让你回味的精彩瞬间，你一定会有不一样的感觉！

多次荣获“全国优秀畅销书”称号国家九部委联合举办的“中华全民读书书目推荐活动”入选图书

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