

<<心灵鸡汤>>

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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《豆蔻年华》，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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章节摘录

Acknowledgments It takes a thousand voices to tell a single story. Native American Saying This book took two years to write, compile and edit. It has been a true labor of love for all of us. One of the great joys in creating this book has been working with hundreds of teenagers and adults who gave this project not just their time and attention, but their hearts and souls as well. We would like to thank the following people for their dedication and contributions, without which this book could not have been created: Our family members -- Georgia, Christopher, Oran, Kyle, Patty, Elisabeth, Melanie, John and Jesse - for once again joining with us the incredibly time-consuming process of creating a book. Thanks again for giving us the space, time and emotional support we needed to follow our passion and complete what must have seemed like an endless task. We love you all more than words can ever express. We would like to extend a very special thanks to a group of teens who worked with us to ensure this book would be about issues that truly concern teenagers. To Lisa Gumenick whose enthusiasm for this project inspired the entire group, to Lisa Rothbard whose honesty and kindness touched us all, to Bree Abel for her incredible spirit and her contagious confidence, to Hana Ivanhoe for her depth of character and for sharing so openly with us. To Jamie Yellin for her big heart and smile and to Lia Gay for always being so generous with your wisdom. You guys are the heart of this book and we thank you and love you. We'd also like to thank your parents for acknowledging the importance of these meetings and making sure you got there. Heather McNamara, for editing and preparing the final manuscript with such ease, talent and clarity. We deeply appreciate your incredible ability to take everything in the roughest of form and make it all work. You are truly a master at what you do.

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