

<<心灵鸡汤>>

图书基本信息

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### 内容概要

语言地道新颖，简约易懂，优美流畅；故事生动有趣，寓意深刻感人，内容极富时代感。作为英语阅读的顶级精品。

本套书深得广大读者的推崇与喜爱，广受各方的赞誉和褒奖。

语言难度不大：既无生僻的字词，也无复杂的语法结构，行文质朴简约、优美流畅，口语化特征较为明显。

每篇文章短小精悍，不会令读者望而生畏。

均由当代美国人所写，反映现今美国的世相百态，内容极富时代感。

作者用平实的语言讲述发生在自己身边的故事，诉说他们对大千世界的真切感受，内容极具真实性、平民化与亲和力。

内涵感人：通过平凡小事挖掘普通人的精神力量与人性之美，字里行间洋溢着爱心、希望、鼓励、信念以及对生活的深刻感悟。

## 书籍目录

1. How to Live Your Dream  
 How to Live Your Dream  
 2. Dare to Dream and Set Goals Together , Achieving Our Olympic Dream  
 Follow Your Dream  
 A Chicken Soup Contributor Responds  
 New Directions  
 Finding My Wings  
 Glennas Goal Book  
 The Little Girl Who Dared to Wish  
 One Person Can Make a Difference  
 Standing Tall on a Surfboard in Midlife  
 3. Believe in Yourself  
 You Cant Afford to Doubt Yourself  
 Discouraged?  
 A Salesmans First Sale  
 Batgirl  
 There Are No Vans  
 If I Were Really Important  
 The Professor and Me  
 The Interview  
 A Chicken Soup Reader Responds  
 Tommys Bumper Sticker  
 A Chicken Soup Reader Responds  
 Trash Bags Are for Trash  
 A Chicken Soup Contributor Responds  
 4. Its Never Too Late  
 Never Too Old to Live Your Dream  
 Teacher at Last  
 Is Fire Goddess Spelled with Two Ds?  
 Never Too Late  
 How I Got into the Movies  
 Grandma Moses and Me  
 5. The Power of Support : You Cant Do It Alone  
 The Drive of a Champion  
 Riding Tandem  
 Hall of Fame  
 A Chicken Soup Contributor Responds  
 A Hundred and One Atlantic Nights  
 The Kindness of Strangers  
 6. Be Willing to Pay the Price  
 Willing to Pay the Price  
 A Little Courage Goes a Long Way  
 The Price of a Dream  
 A Perfect Skate  
 Dreams Have a Price  
 7. Take Action  
 One at a Time  
 When Dreams Wont Die  
 Look Out , Baby , Im Your Love Man!  
 Ask , Affirm , Take Action  
 Ask , Ask , Ask  
 LEGWORK EQUALS BIG COOKIE SALES  
 How Prayer Made Me a Father Again  
 Why Wait?... Just Do It!  
 The First Step  
 A Chicken Soup Contributor Responds  
 8. The Power of Determination  
 Ryans Well of Life  
 Unstoppable  
 The Impossible Just Takes a Little Longer  
 Dare to Imagine  
 18 Holes in His Mind  
 Against All Odds  
 The Cowboys Story  
 Baby-Lift  
 A Cowboys Last Chance  
 The Day Mother Cried  
 The Power of Determination  
 9. Never Give Up  
 Consider This  
 Begin at the Beginning  
 Embassy of Hope  
 Opportunity  
 The Magic Skates  
 A Little Girls Dream  
 How to Be New and Different  
 Acknowledgments

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### 编辑推荐

作为英语阅读的顶级精品，本套书深得广大读者的推崇与喜爱，广受各方的赞誉和褒奖：被评为"2001年度全国优秀畅销书"；被评为"2001年度全国引进版优秀畅销丛书"；荣获"2002年度全国引进版社科类优秀图书奖"；被评为"2004年度全国优秀畅销书"；在国家九部委联合举办的"中华全民读书书目推荐活动"中，一举入围《2004知识工程推荐书目》；多次荣登各大新华书店的畅销书排行榜。

《心灵鸡汤：美梦成真》是《心灵鸡汤》之《美梦成真》。

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