

<<爱让我们变得勇敢>>

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前言

We received an astounding quantity and quality of submissions for this book on tough times and the tough people living through them—thousands of heartwarming, inspiring stories and poems filled with hope, faith, comfort, and humanity. This topic really struck a chord with our contributors and this book is a beautiful expression of their journeys through their personal tough times. Half the stories in this book are about tough times related to the economy, and the other half cover a wide gamut of challenges, from illness and disability, to family issues and loss, to natural disasters and crime. You will find a common theme—people working together to help each other overcome the challenges described in their stories. Everyone will find some lessons, support, tears, and smiles in these pages. Many of our writers stressed how happy they are now, despite lower incomes, smaller homes, and simpler lives. Many wrote about the new lives they have come to accept and enjoy after chronic illness, accidents, losing loved ones, or other non-economic challenges. Some were victims of a crime, some watched their houses burn down, and some are living with incurable illnesses or disabilities. Many wrote about finding inner strength, support from family and friends, marriages strengthening in the face of adversity, and rediscovering the joys of their families. They wrote about the silver linings they found in their troubles and the many blessings in their lives. In fact, we had so many fabulous submissions on this theme that we created a companion volume, *Chicken Soup for the Soul: Count Your Blessings*, which will be published in time for Christmas 2009. We hope you enjoy reading these stories as much as we enjoyed choosing and editing them for you, and we are sure they will provide you with a little extra help and inspiration during these tough times. We've included a bonus chapter with ten extra stories about tough times and faith—a little extra value for you—to say thanks for being part of the *Chicken Soup for the Soul* community. ~Amy Newmark Publisher, *Chicken Soup for the Soul*

关于这本书,我们收到了一批质量上乘且数量惊人的来稿。这些充满着希望、信仰、宽慰与博爱的故事和诗歌,描绘了在逆境中自强不息的人们,以及他们所经历的艰难岁月。

这个感人至深、更鼓舞人心的主题确实引发了众多撰稿人的共鸣,这本书也完美演绎了他们在困顿中所走过的人生旅程。

此书有一半的故事涉及经济危机,而另外一半则囊括了各种人生挑战——从身患疾病和残疾,到家庭矛盾和亲人离世,再到自然灾害和罪恶行径。

你会从中发现一个共同的主题思想——二人同心,其利断金。

希望每位读者,都可以从本书的字里行间,收获经验教训,得到支持鼓励,挥洒动情的泪水,绽放会心的欢笑。

很多作者都强调自己现在是多么幸福和快乐,纵使他们的收入不怎么高、房子不算大、生活也并不总是一帆风顺。

许多人在文中写到,自从经历了慢性疾病、意外事故,失去了至亲至爱的人,或者遭受到其他非经济方面的损失,他们的心境就随之变得坦然,并开始享受新的生活。

一些人曾是犯罪行为的受害者,也有一些人亲眼目睹了自己的房子被烧成灰烬,还有一些人生活在不治之症或身体残疾的折磨中。

许多人在面对不幸和灾祸时,找寻到了内心的力量,获得了来自亲朋好友和伴侣的支持,并重新发现了家庭生活的乐趣。

在阴霾之中,他们找到了一丝希望的曙光,得到了上天的眷顾和庇佑。

事实上,关于这个主题,我们有非常多特别好的来稿,所以我们另外创作了一部姊妹

篇——《心灵鸡汤:细数你所拥有的幸福》,将会在2009年的圣诞节面世(注:本书的英文原版已于2009年11月在美国出版发行)。

中文版为《每天读一点英文:一个人,也能穿越黑暗》和《每天读一点英文:抓住身边的幸福》,已于2011年在中国出版发行)。

我们真心希望您能享受阅读故事的乐趣,就像我们在为您挑选和编辑这些故事时,所享受到的一

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样。

同时我们坚信，当您也身处相似困境时，这些故事一定能提供一些意想不到的帮助和鼓励。

我们还在书里额外添加了一个章节，其中包含十个讲述艰难岁月与信仰的故事（注：本书选取了其中的四个呈现给读者）——一点儿小小的心意，以此感谢踊跃加入《心灵鸡汤》大家庭的你

°
——艾米·纽马克 《心灵鸡汤》出版者

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内容概要

《心灵鸡汤：爱让我们变得勇敢》一书涵盖了57篇中英双语对照的感人励志的故事，本书将带给你前所未有的心灵盛宴，在悦读中收获终身受益的人生智慧。

书中收录的经典美文，内容涉及人生的各个方面，讲述了发生在困厄时期的人和事，比如经历了经济危机、下岗失业、生老病死的人和他们克服困厄的坚强意志。

文笔极具感染力，激励读者保持积极的心态。

地道的美式英文，翻译精巧的中文，使读者受到心灵的感动与震撼。

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。

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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

Writing a New Dream 抒写新的梦想 “You’ll be blind by the time you’re twenty five , ” a doctor at Children’s Hospital predicted. “Your blood sugars are much too high.” I started hearing the phrase “diabetic retinopathy” at the age of six when I was diagnosed as a Type 1 diabetic. This condition causes fragile blood vessels to grow and rupture in the back of the eye , and can lead to progressive blindness. Due to the early onslaught of the disease , the risk of developing this devastating side effect was very high. The frightening phrase reverberated in my head to the point of obsession. The thought of going blind became my biggest fear , my worst nightmare and my eventual nemesis. It consumed me. It devoured me. No matter where I was or what I was doing , it hovered overhead like a dark cloud , waiting for just the right opportunity to break open and shatter my world. As I sat in classes from grade school through business school and on to my job preparing cases for judges , the noose around my neck tightened. Looking at everything through crystal clear vision , it was impossible to imagine a world without sight. How long would I hold onto my 20/20 ?

When would it happen ?

Where would I be ?

The chilling words of that doctor from all those years ago haunted my subconscious. “You’ll be blind by the time you’re twenty-five.” Painting was my passion , my sanctuary. Losing myself in tranquil settings of picturesque landscapes filled me with peace and serenity. Painting was my haven , the only place I could escape where those threatening words couldn’t reach me. But the minute I put my paintbrush down , there they were , sucking the life out of me. As fate would have it , the first bout of blindness came when I was twenty one. I had just put the finishing touches on my Tuscan countryside , a landscape dotted with vineyards of rich ruby red , deep purple and amber. But just as I sat back to admire my masterpiece , a huge splattering of black paint appeared on my canvas. Confused , I blinked several times , wondering where the paint had come from. Slowly but surely , my brain received the message. It wasn’t paint covering my canvas ; it was blood covering my retina. My worst nightmare had just come true. I had just had a retinal hemorrhage. Dumbfounded , the paintbrush slipped from my hand and rolled across the floor. I couldn’t breathe. Feeling boneless and completely numb , I sank into a chair. Then the tears spilled. “No !

Not yet !

It’s too soon.” “What happens now ?

” I asked my retinal specialist. “I see spidery webs everywhere I look. It’s alarming. What can be done ?

” “The hemorrhage is in the right eye , ” my doctor said. “Your left eye is fine. The blood vessels are leaking. The blood is internal. Eventually , the blood will be absorbed by the body. The main risk is that scar tissue can form which will hinder the vision permanently. Only time will tell how much vision you’ll get back. But the good news is , you will never lose the sight in your left eye.” He was wrong. Precisely three months after my twenty-fifth birthday , I had a massive hemorrhage in my left eye , my good eye. For the next twenty years , vision came and went. I went through numerous eye surgeries in an attempt to keep my vision. And through it all , I continued painting through magnification. As long as I could paint , there was hope. But after one final operation , I lost the battle and all remaining vision. And I buried all dreams of painting. Despondent and disillusioned , I enrolled in a sixteen-week program for the blind and visually impaired. I learned mobility , personal adjustment and the use of a computer with adaptive software. A whole new world opened up to me through this program. “Jaws and Window-Eyes are leading software for the blind , ” my instructor told me. “They convert components of the Windows operating system into synthesized speech. This allows for total accessibility to Windows-based computer systems.”

“You mean I can use the Internet ?

E-mail ?

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Microsoft with all its tools and features ?

” Hope soared for the first time in years. No longer would I have to use thick glasses to read or magnification to make print larger. I could type at the pace I once did and the disembodied voice would narrate what I typed on the screen. Amazing. “That’s right , ” my instructor said. “By learning how to use hot keys to control the mouse , you can use Microsoft Access , Excel and PowerPoint. Whatever you look up on the Internet will be narrated to you through modern technology.” For the next several years , I learned that when one door closes , another door opens. There is a plethora of opportunity available for the blind and visually impaired through the gift of technology. Not only do I have a speaking computer , but I have a speaking watch , alarm clock , calculator and glucometer to independently test my blood levels. Believe it or not , I even have a gadget that identifies money and color. I went to the local college and obtained a certificate in medical transcription. I graduated top in my class with high honors. But my heart wasn’t in it. Transcribing did nothing to fill my creative muse. But during my classes , my life took yet another unexpected twist when I discovered my passion for writing. And after a long and winding road—and three publications , a new dream has resurrected. Today , instead of painting my pictures on canvas , I paint my pictures with words. ~Sharon Donovan “在二十五岁的时候, 你将会失明 , ”一名儿童医院的医生预测道, “你的血糖实在是太高了。

” 我第一次听说“糖尿视网膜病”, 是在六岁被诊断出患有I型糖尿病的时候。这种疾病会引起眼部后面脆弱的血管增生、破裂, 然后让你逐渐失明。

由于这种疾病在早期发作起来十分可怕, 破坏性副作用产生的概率会很高。

那令人恐惧的“糖尿视网膜病”像噩梦一样, 不断在我脑海中萦绕回荡, 简直到了摆脱不了的地步。

失明, 成了我最大的顾虑和恐惧。

这种恐惧消耗着我的生命, 折磨着我的精神。

无论我在哪里、在干什么, 它都像盘旋在头顶的乌云, 只是在等待一个合适的机会来毁灭我的世界。从小学升到商业学校、再到后来备考法官, 这种恐惧就像绕在我脖子上的绞索, 越勒越紧。

现在, 我还可以通过水晶般清晰透彻的视力来观察世间的一切, 可我很难想象那个失明的世界会是怎样一种状况。

我还能守住自己完美的视力多久呢?

失明会在什么时候发生?

那时候我又将在哪儿?

“在你二十五岁的时候, 你将会失明”, 多年前那个医生所说的令我害怕的话一直潜藏在我的潜意识里。

绘画一直是我的爱好, 也是我的避难所。

迷失在宁静的如画般美丽的风景里, 你的内心就会变得柔软而安宁。

绘画是我的避风港, 是唯一一个我能逃离那些威胁的话语、不受它们影响的地方。

但只要我一放下画笔, 那些话就会一直吞噬我的生命。

正如命运的安排, 二十一岁那年, 我第一次经历了失明的痛苦。

那时我刚刚画完托斯卡纳乡村的最后一笔, 这是一幅布满了浓艳的红宝石色、深紫色和琥珀色葡萄园的风景画。

可正当我要坐回去欣赏自己的杰作时, 一团巨大的黑色颜料“飞溅”在我的画布上。

我顿时迷惑了, 眨了好几下眼睛, 想弄清楚这团颜料是从哪儿来的。

慢慢地我的大脑收到了确切的信息: 那不是覆盖在画布上的颜料, 而是覆盖在我视网膜上的血。我最糟糕的噩梦刚刚成真了——视网膜出血了。

目瞪口呆的我, 任由画笔从手中滑落, 在地板上滚动。

我简直无法呼吸了。

我感到脆弱无助和彻底麻木。

我躺靠在一把椅子上, 眼泪就流了下来。

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“不！

还没有到时候！

它来得太早了！

“现在到底是什么情况？”

“我询问视网膜专家。

“现在不管我看哪里都会看到蜘蛛网。

这真是太吓人了。

可以做些什么吗？”

“视网膜出血发生在你的右眼，”我的医生说道，“而左眼现在情况良好

。血管正在开裂，体内的出血最终会被人体吸收。

最主要的风险是永久阻碍视力的疤痕组织的形成。

至于视力恢复到什么程度，这要看时间。

但仍有一个好消息，那就是你永远不会失去左眼的视力。

“他错了。

在我二十五岁生日正好过去三个月的时候，左眼也来了一次大出血。

在接下来的二十年里，我的视力时好时坏。

我做了无数次眼部手术来保持视力。

之后，我通过放大镜来继续作画，只要还能画下去，就会有希望。

但在最后一次手术之后，我输掉了这场与病魔之间的较量，也失去了所有剩余的视力。

我埋葬了所有的绘画梦想。

带着万分沮丧和幻想破灭的情绪，我参加了一个专为失明和视力受损的人制订的为期十六周的计划。

通过这个计划，我学会了如何移动、如何自我调适，以及如何通过改良软件使用计算机。

一个崭新的世界向我打开了。

“Jaws 和 Window-Eyes 是为盲人服务的先进软件，”我的导师告诉我，“它们

将 Windows 操作系统的组件转换成合成语音。

对安装了 Windows 系统的计算机来说，这个软件有很强的兼容性。

“您的意思是说，我可以使用互联网、电子邮件、微软系统的所有工具和功能吗？”

“多年之后，希望第一次在我心中膨胀。

我不需要再戴着厚厚的眼镜来阅读了，也不需要通过放大镜来把字体变大了。

我可以按原来的打字速度输入，声音软件就会读出屏幕上我所输入的内容了。

太令人惊讶了。

“没有错，”我的导师说，“通过学习如何使用热键来控制鼠标，你就可以使用 Microsoft Access, Excel 和 PowerPoint 了。

无论你在互联网上查找什么，现代技术都可以读给你听。

“在之后的几年里，我认识到，当一扇门关闭的时候，生活将会为你开启另一扇门。

科学技术为盲人和视力受损的人提供了无限的可能。

我不仅有会说话的电脑，还有会说话的手表、闹钟、计算器和能独立测量血糖浓度的血糖测试仪。

不管你信不信，我甚至还有一个可以验钞和识别颜色的小玩意儿。

我到当地一所大学学习，取得了医疗转录专业的证书，并以最优异的成绩从我们班毕业，我感到

无上光荣。

但我的心思并没全放在这个专业上，抄录满足不了我心中的缪斯。

在班里学习期间，当我发觉自己对写作充满热情时，我的生活发生了另一个意想不到的转折。

经过了一条漫长而曲折的道路，伴随着三部作品的出版，一个新的梦想复活了。

如今，我不在画布上作画了，取而代之的是通过文字来描绘心中的图画。

——沙伦·多诺万 ……

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