

<<在安静中，不慌不忙地坚强>>

图书基本信息

书名：<<在安静中，不慌不忙地坚强>>

13位ISBN编号：9787540454937

10位ISBN编号：7540454938

出版时间：2012-7

出版时间：湖南文艺出版社

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页数：336

字数：386000

译者：郑峥

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前言

杰克和马克的特别寄语 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。

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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。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

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内容概要

《心灵鸡汤：在安静中，不慌不忙地坚强》精心讲述了50余篇直面坎坷、激荡人心的故事。人生时刻充满坎坷，在我们的人生道路上，时常要面临艰辛的时刻。本书告诉我们，应该直面坎坷，正视艰辛。因为我们需要经历这种时刻才能够更好的成长，心灵才会更加坚强，灵魂才会更加深刻。

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

Don't Stop the Dance 不要停止跳舞 Believe that life is worth living and your belief will help create the fact. William James Christy Gonzales killed herself in the spring of our senior year.

She was beautiful. She played volleyball. She was homecoming queen. Everyone was more than shocked. She'd always been so happy, so popular and so active in extracurriculars. She had so much love and light. She always signed her name with a heart above the "i" and included her middle name, which was Valentina. Why she did it is a human mystery, but the obvious reason given was that she was heartbroken because her boyfriend—some sophomore, no less—dumped her. I remember the silence in our homeroom class—except for the sounds of people crying: boys and girls, jocks and nerds. As the hour wore on, Nick Denver, the quarterback, quietly spoke to Fred Gregory through his sniffles.

"Remember," Nick said, "when Christy punched me in the face at the seventh grade dance?" They both started to laugh, softly. Nick had been making fun of her, and she lost her temper and gave him a sock straight to his nose that started him bleeding. He was shocked, but recognized he deserved it.

I could imagine Christy doing something like that. Although she was the sweetest person in the world, she had so much fire—she lived so in the moment of her feelings and emotions. In freshman year English class, we'd read the other's stories aloud to the class because we were too scared to read our own.

She'd let me cheat off her geometry test my sophomore year. We'd both been caught.

I'd once had a secret romantic view of suicide. I thought that it would be nice to have everyone miss me, to have my name forever bound with the tragedy of a depth no one could fathom. I imagined the kind of silence in the classrooms, the people sobbing in the halls. I imagined how people I didn't know or barely knew would try to remember every detail—what I had said to them, what I had worn the last day. She had worn red the last day. At lunch the last day, she had said she was tired of always getting the tater tots, tomorrow she was getting fries. I could not have imagined a better funeral for Christy with the heavens outpouring rain like tears. The entire town was there, mourning. I just kept thinking about how we all kept on going but Christy's life stopped. When I want it all to stop, I remember that you can't dance without a body, and you can't cry without eyes, and you can't have the luxury of feeling when you aren't here. I wish she could have loved herself when she didn't feel it from anyone else. Simone Would 相信活着是值得的，那么你的信念将帮你创造这个事实。

——威廉·詹姆斯 克里斯蒂·冈萨雷斯在我们高三那年的春天结束了自己的生命。

她长得很美，会打排球，还是校园的舞会皇后。

人们得知这个消息后都很震惊。

她一副乐天派的样子，很受大家欢迎，课外活动都很积极。

她签名总是将字母"i"上面的点换成心形，里面写上自己的中间名——瓦伦蒂娜。

至于她为什么要自杀没人知道，比较容易让人接受的理由是她因为被男友——一个低年级的男生，应该是高二的——抛弃而自暴自弃。

我清楚地记着当时教室异样安静，除了哭泣的声音：女生、男生、活跃分子、书呆子，大家都为她的死感到悲伤。

时间在缓慢地流逝，球队的四分卫尼克·丹佛哽咽着对弗雷德·格里高利说：“还记得吗，七年级时一次克里斯蒂一拳打在我的脸上？”

接着他们都开始轻轻地笑了起来。

那时尼克想和克里斯蒂开玩笑，没想到她生气了，对着他就是一拳，尼克的鼻子还流血了。

他当时惊呆了，但事后承认是自己活该。

我完全可以想象当时克里斯蒂的样子，尽管平时她很温柔，但也有脾气——一时的激愤肯定也会让她有出人意料的举动。

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高一的一次英语课，我和她因为害怕读自己写的作文，于是决定互相交换然后大声朗读对方的文章。

她还让我帮她在几何考试中作弊，结果我们都被老师发现了。

曾经我也对自杀有过浪漫的想法，那时在我看来，让别人怀念是一件很美好的事，我的名字也将因此添上一抹悲剧色彩。

我设想过教室里会是怎样的平静，人们在操场上哭泣，和我不太熟悉甚至并不相识的人也会竭力回忆和我在一起的细节——我曾经对他们说过什么，今天我穿了什么样的衣服。

她昨天穿了件红衣服。

昨天午餐时她说她已经吃腻了土豆泥，明天她会吃炸薯条。

克里斯蒂葬礼的那天大雨倾盆，好像上天也在为她哭泣，如此糟糕的天气很难想象接下来的仪式将如何进行，整个小镇都像是沉浸在哀痛之中。

我不停地思考，为什么大家都在而克里斯蒂离开了。

我想让一切都静止下来。

你跳舞的时候必须有一个舞伴，哭的时候也必须要掉眼泪，现在你不在也一定会感到落寞吧！

我多么希望，克里斯蒂在感受不到别人的爱时，能够学会爱自己。

——西蒙妮·武尔德 ……

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