

<<心灵鸡汤大全集>>

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## <<心灵鸡汤大全集>>

### 内容概要

在当今社会，人们的工作、生活节奏越来越快，竞争也无处不在，人们不得不竭尽所能地迎接挑战，所承受的压力也越来越大。

而同时，人们也面临着金钱、权力的魅惑。

如果意志不坚定，人们在不断的攀比与盲从中会逐渐迷失自己的本性，丧失自我，陷入人性的沼泽。

生活的繁琐芜杂，工作的重重压力，已经使我们内心的心灵之泉日渐干涸，使我们心灵的花朵日趋凋零、枯萎。

我们需要滋养、灌溉心灵，拂去心灵上的蒙尘，使其重现往昔的纯净和安宁。

充满爱与力量的故事能感动每一颗纯真的心灵，一则短小的文章中孕育着博大的智慧。

“心灵鸡汤”系列图书是世界公认的畅销经典，迄今为止，它已经推出数百个版本，在全球的销售量已超过1亿册，影响了数以千万计的人。

《心灵鸡汤大全集》作为“心灵鸡汤”系列的集大成之作，堪称目前最全面、最丰富、最经典的版本。

《心灵鸡汤大全集》收录了数百个精彩动人、发人深省的隽永故事，内容涉及心态、宽容、尊重、亲情、爱情、友谊、善良、感恩、幸福、做人、做事、挫折、成功等重大人生课题。

通过阅读《心灵鸡汤大全集》，不仅可以开阔视野、陶冶性情，而且可以获得宝贵的知识经验，会对人的一生产生决定性的影响。

毫无疑问，它会成为你的终生益友，将持续不断地为你的生活提供深刻的经验和智慧。

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### 作者简介

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已出版“英语温馨夜读系列”“绿空间系列”“品味美丽英文系列”“双语大阅读系列”“人与自然系列”“探险与传奇经典文学双语系列”“美丽人生双语系列”“我心中的煮话系列”以及《英语奥林匹克·大学本科卷》《

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## 章节摘录

第一篇 感悟人生的真谛 The Patch of Life Not long ago , my daughter's frosting shoes were scratched by someone's knife . She burst into tears . I took the shoes to the shoemaker to get them repaired . The young apprentice glanced at the opening and said , “ there is nothing I can do but to replace the upper . ” His master looked at them and said to me , “ If you trust me , I will add more scratches on both of the shoes . ” I was confused and asked why . He explained . “ As if the openings were made on purpose for the sake of special style and reuse . ” I didn't fully understand him , but I decided to leave the shoes . Two days later I dropped by from work to fetch the shoes . At the first sight I found they were indeed five or six more scratches on each shoe , but all the openings were patched by soft leather in rust red with edges sewed by thick hemp thread ; the stitches were twisted with the appearance of roughness and plainness which was in accordance with the quality of frosting leather , more unique and interesting than ever . I couldn't help making compliments on the master's craftsmanship . Another time , my wife's sister's white blouse was tom a large opening on the back . My wife took it over and checked carefully . and then said . “ Let me take it home and mend it . ” Three days later , seeing the blouse again , I was shocked : all the cracks and openings were sewed up by thin and white thread and they took on a look of branches , like the ice crystal on winter's branches in the north . In order to intensify the effect , she attached a fatty snowman and a cabin made of flowery cotton rags on the shirt . I sighed with praise , “ It's just as beautiful as a piece of art ! ” “ I was inspired by that craftsman . Patches are supposed to be a regret , but a skillful craftsman can make it take on a kind of perfection , ” replied my wife . Her words inspired me even more : perfection is impossible to achieve in everythin9 ; patches are unavoidable , so is human's life , which will appear in the form of injury , disability or disease . Since you can't change the existence of wound , you should not expect people's sympathy by exposing the wound , which reveals nothing meaningful . All you can do and have to do is to suture the wound by patches and try your best to bloom a most beautiful flower on the wound , and that is the significance of life. 人生的补丁不久前，女儿的磨砂鞋被人用刀子划了几道。她失声痛哭。

我把鞋子拿到补鞋店去修。

年轻的学徒看了一眼上面划的口子，说：“除了换鞋帮，我无能为力。

”他的师傅看了看鞋子，对我说：“你要是相信我，我就在两只鞋上再划几道口子。

”我百思不解，问为什么。

他解释说：“这样看起来那些口子仿佛是刻意而为，会显得别具一格，还能再穿。

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