

冯铃之 / 编译

FENGLINGZHI  
WORKS



# 一个人， 也能有好时光



*The Loneliness Alone*

孤独像一把刀，  
每个人都舔舐着刀锋的血。

孤独，注定是青春期最勇敢的最坚毅的背影。

因为每个人都要度过一段不被理解、  
遭遇背叛甚至被鄙夷唾弃的

“黑暗隧道”。

江苏人民出版社

# 一个人， 也能有好时光

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## 图书在版编目 ( CIP ) 数据

一个人, 也能有好时光: 英汉对照 / 冯铃之编译. --  
南京: 江苏人民出版社, 2016.1  
ISBN 978-7-214-17088-0

I. ①—… II. ①冯… III. ①英语—汉语—对  
照读物 IV. ①H319.4

中国版本图书馆 CIP 数据核字 ( 2015 ) 第 311262 号

- 书 名 一个人, 也能有好时光: 英汉对照
- 编 译 者 冯铃之
- 责任编辑 朱 超
- 装帧设计 浪殿设计 飞 扬
- 版式设计 张文艺
- 出版发行 凤凰出版传媒股份有限公司  
江苏人民出版社
- 出版社地址 南京市湖南路1号A楼, 邮编: 210009
- 出版社网址 <http://www.jspph.com>  
<http://jsrmchs.tmall.com>
- 经 销 凤凰出版传媒股份有限公司
- 印 刷 北京中印联印务有限公司
- 开 本 718 毫米 × 1000 毫米 1/16
- 印 张 12
- 字 数 159 千字
- 版 次 2016年5月第1版 2016年5月第1次印刷
- 标准书号 978-7-214-17088-0
- 定 价 24.00元

*Enjoy the Loneliness Alone*  
一个人，也能有好时光



*A Morning Wish*  
清晨许愿

© W.R. Hunt

The sun is just rising in the morning of another day. What can I wish that this day may bring me? Nothing that shall make the world or others poorer, nothing at the expense of other men; but just those few things which in their coming do not stop me but touch me rather, as they pass and gather strength.

I wish that this day could bring me a few friends, who understand me, and yet remain my friends; I also wish that this day could bring me a work to do which has real value.

I wish that this day could bring me a mind unafraid to travel, even though the trail be not blazed, and I wish that this day could bring me an understanding heart.

I wish that this day could bring me a sight of the eternal hills, and the blue sea stretching to the horizon, and of something beautiful which the hands of men have made.

I wish that this day could bring me a sense of humor, and the power to laugh, a little leisure with nothing to do.

And I crave for a few moments of quiet, silent meditation in the morning of this day.



朝阳照常又在又一个清晨缓缓升起。我该期望这一天带给我什么呢？我希望它所带给我的不会让世界或他人更贫穷，不会牺牲他人；而是那些微小的、能触动我的东西，在它们经过时、聚集力量时，不会妨碍我。

我期望这一天能够带给我几个理解我的朋友，并且我们的友谊天长地久；我期望这一天能够带给我一份真正有价值的工作。

我期望这一天能够带给我一颗无畏的远行的心，即使旅途没有光亮的照耀；我期望这一天能够带给我一颗善解人意的爱心。

我期望这一天能够让我看到永恒的山脉，一望无际的海洋，看到人类亲手创造的美好事物。

我期望这一天能够带给我幽默感，带给我大笑的力量，以及一点点无所事事的闲暇时光。

在这一天的清晨，我渴望得到片刻的宁静和沉思。

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## *The Trees Outside My Window*

### 窗外的风景

© Bonnie

From the window of my room, I could see a tall cotton-rose hibiscus. In spring, when green foliage was half hidden by mist, the tree looked very enchanting dotted with red blossom. This inspiring neighbor of mine often set my mind working. I gradually regarded it as my best friend.

Nevertheless, when I opened the window one morning, to my amazement, the tree was almost bare beyond recognition as a result of the storm ravages the night before. Struck by the plight, I was seized with a sadness at the thought “all the blossom is doomed to fall”. I could not help sighing with emotion: the course of life never runs smooth, for there are so many ups and downs, twists and turns. The vicissitudes of my life saw my beloved friends parting one after another. Isn't it similar to the tree shedding its flowers in the wind?

This event faded from my memory as time went by. One day after I came home from the countryside, I found the room stuffy and casually opened the window. Something outside caught my eye and dazzled me. It was a plum tree all scarlet with blossom set off beautifully by the sunset. The surprise discovery overwhelmed me with pleasure. I wondered why I had no idea of some unyielding life sprouting over the fallen petals when I was grieving for the



## 名人语库

*As fruit needs not only sunshine but cold nights and chilling showers to ripen it, so character needs not only joy but trial and difficulty to mellow it.*

Hugh Black

正如果实不仅需要阳光，也需要凉夜一样，寒冷的雨水能使其成熟。人的性格陶冶不仅需要欢乐，也需要考验和困难。

休·布莱克（美国作家）

从我房间的窗户往外看，可以看到一株高大的芙蓉。春天时，绿树在薄雾中若隐若现，点缀着朵朵红花，样子十分迷人。这位邻居总是开启我的灵感，让我思如泉涌。渐渐地，我就把它当成我最好的朋友了。

然而，一天早晨，当我推开窗户时，却惊诧地发现，这株芙蓉已经被前夜的风暴摧残得面目全非，变得叶落枝残。震惊之余，一种“繁花落尽”的悲凉之感在我的心头油然而生。我不禁感慨道：人生从来都不是一帆风顺的，生命中总会有那么多的跌宕起伏、坎坷挫折。我挚爱的朋友一个个离我而去，一切都见证着生命的变化无常。这不正像这随风逝去的花吗？

随着时间的推移，这件事渐渐淡出了我的记忆。一天，当我从郊外回到家后，感觉房间很闷，便推开了窗。就在这一瞬间，窗外一片繁荣的景象让我惊呆了。梅树开满了一簇簇火红的花朵，与落日暮霭相映成趣，格外美丽。这意外的发现让我欣喜不已。我从没想过，当我正因花落叶残而

hibiscus.

When the last withered petal dropped, all the joyful admiration for the hibiscus sank into oblivion as if nothing was left, until the landscape was again ablaze with the red plum blossom to remind people of life's alternation and continuance. Can't it be said that life is actually a symphony, a harmonious composition of loss and gain.

Standing by the window lost in thought for a long time, I realized that no scenery in the world remains unchanged. As long as you keep your heart basking in the sun, every dawn will present a fine prospect for you to unfold and the world will always be about new hopes.



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Enjoy the Sunshine, Please

悲伤之时，它竟然还藏着如此顽强的生命。

当芙蓉的最后一瓣花瓣枯萎凋零时，人们对它的欣喜和赞美也随之飘散，消逝得无影无踪。而现在，梅树却成长起来，那火红的花儿向人们昭示着生命的更迭与延续。谁能否认生命就是一部得失共存的和谐交响曲呢？

我站在窗前沉思良久，突然意识到，世界上没有一成不变的风光。只要你的心中充满阳光，那么每个黎明都会为你展现出一片由你开启的美好前景，整个世界都将充满新的希望。



*Gratitude to Be Grateful*  
彼岸无尽头，知足才长乐

© Allen Iverson

Many people believe that they will be happy once they arrive at some specific goal they set for themselves. However, more often than not, once you arrive “there” you will still feel dissatisfied, and move your “there” vision to yet another point in the future. By always chasing after another “there”, you are never really appreciating what you already have right “here”. It is important for human beings to keep sober-minded about the age-old drive to look beyond the place where you now stand. On one hand, your life is enhanced by your dreams and aspirations. On the other hand, these drives can pull you farther and farther from your enjoyment of your life right now. By learning the lessons of gratitude and abundance, you can bring yourself closer to fulfilling the challenge of living in the present.

**Gratitude**

To be grateful means you are thankful for and appreciative of what you have and where you are on your path right now. Gratitude fills your heart with the joyful feeling and allows you to fully appreciate everything that arises on your path. As you strive to keep your focus on the present moment, you can



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