

美丽 | 英文

生命中最美的瞬间

The most Beautiful Moment in Life

久违的心灵经典

至纯的生命回音

人生由一个又一个不同的瞬间组成——或悲、或喜、或苦、或涩，点滴地汇成岁月的长河，承载着不同的生命。本书真诚地采撷和收集了一个个稍纵即逝的瞬间，它将带给你心灵的顿悟，激发你灵感的火花，让你感受到它震撼性的征服力量，使你在落魄的时候能够奋起，在无助的时候看到希望。

Beautiful English

🌻 英汉典藏版 🌻

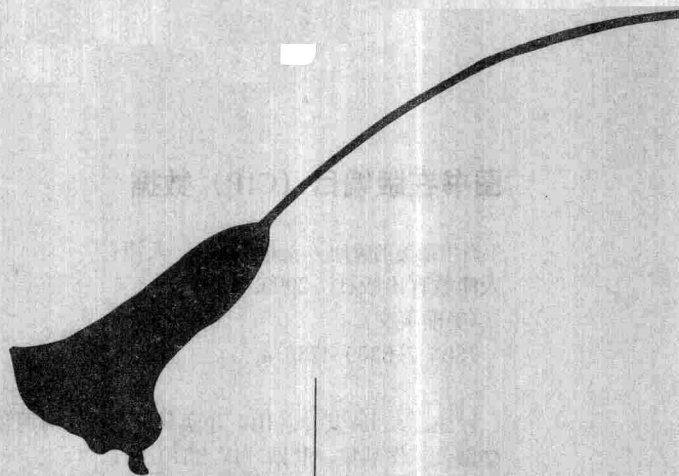
本书适用对象：高中生、大学生及对知识仍抱有热望的人们

艾柯 编译



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The Most Beautiful Moment in Life

不论你处在什么地方，也不论你是什么人，不管是在此时此刻，还是在我们生命中的任何一个瞬间，有一件事对你我来说是恰巧相同的：我们不是在休息，我们是在一次旅途中。我们的生活是一种运动，一种趋势，是向一个看不见的目标稳定而不停地前进。每一天，我们都会赢得某些东西，或者会失去某些东西……

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I've Learned...

我懂了……



I've learned... That the best classroom in the world is at the feet of an elderly person.

I've learned... That when you're in love, it shows.

I've learned... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned... That being kind is more important than being right.

I've learned... That you should never say no to a gift from a child.

I've learned... That I can always pray for someone when I don't have the strength to help him in some other way.

I've learned... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

我懂了…… 世界上最好的课堂在老人的脚下。

我懂了…… 当你坠入爱河时，就会表露无遗。

我懂了…… 让一个孩子在你的臂弯入睡，你会体会到世间最安宁的感觉。

我懂了…… 善良比真理更重要。

我懂了…… 永远不要拒绝孩子送给你的礼物。

我懂了…… 当无力给予他人帮助时，将永远为他祈祷。

我懂了…… 不论生活要求你要多严肃，每个人都需要一个能够一起嬉戏的朋友。

I've learned... That sometimes all a person needs is a hand to hold and
a heart to understand.

I've learned... That money doesn't buy class.

I've learned... That it's those small daily happenings that make life so
spectacular.

I've learned... That under everyone's hard shell is someone who wants
to be appreciated and loved.

I've learned... That the Lord didn't do it all in one day. What makes me
think I can?

I've learned... That when you plan to get even with someone, you are
only letting that person continue to hurt you.

I've learned... That love, not time, heals all wounds.

I've learned... That the easiest way for me to grow as a person is to
surround myself with people smarter than I am.

I've learned... That everyone you meet deserves to be greeted with a
smile.

I've learned... That there's nothing sweeter than sleeping with your
babies and feeling their breath on your cheeks.

I've learned... That no one is perfect until you fall in love with them.

I've learned... That life is tough, but I'm tougher.

I've learned... That when your harbor bitterness, happiness will dock
elsewhere.

I've learned... That I wish I could have told my Dad that I love him one
more time before he passed away.

I've learned... That a smile is an inexpensive way to improve your looks.

I've learned... That I can't choose how I feel, but I can choose what I do
about it.

I've learned... That everyone wants to live on top of the mountain, but
all the happiness and growth occurs while you're climb-
ing it.

I've learned...That it is best to give advice in only two circumstances;
when it is requested and when it is a life threatening
situation.

我懂了…… 有时候，一个人想要的只是一只可握的手和一颗感知的心。

我懂了…… 金钱买不到风度。

我懂了…… 每天的小小惊奇，让我们的生活如此多姿。

我懂了…… 人人都渴求欣赏和关爱。

我懂了…… 上帝并非一天完成所有的事，我又怎么可能呢？

我懂了…… 如果你想报复某人，只会继续受到此人对你的伤害。

我懂了…… 治愈一切创伤的并非时间，而是爱。

我懂了…… 促进自身成长的最简单方法是与比自己更优秀的人为伴。

我懂了…… 每一个与你相遇的人都值得你笑脸相迎。

我懂了…… 没有比与你的宝宝一起入睡并感受他们对着你的脸颊呼吸更甜美的事。

我懂了…… 只有深爱一个人时才会认为他是完美的。

我懂了…… 生活是艰苦的，但我应更坚强。

我懂了…… 当你内心痛苦时，幸福就可能停靠在别的港湾。

我懂了…… 我本应在父亲去世前再对他说一次我爱他。

我懂了…… 微笑是改善容貌的一种并不昂贵的方式。

我懂了…… 我无法选择我的感觉，但可以选择做事方法。

我懂了…… 每个人都想高踞山顶，但所有的幸福和成长都发生在爬山的过程中。

我懂了…… 最好只在两种情况下给人以忠告：别人要求时和性命攸关时。

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A Peculiar Yet Familiar Feeling

一种特别又熟悉的感觉

I watched this mysterious woman and marveled
at the love she gave to each tiny seed.

It was as though the love that she had longed for,

and never experienced, poured out of her heart,

and into the seed and soil.

我注视着这个神秘的女人，

感叹她将如此的浓情爱意播撒给每粒微小的种子。

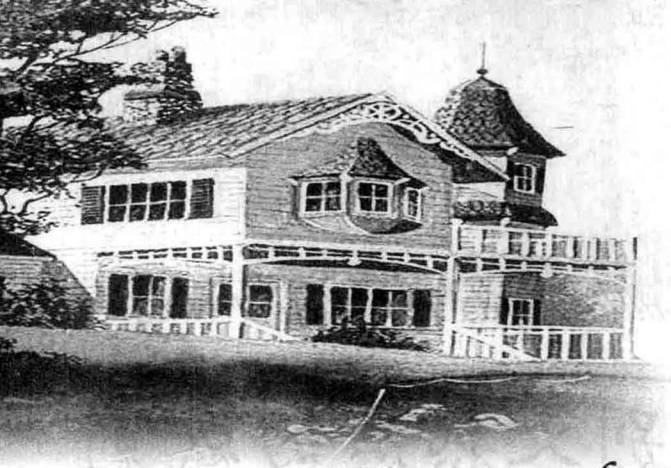
她仿佛将自己曾渴求却未能体会的爱从心底释放出来，

倾注给种子和土壤。

第

一

卷



与父亲共

舞

A Dance with Dad

I am dancing with my father at my parents' 50th-wedding-anniversary celebration. The band is playing an old-fashioned waltz as we move gracefully across the floor. His hand on my waist is as guiding as it always was, and he hums^① the tune to himself in a steady, youthful way. Around and around we go, laughing and nodding to the other dancers.

We are the best dancers on the floor, they tell us. My father squeezes^② my hand and smiles at me. All the years that I refused to dance with him melt away now. And those early times come back.

I remember when I was almost three and my father came home from work, swooped^③ me into his arms and began to dance me around the table. My mother laughed at us, told us dinner would get cold. But my father said, "She's just caught the rhythm of the dance! Our dinner can wait." Then he sang out, "Roll out the barrel, let's have a barrel of fun," and I sang back, "Let's get those blues on the run."

We danced through the years. One night when I was 15, lost in some painful, adolescent mood. My father put on a stack of records and teased me to dance with him. "C'mon," he said, "let's get those blues on the run."

When I turned away from him, my father put his hand on my shoulder, and I jumped out of the chair screaming, "Don't touch me! I am sick and tired

of dancing with you!" I saw the hurt on his face, but words were out and I could not call them back. I ran to my room sobbing hysterically^④.

We did not dance together after that night. I found other partners, and my father waited up for me after dances, sitting in his favorite chair. Sometimes he would be asleep when I came in, and I would wake him, saying, "If you were so tired, you should have gone to bed."

在父母金婚纪念庆典上，伴着古老的华尔兹旋律，我与父亲在舞池中优雅地翩翩起舞。他从容地哼着轻快的乐曲，依旧把手放在我的腰际，引领着舞步。我们旋转着四处滑动，不停地笑着对其他舞者点头致意。

大家公认，我和父亲是舞场中跳得最好的一对。父亲紧抓着我的手，冲我微笑。多年来，我拒绝和他跳舞，这种隔膜直到现在才消失殆尽，最初的美好时光重返回来。

记得在我大约3岁时，父亲下班回家总要猛地将我抱进怀里，然后开始围着餐桌跳舞。妈妈就会笑着说，晚饭都要凉了。可父亲说：“她刚刚跟上节奏，过一会儿吃。”然后便唱起来，“把桶滚出来，让我们拥有一个快乐的桶。”我也回唱着，“让我们滚走忧伤。”

很多年过去了，我们就这样跳着，直到15岁的一个晚上，我沉浸在青春期莫名的悲伤中，父亲拿出一摞唱片，揶揄着让我跟他跳舞，“来吧，”他说，“让我们滚走忧伤。”

我转过身去，父亲将手放到我的肩上，我腾地从椅子上跳起来，朝他尖叫道：“不准碰我，我不想和你跳舞！”我看见他脸上流露出受伤的神情，但话已出口，无法收回。我跑回卧室，大哭起来。

从那以后，我们再也没一起跳舞。我有了其他的舞伴，而父亲总是坐在他最喜欢的椅子上等我跳完回来。有时候，我回来时他已经睡着了，我叫醒他说，“你要是太累，就应该上床去睡。”

