

【英语广场】
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《英语广场》编辑部 / 编
Meditations on Life

感悟人生



华中理工大学出版社
HUAZHONG UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

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人生



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Contents

目录 Contents

Unit 1	I Try to Remember	
	处世良言记在心	1
Unit 2	You Can't Win an Argument	
	辩论无赢家	6
Unit 3	To the Virgins, to Make Much of Time	
	致妙龄少女,莫误青春	11
Unit 4	I Have Learned ...	
	生活断想	14
Unit 5	Life! I Know Not What Thou Art	
	生命啊! 我不知道你是什么	18
Unit 6	Four Words That Changed a Life	
	四个字改变一生	20
Unit 7	Read My Lips	
	听我一言多读书	25
Unit 8	The Secret of Happiness	
	幸福的秘诀	29
Unit 9	So Much to Learn	
	学无止境	32
Unit 10	A Man Is Taller Than a Mountain	
	人比山更高	35

Contents

Unit 11	A Shooting Star	
	流星	36
Unit 12	How to Talk to Your Parents	
	怎样与老爸老妈讲话	37
Unit 13	How to Get Straight A's	
	怎么得全优	40
Unit 14	You Can Beat Depression	
	战胜抑郁你能行	46
Unit 15	Honor Your Spirit	
	尊重你的灵魂	51
Unit 16	Adulthood Ceremony	
	成人仪式	57
Unit 17	Feeding Your Spirit	
	保持良好的心态	62
Unit 18	How to Talk to Anyone, Anytime, Anywhere	
	成功交谈的六大法宝	66
Unit 19	Hani	
	汉尼姑娘	75
Unit 20	Ten Ways to Feel Good About Yourself	
	教你十招开心术	80
Unit 21	Weep You No More, Sad Fountains	
	悲伤的泉,你不要哭泣	84
Unit 22	Of Studies	
	论读书	86
Unit 23	A Simple Truth About Happiness	
	幸福其实很简单	89

Contents

Unit 24	How to Live Beautiful 怎样生活更美好	96
Unit 25	Solace 安慰	101
Unit 26	The Secret Heart 暗中的心	103
Unit 27	Mending Wall 补篱笆	105
Unit 28	Success Is Counted Sweetest 成功的滋味最甜蜜	108
Unit 29	Autobiography in Five Short Chapters 人生五章	110
Unit 30	My Heart Leaps Up 我的心怦然跳动	113
Unit 31	Never Forget Little Things 勿忘小事	115
Unit 32	She Dwelt Among the Untrodden Ways 她栖居在人迹罕至的小道边	117
Unit 33	Life 生命	119
Unit 34	I'm Nobody 我是小人物	121



Unit 1

I Try to Remember

处世良言记在心

周贻 马萧 译

1. Everybody Doesn't Have to Love Me

Not everybody has to love me or even like me. I don't necessarily like everybody I know, so why should everybody else like me? I enjoy being liked and being loved, but if somebody doesn't like me, I will still be okay and still feel like I am an okay person. I cannot make somebody like me, anymore than somebody can get me to like them. I don't need approval all the time. If someone does not approve of me, I will still be okay.

2. It Is Okay to Make Mistakes

Making mistakes is something we all do, and I am still a fine and worthwhile person when I make them. There is no reason for me to get upset when I make a mistake. I am trying, and if I make a mistake, I am going to continue trying. I can handle making a mistake. It is okay for others to make mistakes, too. I will accept mistakes in myself and also mistakes that others make.

感悟人生

GANWURENSHENG

3. Other People Are Okay and I Am Okay

People who do things I don't like are not necessarily bad people. They should not necessarily be punished just because I don't like what they do or did. There is no reason why other people should be the way I want them to be, and there is no reason why I should be the way somebody else wants me to be.

People will be whatever they want to be, and I will be whatever I want to be. I cannot control other people or change them. They are who they are; we all deserve basic respect.

4. I Don't Have to Control Things

I will survive¹ if things are different than what I want them to be. I can accept things the way they are, accept people the way they are, and accept myself the way I am. There is no reason to get upset if I can't change things to fit my idea of how they ought to be. There is no reason why I should have to like everything. Even if I don't like it, I can live with it.

5. I Am Responsible for My Day

I am responsible for how I feel and what I do. Nobody can make me feel anything. If I have a rotten day, I am the one who allowed it to be that way. If I have a great day, I am the one who deserves credit for being positive. It is not the responsibility of other people to change so that I can feel better. I am the one who is in charge of my life.

6. I Can Handle It When Things Go Wrong

I don't need to watch out for things to go wrong. Things usually go just fine, and when they don't, I can handle it. I don't have to waste my energy worrying. The sky won't fall in; things will be okay.

7. It Is Important to Try

I can. Even though I may be faced with difficult tasks, it is better to try than to avoid them. Avoiding a task does not give me any opportunities for success or

1. survive [sə'vaɪv] v. 幸存



joy, but trying does. Things worth having are worth the effort. I might not be able to do everything, but I can do something.

8. I Am Capable

I don't need someone else to take care of my problems. I am capable. I can take care of myself. I can make decisions for myself. I can think for myself. I don't have to depend on somebody else to take care of me.

9. I Can Change

I don't have to be a certain way because of what has happened in the past. Every day is a new day. It's silly to think I can't help being the way I am. Of course I can. I can change.

10. Other People Are Capable

I can't solve other people's problems for them. I don't have to take on other people's problems as if they were my own. I don't need to change other people or fix up their lives. They are capable and can take care of themselves, and can solve their own problems. I can care and be of some help, but I can't do everything for them.

11. I Can Be Flexible²

There is more than one way to do something. More than one person has had good ideas that will work. There is no one and only "best" way. Everybody has ideas that are worthwhile. Some may make more sense to me than others, but everyone's ideas are worthwhile, and everyone has something worthwhile to contribute³.

1. 并非人人都得爱我

不必每个人都得爱我,哪怕是喜欢我。我不见得喜欢每一个认识的人,因此为什么每个人都要喜欢我呢?虽然我也很乐意被人喜欢或被人爱,但是如果有人不

2. flexible ['fleksəbl] *adj.* 灵活的

3. contribute [kən'tribju(:)t] *n.* 贡献

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GANWURENSHENG

喜欢我,我也不会介意,仍然会自我感觉良好。我无法强求别人喜欢我,就像别人也无法逼我去喜欢他们一样。我并不总是需要别人的认可。如果有人不满意我,我也照样过得很好。

2. 犯错不要紧

我们都会犯错。即使犯了错,我也还是个优秀的、有价值的人。犯了错,我也没有理由难过。我一直都在努力,而且如果犯了错,我也会继续努力下去的。对于犯错的事情,我能处理。别人犯了错也不要紧。我既然能接受自己的错误,也能接受别人的错误。

3. 别人很好,我也不错

那些做事不讨我喜欢的人,并不一定就是坏人。不能仅仅因为他们做了我不喜欢的事,他们就得受罚。没有理由让他们投我所好,也没有理让我投他们所好。他们有他们的追求,我也有我的理想。我并不能控制或改变其他人。他们就是他们,我就是我——我们都应得到基本的尊重。

4. 不必什么都管

如果事情和我所想的不一樣,我也一样生活。事情该怎么样就怎么样,别人的生活方式、自己的生活方式我都能接受。如果无法照我的想法改变事物,也没有理由难过。我也不需要喜欢每样东西。即便不喜欢,我也能与其共处。

5. 我对自己的每一天负责

我怎么想、怎么做,那是我自己的事。任何人都无法影响我的感觉。如果哪一天过得很糟,那是我愿意;如果哪一天过得很爽,那个积极向上的我就应受到嘉奖。这些改变并不受其他人影响,这样我感觉会更好。我是那个掌握自己命运的人。

6. 出了问题我能扛

不能因为害怕出问题就谨小慎微。通常,一切都会好起来的,而出了问题我也能处理好。没必要杞人忧天。天不会塌下来,一切都会好起来的。

7. 重在尝试

我能行。虽然我可能会面临诸多难题,但与其回避,不如奋力一搏。回避并不能给我成功的机会,也不会令我快乐,而拼搏却可以。只要物有所值,就值得一搏。我也许不能做所有的事情,但我确实能做一些事情。



8. 我能行

我不需要别人来处理我的问题,我自己能行。我能照顾好自己,能自己拿主意,能独立思考。我不需要靠别人来照顾我。

9. 我能换个活法

不能因为过去发生了什么事,我就得拘泥于某种活法。太阳每天都是新的。如果说我非得这样活,那就太可笑了。我能变。我能换个活法。

10. 别人也行

我无法替别人解决问题。我没有必要将别人的问题当成自己的问题来处理。我不需要改变别人或是决定他们的生活。他们能行,他们能料理好自己,也能解决他们自己的问题。我可以关心和帮助他们,但是我不能为他们包办一切。

11. 我懂得变通

做事情的方法不止一种。有好办法的人也不止一个。没有哪一种方法是绝对最好的。每个人都可以有好点子。有些办法可能更吸引我,但是每个人的方法都是有价值的。每个人都可以想出一些好点子。



Unit 2

You Can't Win an Argument

辩论无赢家

Dale Carnegie

李海宁 译

1. feat [fi:t] *n.* 技艺, 功绩, 壮举
2. sensation [sen'seiʃən] *n.* 知觉; 轰动
3. award [ə'wɔ:d] *v.* 授予, 判给
4. knight [naɪt] *v.* 授以爵位
5. the Union Jack 英国国旗
6. banquet ['bæŋkwɪt] *n.* 宴会



Shortly after the close of World War I, I learned an invaluable lesson one night in London. I was manager at the time for Sir Ross Smith. During the war, Sir Ross had been the No. 1 Australian pilot out in Palestine; and shortly after peace was declared, he surprised the world by flying halfway around it in thirty days. No such feat¹ had ever been attempted before. It created a great sensation². The Australian government awarded³ him fifty thousand dollars; the King of England knighted⁴ him; and, for a while, he was the most talked-about man under the Union Jack⁵. I was attending a banquet⁶ one night given in Sir Ross's honor; and during the dinner, the man sitting next to me told a



humorous story which hinged on⁷ the quotation⁸, “There’s a divinity⁹ that shapes our ends, rough-hews¹⁰ them how we will.”

The raconteur¹¹ mentioned that the quotation was from the Bible. He was wrong. I knew that. I knew it certainly. There couldn’t be the slightest doubt about it. And so, to get a feeling of importance and display¹² my advantage, I appointed¹³ myself as an unwelcome committee¹⁴ of one to correct him. He stuck to his guns¹⁵. What? From Shakespeare? Impossible! Absurd¹⁶! That quotation was from the Bible. And he knew it.

The storyteller was sitting on my right; and Frank Gammond, an old friend of mine, was seated at my left. Mr. Gammond had devoted¹⁷ years to the study of Shakespeare. So the storyteller and I agreed to ask the question to Mr. Gammond. Mr. Gammond listened, kicked me under the table, and then said: “Dale, you are wrong. The gentleman is right. It is from the Bible.”

On our way home that night, I said to Mr. Gammond: “Frank, you knew that quotation was from Shakespeare.” “Yes, of course,” he replied, “*Hamlet, Act Five, Scene Two*. But we were guests at a happy time, my dear Dale. Why prove to a man he is wrong? Is that going to make him like you? Why not let him save his face? He didn’t ask for your advice. He didn’t want it. Why argue with him? Always avoid¹⁸ your sharp angle¹⁹.” The man who said that

7. hinge on 靠……转动, 以……为转移
8. quotation [kwəʊ'teɪʃən] *n.* 引语, 价格
9. divinity [drɪ'vɪnɪtɪ] *n.* 神学, 神性
10. rough-hew [ɪɹʌf'hju:] *v.* 粗凿
11. raconteur [ræ'kɒn'tɜ:] *n.* 健谈者, 善谈者
12. display [dɪs'pleɪ] *v.* 陈列, 展览, 显示
13. appoint [ə'pɔɪnt] *v.* 约定, 指定
14. committee [kə'mɪtɪ] *n.* 委员会
15. stick to one's guns 固执己见
16. absurd [əb'sɜ:d] *adj.* 荒谬的, 可笑的
17. devote [drɪ'vəʊt] *v.* 投入于, 献身
18. avoid [ə'vɔɪd] *v.* 避免, 消除
19. angle ['æŋɡl] *n.* 角



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20. embarrass [ɪm'bærəs] *v.* 使困窘, 使局促不安
21. argumentative [ˌɑːɡjʊ'mentətɪv] *adj.* 好辩的, 争论的
22. sorely ['sɔːli] *adv.* 强烈地, 疼痛地
23. the Milky Way 银河
24. logic ['lɒdʒɪk] *n.* 逻辑, 逻辑学
25. contest ['kɒntest] *n.* 争论, 竞赛
26. Missouri 密苏里州(美国州名)
27. debate [dɪ'beɪt] *v.* 争论, 辩论
28. ashamed [ə'ʃeɪmd] *adj.* 惭愧的, 羞耻的
29. rattlesnake ['rætl̩sneɪk] *n.* (美)响尾蛇
30. contestant [kən'testənt] *n.* 竞争者, 争论者
31. convince [kən'vɪns] *v.* 使确信, 使信服
32. absolutely ['æbsəluːtli] *adv.* 完全地, 绝对地
33. triumph ['traɪəmf] *v.* 获得胜利



taught me a lesson I'll never forget. I not only had made the storyteller uncomfortable, but had put my friend in an embarrassing²⁰ situation. How much better it would have been had I not become argumentative²¹.

It was a sorely²² needed lesson because I had been a hard arguer. During my youth, I had argued with my brother about everything under the Milky Way²³. When I went to college, I studied logic²⁴ and argumentation and went in for arguing contests²⁵. Talk about being from Missouri²⁶, I was born there. I had to be shown. Later, I taught debating²⁷ and argumentation in New York; and once, I am ashamed²⁸ to admit, I planned to write a book on the subject. Since then, I have listened to, engaged in and watched the effect of thousands of arguments. As a result of all this, I have come to the conclusion that there is only one way under high heaven to get the best of an argument — and that is to avoid it. Avoid it as you would avoid rattlesnakes²⁹ and earthquakes.

Nine times out of ten, an argument ends with each of the contestants³⁰ more firmly convinced³¹ than ever that he is absolutely³² right.

You can't win an argument. You can't because if you lose it, you lose it; and if you win it, you lose it. Why? Well, suppose you triumph³³ over the other man and shoot his argument full



of holes and prove that he is non compos mentis³⁴. Then what? You will feel fine. But what about him? You have made him feel inferior³⁵. You have hurt his pride. He will resent³⁶ your triumph.

34. compos mentis
['kɒmpəs'mentɪs] *adj.* 心神健全的
35. inferior [ɪn'fɪəriə] *adj.* 下等的, 下级的, 差的
36. resent [rɪ'zent] *v.* 愤恨, 怨恨



第一次世界大战结束后不久,一天晚上,我在伦敦学到了极有价值的一课。那时,我是罗斯·史密斯爵士的经纪人。战时,罗斯爵士是澳大利亚派往巴勒斯坦的头号飞行勇士。宣布停战后不久,他以30天的时间飞行了半个地球,因而震惊了全世界。以前从未有人进行这种壮举。这产生了极大的轰动。澳大利亚政府奖给他5万美元,英国国王封他为爵士。一时间,只要有英国国旗飘扬的地方,人们谈得最多的就是他。一天晚上,我出席了一个以罗斯爵士名义召开的宴会。席间坐在我旁边的一位客人讲了一个有趣的故事,故事的关键在于一句名言:“是神性形成了我们的目标,并按照我们的意愿将目标斧凿成形。”

那个滔滔不绝的人说这句名言出自《圣经》。他错了。我知道他错了。我敢肯定他错了。这毫无疑问。因此,为了表明自己不同凡响,并显示我的优势,我使自己成了个令人讨厌的学术委员会里的学究来纠正他的错误。他却固执己见。什么?这句名言出自莎士比亚?不可能!荒谬透顶!这句名言出自《圣经》。他应该知道。

那位讲故事的人坐在我的右边,而我的左边坐的是我的一位老朋友,弗兰克·盖蒙德。盖蒙德先生多年致力于莎士比亚的研究。因此,讲故事的人和我都同意,把这个争论交给盖蒙德先生裁决。盖蒙德先生听罢,在桌下踢了我一脚,然后发话了:“戴尔,你错了。这位绅士是对的。是出自《圣经》。”

那天晚上在回家的路上,我对盖蒙德先生说:“弗兰克,你明明知道那句名言出自莎士比亚。”“是的,当然,”他回答说,“出自《哈姆雷特》,第五幕,第二场。但是我亲爱的戴尔,我们只是在一个喜庆的场合做客。为什么要证明一个人是错的呢?这会使他喜欢你吗?为什么不给他留点面子呢?他并没有征求你的意见。他不需

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GANWURENSHENG

要这个。为什么要和他争论呢？永远不要锋芒毕露。”说这话的人给我上了一堂我永远不会忘记的课。我不但使讲故事的人不舒服，也使我的朋友陷入了尴尬的境地。如果我不是那么好争辩，那该多好啊！

这一教训对于我尤为必要，因为我是一个顽固的喜欢争论的人。我小的时候，无论天下万物，我都要跟我哥哥争个究竟。在大学里，我学的是逻辑与论证，并投身于辩论比赛。说到来自密苏里州，我就生在那儿，我必须表现自己。后来我就在纽约教辩论和论证课；曾经，我羞愧地承认，我甚至想就此写一部专著出来。从那时起，我已聆听过、观摩过，并且亲身参与过数千场辩论。最终我得到的结论是，在苍天之下，要想从辩论中最大限度地获益，方法只有一个——那就是避免争论。要像避开响尾蛇和地震一样避免争辩。

十之八九，争论都使得争辩双方比以前任何时候都更加确信自己是绝对正确的。

你不能赢得争论。你赢不了，因为如果你辩输了，你就输了；如果你赢了，你照样输。为什么？试想你比他人略胜一筹，把他的论点驳得千疮百孔，把他说成神经不正常的人。那又能怎么样？你是感觉良好，但他会怎么想呢？你使他觉得低人一等。你伤害了他的自尊心。你是辩赢了，他却会憎恨你。