

英语 | 回音壁

选择你 想得到的

王正元 马瑞香 / 丛书主编
颜晓川 王 颖 张金玲 / 编译

LISTEN TO YOUR HEART'S DECISION

选择是人生无法抛弃的伴侣，选择意味着收获和代价，
什么样的选择决定什么样的人生。

Today I can complain because the weather is rainy or I can be
thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finance encourage me to
plan my purchases wisely and guide me away from waste.

Today I can cry because roses have thorns or I can celebrate that thorns have roses...

有声读物

Audio Books

英汉双语对照



大连理工大学出版社

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主编寄语

人生有许多选择
选择幸福,选择快乐,选择财富
人在选择中生存
选择不只是物质
选择是种心情,选择是种情趣
选择是无法抛弃的伴侣
如果每时每刻都在望着你,期待着你的选择
选择也是种情愿
选择需要你的果断
呵,选择意味着付出代价和收获
选择是成功与失败的起点
选择的结果应该是追求、奋斗、美好的继续





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选择^{丰富}人生

Part 1

Choices Enrich Life



You Have a Choice

由你选择

I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfill today. I am important.

My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finance encourage me to plan my purchases wisely and guide me away from waste.

Today I can *grumble*¹ about my health or I can *rejoice*² that I am alive.

Today I can *lament*³ over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or I can celebrate that thorns have roses.

Today I can *mourn*⁴ my lack of friends or I can excitedly *embark*⁵ upon a quest to discover new relationships.

Today I can *whine*⁶ because I have to go to work or I can shout for joy because I have a job to do.

Today I can *murmur*⁷ *dejectedly*⁸ because I have to do housework or I can feel honored because the Lord has provided shelter for my mind, body and soul.

Today *stretches*⁹ ahead of me, waiting to be shaped. And here I am, the *sculptor*¹⁰ who gets to do the shaping.





What today will be like is up to me. I get to choose what kind of day I will have.

今日清晨,我早早醒来,想到午夜钟声敲响前将做的一切,激动不已。我有责任让今日过得充实,我很重要。

我的工作就是选择,选择将如何度过每一日。

今日阴雨连绵,我可以怨天尤人,我也可以大感快慰,因为草地得以免费浇灌。

今日囊中羞涩,我可以郁闷难过,我也可以高兴快活,因为这使我得以理性消费,从而远离浪费。

今日健康不佳,我可以牢骚满腹,我也可以欢呼雀跃,因为我依然活在世上。

今日想起成长岁月中父母给予太少,我可以悲叹不已,我也可以感激万分,因为他们赋予了我生命。

今日因玫瑰茎上有刺,我可以呜咽哭泣,我也可以欢心庆贺,因为有刺的茎上也有玫瑰花。

今日因缺少朋友,我可以哀伤悲痛,我也可以兴奋不已,因为我能去发掘新的感情关系。

今日不得不工作,我可以哭诉抱怨,我也可以高声欢呼,因为我起码还有工作可做。

今日不得不做家务,我可以唉声叹气,我也可以倍感荣幸,因为上帝赐予我这个避风港湾,让我休憩身体,慰藉心灵。

今日在我面前展开,等我去塑造。而我正是它的雕刻师,来赋予它某种形状。

今日如何,由我定夺。今日如何度过,由我来选择!



注释

1. grumble ['grʌmbl] *vi.* 抱怨, 发牢骚, 咕哝, 嘟囔
2. rejoice [ri'dʒɔɪs] *v.* 感到高兴, 充满喜悦
3. lament [lə'ment] *v.* 哀悼, 悔恨, 悲叹
4. mourn [mɔːn] *v.* 哀悼, 忧伤, 悲伤
5. embark [im'bɑ:k] *v.* 着手, 从事
6. whine [(h)wain] *vi.* 报怨, 哀诉, 发牢骚
7. murmur ['mɜ:mə] *v.* 发低沉连续的声音, 发怨言, 低声说, 低语
8. dejectedly [di'dʒektɪdli] *adv.* 沮丧地, 气馁地
9. stretch [stretʃ] *v.* 伸展, 伸长
10. sculptor ['skʌlptə(r)] *n.* 雕刻家

译者感言

凡事都有两面性, 从一个角度看阴暗, 从另一个角度看是光明。我们不一定能改变周遭的环境, 但我们却可以决定看待事物的角度和心情, 我们可以有不同的选择, 高兴或烦恼, 全在一念之间。选择了什么样的心情, 就选择了什么样的人生。开心也是一天, 沮丧也是一天, 其实如何过好每一天是再简单不过的选择题。如果我们能够选择, 每天都活在开心的世界里, 忘掉生活的烦恼, 这样的日子难道不正是每个人朝思暮想的吗? 今日, 由你来选择, 今日, 由你定夺!



Happiness is a Choice

快乐是一种选择

Adair Lara

阿戴尔·拉腊

Every day, it seems, we're flooded with pop-psych advice about happiness. The *relentless*¹ message is that there's something we're supposed to do to be happy — make the right choices, or have the right set of beliefs about ourselves. Our Founding Fathers even wrote the pursuit of happiness into *The Declaration of Independence*.

Coupled with this is the notion that happiness is a permanent condition. If we're not joyful all the time, we conclude there's a problem.

Yet what most people experience is not a permanent state of happiness. It is something more ordinary, a mixture of what essayist Hugh Prather once called “unsolved problems, *ambiguous*² victories and *vague*³ defeats — with few moments of clear peace.”

每天,关于如何快乐的各种建议犹如洪水,连绵不绝。这些毫无感情的建议无非是说,我们为了快乐应有所作为——正确地选择或者建立正确的自我观念。我们的开国国父甚至将追求快乐写入《独立宣言》。

与此相对应的理念便是“快乐是长久的状态”。如果我们从来都没有快乐过,那么我们的生活一定出了问题。

然而大多数人不曾体验过永久的快乐。取而代之的是一种更为平常的,就像散文家休·普拉瑟所谓的混合情感:“没有解决的问题,模糊不清的成败,以及内心转瞬即逝的平和。”

Maybe you wouldn't say yesterday was a happy day, because you had a misunderstanding with your boss. But weren't there moments of happiness, moments of clear peace? Now that you think about it, wasn't there a letter from an old friend, or a stranger who asked where you got such a great haircut? You remember having a bad day, yet those good moments occurred.

Happiness is like a visitor, a genial, *exotic*⁴ Aunt Tilly who turns up when you least expect her, orders an extravagant round of drinks and then disappears, trailing a lingering scent of gardenias. You can't command her appearance; you can only appreciate her when she does show up. And you can't force happiness to happen — but you can make sure you are aware of it when it does.

While you're walking home with a head full of problems, try to notice the sun set the windows of the city on fire. Listen to the shouts of kids playing basketball in the fading light, and feel your spirits rise, just from having paid attention.

Happiness is an attitude, not a condition. It's cleaning the *Venetian blinds*⁵ while listening to an *aria*⁶, or spending a pleasant hour organizing your closet. Happiness is your family assembled at dinner. It's in the present, not in the distant promise of a “someday when...” How much luckier we are — and how much more happiness we experience — if we can fall in love with the life we're living.

Happiness is a choice. Reach out for it at the moment it appears, like a balloon drifting seaward in a bright blue sky.

注释

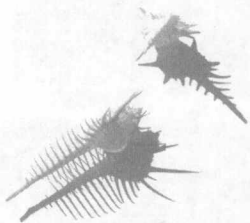


1. relentless [ri'lentlis] *adj.* 无情的
2. ambiguous [æm'bigjuəs] *adj.* 暧昧的, 意思含糊的
3. vague [veig] *adj.* 模糊的, 不清楚的, 暧昧的
4. exotic [ig'zotik] *adj.* 外来的, 奇异的
5. Venetian blind *n.* 软百叶窗
6. aria ['ɑ:riə] *n.* 独唱曲, 咏叹调





因为和老板有所误会,你也许会说自己昨天很不快乐。但真的没有快乐的时刻吗?没有那内心平和的瞬间吗?现在好好想想,是否收到故友的信?是否有位陌生人对你漂亮的发型大加赞赏,向你打听在哪儿做的?你记得的是那不愉快的一天,然而那些美好时刻也在同时闪现。



快乐似访客,如来自他乡、和蔼亲切的迪莉大婶,总在你最不期冀间来访,畅饮一巡佳酿,然后消失无踪,徒留挥之不去的梔子花香。你无法使其召之即来,只能在它惊鸿一现时,尽情体会。快乐无法强求,但一旦降临,你要确信自己有所体察。

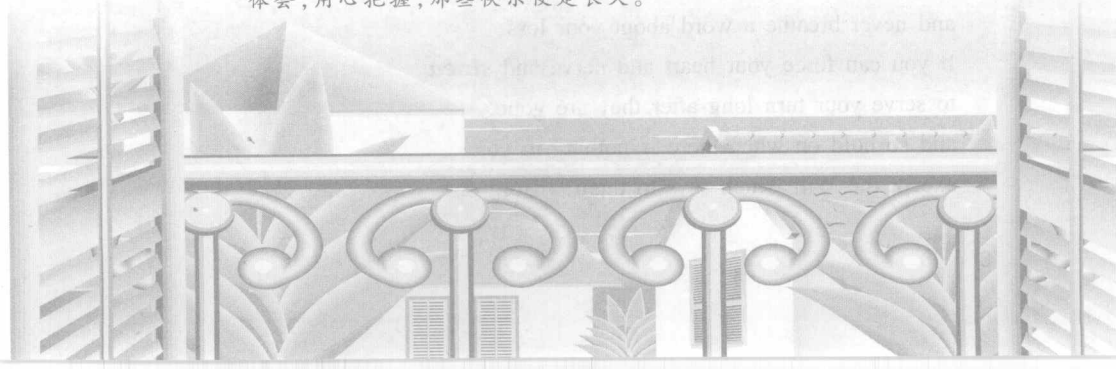
当你满腹心事,徒步归家时,试着去看看落日照射在玻璃窗上,映出火一般燃烧的城市。听听余晖渐尽中孩子们打篮球时的喊叫,你会觉得自己情绪高涨,而这只因为你转移了注意力。

快乐是种态度、而不是某种状态。这种态度在于你清洗百叶窗时听着咏叹调,或收拾衣柜时依然兴致勃勃。快乐是一家人围坐桌旁共进晚餐。快乐就在眼前,而不是在某个遥远的承诺:“等我们有时间……”只要我们深爱正在经历的人生,便会拥有更多的幸运,也会体验更多的快乐。

快乐是一种选择。快乐像一只气球,在明媚的蓝天下向着大海飘去,当快乐来临,你要伸出手去,将它留在心中。

译者感言

有人说:人生的意义是发扬生命,快乐就是发扬生命的最好选择。人生有长有短,有悲欢离合,有成功失败,有人在顺境中却多不如意,有人却在逆境中找寻快乐和生命的意义,后者为智者,多了一双发现快乐的眼和敏捷睿智的心灵。快乐可遇不可求,当你偶遇快乐,用心体会,用心把握,那些快乐便是长久。



If 假如

Rudyard Kipling

拉迪亚德·吉卜林

If you can keep your head when all about you
are losing theirs and blaming it on you;

If you can trust yourself when all men doubt you,

but make allowance for their doubting too;

If you can wait and not be tired by waiting,

or being lied about, don't deal in lies,

or being hated don't give way to hating,

and yet don't look too good, nor talk too wise;

If you can dream—and not make dreams your master;

If you can think—and not make thought your aim,

if you can meet with Triumph and Disaster

and treat those two *imposers*¹ just the same;

If you can bear to hear the truth you've spoken,

twisted by knaves to make a trap for fools,

or watch the things you gave your life to, broken,

and *stoop*² and build them up with *worn-out*³ tools;

If you can make one heap of all your winnings

and risk it on one turn of *pitch-and-toss*⁴,

and lose, and start again at your beginnings,

and never breathe a word about your loss;

If you can force your heart and nerve and *sinew*⁵

to serve your turn long after they are gone,

and so hold on when there is nothing in you

except the Will which says to them: "Hold on!"



假如当你身边的人都失去理智并为此责怪你；
你仍保持头脑清醒；
假如当所有人都怀疑你的时候你依然能相信自己，
但是也宽容他们的怀疑；
假如你能等待并且不会厌烦等待，
为人所骗，却不因此骗人，
为人所恨，却不因此抱恨，
你看上去不过分张扬，说话也不显得过分聪明。

假如你能梦想——而不要让梦想成为你的主宰；
假如你能思考——而不要让思想成为你的目标，
假如你能平静面对成功和灾难
而且能将二者等同对待；
假如你能忍受你所说过的真相
被无赖所歪曲给傻瓜做陷阱，
或者能看着你可以为之献出生命的东西被破坏
仍能俯身用残破的工具将其修补。

假如你能将所得堆积在一起
而且将它孤注一掷，
失败，而又重新开始，
并且只字不提你的损失；
假如在精疲力尽之时
你依然能坚决顶住，
当你一无所有仅余躯壳的时候
惟有意志在高喊：“坚持住！”



If you can talk with crowds and keep your virtue,
or walk with Kings—nor lose the common touch,
if neither foes nor loving friends can hurt you,
if all men count with you, but none too much;
If you can fill the *unforgiving*⁶ minute
with sixty seconds worth of distance run,
yours is the Earth and everything that's in it,
and—which is more—you'll be a Man, my son!

假如你能和村夫交谈而不失谦恭之态，
与王侯散步不露谄媚之言；
假如敌人和朋友都不能伤害你，
假如所有人对你寄予希望但是没有人过于如此期望；
假如你能花六十秒进行短程跑
填充不可宽恕的一分钟时间，
你就拥有整个世界，
而且——更重要的是——我的孩子，你是个顶天立地的人！

