

# 改变你一生的 励志美文

主 编 杨显艳  
副主编 贾玉琰  
编 者 王 璐 张秋楠

Motivational Stories  
That Change Your Life



中国宇航出版社



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Man's Unusual Stories  
That Change Your Life

EC 英汉对照

心灵英文系列

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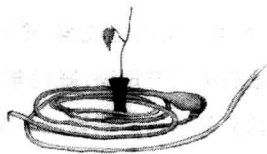
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# 前言



生命中有太多的故事,太多的感动,也许你已经错过,也许你已经遗忘。但是,总有一种感动,无处不在;总有一种情怀,轻舞飞扬;总有一种经历,让你终生难忘……

翻开书卷吧,当鸟雀的啁啾还没有吵醒沉睡的大地,如纱的薄雾还缭绕在枝头的清晨;在温暖的阳光洒下瑰丽的光影,嫩绿的草坪散发着温暖香气的午后;于万籁俱静,一灯如豆的夜晚。当你翻开书页的那一刻,你会被一种心与心的默契所感动,任由一篇篇中英双语的美文轻触你的心弦。一个故事,也许会让你感受那盛开在东篱之下菊花的淡定境界;一段经历,也许会让你萌生跋涉红尘、豪情万丈的冲动;一句箴言,也许会让你的一生为之而改变……

英语是一门美丽的语言,而学习英语也应该是个美丽的过程。本书共收录了75篇哲理美文,内容丰富、体裁多样,从耳熟能详的励志故事,到耐人寻味的人生片段;从童年的一件小事,到垂暮的一段生死历程。你不仅能在中英对照的阅读中欣赏美文,陶冶情操,更能于潜移默化中提升自己的英语水平。本书的每篇文章大都分为五个部分:名人名言,英文原文,中文译文,词汇空间与心灵悟语。每条名人名言都与文章的主要内容息息相关,有些是泰斗们为之奋斗一生的事业成败的总结;有些是先哲





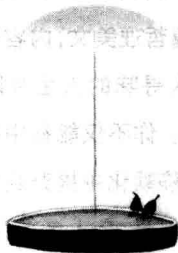
们对人生哲理的归纳;还有一些是大师们对美好爱情、友情与亲情的赞美。书中的英文都来自于国外原文刊物与网站,语言地道,贴近生活。所附译文语言优美、精准传神。词汇空间精选了文章中出现的重点单词与短语,既能帮助读者理解原文,又有助于地道的英语词汇与短语的积累。心灵悟语是正文的归纳与升华,会撩拨我们的思绪,使我们进一步深思其中韵味。品读这些充满智慧光芒的双语美文,就如同品味一杯很纯粹的午后香浓咖啡,有苦有甜,沁人心脾,回味悠长。

本书配有 MP3 光盘一张,由外籍人士对目录中标识的文章进行朗读,发音纯正。你可以在慵懒的午后,合上书本,倾听种种人生故事;你也可以在午夜的床头,翻开书本,边听边看,体味人生的酸甜苦辣。

作为编者,我们期待着本书与你尽快见面,同时,我们也知道,虽然我们倍加谨慎,疏漏之处在所难免,敬请谅解。无论怎样,我们都希望这本书能够让你体味语言的美妙,令你从中领悟到人生哲理,使你的人生发生美好的改变。

编者

2008 年 4 月





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# 阳光总在风雨后

人生路上难免跌倒，  
告诉自己阳光总在风雨后，  
乌云过去一定会有美好的天空，  
风雨之后一定出现绚烂的彩虹，  
希望就在自己手中……



A man, like a watch, is to be valued by his manner of going.

William Penn, British admiral

一个人, 正如一个时钟, 是以他的行动来定其价值的。

佩恩. W. (英国海军上将)

## Never, Never, Never Give Up

Winston Spencer Churchill was born on November 30, 1874, in England. He served in the British Army until 1899. The following year, Churchill began his long career in the government.

Churchill was elected to various positions for the next several years. After the beginning of World War II, Churchill was appointed First Lord of the Admiralty. In early May, the former Prime Minister of England resigned and Churchill was appointed to the position by King George VI. England's army suffered many losses early on and Churchill faced a great deal of criticism. But one of the major contributions he made to eventual victory was his ability to inspire the British people to greater effort by making public broadcasts on significant occasions. A brilliant orator, he was a tireless source of strength to people experiencing the sufferings of the German bombing campaign.

On October 29, 1941, Churchill made a speech at Harrow School which he attended as a youth. Part of the speech included the line, "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good

sense. Never yield to force; never yield to the apparently overwhelming might of the enemy." He also used the phrase, "Never, never, never give up" in his personal writing and correspondence.

Churchill lost his bid for re-election in 1945 and shortly thereafter suffered his first stroke. He remained active in politics, returning to the Prime Minister position in 1951, until his health forced him to retire in 1956. Throughout his life he was an avid writer and even won the Nobel Prize for Literature. Sir Winston Churchill passed away on January 24, 1965.

## 永远永远不要放弃

温斯顿·斯宾瑟·邱吉尔于1874年11月30日出生在英国。1899年之前，他一直在英国军队服役。1900年，邱吉尔开始了他漫长的政府工作生涯。

接下来的几年，邱吉尔被推选担任各种职务。二战爆发后，邱吉尔被任命为英国海军大臣。1940年5月初，英国前首相辞职，乔治六世任命邱吉尔为英国首相。二战初期，英国军队遭受了许多失败，邱吉尔也受到了众多的批评。但是，邱吉尔为英国的最终胜利所作的巨大贡献之一，是他能够在一些重要场合通过广播的形式发表演说，从而激发英国人民的斗志。作为一名出色的演说者，他是那些在德国轰炸战役中顽强斗争的人民永不枯竭的力量源泉。

1941年10月29日，邱吉尔在他年轻时就读的哈罗学校发表演说，其中有这样的语句，“永远，永远不要放弃任何事。不管它是大事还是小事，重要还是不重要。我们只在荣誉和理智面前屈服。永远不要在武力面前低头，永远不要在貌似强大的敌人面前屈服。”在他的个人著作和信函中也这样写道，“永远，永远，永远不要放弃。”

邱吉尔在1945年的换届选举中失败，其后不久得了中风，但是



他仍然活跃于政治舞台。在 1951 年再次担任英国首相,直到 1956 年健康原因迫使他隐退。在他的一生中,他还是一位热情的作家,甚至获得诺贝尔文学奖。温斯顿·邱吉尔于 1965 年 1 月 24 日年逝世。

## 词汇空间

orator 演说者,演讲者

correspondence 信件

avid 热心的,渴望的

## 心灵悟语

有人把自己看作是生活的配角;有人把自己看作是生活的观众。而不屈服命运的强者,却把自己看作是生活的编导。在永不放弃的奋斗追求中,虽然心中常常弥漫着一种无奈的悲伤,但当我们回过头来,我们会感到灵魂快乐了,人生美丽了,这时才深刻地感悟到那句话的寓意:使沙漠美丽的,是它在什么地方藏着一口水井。只要我们有梦想、不断追求,永不放弃,我们会体味快乐与美丽。





Adversity reveals genius; fortune conceals it.

Horace, ancient Roman poet

苦难显才华,好运隐天资。

贺拉斯(古罗马诗人)

## How Much Music Can You Make

On Nov. 18, 1995, violinist Itzhak Perlman, performed a concert at Avery Fisher Hall at Lincoln Center in New York City. Stricken with polio as a child, Perlman painfully walked with the aid of two crutches to a chair in the middle of the stage. He carefully laid the crutches on the floor, loosened the clasps of his leg braces, extended one leg forward and the other underneath his chair, picked up his instrument and nodded to the conductor to begin.

But something went wrong. After only seconds of playing, one of the strings on his violin broke. The snap was a gunfire reverberating in the auditorium. The audience immediately knew what happened and fully expected the concert to be suspended until another string or even another instrument could be found.

But Perlman surprised them. He quietly composed himself, closed his eyes and then signaled the conductor to begin again. The orchestra resumed where they had left off and Perlman played—on three strings. He played with passion and power. All the time he worked out new fingering in his mind to compensate for the missing string. A work that few people could play well on four strings Perlman accomplished on three.



When he finished, an awesome silence hung in the room. And then as one, the crowd rose to their feet and cheered wildly. Applause burst forth from every corner of the auditorium as fans showed deep appreciation for his talent and his courage.

Perlman smiled and wiped the sweat from this brow. Then he raised his bow to quiet the crowd and said, not boastfully, but in a quiet, pensive, reverent tone, "You know, sometimes it is the artist's task to find out how much music you can still make with what you have left."

Perlman should know. Polio left him with less stamina than he had before, yet he went on. Playing a concert on three strings is not unlike his philosophy of life—he persevered with what he had left and still made music.

And isn't that true with us? Our task is to find out how much music we can still make with what we have left. How much good we can still do. How much joy we can still share. For I'm convinced that the world, more than ever, needs the music only you and I can make.

And if it takes extra courage to make the music, many will applaud your effort. For some people have lost more than others, and these brave souls inspire the rest of us to greater heights.

So I want to ask, "How much music can you make with what you have left?"

## 你能演奏什么样的音乐

1995年11月18日,小提琴家伊扎克·帕尔曼在纽约市林肯中心的艾弗瑞·费雪大厅举办了音乐会。由于身患小儿麻痹症,帕尔曼架着双拐吃力地走到舞台中央的椅子上坐下。他把拐杖小心地

放到台板上,把绑腿带松开,将一条腿伸向前方,另一条腿收至椅子下面,然后抬起琴,向乐队指挥点点头,示意可以开始了。

但意外发生了。演出刚刚进行了几秒钟,小提琴的一根琴弦突然崩断。断弦的声音如同清脆的枪声,在大厅里回响。观众们猜测音乐会将为此中断,直至换好了琴弦或者是换一把琴。

但令观众吃惊的是,帕尔曼很快镇定下来,闭上双眼,示意指挥开始。于是乐队从他们刚才中断的地方开始。而帕尔曼就用三根琴弦满怀激情地演奏着。他始终用他的心去感受新的指法以补全缺少的琴弦。一支很少有人能在四根弦上拉出的曲子,帕尔曼居然用三根弦就演绎得出神入化。

演奏结束后,大厅里鸦雀无声。突然,听众们不约而同地从椅子上站起来,热情地欢呼,雷鸣般的掌声经久不息。观众非常欣赏他的才能和勇气。

帕尔曼微笑着擦了擦额头上的汗珠,然后抬起了琴弓示意观众安静下来,并说道:“要知道,有时艺术家的任务,就是弄清楚用剩下的琴弦,我们还能演奏什么样的音乐。”他的语气中没有丝毫的夸耀,只有蕴含沉思和谦卑的平静。

帕尔曼清楚地知道这一点。小儿麻痹症使他的身体每况愈下,然而他还是坚持着。靠三根琴弦完成演奏,这举动正是他人生哲学的写照——倾尽自己的最大力量坚持进行音乐创作。

那我们呢?我们的任务就是倾尽我们所有去谱写自己的乐章,去做有益的事,去与他人分享快乐。我相信这世界比以往更需要你我共同努力所创造出的和谐音乐。

如果一首乐章需要你以更大的勇气去投入,那么许多人会为你的努力而喝彩。因为有些人失去的要比别人多,他们勇敢的灵魂却鼓舞了我们,使我们朝着更高的方向奋进。

那么,我想问:“你能用你所剩下的‘琴弦’演奏什么样的音乐呢?”





Tough-minded optimists approach problems with a can-do philosophy and emerge stronger from tragedies.

Lucius Annaeus Seneca, Ancient Roman Philosopher

意志坚强的乐观主义者用“世上无难事”人生观来思考问题,越是遭受悲剧打击,越是表现得坚强。

西尼加. L. A. (古罗马哲学家)

## Quadriplegic—A Harvard

In September of 1990, when Brooke Ellison was 11 years old, she was hit by a car while walking home from her first day of 7th grade. The accident left her paralyzed from the neck down and dependent on a ventilator to breathe.

Despite Brooke's physical limitations, she has overcome many challenges and excelled academically. After scoring 1510 out of a possible 1600 on the SAT, Brooke was accepted to Harvard University. With the tireless help of her mother, Jean, who lived with her in the dorms for 4 years, Brooke graduated magna cum laude in 2000.

Brooke said, "Life isn't always easy and we are never guaranteed that things will always go smoothly. It progresses with an almost constant series of challenges, but these obstacles are just detours that we have to take in order to meet our ultimate goals. No matter what sort of adversity or challenge you might face, you can always believe that, with hope, it can be conquered and, in the end, you will be stronger for it."

Brooke currently travels the country as a motivational