

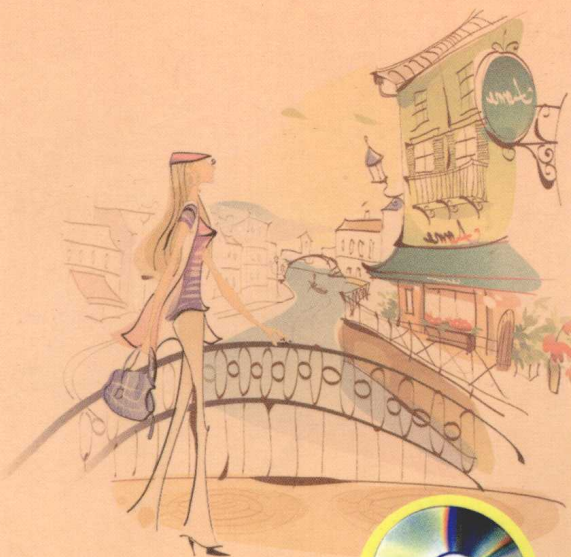
Spare Time English Reading
有空就读点英文

美国专业英语讲师MP3教你地道美语
中英双语精美选文、短句品读

Growth 成长比成功 更重要 Success



杨佳◎主编



梦人人都可以做，不同的是：
有的人梦想成真，有的人南柯
一梦，有的人永远活在梦中。

谁不愿指挥千军万马？
谁不想衣锦还乡？

成功，在最初看来总是那么地遥不可及。
可是，只要你在成长，不停地成长，总
有一天，会从量变到质变……



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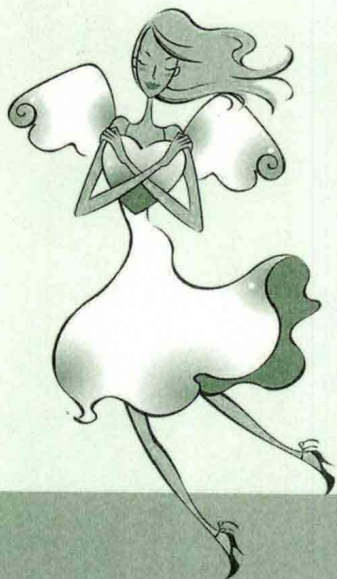
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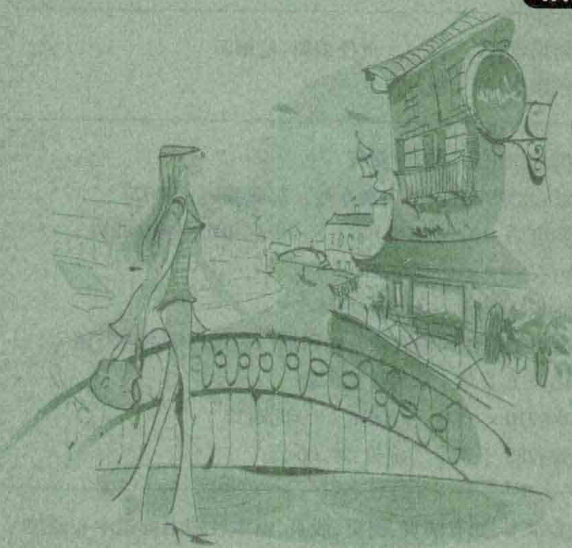


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SPARE TIME ENGLISH READING

— 前 言 —

谁不愿指挥千军万马？谁不想衣锦还乡？

你我皆凡人，生在人世间，却常常做着成就一番大业的美梦。梦人人都可以做，不同的是：有的人可以梦想成真，有的人却是南柯一梦，还有的人只能永远活在梦中。

就像一只弱小的毛毛虫，梦想着来到绿树红花环绕的彼岸，却被面前那条宽广湍急的河流所阻隔。成功，在最初看来总是那么遥不可及。可是，只要你在成长，不停地成长；总有一天，会从量变到质变……变成一只轻舞双翅自由飞翔的美丽蝴蝶，轻松飞跃面前的大河。

成长比成功更重要。成长就难免会经历苦与痛。小毛虫在它蜕变的时候，磨破了皮，慢慢蜕去，那种痛令它窒息。长大的小毛虫撕心裂肺地哭喊着：“小茧子，你永远是最温暖的家，我离不开你。”可回答的只有风的呜咽……

人可以平凡，但绝不能平庸。在我们的成长之旅中，躁动、脆弱、茫然、痛苦、惶惑一路相随。本书将用 60 余篇精致的励志英语短文来

抚慰你的心灵,为你的前行擂鼓助威。

本书所精选的英文、美文后面,还均配有中文翻译、重点单词详解以及经典句型,让读者在励志、休闲的同时,还能学到很多英语知识,可谓一举多得。

编者

2010年6月

成长比成功更重要
Growth
Success



GROWTH IS ABOVE SUCCESS





有空就读点英文

Spare Time English Reading

—— 一杯茶，一本书 ——

这里有成长路上的忧伤与快乐，
有生活中的悲欢离合，
有写满乡愁的枫叶，
有夕阳拖得好长的影子，
有夹在书本里的秘密，
有藏在抽屉里的情书，
有没来得及写完的日记，
还有……

One cup of tea, one book

Here is the sorrow and joy of growth,
The tears and laughter of life,
The maple leaves carved with nostalgia,
The long shadows lengthened by the setting sun,
The secrets folded in the books,
The love letters hidden in the drawer,
The diary unfinished,
And...

A black and white photograph of a long, curved wooden pier extending into a large body of water. The pier is made of many parallel wooden planks and curves from the bottom left towards the middle right of the frame. The water is calm, reflecting the sky and the pier. In the background, there are low mountains or hills under a sky filled with scattered clouds. The overall mood is serene and quiet.

Spare Time English Reading



Dreams Make You Wonderful

- 1 / Grow Great by Dreams
- 4 / If the Dream Is Big Enough
- 8 / The Journey of Life Starts from a Set Goal
- 12 / Don't Give up Your Dream
- 15 / Follow Your Dream
- 19 / Catch the Star That Holds Your Destiny
- 21 / The Road to Success
- 26 / Steps to Happiness
- 29 / The Beacon of the Dream
- 34 / It's Never Too Late to Become What You Want to Be




Just Go for It

- 37 / I Will Act Now
- 43 / It's Up to You
- 46 / Just Do It
- 50 / The Fork in the Road
- 53 / Making Dreams Real
- 57 / Life Lies in Choosing
- 61 / The Two Roads
- 65 / Keep Your Direction
- 67 / Move Forward
- 70 / Free to Soar



Seize Every Minute of Life

- 73 / What will Matter
- 77 / Cherish the Rest of Your Life
- 82 / If Life Can Live Again




● 有梦想谁都了不起

- 1 / 人因梦想而伟大
- 4 / 梦想有多远就能走多远
- 8 / 人生之旅从设定目标开始
- 12 / 坚持你的梦想
- 15 / 追逐你的梦想
- 19 / 抓住生命中的那颗星
- 21 / 成功之路
- 26 / 通往幸福的阶梯
- 29 / 指路的明灯
- 34 / 梦想终有成真时



● 认定的事情就应放手去做

- 37 / 我现在就付诸行动
- 43 / 生命掌握在你的手里
- 46 / 时不我待
- 50 / 面对人生的十字路口
- 53 / 让梦想照进现实
- 57 / 人生在于选择
- 61 / 两条路
- 65 / 坚持你的方向
- 67 / 奋勇向前
- 70 / 自由飞翔



● 把握生命里的每一分钟

- 73 / 学会珍惜
- 77 / 珍惜余生
- 82 / 如果生命可以重来

- 85 / The Value of Time
- 87 / Just for Today
- 90 / Life Grows in the Soil of Time
- 94 / Five Balls of Life
- 98 / Every Day is a Gift
- 103 / A Lesson for Life
- 107 / Greet Everyday with Love



No Cross, No Crown

- 113 / A Lesson of Life
- 117 / The Significance of Failure
- 120 / Hard Work and Determination Pays off
- 125 / Life Is Struggle
- 128 / Lord of the Dance
- 133 / The Greatest Hitter
- 137 / Learn a Lesson, Find the Gift
- 140 / Put the Effort in Every Day
- 145 / Seek the Seed of Triumph in Every Adversity



Many Friends Broaden Your Scope

- 147 / The Man and the Opportunity
- 150 / On Making Friends
- 152 / Who Are Friends
- 154 / Types of Friends
- 157 / We Need Friends
- 160 / Making New Friends as Possible as You Can
- 163 / The Wisdom of One Word
- 168 / A Forever Friend
- 171 / Successful Communication
- 177 / The Flowers of Friendship

- 85 / 时间的价值
- 87 / 就为了今天
- 90 / 生命在时间的土壤里成长
- 94 / 生命中的五个球
- 98 / 珍惜每一天
- 103 / 生活的启示
- 107 / 用爱迎接每一天



不经历风雨怎能见彩虹

- 113 / 生活的一课
- 117 / 失败的意义
- 120 / 决战人生
- 125 / 破茧才能成蝶
- 128 / 踢踏舞王
- 133 / 最棒的棒球手
- 137 / 吸取一个教训,赢得一份礼物
- 140 / 每一天都要努力
- 145 / 在困境中寻找成功的萌芽



人脉有多广路就有多宽

- 147 / 人与机会
- 150 / 关于交友
- 152 / 真正的朋友
- 154 / 朋友的种类
- 157 / 我们需要朋友
- 160 / 多交新朋友
- 163 / 改变一生的邂逅
- 168 / 永远的朋友
- 171 / 成功交际的秘诀
- 177 / 友谊之花



Self-challenge, Self-surmount

- 179 / The Strenuous Life
- 183 / If I Rest, I Rust
- 186 / Perseverance
- 189 / Never Give Up
- 192 / Extend the Miracle
- 195 / Facing the Enemies Within
- 199 / Do You Accept Challenges
- 202 / Never Give Up a Chance on Being a Hero
- 205 / Ford's Principle of Success
- 208 / Learning: a Lifelong Career



If by Life You Were Deceived

- 211 / Face the Facts, Get the Strength
- 215 / Is My Life That Bad
- 219 / Try to Remember the Good Things
- 222 / Let Love Grow in the Heart
- 225 / Today I Start a New Life
- 233 / Do Appreciate What I Have
- 236 / Choose Optimism
- 242 / Never Give Up Hope
- 244 / Let Us Smile
- 247 / Clear Your Mental Space
- 251 / Power of Self-talk
- 255 / Listen to Your Inner Voice
- 258 / Be Positive with Your Life



挑战自我,超越自我

- 179 / 奋斗不息的人生
- 183 / 如果我休息,就会生锈
- 186 / 坚持不懈
- 189 / 永不言弃
- 192 / 发挥潜力,创造无限
- 195 / 直面内在的敌人
- 199 / 你接受挑战吗
- 202 / 决不放弃任何成为英雄的可能
- 205 / 福特成功的法则
- 208 / 学习:一生的事业



假如生活欺骗了你

- 211 / 直面现实你会获得力量
- 215 / 我的生活真的很糟糕吗
- 219 / 想想美好的东西
- 222 / 让爱在心中成长
- 225 / 今天,我开始新的生活
- 233 / 感激我拥有的
- 236 / 选择乐观
- 242 / 永远别放弃希望
- 244 / 让我们微笑吧
- 247 / 静心
- 251 / 和自己交谈的力量
- 255 / 聆听你的心灵
- 258 / 积极向上对待你的生活



Dreams Make You Wonderful

有梦想谁都了不起



其实,在这个世界上,从来没有命运一说。所谓的命运,只是我们无法跳出自己所处的环境,并悲观地认为自己无法达到那些高高在上的位置,只好以命运一词来自我安慰与麻痹。日复一日,年复一年,甚至将“命运”这个词烙在子子孙孙的内心深处。

好在,我们还有梦想。所谓梦想,就是要打败命运,把命运的魔咒从自己的人生轨迹中抹去。梦想是成功的起点,一个人一旦有了梦想,他的所想、所说与所做,将会与众不同。

有梦想谁都了不起,有勇气就会有奇迹!

——有梦想谁都了不起



Grow Great by Dreams

人因梦想而伟大

The question was once asked of a highly successful businessman, “How have you done so much in your lifetime?”

He replied, “I have dreamed. I have **turned** my mind **loose** to imagine what I wanted to do. Then I have gone to bed and thought about my dreams. In the night, I





dreamt about my dreams. And when I awoke in the morning, I saw the way to make my dreams real. While other people were saying, 'You can't do that, it is impossible,' I was well on my way to achieving what I wanted." As Woodrow Wilson, 28th President of the U. S. , said: "We grow great by dreams. All big men are dreamers."

They see things in the soft **haze** of a spring day or in the red fire on a long winter's evening. Some of us let these dreams die, but others **nourish** and protect them; nourish them through bad days until they bring them to the sunshine and light which comes always to those who **sincerely** hope that their dreams will come true.

So please, do not let anyone steal your dreams, or try to tell you they are too impossible.

"Sing your songs, and dream your dreams, hope your hope and pray your prayer."

曾经有人问一个非常成功的商人：“你是怎样在有生之年取得这样的成就的呢？”

他回答：“我做过梦。我自由自在地想象自己想做的事情。然后我睡去，想着自己的梦想。那个晚上，我就可以梦到自己的梦想。当第二天早上醒来，我就看到了通向梦想的路。当别人对我说：‘你做不到，这不可能’，而我总是坚持实现自己梦想的路。”正如美国第28届总统伍德鲁·威尔逊所说：“我们因为梦想而变得伟大。所有伟人都是梦想家。”

他们在春天的薄雾或冬夜的篝火里辨清事物。我们有些人让梦想消失，但有些人却培养、保护它们；在生命低潮时仍然培养它们直到看到太阳和光明，而这些只属于那些真诚希望实现梦想的人们。

所以，请不要让别人偷走你的梦想，或者让他们对你说梦想太遥不可及。

“唱你的歌，做你的梦，给你的希望以希望，给你的祈祷以祈祷。”



turn to 转向,求助于,变成,致力于,开始行动

We now turn to these important questions.



现在,我们转向这些重要问题。

loose [lu:z] *adj.* 不牢固的,不精确的,宽松的,散漫的

One of the screws is loose.

这螺丝钉松了。

haze [heiz] *n.* 疑惑,薄雾

nourish ['nʌrɪʃ] *v.* 滋养,怀有,使健壮

We need good food to nourish the starving infants.

我们需要好的食品滋养这些饥饿的婴儿。

sincerely [sɪn'siəli] *adv.* 真诚地,由衷地,诚恳地

The king prayed sincerely.

国王真诚地祈祷。



They see things in the soft haze of a spring day or in the red fire on a long winter's evening. Some of us let these dreams die, but others nourish and protect them; nourish them through bad days until they bring them to the sunshine and light which comes always to those who sincerely hope that their dreams will come true.

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Sing your songs, and dream your dreams, hope your hope and pray your prayer.
唱你的歌,做你的梦,给你的希望以希望,给你的祈祷以祈祷。



If the Dream Is Big Enough

梦想有多远就能走多远

I used to watch her from my kitchen window, she seemed so small as she muscled her way through the crowd of boys on the playground. The school was across the street from our home and I would often watch the kids as they played during recess. A sea of children, and yet to me, she stood out from them all.

I remember the first day I saw her playing basketball. I watched in wonder as she ran circles around the other kids. She managed to shoot jump shots just over their heads and into the net. The boys always tried to stop her but no one could.

I began to notice her at other times, basketball in hand, playing alone. She would practice **dribbling** and shooting over and over again, sometimes until dark. One day I asked her why she practiced so much. She looked directly in my eyes and without a moment of **hesitation** she said, "I want to go to college. The only way I can go is if I get a scholarship. I like basketball. I decided that if I were good enough, I would get a scholarship. I am going to play college basketball. I want to be the best. My Daddy told me if the dream is big enough, the facts don't count." Then she smiled and ran towards the court to recap the routine I had seen over and over again.

Well, I had to give it to her — she was determined. I watched her through those junior high years and into high school. Every week, she led her varsity team to victory.

One day in her senior year, I saw her sitting in the grass, head cradled in her