

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

Cleanse 给心灵 洗个澡 Soul



在生活的旅途中请不要忘记
给你的心灵洗洗澡，它也需要
时常除尘，时常净化。

一个人成长的历史，
就是心灵跋涉的历史。

生活中的点滴体验，蕴涵着丰富的人生哲理，
能够帮助我们在一点一滴之中完善自己。



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华凯佳◎主编



中国纺织出版社

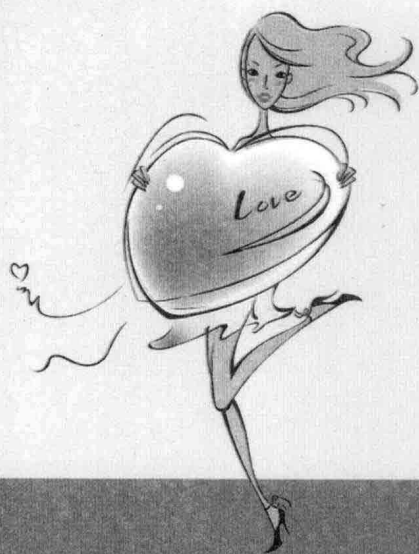
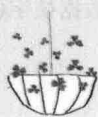
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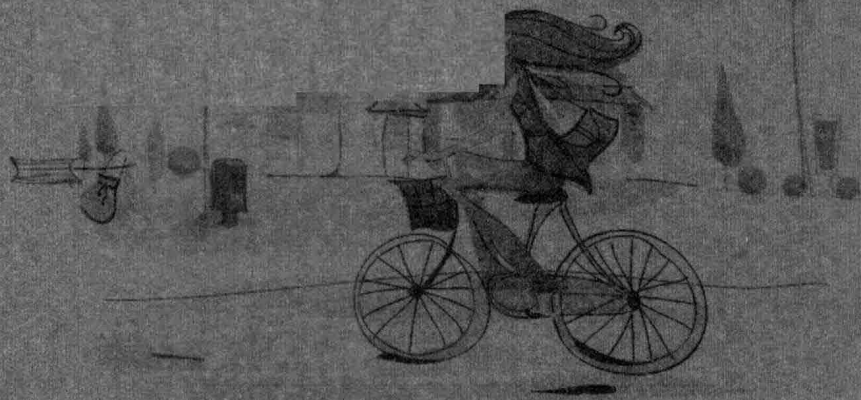
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SPARE TIME ENGLISH READING

— 前言 —

刚出生的小孩,是那么的纯净,那么的透明,那么的可爱,但是随着他的成长,他就变得越来越“泯然众人矣”,到后来平庸无趣甚至令人讨厌。这是为什么?

——被人世间的红尘浊世所玷污了。生活中,财、色、利、贪、懒,时刻潜伏在我们的周围,像看不见的灰尘一样无孔不入。时间长了,不去清洗,人的心上就会积着厚厚的一层“灰尘”,灵智因此被蒙蔽了,善良也因此被遮住了,纯真亦因此而不可复见。那些灰尘,颗粒极小,极轻。起初,我们浑然不觉,如一丝贪婪、一念私心、一点懒惰,几分忌妒、几缕怨恨、几次欺骗——这些不太引人注意的意念,像细微的尘埃,悄无声息地落在我们心灵的边角,在我们还没有注意的时候,越积越厚,直到有一天完全占满了我们的内心,使我们再也找不到了自我。

“身是菩提树,心为明镜台;朝朝勤拂拭,莫使惹尘埃。”一个人成长的历史,就是心灵跋涉的历史。时间久了,难免会给心灵蒙上些灰尘。在生活的旅途中请不要忘记给你的心灵洗洗澡,它也需要时常除尘,时常净化。一个人只有拭去了心灵上的尘埃,方能露出其纯真、善良的本性来。

本书中的故事没有什么惊天动地的大事,都是属于生活中的点滴体验,但它们却蕴涵着丰富的人生哲理,能够帮助读者在一点一滴在中完善自己。

给心灵洗个澡吧,让我们的心灵如生命之初那般清洁、透明!

编 者

2010年6月



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...



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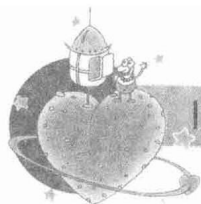
Life Is Like a Box of Chocolate

生活就像一盒巧克力



“生活就像一盒巧克力：你永远不知道你会得到什么。”我们的人生就是这样，我们满怀希望地向前走，在路上会遇到形形色色的人，形形色色的事。每一次相遇，就像打开一颗包装好的巧克力，有的巧克力包装很精美，里面却平淡无奇；有的巧克力包装很难看，里面却包裹着人生最美妙的滋味。

一次次，我们在希望和失望之间茫然，在得到和失去之间徘徊。慢慢地，我们从真诚变得充满怀疑，从毫不设防变得小心谨慎，我们的心也变得麻木，变得迟钝……也许这就是一个人成长的必经历程，也是成熟需要付出的巨大代价。



Invisible Smile

看不见的微笑

Mr. Dawson was an old **grouch**, and everyone in town knew it. Kids knew not to go into his yard to pick a delicious apple, even off the ground, because old Dawson, they said, would come after you with his ball bullet gun.

One Friday, 12-year-old Janet was going to stay all night with her friend Amy.



They had to walk by Dawson's house on the way to Amy's house, but as they got close Janet saw him sitting on his front porch and suggested they cross over to the other side of the street. Like most of the children, she was scared of the old man because of the stories she'd heard about him.

Amy said not to worry, Mr. Dawson wouldn't hurt anyone. Still, Janet was growing more nervous with each step closer to the old man's house. When they got close enough, Dawson looked up with his usual frown, but when he saw it was Amy, a broad smile changed his entire face as he said, "Hello Miss Amy. I see you've got a little friend with you today."

Amy smiled back and told him Janet was staying overnight and they were going to listen to music and play games. Dawson told them that sounded fun, and offered them each a fresh picked apple off his tree. They gladly accepted. Dawson had the best apples in town.

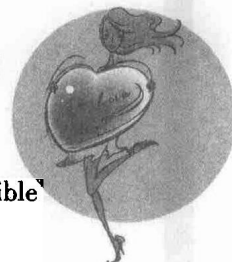
When they got out of Mr. Dawson's earshot, Janet asked Amy, "Everyone says he's the meanest man in town. How come he was so nice to us?"

Amy explained that when she first started walking past his house he wasn't very friendly and she was afraid of him, but she pretended he was wearing an invisible smile and so she always smiled back at him. It took a while, but one day he half-smiled back at her.

After some more time, he started smiling real smiles and then started talking to her. Just a "hello" at first, then more. She said he always offers her an apple now, and is always very kind.

"An invisible smile?" questioned Janet.

"Yes," answered Amy, "my grandma told me that if I pretended I wasn't afraid and pretended he was smiling an invisible smile at me and I smiled back at him, that sooner or later he would really smile. Grandma says smiles are contagious."



If we remember what Amy's grandma said, that everyone wears an invisible smile, we too will find that most people can't resist our smile after a while.

We're always **on the go** trying to accomplish so much, aren't we? Getting groceries, cleaning the house, mowing the lawn—there's always something. It's so easy to get caught up in everyday life that we forget how simple it can be to bring cheer to ourselves and others. Giving a smile away takes so little effort and time, let's make sure that we're not the one that others have to pretend is wearing an invisible smile.

道森先生是个坏脾气的老头子,镇上的每个人都知道这一点。小孩们知道不能到他的院子里摘美味的苹果,甚至掉在地上的也不能捡,因为据他们说,如果你捡了老道森会端着他的弹丸猎枪跟在你后面追。

一个周五,12岁的珍妮特要陪她的朋友艾米过夜。她们去艾米家的途中得路过道森先生的房子。当她们离道森家越来越近时,珍妮特看见道森先生坐在前廊,于是她建议她们过马路从街的另一边走。和大多数孩子一样,珍妮特听过他的故事,对他很是害怕。

艾米说别担心,道森先生不会伤害任何人。但每向前走一步,离老人的房子越近,珍妮特就越紧张。当她们走到这位老人的房子那儿时,道森抬起了头,一如既往地皱着他的眉头。但当他看到是艾米,一个灿烂的笑容让他整个表情都变了,他说:“你好,艾米小姐,我看见今天有位小朋友陪你。”

艾米也对他微笑着,告诉他珍妮特会陪她过夜,她们要一起听音乐玩游戏。道森告诉她们这听上去很有趣,还给她们每人一个从他的树上刚摘下来的苹果。她们很高兴地接受了,因为道森的苹果是镇上最棒的。

走到道森听不到的地方,珍妮特问艾米:“每个人都说是镇上最不好打交道的人,但他为什么对我们这么好呢?”

艾米说当她第一次路过他家时,他不是很友好,这让她害怕。但她假装他有着看不见的微笑,所以她总对他回之以微笑。终于有一天,他也对她露出了一点笑容。

再过了些日子,他开始真正地对她笑了,并开始和艾米说话。开始只是打个