



*Attractive English  
Happy Women*

姐妹 分享幸福故事  
Sisters what we share

读最美丽的英文，做最幸福的女人

# 幸福女人 的魅力 英文 永不算迟的 梦想

丛书主编 北京外国语大学 江涛

本书主编 江涛 李孟芳

石油工业出版社



*Attractive English  
Happy Women*

幸福女人  
的魅力  
英文  
永不算迟的  
梦想

丛书主编 北京外国语大学 江涛  
本书主编 江涛 李孟芳

石油工业出版社



## 图书在版编目 (CIP) 数据

幸福女人的魅力英文·永不算迟的梦想 / 江涛, 李孟芳主编.  
北京: 石油工业出版社, 2010. 7  
(江涛英语)  
ISBN 978-7-5021-7831-4

I. 幸…

II. ①江… ②李…

III. 英语-自学参考资料

IV. H31

中国版本图书馆 CIP 数据核字 (2010) 第 097827 号

## 幸福女人的魅力英文：永不算迟的梦想

丛书主编 江 涛 本书主编 江 涛 李孟芳

---

出版发行: 石油工业出版社

(北京安定门外安华里 2 区 1 号楼 100011)

网址: [www.petropub.com.cn](http://www.petropub.com.cn)

编辑部: (010) 64523715 营销部: (010) 64523604

经 销: 全国新华书店

印 刷: 北京晨旭印刷厂

---

2010 年 7 月第 1 版 2010 年 7 月第 1 次印刷

710 × 1000 毫米 开本: 1/16 印张: 16.5

字数: 280 千字

---

定 价: 24.80 元

(如出现印装质量问题, 我社发行部负责调换)

版权所有, 翻印必究



# 幸福女人速成攻略

## ● 攻略简介

数以万计的攻略是帮助玩家顺利通关的得力法宝，佐以各路高手总结的技巧，更有各种必备手册让玩家随时了解必要的数据说明。而人生，正如这一场游戏一场梦，在追寻幸福的漫漫长路上，每个女人都会经历成长的阵痛、青春的惆怅、职场的残酷和婚姻的洗礼。而这时，一本独门攻略——《幸福女人的魅力英文·永不算迟的梦想》将会助你一臂之力，加快你的脚步、规划你的旅程，让幸福悄悄地靠近。

## ● 适用人群

年龄、学历、籍贯、身高、体重、政治面貌通通不限，适用一切渴望幸福、珍惜人生的女人。

## ● 背景概述

清晨醒来睁开眼，望着白色的天花板，你的心口突然一阵绞痛——最可怕的事情发生了——你突然丢失了小心翼翼珍藏在内心深处的幸福！外出时匆匆忙忙随便套上一件衣服，头发凌乱地一拢，你不再关心自己的外表；工作时眼神涣散，咖啡一杯接着一杯，你失去了曾经忘我投入的激情；情人节无心再为他准备精美体贴的礼物，你忘记了你们第一个情人节时自己的良苦用心；白天倦意浓重，到了晚上却屡屡失眠，生活的片段呼啸着在大脑中不停闪过。一个个明天变成了今天，又变成了昨天，最后变成了记忆里不再重要的某一天，你看着天花板，轻声问自己：这一切真的是我想要的生活吗？

## ● 独门攻略

本攻略汇集 60 位堪称女性典范的名家精粹，其中有追寻三天光明的海伦·凯



勒、犹太复国主义的伟大领袖舒珊娜·卡丁、驰骋商界的美体小铺创始人安妮塔·罗迪克，还有许许多多你未曾听过的名字和事迹，她们在平凡的生活中书写着自己不平凡的人生。她们来自不同国家，拥有不同肤色，经历着不同的人生考验，然而，这些女人拥有同样的人生坐标——怀揣永不算迟的梦想，做幸福女人。

每条攻略共分为五个部分：引言带你快速融入阅读环境、体味主旨；“美文留声机”精选精彩英文故事，重难点单词突出标注；“生词释义”语意重现，加强记忆文中生词难词；“译文华尔兹”如优雅舞曲，用中文品味西洋文化经典；“幸福交响乐”品味文中经典语句里蕴含的人生智慧，让你在别人的故事里，寻找自己的幸福。

### ● 技巧心得

可将攻略中的英文选段作为经典晨读或睡前读物，学习英语，感悟人生。反复诵读、理解、记忆美文后的两三佳句，能使你内心平和宁静，彰显女性独有气质。

要快速领会并受用于这一速成攻略，必须掌握特殊技巧——首先，请将嘴角上提，保持一个甜蜜的微笑，可对着镜子反复练习，记住，必须发自内心才能真正领会攻略要领；翻看攻略时，可泡一杯清茶或咖啡，香气和水汽会将哲理更深刻地浸润入脑海；最后，尽量营造温馨的读书环境，温暖的灯光或是明媚的阳光会将幸福的影子拉长。

### ● 反馈信息

众多女性读者普遍反馈，她们通过本攻略顺利通关，找到了追寻终极幸福必备的六大法宝：胸怀梦想，相信自己，永不放弃，开拓思维，抓住机遇，付出激情。为了让通向幸福的道路更加平坦，她们将继续参考其他三本独家攻略：《幸福女人的魅力英文·做自己情绪的主人》、《幸福女人的魅力英文·活出最好的自己》以及《幸福女人的魅力英文·为生命喝彩》。



# 目 录

## Unit 1 胸怀梦想

1. A Better Than Good Job 工作得更好 / 2
2. A Star Is Born 新星崛起 / 6
3. Advocating for Feminism and Fat Girl Pride in the Media and in the Community  
驰骋媒体、呼吁女权的胖女孩 / 10
4. Changing the World, One Pin at a Time 一根大头针改变世界 / 14
5. From Minimum Wage to Rooftop Gardens 从家徒四壁到空中花园 / 18
6. Hispanic Woman's "American Dream" 西班牙女人的“美国梦” / 22
7. Homelessness Is Not a Dead End 无家可归不是尽头 / 26
8. Pursue Her Dream in Difficult Times 困境中的追梦人 / 30
9. Never Let Go of the Dream 永远不要放弃梦想 / 34
10. Hope in a Box 盒子中的希望 / 38

## Unit 2 相信自己

1. Self-Confidence Is Vital for Success 自信是成功的关键 / 44



2. Unlocking the Giant inside You 发现最好的自己 / 48
3. Forging Your Self-Confidence 打造你的自信 / 52
4. Black Is Beautiful 黑色也是一种美丽 / 56
5. Helen Keller 海伦·凯勒 / 60
6. I Am Not My Body 身体不是我的全部 / 64
7. The Healing Power of Dance 舞蹈的神奇疗效 / 68
8. There Is Only One You 独一无二的你 / 72
9. Trailblazing a New Path for Nurses 为护士另辟蹊径 / 76
10. Commitment to Peoplehood 对民族的承诺 / 80

### Unit 3 永不放弃

1. Never Give Up on a Dream 千万别放弃梦想 / 86
2. Dreams Are What Reality Is Made of 梦想是在现实中实现的 / 90
3. Be Nice to Patti 善待帕蒂 / 94
4. I Can Do It 我能行 / 98
5. Keep Going Forward 一路向前 / 102
6. Keep Going! 坚持不懈! / 106
7. Marina Gang 玛丽娜·冈 / 110
8. Never Give Up 永不言弃 / 114
9. Unstoppable Women: Marion Luna Brem's Story  
势不可挡的女强人: 马里昂·露娜·布莱姆的故事 / 118
10. Never Give Up on Your Dreams 永远不要放弃你的梦想 / 122



## Unit 4 开拓思维

1. Prominent Host around the World 全球杰出主持人 / 128
2. Beautiful Smile and Love 美丽的微笑与爱心 / 132
3. Redefining Business as We Know It 塑造众所周知的企业 / 136
4. Being Optimistic 乐观面对生活 / 140
5. Growing Up or Growing Old 学无止境 / 144
6. A Chapter in the Life of a Breast Cancer Survivor 乳腺癌康复者的生活 / 148
7. Real Women Overcome Odds 克服困难，迈向成功 / 152
8. A Woman Ahead of Her Time 走在时代前列的女性 / 156
9. Be Determined 下定决心 / 160
10. Don't Limit Yourself 不要限制自己 / 164

## Unit 5 抓住机遇

1. A Chance of Lifetime 生命的机遇 / 170
2. Female Malaysian Women Success Stories 马来西亚女人成功的故事 / 174
3. First Woman to Win Noble Prize: Physics & Chemistry  
第一位荣获诺贝尔物理及化学奖的女性 / 178
4. How Tara Turned Her Facial Make-up Hobby into a Multi-Million Naira Business  
脸部化妆师圆百万事业梦 / 182
5. How to Seize Opportunities 抓住机遇 / 186



6. I Seize the Opportunity to Keep Moving Forward 抓住机遇，勇敢向前 / 190
7. Joy Mangano Invents Her Way to Success 乔伊·曼加诺的成功 / 194
8. Madeleine Shaw 跨国公司老大：马德莱娜·肖 / 198
9. The Chance to Move Forward 前进的机会 / 202
10. Wild Flowers 野花 / 206

## Unit 6 付出激情

1. A Custom-Fit Life “随遇而安”的人生 / 212
2. Enthusiasm Takes You Further 生活的热情让你走得更远 / 216
3. From Intern to CEO, Passion Fueled Her Rise  
从实习生到总裁，激情成就人生的跨越 / 220
4. From Link to Chain 环环相扣的成功链 / 224
5. Hard Work and Passion Help Lindop Realize Her Dream  
勤奋与热情成就梦想 / 228
6. Live Your Dream 梦想成真 / 232
7. Live Your Life So That You Will Have No Regrets  
享受生活，无怨无悔 / 236
8. Painting Nails: Her Passion 美甲，她的激情所在 / 240
9. Passion Is One of the Foundations of Success  
热情是成功的基石之一 / 244
10. Success Is Following My Passion 成功在于我的激情 / 248



A stylized illustration of a woman with long, flowing black hair. The hair is a solid black shape that curves and flows across the top of the page. The woman's face is a simple white oval with a small black dot for an eye and a small black dot for a mouth. She is wearing a black strapless dress with a white chain necklace. Her right hand is on her hip.

# Unit 1

A large, white, cloud-like shape with a scalloped, decorative border. It has several small, black, spiral-like details along its edges. The shape is centered on the page and contains the title text.

## 胸怀梦想






## 工作得更好 1 A Better Than Good Job

半个世纪前的美国，高等教育刚刚开始向女性敞开大门，然而，每个大学都严格限定女生名额，这种现象在像法学这种培养精英的学科里表现得尤为明显。来自马里兰州的女性加维心怀当律师的梦想，勇敢地迈进了巴尔的摩大学法学院的校门，更走上了民主党代表大会的竞选台。这篇短文将向我们讲述她的故事。

### 美文留声机



Lucy A. Garvey, the first woman to serve as an assistant state's attorney in Baltimore and who became the first woman appointed to the post of master of chancery for what is now the Circuit Court for Baltimore City, died Sunday of cancer at Stella Maris Hospice in Timonium. She was 86.

Lucy Ann Garvey, the daughter of Irish immigrants from County Clare, was born in Baltimore and raised on South Morley Street in Irvington.

After graduating from high school, Avrum K. Rifman, who later became a Baltimore Municipal Court judge, hired her to work as a secretary in his law firm.

At his insistence, she began studying law at night at the University of Baltimore in 1943. She had planned to study law at the University of Maryland but was told the "quota" for female students was filled.



"I wouldn't go there after that for anything," she told *The Evening Sun* in a 1983 article.

She earned her law degree in 1948, after having had the highest average in her class. After passing the bar that year, she began practicing law in Judge Rifman's firm.

She continued taking night classes at the University of Baltimore, where she studied labor legislation, history of law and administrative law, and also began working toward a bachelor's degree in business administration at Loyola College of Maryland.

### 译文 华尔兹

露西·安·加维，巴尔的摩第一位女州检察官助理，也是第一位被任命为联邦巡回法院大法官的女人。周日在蒂莫尼姆的斯特拉马丽斯养老院因罹患癌症逝世，享年 86 岁。

露西·安·加维是克莱尔镇爱尔兰移民的后裔，她出生在巴尔的摩，在欧文顿市的南莫雷大街长大。

加维高中毕业后，巴尔的摩市法院未来的法官瑞夫曼，聘请她到自己开办的律师事务所做秘书。

在瑞夫曼的坚持下，1943 年，加维开始利用晚上的时间在巴尔的摩大学学习法律。她本打算在马里兰大学攻读法律，但是却被告知该校的女生“名额”已满。

她在 1983 年《太阳晚报》的一篇文章中提道：“不管怎样，我都不会再去那里上学了。”

她的考试平均分在班里名列前茅，1948 年，加维获得了法律学位。同年，她取得律师执照后，开始在法官瑞夫曼的事务所里担任律师一职。

加维继续在巴尔的摩大学上夜校，学习劳动法、法律史以及行政法，并且开始在马里兰州的洛约拉学院攻读工商管理硕士学位。

attorney /ə'tɔɪni/

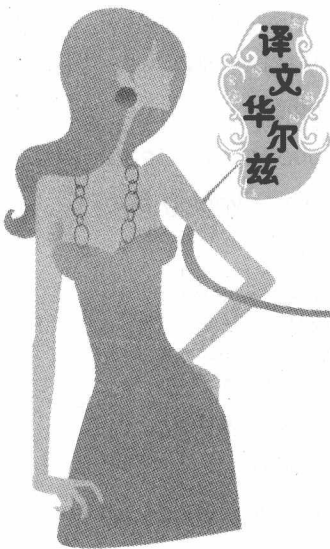
n. (辩护) 律师

chancery /'tʃɑːnsəri/

n. 大法官法庭

bar /bɑː/

n. 律师执照





A lifelong Democrat, she was an unsuccessful **candidate** in 1950 for the General **Assembly** from the 5th District, but did manage to beat another aspiring young politician, William Donald Schaefer.

During the campaign she stated, “I’m no **feminist**.” But in an interview at the time with *The Evening Sun* she said, “Indeed, I do not believe that women can do everything better than men — nor that men can do everything better than women.”

Master Garvey added that “both points of view” are needed for a “well-balanced **legislature**”.

In 1957, she was appointed by then-State’s Attorney J. Harold Grady, who later served as Baltimore mayor, as the first female assistant state’s attorney in the history of Baltimore and the state of Maryland. She was assigned to the family court section of the state’s attorney’s office.

“I’m something of a pioneer for my sex, so it won’t be enough for me to do a good job. I must do a better than good job,” she told *The Evening Sun* at the time of her appointment.

candidate /'kændidit/ *n.* 候选人

assembly /ə'sembli/ *n.* 议会

feminist /'feminist/ *n.* 女权主义者

legislature /'ledʒislɪtʃə/ *n.* 立法机关


加维一生都是民主党党员，1950年，她竞选第五区民主党大会代表失败，但一举打败了另外一名有抱负的年轻政治家——威廉姆·唐纳德·胜斐迩。

在竞选期间，她说：“我不是女权主义者。”但是当时在《太阳晚报》的一则采访中她说道：“我确实不相信女人任何一件事情都做得比男人好——但男人也同样不可能在任何一件事情上，做得都比女人好。”

加维院长补充道，“这两点”是一个“良好平衡的立法机构”所必需的。

1957年，她被当时的州检察官哈罗德·J·格雷迪，也就是后来的巴尔的摩市市长任命为州检察官助理，加维是巴尔的摩和马里兰州历史上第一个获得该职位的女性。她被分配到州检察官办公室的家庭法庭部门。

就职时她对《太阳晚报》表示：“我就像是一个女性先驱，所以对我来说，工作做得不错远远不够。我必须做得更好。”





## 幸福交响乐

*Indeed, I do not believe that women can do everything better than men — nor that men can do everything better than women.*

我确实不相信女人任何一件事情都做得比男人好——但男人也同样不可能在任何一件事情上，做得都比女人好。

*I'm something of a pioneer for my sex, so it won't be enough for me to do a good job. I must do a better than good job.*

我就像是一个女性先驱，所以对我来说，工作做得不错远远不够。我必须做得更好。

编者按：俗话说，“巾帼不让须眉”。让我们用执着做船，用努力做桨，扬起理想的风帆去远航吧！







## 2 新星崛起 A Star Is Born

【美国】菲安妮·利姆

许多人心情好时会不由自主地哼上两曲，让美妙的音乐衬托着快乐的氛围。也有人喜欢漫步在洒满阳光的林荫小道上，或者在弥漫着香味的厨房里哼着属于自己的小调，就像荷兰女孩艾斯米·丹特斯一样。做自己喜欢做的事，就是坚持梦想的最好方式。艾斯米把自己的唱歌视频上传到世界最大的视频网站 YouTube 之后，她随即成为一名真正的流行歌手。只要有梦想，你也可以站在成功的光环下微笑。

### 美文留声机

Esmée Denters, an 18-year-old girl from a small town of Oosterbeek, Netherlands is an excellent example of someone who did something simple and created something big for herself.

Esmée possessed a strong passion for singing since she was a child and it's been her dream to become a singer for years. Her dad was "always playing music" and Esmée could resonate with it. She was so in love with singing that she sang constantly, so much so that her mother would go "Quiet, Esmée, please!"

She was mostly used to singing alone in her own bedroom. And she never did quite believe it when her friends told her that she has a good voice.



But seeing how other people posted personal videos of their singing on YouTube, gave her the idea that she could do something similar.

She did and she loved it, and thousands loved it too. Esmée quickly created a **stir** on YouTube, doing **cover versions** of popular songs by Beyonce, Christina Aguilera, Alanis Morissette, Alicia Keys and others soulful artists whom she can feel a connection with. Additionally, she wrote her own songs and posted videos of her original songs at YouTube.

From the simple act of singing into her sister's **webcam** and then posting her videos on YouTube, thousands and thousands started to pay attention and tune in. Esmée converted listeners into fans swiftly. Even record companies around the world sat up and listened. Many listeners urged her to

### 译文 华尔兹

18岁的小姑娘艾斯米·丹特斯来自荷兰欧斯特贝克的一个小镇，她是一个平凡中彰显伟大的典范。

艾斯米从小就很喜欢唱歌，一直渴望成为一名歌手。她的父亲“总在演奏音乐”，艾斯米总是和他相互应和。她非常喜爱唱歌，时不时地哼着歌，以至于她的母亲会对她喊：“安静！艾斯米，求求你安静一会儿！”

她常常一个人在自己的卧室里唱歌。当朋友告诉她有一副好嗓子时，她从来都不相信。但是，当看到别人把唱歌的视频传到视频网站 YouTube 上时，她希望自己也能和他们一样。

于是她照做了，她对自己的作品钟爱有加，也让数以千计的人为之着迷。艾斯米很快就在 YouTube 上引起了轰动，她翻唱了碧昂丝、克莉丝汀·阿奎莱拉、阿兰妮斯·莫里塞特、艾莉西亚·凯斯和其他一些她觉得颇有共鸣效应的深情女歌手的歌。另外，她也写歌并制成视频传到网上。

从对着她姐姐的网络摄像头唱歌这一简单举动，到将视频传到 YouTube 上，她引起了大众的关注。转眼间，艾斯米就把听众们变成了她的粉丝。甚至，世界各地的唱片公司也开始竖

resonate /'rezəneɪt/

vi. 共鸣

stir /stɔː/

n. 轰动

cover versions

【词组】翻唱歌曲

webcam /'web,kæm/

n. 网络摄像头



give it a go at *American Idols*. In a short span of time, Esmée had transformed into an Internet phenomenon — probably way beyond her wildest imagination.

On June 5, 2007, in an official announcement made by Justin Timberlake, Chairman/CEO of the new Tennman Records in a press release, Esmée became the first artist to sign a recording contract with the **label**.

In addition, she would be doing the opening for Justin Timberlake's 2007 European Tour at six venues. What a huge leap from posting personal videos on YouTube to commercially performing on the stage!

Esmée is an inspiration to thousands of aspiring singers around the world. Her simple act of taking the first step of **showcasing** her singing talent at YouTube has rocketed her status to a YouTube celebrity and her videos gained global attention. Amazingly, her YouTube videos have been watched over millions of times.

label /'leibl/ *n.* 标签

showcase /'ʃəukeis/ *n.* 陈列橱



起耳朵倾听她。很多听众都鼓励她去参加《美国偶像》的选秀节目。很快，艾斯米成了网络红人，这也许出乎她的意料。

2007年6月5日，在新特恩曼唱片公司的新闻发布会上，该公司首席执行官贾斯汀·汀布莱克正式宣布艾斯米成为首名与该唱片公司签约的艺人。

另外，她还将参加贾斯汀·汀布莱克2007年欧洲六地巡演唱会的开幕式。从在YouTube上上传个人视频到参与商业演出，这是多么巨大的跨越啊！

对世界上成千上万心怀唱歌梦想的人来说，艾斯米的故事无疑是一种鼓舞。她从视频网上秀出自己音乐天赋的这种简单举动，使她一举成为网络名人，她的视频也由此成为全球焦点。不可思议的是，她的视频点击率已经超过数百万次。