

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

Mood

心情是一种选择



王一冰◎主编



心情，是由大千世界风霜雨雪孕育，既承受春花秋月熏染，也遭受雾霭烟尘侵袭。

心情的好坏，其实只是一种选择。

有的人，心如阳光，散发温暖；有的人，心像大海，博大无边。面对苦难也好，挫折也罢，他们总是面带笑容，心态平和。

中国纺织出版社



www.c-textilep.com

Spare Time English Reading

有空就读点英文

美国专业英语讲师Miss教你地道美语
中英双语精美选文、短句品读

Mood



心情是一种选择

Choice

王一冰◎主编



MP3 免费下载

www.c-textilep.com



中国纺织出版社

图书在版编目(CIP)数据

心情是一种选择:英文/王一冰主编.

—北京:中国纺织出版社,2010.11

ISBN 978-7-5064-6748-3

I. ①心… II. ①王… III. ①英语—语言读物
②人生哲学—通俗读物 IV. ①H319.4:I

中国版本图书馆CIP数据核字(2010)第162371号

策划编辑:苏广贵 责任编辑:陈芳
责任印制:刘强

中国纺织出版社出版发行
地址:北京东直门南大街6号 邮政编码:100027
邮购电话:010-64168110 传真:010-64168231
<http://www.c-textilep.com>
E-mail:faxing@c-textilep.com
北京世纪雨田印刷有限公司印刷 各地新华书店经销
2010年11月第1版第1次印刷
开本:710×1000 1/16 印张:16.5
字数:265千字 定价:29.00元

凡购本书,如有缺页、倒页、脱页,由本社图书营销中心调换



SPARE TIME ENGLISH READING

— 前 言 —

心情,是由大千世界风霜雨雪孕育,既受春花秋月熏染,也遭雾霭烟尘侵袭。它看不见也摸不着,却能让你时刻感受到它的存在。它能左右你的言谈,操纵你的举止;在你的语气表情中就呈现出它的色彩和温度的变化,即不仅能让你看出好心情与坏心情的区别,还能让你意识到好心情与坏心情会带来怎样不同的结果。

有的人,心如细瓷,极易破碎;有的人,心像丝绸,极易起褶。因为塞车,因为等人,因为短斤的秤或掉色的裙……心里就像装了一只苍蝇,茶不思饭不想觉不睡,见什么都不顺眼,听什么都不顺耳,做什么都不顺心。这种人一辈子与“不顺”做邻居,他们人生的道路难免遍布荆棘与冷漠。

有的人,心如阳光,散发温暖;有的人,心像大海,博大无边。面对责难也好,挫折也罢,他们总是面带笑容,心态平和。他们拥有好心情,这种心情能使其精神、体力、创造力保持最佳状态,同时也能感染他人,赢得帮助。因此,他们的人生道路会拥有更多的鲜花和温暖。

心情的好坏,其实只是一种选择。选择戴上乐观的眼镜,你看到的世界会处处亮堂;选择戴上悲观的眼镜,你看到世界将是一片灰色。



本书选取的以亲情、友谊、爱情等为主题的近百篇生活哲理美文,从不同角度告诉我们,心情其实就是一种选择,一种交流,一种积极乐观的生活方式。不同的心情选择,造就不同的人生。如果每个人都能找到生命的意义所在,不停下梦想的脚步,那么所有人都能成为自己心灵的主人,从而成为一个不平凡的人。

本书以细致动人的生活实例和饱含哲理的故事,提出快乐心情的解决方案。读这本书的感觉,如同与一位贴心、睿智的心理咨询师交流,轻松而愉快,当然,更不用担心泄漏自己的隐私。除此之外,其原汁原味的英文,让你在打理心情时,还顺带收获了英语知识。

愿你在每一天都拥有好心情!

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...

Spare Time English Reading





Don't Demand Yourself Excessively

- 1 / Learning to Accept Yourself
- 10 / Be True to Yourself
- 14 / Forgive Yourself
- 18 / Learning to Love Yourself
- 22 / Don't Live on Other's Views
- 29 / "There" Is No Better than "Here"



Tolerating Other People by Measure

- 35 / Don't Look for Faults
- 39 / Live and Let Live
- 42 / Every Person Deserves Respect
- 46 / Don't Mock People's Weaknesses
- 48 / Making Peace with Imperfection



Persuading Your Violent Feelings

- 51 / Anger Really Can Kill You
- 55 / Keeping Anger Away
- 59 / Good Thoughts
- 61 / Peace. Be Still
- 66 / Setting Your Heart Free



莫苛求自己

- 1 / 学会接受自己
- 10 / 做真实的自己
- 14 / 宽恕自己
- 18 / 学会爱你自己
- 22 / 不要为别人眼光活着
- 29 / 知足者常乐



适度容忍他人

- 35 / 不要对他人吹毛求疵
- 39 / 宽以待人
- 42 / 人人都值得尊重
- 46 / 不嘲笑他人的弱点
- 48 / 容忍缺憾



疏导愤怒情绪

- 51 / 人真的能气死
- 55 / 远离愤怒
- 59 / 睿智哲思
- 61 / 平和,安静
- 66 / 放飞你的心情

- 70 / Be Trained to Smile
- 73 / Eight Suggestions Toward Critiques



Better Bend than Break

- 77 / Suffering Is a Required Course in Life
- 82 / The Lesson of the Bamboo Trees
- 85 / Making Peace with Imperfection
- 88 / Letting Go
- 93 / Learning to Endure



Temporary Diversions

- 97 / Put the Glass Down
- 100 / Blue Days
- 104 / Reduction of Your Tension
- 106 / Learning to Live in the Present Moment
- 110 / Nine Easy Relaxation Tips



Opening Your Mind

- 115 / Opening Your Heart's Window
- 119 / The Trouble Tree
- 122 / Worry Not Bug
- 125 / Tune in to Your Thoughts

- 70 / 训练自己微笑
- 73 / 对待批评的八条建议



偶尔亦要屈服

- 77 / 苦难是人生的必修课
- 82 / 竹子的启示
- 85 / 不求尽善尽美
- 88 / 放手
- 93 / 学会忍耐



暂时逃避

- 97 / 放下杯子
- 100 / 心情忧郁时
- 104 / 减轻压力
- 106 / 学会生活在此时此刻
- 110 / 9个放松小贴士



敞开你的心扉

- 115 / 打开心窗
- 119 / 烦恼树
- 122 / 烦恼没关系
- 125 / 记录自己的心理活动

128 / Freeing the Mind to Forget



Doing Some things for Others

131 / Do Good

134 / Develop Your Own Helping Rituals

137 / Helping Others

140 / The Giving Trees

143 / Giving Your Encouragement to Three Types

147 / A Small Gesture Can Change a Person's Life



Doing Everything by Rule

153 / Set Only One Goal at a Time

157 / Scale Down Your Priorities

160 / Purpose Your Day: Most Important Task (MIT)

163 / Five Steps for Time Management

168 / Everyday is Simplicity Day on Ten Habits



Don't Be So Aggressive

177 / Wranglers and Stranglers

181 / Learn to Love

184 / We Need Friends

187 / Considering in Other's Perspective

128 / 释放心灵,忘记不快



为别人做点事

- 131 / 做好事
- 134 / 伸出你的友爱之手
- 137 / 帮助他人
- 140 / 给予之树
- 143 / 需要你鼓励的三种人
- 147 / 简单的举止改变人的一生



让事情有条不紊

- 153 / 一次一个目标
- 157 / 按优先级逐级做事
- 160 / 计划你一天最重要的事
- 163 / 时间管理的五个高效方法
- 168 / 每天只需 10 件事,生活简单化



不要太争强好胜

- 177 / 争论者与扼杀者
- 181 / 学会去爱
- 184 / 我们需要朋友
- 187 / 学会换位思考

190 / Modesty

194 / Cooperation



Be Friendly to People

199 / Compassion

203 / Be Grateful to Life

209 / A Good Heart to Lean on

215 / The Most Beautiful Heart

219 / A Kind Word

223 / Take a Smile and Pass It on



Combine Relaxation with Pleasure

227 / Music and Health

231 / Try to Love an Activity

235 / Outdoor Happiness

238 / Traveling with a Young Heart

242 / Read Extensively

246 / The Delights of Books

190 / 谦逊

194 / 合作



对人表示善意

199 / 怜悯之心

203 / 感恩生活

209 / 善心可依

215 / 最美的心灵

219 / 一句良言

223 / 传递微笑



在娱乐中放松

227 / 音乐和健康

231 / 试着爱上运动

235 / 快乐就在户外

238 / 趁着年轻,快去旅行

242 / 博览群书

246 / 书中之趣



Don't Demand Yourself Excessively

莫苛求自己



过分苛求自己,会使自己生活在孤寂和焦灼之中。好好看看我们得到的,你会发现自己所拥有的其实很多,也许有些并不可爱,却也是你生命的一部分,接受它并善待它,你的人生会快乐很多。

事事追求极致与完美是一件痛苦的事,它就像是毒害我们心灵的毒药。因为这个世界本来就是不完美的,过去不是、现在不是、将来也不是,它本来就是以缺陷的形式呈现在我们面前的。我们如果事事追求完美,那无疑是自讨苦吃。所以哲人说:“完美本是毒。”



Learning to Accept Yourself

学会接受自己

We are not born doubting ourselves. We learn to do it. In fact, we are usually taught to doubt ourselves. Often we are taught to do so by otherwise well-meaning people who are passing along their own doubts and uncertainties and who believe they are being protective and caring. What these people (usually parents and other signifi-



cant adults) want are strong, capable and self-confident people, but they often **inadvertently** teach us thought processes that lead to something else. That's the bad news. The good news is that we can understand some of these processes and learn new ways of coping that allow us to become more accepting ourselves. Following are six behaviors you may have learned that can help you to move towards greater self-acceptance.

- Moralistic Self-judgment

One way to really dislike yourself is to always judge yourself in a very moralistic way. People often spend a lot of time and energy **labeling** their behavior with moral adjectives such as "bad", "hateful" and "mean". When you apply these kinds of words to yourself to make self-acceptance, you will be much more difficult. Therein is a more productive way of looking at yourself that will allow you to begin to like yourself more. Instead of **evaluating** yourself in this moralistic way, begin to ask questions like: "Did I do what I really wanted to do in this situation?" "How can I correct the misunderstanding that occurred?" In other words, you can start to view what you've done as productive or non-productive rather than as good or bad. If something is non-productive, you can focus on what you have learned from it and try another approach that might be more productive.

- Over-generalizing

Another thing that might cause you not to accept yourself is over-generalizing about something you've done that you don't like. So, for example, if you fail a test you might generalize and say, "I'm really a stupid person." When you do this you are making a statement about all of you all of the time and not just about this one situation at this time. Instead, you might decide that your grade on this test of this subject at this time was indeed poor, and then go on to decide what you want to do about your poor grade, if anything. Getting stuck in over-generalizing discourages you from tak-