



鹰语坊
ENGLISH

中英双语版

The Little Stories the Major Principles

小故事 大道理

点亮智慧人生

Light Up the Wisdom of Life

风云英语策划中心 端木霆 编译

生活可以选择
生命中最重要的东西
无条件的爱
说出你的爱
逆境与成功

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·北京·

本书为中英双语版，收集了许多闪烁着智慧光芒的小故事，这些故事或充满启迪，或温情浓浓，或发人深醒。全书共分为五个部分，分别是：生活可以选择、生命最重要的东西、无条件的爱、说出你的爱以及逆境与成功。每篇故事的英文部分均附有英文单词注释，帮助你同步记忆单词。我们都喜欢听故事然后回味无穷，就让这些中英对照的小故事带我们边学英文边感悟人生的道理吧！

本书适合广大英语爱好者，尤其是青少年阅读。

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"There" is No Better
Than "Here"

小故事大道理
The Little Stories the Major Principles

Part One

Life Is About Choice
生活可以选择

Statistics

To be grateful means you are thankful for and
appreciative of what you have and what you are on your

“There” Is No Better Than “Here”

Many people believe that they will be happy once they arrive at some specific goal they set for themselves. However, more often than not, once you arrive “there” you will still feel dissatisfied, and move your “there” vision to yet another point in the future. By always chasing after another “there”, you are never really appreciating what you already have right “here”. It is important for human beings to keep **sober-minded** about the age-old drive to look beyond the place where you now stand. On one hand, your life is **enhanced** by your dreams and aspirations. On the other hand, these drives can pull you farther and farther from your enjoyment of your life right now. By learning the lessons of gratitude and abundance, you can bring yourself closer to **fulfilling** the challenge of living in the present.

Gratitude

To be grateful means you are thankful for and appreciative of what you have and where you are on your

sober-minded

[ˈsəʊbəˈmaɪndɪd]
adj. 冷静的, 清醒的

enhance

[ɪnˈhɑːns]
v. 提高, 加强, 增加

fulfill

[fʊlˈfɪl]
v. 完成, 履行

path right now. Gratitude fills your heart with the joyful feeling and allows you to fully **appreciate** everything that arises on your path. As you strive to keep your focus on the present moment, you can experience the full wonder of “here”.

appreciate

[ə'pri:ʃieɪt]

v. 欣赏, 感激, 赏识

cultivate

['kʌltiveɪt]

v. 培养, 耕作

There are many ways to **cultivate** gratitude. Here are just a few suggestions you may wish to try:

1. Imagine what your life would be like if you lost all that you had. This will most surely remind you of how much you do appreciate it.

2. Make a list each day of all that you are grateful for, so that you can stay conscious daily of your blessings. Do this especially when you are feeling as though you have nothing to feel grateful for. Or spend a few minutes before you go to sleep giving thanks for all that you have.

assistance

[ə'sɪstəns]

n. 帮助, 援助

3. Spend time offering **assistance** to those who are less fortunate than you, so that you may gain perspective.

irrelevant

[i'relɪvənt]

adj. 不恰当的,
无关系的,
不相干的

However you choose to learn gratitude is **irrelevant**. What really matters is that you create a space in your consciousness for appreciation for all that you have right now, so that you may live more joyously in your present moment.

Abundance

scarcity

['skæəsɪti]

n. 缺乏, 不足, 缺少

One of the most common human fears is **scarcity**. Many people are afraid of not having enough of what they need or

want, and so they are always striving to get to a point when they would finally have enough.

Alan and Linda always dreamed of living “the good life”. Both from poor working-class families, they married young and set out to fulfill their mutual goal of becoming wealthy. They both worked very hard for years, amassing a small fortune, so they could move from their two-bedroom home to a palatial seven-bedroom home in the most upscale neighborhood. They **focused** their energies on accumulating all the things they believed signified abundance: membership in the local exclusive country club, luxury cars, designer clothing, and high-class society friends. No matter how much they accumulated, however, it never seemed to be enough. They were unable to erase the deep fear of scarcity both had **acquired** in childhood. They needed to learn the lesson of abundance. Then the stock market crashed in 1987, and Alan and Linda lost a considerable amount of money. A bizarre but costly lawsuit **depleted** another huge portion of their savings. One thing led to another, and they found themselves in a financial disaster. Assets needed to be sold, and eventually they lost the country club membership, the cars, and the house. It took several years and much hard work for Alan and Linda to land on their feet, and though they now live a life far from **extravagant**, they have taken stock

focus

[ˈfəʊkəs]

n. 焦点, 焦距

v. 集中, 聚集,
使集中

acquire

[əˈkwaɪə]

v. 获得, 取得, 学到

deplete

[diˈpli:t]

v. 耗尽, 使……空竭

extravagant

[iksˈtrævəgənt]

adj. 奢侈的, 浪费的

of their lives and feel quite blessed. Only now, as they assess what they have left — a solid, loving marriage, their health, a dependable income, and good friends — do they realize that true abundance comes not from amassing, but rather from appreciating.

Scarcity consciousness arises as a result of the “hole-in-attempt the-soul syndrome”. This is when we **attempt** to fill the gaps in our inner lives with things from the outside world. But like puzzle pieces, you can’t fit something in where it does not naturally belong. No amount of external objects, affection, love, or attention can ever fill an inner void. We already have enough, so we should revel in our own interior abundance.

attempt
[ə'tempt]
n. 企图, 试图
v. 尝试, 试图



▶ 参考译文：

幸福就在身边

很多人认为，只要他们达到自己所设定的某个特定目标，那么他们就会感到快乐。但是，事实并未如此，你一旦到达了“那里”，你还是会感到不满足，从而将你对于“那里”的视野转移到未来某个地方。由于你总是不断地追求一个又一个“那里”，那么你将永远不能真正欣赏你在“这里”已经拥有的一切。对人类而言，在“不安于现状”这个古老的驱动力面前保持冷静是很重要的。一方面，你的理想和抱负会改变你的生活；另一方面，这些理想和抱负又会使你越来越脱离你现有生活中的快乐。学习感恩和满足，可以更好地面对现实中的挑战。

感恩

感恩指的是你对你现在所拥有的一切以及你现在的人生旅途中所处的位置充满感激和欣赏。感恩会让你的内心充满欢愉，同时也能让你能够充分地欣赏到人生路途上的每处景致。当你把焦点放在“当下”时，你就能品尝到“这里”的所有妙处。

培养感恩的方法很多。下列这些建议你也许可以试试：

1.想象一下，如果你失去现在所拥有的一切，你的生活将会怎样。这必定能提醒你：你对你现有所拥有的一切应该多么感激。

2.每天将你所要心存感激的事一一列举出来，从而让你对自己每天都应该怀有的感恩之事有个清楚的认识。在你觉得根本就没什么需要感激的时候更要这样做。或者，你可以在睡前抽出几分钟时间来对你所拥有的一切致谢。

3.对那些不如你幸运的人，你要花一些时间去提供帮助，从而获得新的认识。

你用哪一种方法去学习感恩并不重要，重要的是，在你心中，你总要保留一个地方来为你现在所拥有的一切表达感激。这样你也许能更为开心地活在“当下”。

满足

人们最普遍的恐惧之一就是“匮乏感”。很多人怕自己想要的，或者需要的总也得不到满足，因此他们常常是吃着碗里，看着锅里的。

爱伦和琳达总是梦想过上“好日子”。他们两人都是贫困的工薪阶层家庭出身，他们结婚很早，并且一直为他们变得富有的目标而共同努力打拼着。多年的努力工作使得他们积累了一点财富，于是他们从之前两居室搬到了坐落在高档社区的一所富丽堂皇的七居室里。他们把精力都投入到累积他们所认为的能象征富足的所有东西上面：当地高级俱乐部的会员身份、豪华车、名牌服装、上流社

会的朋友。但是，不管他们积累了多少财富，他们仍然感觉还不够。他们始终无法消除那种对匮乏的深深恐惧，这种恐惧来源于两个人童年时期。他们需要学会让自己感到满足。在随后1987年的股市崩盘中，爱伦和琳达损失了一大笔钱。一桩莫名其妙而又昂贵的官司又让他们损失了另一大笔积蓄。倒霉事接连发生，最终他们陷入了经济危机中。他们不得不卖掉手中固定资产，最终他们也失去了高级俱乐部的会员身份、豪华车和房子。几年后，通过更加努力地工作，爱伦和琳达终于从困境中振作起来了。虽然他们的生活不再奢华，但是他们却懂得如何去生活，并为此感到很幸福。只有现在，当他们审视他们剩下的财富——一份坚定而充满爱的婚姻、健康、稳定的收入和好朋友时，他们才意识到真正的满足不是源于积聚财富而是源于感恩。

匮乏意识是“精神空虚综合症”的结果。匮乏意识指的是，我们试图通过外界的东西来填补我们内心的空白。但是这就好比拼图游戏，你不能把不属于某个位置的东西放在那里。任何身外之物、感情、爱情或者关注永远都不可能填补内心的空虚。我们拥有的东西已经足够多了，因此我们应该尽情享受我们自己内心的富足。

Life Comes in a Package

Life comes in a package. This package includes happiness and sorrow, failure and success, hope and **despair**. Life is a learning process. Experiences in life teach us new lessons and make us a better person. With each passing day we learn to handle various situations.

despair
[dis'pɛə]
n. 绝望, 失望

Love

Love plays a pivotal role on our life. Love makes you feel wanted. Without love a person could go hayward and also become cruel and **ferocious**. In the early stage of our life, our parents are the ones who shower us with unconditional love and care, they teach us about what is right and wrong, good and bad. But we always tend to take this for granted. It is only after marriage and having kids that a person understands and becomes sensitive to others feelings. Kids make a person responsible and mature and help us to understand life better.

ferocious
[fə'reuʃəs]
adj. 残忍的, 凶猛的

Happiness and Sorrow

Materialistic happiness is short-lived, but happiness

achieve
[ə'tʃi:v]
v. 完成, 达到, 实现

level of fulfillment. Peace of mind is the main link to happiness. No mind is happy without peace. We **realize** the true worth of happiness when we are in sorrow. Sorrow is basically due to death of a loved one, failure and despair. But these things are temporary and pass away.

realize
[ˈriəlaɪz]
v. 了解, 实现, 察觉, 领悟

Failure and Success

Failure is the path to success. It helps us to touch the sky, teaches us to survive and shows us a specific way. Success brings in money, fame, pride and self-respect. Here it becomes very important to keep our head on our shoulder. The only way to show our gratitude to God for **bestowing** success on us is by being humble, modest, courteous and respectful to the less fortunate ones.

bestow
[biˈstəʊ]
v. 授予, 适用

Hope and Despair

Hope is what keeps life going. Parents always hope their children will do well. Hope makes us dream. Hope builds in patience. Life teaches us not to despair even in the darkest hour, because after every night there is a day. Nothing **remains** the same we have only one choice keep moving on in life and be hopeful.

remain
[riˈmeɪn]
v. 保持, 依然, 剩余

Life teaches us not to **regret** over yesterday, for it has passed and is beyond our control. Tomorrow is unknown, for it could either be bright or dull. So the only alternative is work hard today, so that we will enjoy a better tomorrow.

regret
[riˈɡret]
n. 遗憾, 后悔, 抱歉
v. 为……感到遗憾, 后悔, 惋惜

▶ 参考译文：

人生犹如包裹

人生犹如包裹，这个包裹里装有快乐与悲伤、成功与失败，还有希望与绝望。人生是一个不断学习的过程。生活中的各种经历教给了我们很多新东西，使我们不断完善而变得更好。随着时间的流逝，我们学会了应对各式各样的状况。

爱

爱在生活中起着非常关键的作用。爱让你知道自己的追求。没有爱，不仅会让一个人走向不归路，还会使其变得无比残暴。在我们人生的早期，父母给予了我们不计回报的关爱和照顾，他们教会我们分辨哪是对的，哪是错的；哪是好，哪是坏。但是我们却总是把这些视为理所当然。一个人只有在结婚并且有了孩子后，才会理解并开始考虑别人的感受。孩子不仅让人变得成熟而富有责任感，还会帮助我们更好地理解人生。

快乐与悲伤

物质上的快乐总是很短暂，但是给他人带来微笑所获得的快乐会给你一种无法比拟的满足感。内心的平和往往

是快乐的源泉。没有平和的心态就不可能拥有快乐。我们在伤心时往往更能体会到快乐的真谛。我们体会到的悲伤基本都是源自我们深爱着的人的去世、自身的失败还有绝望。但是这些事都是暂时的，总会过去的。

失败和成功

失败是成功之母。是它让我们触及蓝天，是它教会我们如何生存，是它指给我们一条明确的路。金钱、名誉、骄傲和自尊这些事物总是伴随成功而来。这种时候，保持头脑清醒就变得特别重要了。为了表达我们对上帝的感激，我们唯一能做的就是始终对那些不如我们幸运的人保持谦逊、礼貌和尊重的态度。

希望与绝望

希望是人生不断向前的动力。所有的父母都希望自己的孩子能够做得很好。因为有希望，所以有梦想。因为有希望，所以有耐心。生活教会我们：即使是在最困难的时候也不要绝望，因为黑夜过后必将迎来黎明。没有什么东西是一成不变的，我们只有一个选择，那就是永远充满希望地生活下去。

生活教会我们别再为往事后悔，因为那些都已经过去，已经不在我们能够控制的范围内了。明天是个未知数，因为它也许是光明的，也许惨淡无光。因此，我们唯一的选择就是今天努力地工作，这样我们才可以享受更加美好的明天。