



哲理卷

在自己心灵的港湾，稳稳地停靠一会儿。

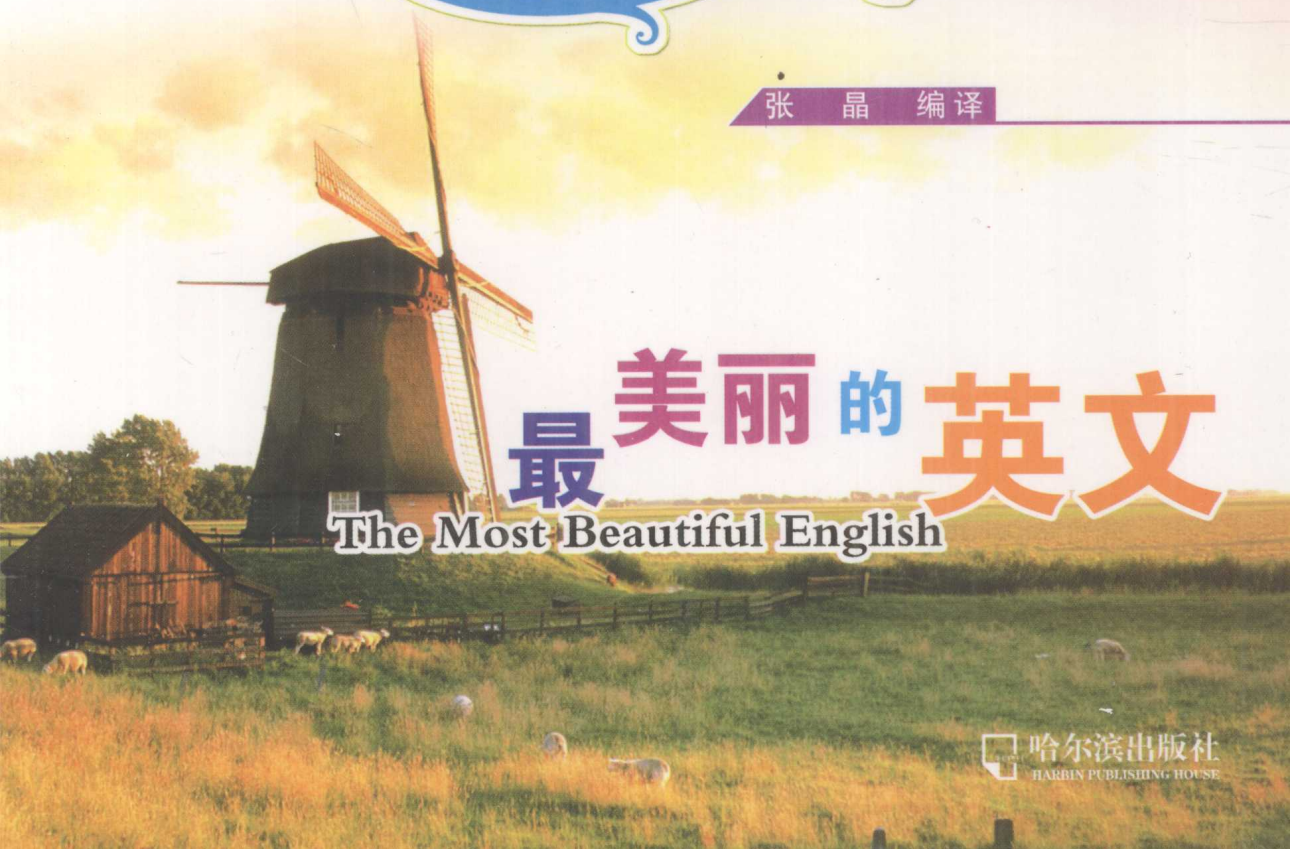
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心灵鸡汤全集

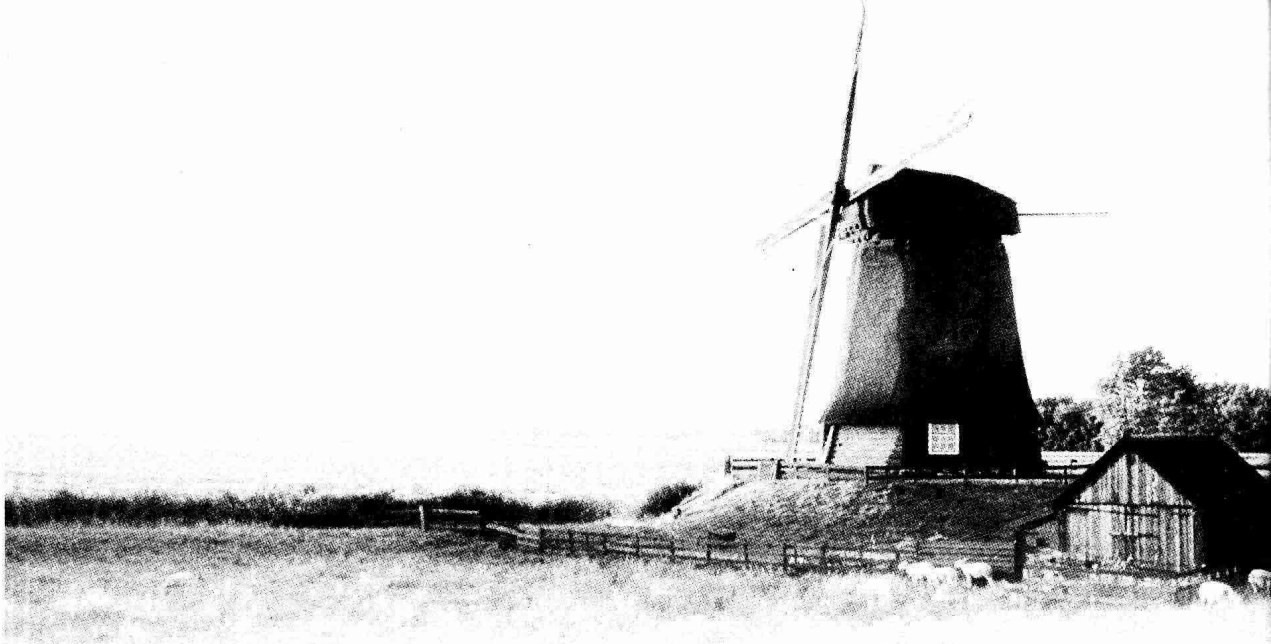
张晶 编译

最美丽的英文

The Most Beautiful English



哈尔滨出版社
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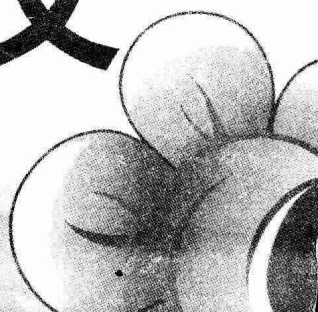
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目录

CONTENTS

第一卷 让内心的灯指引你

Part I Allow Your Own Inner Light to Guide You

Feeling Beautiful/3

美丽是一种感觉/5

For Success in Life/7

人生之道/8

The Country Maid and Her Milk Can/9

村姑和牛奶罐/10

Food for Thought/11

凡人智慧/12

My Life Is Over/13

我的人生已逝/15

On Giving/16

论施与/18

The Happy Valley/20

快乐谷/21

Youth/22

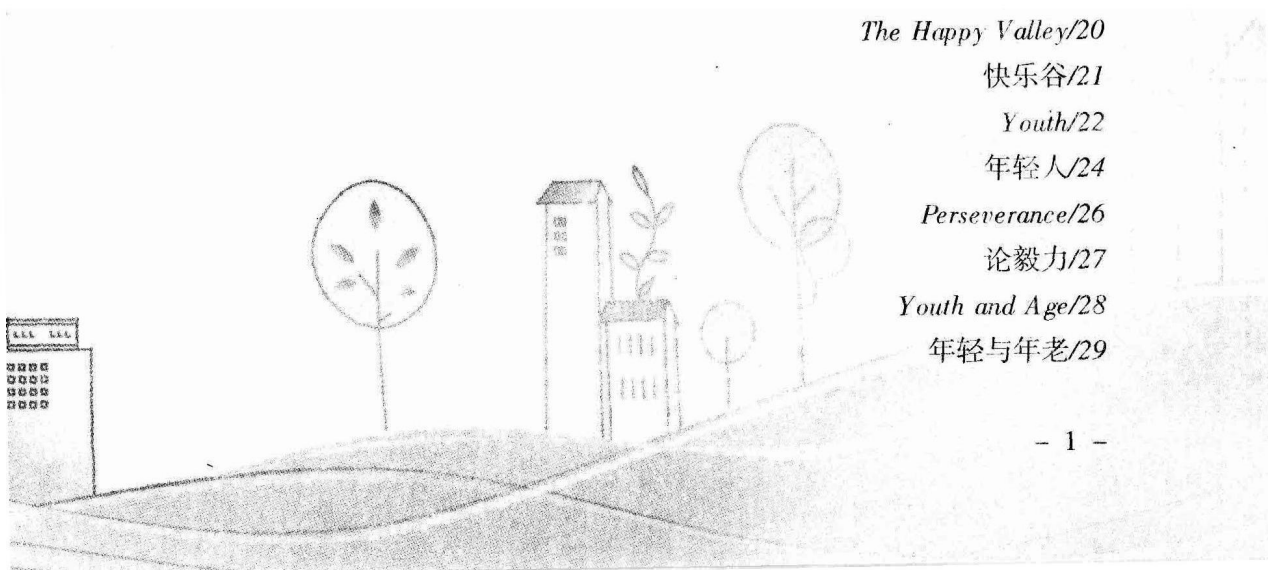
年轻人/24

Perseverance/26

论毅力/27

Youth and Age/28

年轻与年老/29



Hour in the Sun/30

阳光下的时光/32

April Showers Bring May Flowers/33

四月雨带来五月花/34

On Achieving Success/35

关于成功/36

The World as I See It/37

我的世界观/39

On Self-Discipline/41

论自律/43

In Life, We Are Happiest When.../45

生活中我们最幸福时……/47

These Things Shall Never Die/48

这些美好不会消逝/50

The Strenuous Life/52

积极的人生/53

Man's Youth/54

人的青春/56

If I Rest, I Rust/58

如果我休息,我就生锈/59

Blessed/60

幸福是一种感觉/61

Beliefs/62

信念/64

Man and Nature/65

人与自然/66

True Nobility/67

真正的高贵/68

I Like the Subtle Feeling/69

我喜欢这种淡淡的感觉/70

Allow Your Own Inner Light to Guide You/71

让内心的灯指引你/72

Every Living Person Has Problems/73

人人有本难念的经/74

第二卷 你接受挑战吗？

Part2 Do You Accept Challenges?

To Be a Better Friend/77

做个更好的朋友/79

Looking at Life through the Eyes of Children/81

孩子眼里的人生/82

The Spirit of Man/83

人类的精神/84

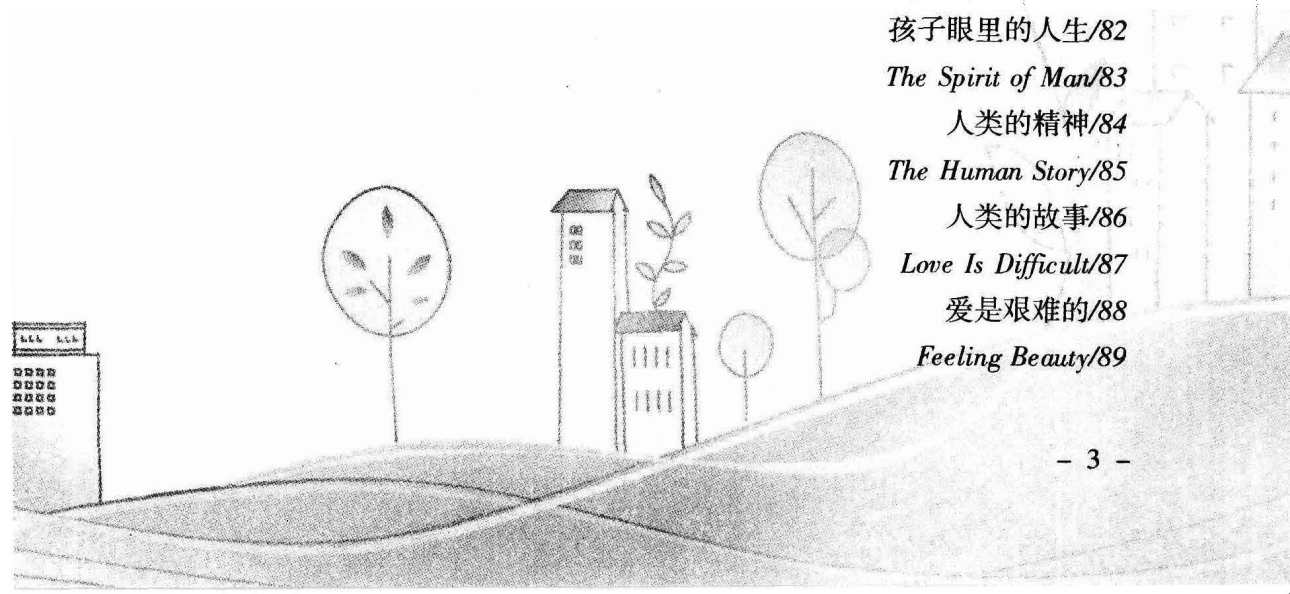
The Human Story/85

人类的故事/86

Love Is Difficult/87

爱是艰难的/88

Feeling Beauty/89



感触美丽/91

Different Strokes of Our Duties/92

关于责任的几笔/94

Love/95

爱情/96

The Story of Life/97

生活小悟/99

The Gift of Love/100

爱的颂歌/101

Courage/102

勇气/103

Families Must Strive for Ideals/104

理想的家庭生活/106

The Prime Time in Life/108

生命的最佳时期/110

On Happiness/112

幸福箴言/113

On Friendship/114

论友谊/116

Home/118

家/119

Life/120

生活/122

On Love/124

论爱情/126

Do You Accept Challenges? /128

你接受挑战吗? /129

True Love/130

真爱/131

Memos from a Child/132

来自孩子的备忘录/134

第三卷 学会生活在此时此刻

Part3 Learn to live in the Present Moment

Theodore Roosevelt to Ted/137

西奥多·罗斯福致泰德/138

Abraham Lincoln to John D. Johnston/139

林肯致詹斯顿/141

Mozart to His Wife/143

莫扎特致妻子/144

Napoleon to Josephine/145

拿破仑致约瑟芬/146

Josephine to Napoleon/147

约瑟芬致拿破仑/148

Victor Hugo to Adele Foucher/149

维克多·雨果致阿黛勒·福契/151

Balzac to Madame Hanska/153

巴尔扎克致汉斯卡女士/154

What Will Matter/155

学会珍惜/156

Self-control/157

自制力/158

The Principle of Success/159

成功的准则/160

On Reason and Passion/161

论理性与热情/163

On Marriage/164

论婚姻/165

The Love of Beauty/166

爱美之心/167

Double Vision/168

双重视野/170

August/172

八月/174

The Most Successful Lesson/175

最成功的一课/176

When You Are Old/177

当你老了/178

The Builder/179

建设者/180

A Full-time School Called Life/181

生活是一所全日制学校/183

Fame/184

声誉/186

On Work/188

论工作/190

You' re Awesome/192

令人敬畏的你/193

This Was My Mother/194

我的母亲/195

Life/196

生命/197

Defeat/198

失败/199

An Identity of One' s Own/200

活出个性/201

The Cobbler and the Banker/202

皮匠和银行家/204

On Good and Evil/205

论善与恶/207

Learn to Live in the Present Moment/209

学会生活在此时此刻/211

The Golden Mean/212

中庸之道/213

第四卷 我们在旅途中

Part4 We Are on a Journey

Ignorance Makes One Happy/217
无知常乐/218
The Man and the Opportunity/219
人与机会/220
El Dorado/221
黄金国/224
If by Life You Were Deceived/226
假如生活欺骗了你/227
On Peace of Mind/228
论宁静的心境/230
A Reason, Season and Lifetime/231
你生活中的人们/232
The Two Roads/233
两条道路/235
The Time Is Short/237
人生苦短/238
Youth/239
青春/240
An Illusion/241
一种错觉/242
The Blue Day/243
阴郁的日子/245
Write Your Own Life/247
谱写生命的乐章/249

The Road of Life/250

生活的道路/251

Redefine Yourself/252

重新定义自己/254

We Are on a Journey/255

我们在旅途中/256

Free to Soar/257

有限的自由/258

Late Summer/259

晚夏/261

On the Instability of Human Glory/262

论人间荣誉之虚渺/263

On Idleness/264

论懒散/267

William James to His Students/269

威廉·詹姆斯致学生/270

There Are No Mistakes, Only Lessons/271

没有错误,只有教训/273

Two Views of Time/275

关于时间的两种观点/276

Confidence/277

自信/279

On Crime and Punishment/280

论罪与罚/282

Knowledge and Virtue/284

知识与美德/285

Be an Optimist/286

做一个乐观者/288

Man's Guide/290

人类的指导者/291

Circles/292

圆/296

Develop an Attitude of Gratitude/299

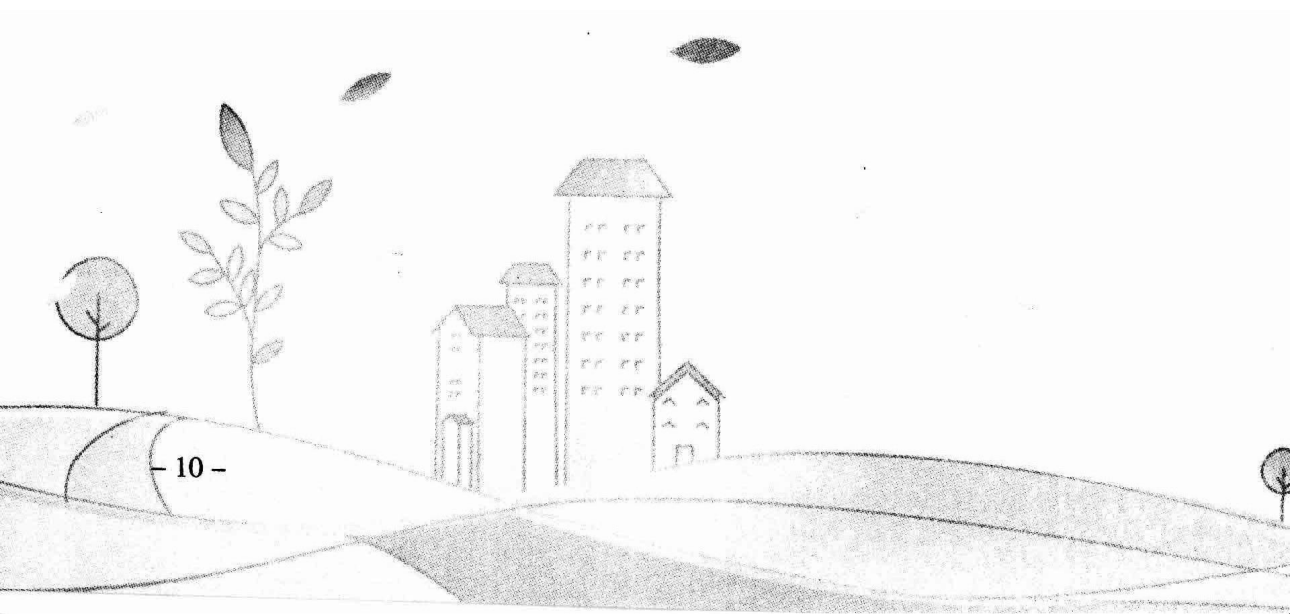
培养感激的态度? /300

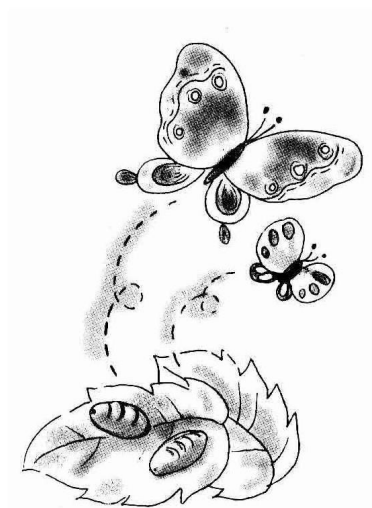
How to Grow Old? /301

如何安度晚年/303

A Proposal to Myself/305

对自己的忠告/307





Part 1 Allow Your Own Inner Light to Guide You

第一卷 让内心的灯指引你





Feeling Beautiful

Anonymous

As a child, I felt I was an ugly duckling. You know, the kid no one would play with me, who was considered odd, too skinny, did nothing athletic. My few friends and I constituted the outcasts at my grade school.

Later, as I began to develop a figure and a smile, I still never could shake the feeling that I was substandard. When the prettier girl got the guy, I figured that was only fair — she deserved to be happy. I didn't.

When a guy did give me some attention, I figured he was doing me a favor, so I reciprocated obsessively until he got tired of me. Even when I looked in the mirror and saw something pleasant looking back at me, I figured it was a fluke.

Years passed, and I went through some bad relationships, up-and-down weight loss, and extreme self-hatred. Then there came a time when I was living in Los Angeles, the land of "everyone looks perfect". In my own contrariant way I decided to differentiate myself.

I stopped coloring my hair and let all the gray show. I stopped wearing makeup. I stopped wearing clothes that I thought would make me look attractive to men. For about three years, I stripped away all the disguises I'd been using and tried to show only myself.

And I discovered something. I am beautiful.

When I couldn't rely on my externals to communicate my beauty, I had to

turn to internals.I think of internals as spiritual qualities.These qualities are linked to qualities such as love,patience,caring,listening,fun -loving,joy,creativity,peace.Since these are spiritual qualities,each one of us has access to them wherever and whoever we are.

And what was fun to realize is that no one has any more or less of these qualities.I had been thinking of myself as not having enough beauty,as being deprived somehow.But when I began to express those spiritual qualities,beauty became natural and effortless.I don't think you can help being beautiful when you're being loving or when you're at peace,when you're having fun or expressing creativity.

I could see then that worrying about my appearance and how it rated compared to that of others was a form of self-obsession.Expressing spiritual qualities was selfless,because it's about expressing Soul.

I knew I was making progress when one day,while I was reading in a park overlooking the ocean,a man approached me and just appreciated how at peace and pretty I looked.I really felt like one of the“beautiful people”in my own way.

These days,relocated to New England,I'm back to coloring my hair and wearing makeup.But that's not what makes me feel beautiful.The smile on someone else's face shining back at me gives me the glow of beauty,and I feel blessed.

You are beautiful,too.So are all the people around you.When you see spiritually,the world becomes a place of beauty.

