

受用一生的励志书



# 心灵鸡汤

英汉对照

让亿万人获得幸福的心灵密码

青 闰 ⊙ 主编



中国城市出版社  
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英汉对照

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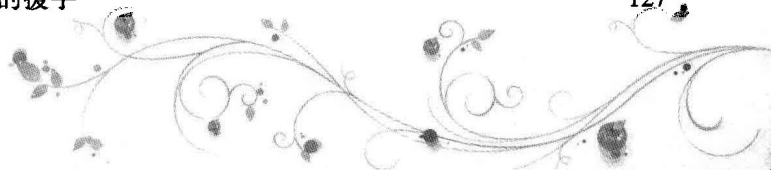
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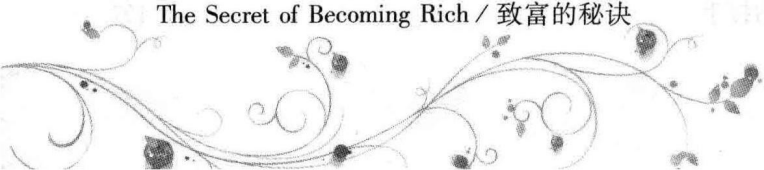




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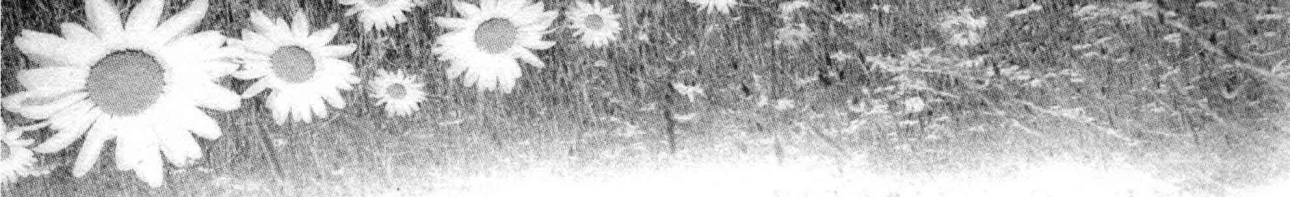
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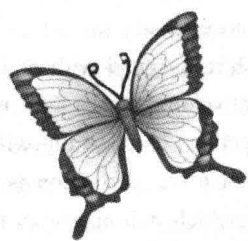
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## 第一卷

# 感悟人生





## The Patch of Life

Not long ago, my daughter's frosting shoes were scratched by someone's knife. She burst into tears. I took the shoes to the shoemaker to get them repaired.

The young apprentice glanced at the opening and said, "there is nothing I can do but to replace the upper."

His master looked at them and said to me, "If you trust me, I will add more scratches on both of the shoes."

I was confused and asked why.

He explained, "As if the openings were made on purpose for the sake of special style and reuse."

I didn't fully understand him, but I decided to leave the shoes.

Two days later I dropped by from work to fetch the shoes. At the first sight I found they were indeed five or six more scratches on each shoe, but all the openings were patched by soft leather in rust red with edges sewed by thick hemp thread; the stitches were twisted with the appearance of roughness and plainness which was in accordance with the quality of frosting leather, more unique and interesting than ever. I couldn't help making compliments on the master's craftsmanship.

Another time, my wife's sister's white blouse was torn a large opening on the back. My wife took it over and checked carefully, and then said, "Let me take it home and mend it."

Three days later, seeing the blouse again, I was shocked; all the cracks and openings were sewed up by thin and white thread and they took on a look of branches, like the ice crystal on winter's branches in the north. In order to intensify the effect, she attached a fatty snowman and a cabin made of flowery cotton rags on the shirt. I sighed with praise, "It's just as beautiful as a piece of art!"

"I was inspired by that craftsman. Patches are supposed to be a regret, but a skillful craftsman can make it take on a kind of perfection," replied my wife.

Her words inspired me even more; perfection is impossible to achieve in everything; patches are unavoidable, so is human's life, which will appear in the form of injury, disability or disease. Since you can't change the existence of wound, you should not expect people's sympathy by exposing the wound, which reveals nothing meaningful. All you can do and have to do is to suture the wound by patches and try your best to bloom a most beautiful flower on the wound, and that is the significance of life.

## 人生的补丁

不久前,女儿的磨砂鞋被人用刀子划了几道。她失声痛哭。我把鞋子拿到补鞋店去修。年轻的学徒看了一眼上面划的口子,说:“除了换鞋帮,我无能为力。”

他的师傅看了看鞋子,对我说:“你要是相信我,我就在两只鞋上再划几道口子。”

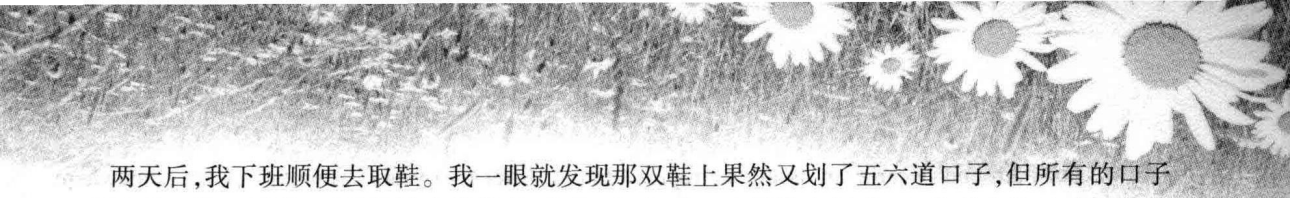
我百思不解,问为什么。

他解释说:“这样看起来那些口子仿佛是刻意而为,会显得别具一格,还能再穿。”

我还是不完全理解他的意思,但还是决定把鞋子留下。







两天后,我下班顺便去取鞋。我一眼就发现那双鞋上果然又划了五六道口子,但所有的口子都用铁锈红软皮补缀,四周用粗麻线缝合,针脚歪歪扭扭,显得朴素粗犷,和磨砂皮的品质协调一致,比先前更独特、更有趣。我禁不住称赞师傅妙手回春。

还有一次,妻妹的白衬衣后背上被挂了一个大口子。妻子接过来,仔细看了看,说:“我拿回去给你补补吧。”

3天后,再见到那件衬衣时,我大吃了一惊,只见所有的裂痕和口子都用细白线缝合,看上去如同树枝,仿佛北方冬天树枝上的冰花。为了增强这种效果,她还用花棉布片拼了一个胖乎乎的雪人和一座小木屋。我连声赞叹道:“这就像艺术品一样漂亮!”

“我是受了那个补鞋师傅的启发。尽管补丁原本是一种遗憾,但能工巧匠却能让它们呈现出一种完美。”妻子回答说。

她的话给了我更大的启发:世间万物不可能十全十美。补丁无法避免,人的生命也一样,会出现伤害、残疾和疾病。既然你无法改变伤口的存在,就不要指望暴露伤口让人同情,那没有任何意义。你能做的和必须做的就是用补丁缝合伤口,尽力在伤口上开出最美丽的花朵,而这正是人生的意义。

## The Rainy Season of Your Life

My life suffered a lot in a summer five years ago. My father died of an accident resulted from drinking, leaving my emaciated mother and two younger brothers alone. At that time, I was in a senior high school. After my father's funeral, the whole family was in a worse condition than ever. As the eldest son, I had no choice but to quit school and work in a factory.

Life went on without any wonder. I dare not to ask for more, just hoping to bring up two younger brothers. However, that's not an easy thing, for I can't afford their tuition even if I work from day to night without stopping, and much worse, I must take my sick mother into account... The present misery made me want to have another try, but it seems impractical, for I can't lose this job any more.

A thread of hope sparkled in those gloomy days suddenly.

It was a rainy dusk when I put myself in the rain and walked in the street.

Suddenly the rain stopped! To my bewilderment, I raised my head, and found that "the sky" was in fact a dark blue umbrella. Then I heard a deep voice.

"Why not running without an umbrella?" a middle-aged man with one leg on crutch said to me, "If you run, you would get less drenched."

I shook my head, but after a second I thought: Right, why not running without an umbrella?

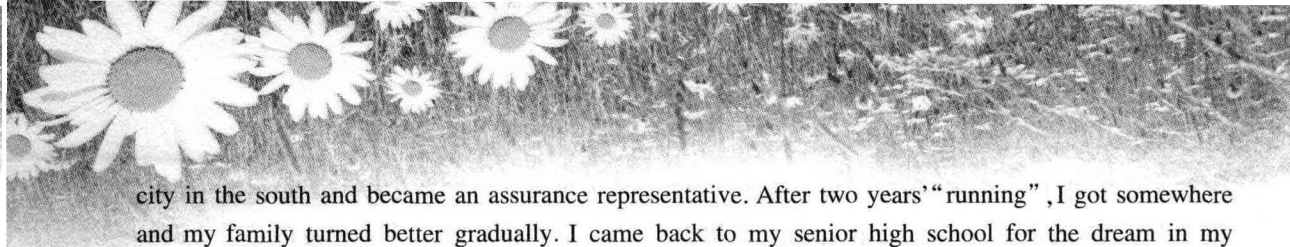
His words shocked me deeply. Without my father's protection, could I only be a slave to the fate, and my dream in childhood only an illusion?

While walking together in the rain, I knew that he was a promoter from the city, and he received an order and paid much time on it. Facing this guy, I had no sympathy but admiration.

I took the umbrella from his right hand and he told me that he once had dreamed of being a policeman, but an accident ruined his dream. Though his present work was demanding and did not suit for his leg, every outing was a wonderful start to him. He was glad that he didn't lose heart and still "ran" on the road of life...

It seems that everything is destined but not always. Enlightened by the man's remarks, I went to a





city in the south and became an assurance representative. After two years' "running", I got somewhere and my family turned better gradually. I came back to my senior high school for the dream in my childhood. The year before last summer, I eventually succeeded in my entrance to university.

Life is like this: when you are in rainy days in your life, if you couldn't find a way to prevent you from being drenched earlier, you would have been overwhelmed by it, but if you decide to get rid of it, you'll discover that the rainy days last not so long as you imagined.

Everything is so simple: to run without an umbrella!

When you run out of the rainy season of your life, there will be bright sky ahead of you.



## 人生的雨季

5年前的夏天,我的人生痛苦不堪。父亲因酗酒死于一场事故,撇下了我瘦弱的母亲和两个弟弟。当时,我正上高中。父亲葬礼后,全家人比以前的状态更加糟糕。作为长子,我别无选择,只好退学,到一家工厂打工。

日子就这样平淡无奇地过着。我不敢再有更多的奢求,只希望把两个弟弟抚养成人。然而,那不是轻而易举的事儿,因为即使我每天从早到晚不停工作,也难以支付他们的学费,更何况我必须考虑多病的母亲……眼前的困境使我想再努力一次,但又好像不切实际,因为我不能再丢掉这份工作。

一线希望突然照亮了那些阴暗的日子。

那是一个雨天的黄昏,我置身雨中,走在街上。

雨突然停了!我感到迷惑,就抬起头,发现“天空”其实是一顶深蓝色的伞。随后,我听到一个深沉的声音。

“没有伞,为什么不跑?”一位拄着拐杖的独腿中年人对我说。“如果跑,你就不会这么淋湿了。”

我摇了摇头,却转念又一想:没有伞,为什么不跑呢?

他的话深深地震撼了我。没有了父亲的保护,我就只能做命运的奴隶,童年的梦想就只能是幻想吗?

雨中同行时,我知道了他是城里来的推销员。他接到了一份订单,为此花费了很多时间。面对这个人,我没有怜悯,只有钦佩。

我默默地从他的右手里接过了伞。他告诉我说,他曾想做一名警察,但一次意外事故毁灭了他的梦想。尽管现在的工作非常苛刻,不适合他这腿,但每次出门对他来说都是一个奇妙的开始。他很高兴自己没有丧失勇气,仍然“跑”在人生的道路上……

一切都似乎是命中注定,但又不总是那样。那个人的话让我深受启发,我去了南方的一个城市,成了一名保险代理人。通过两年的“奔跑”,我取得了一些业绩,家境也渐渐好转了。因为童年的梦想,我又回到了高中。前年夏天,我终于考上了大学。

生活就是这样:当你处在人生的雨季时,如果你无法尽快找到防止雨淋的方法,就要被雨水淋透,但如果你决定摆脱,你就会发现,雨季并不像你原来想的那样长。

一切都是那么简单:没有伞,就跑!

跑出人生的雨季,你前面就会是一片晴朗的天空。





## Life Is a Process of Making Honey

In a harvest season, a beekeeper tried making honey. He had no knowledge of the skills, so he consulted his father. The retired, old beekeeper told his son, "It's okay to make it with the common method. However, on the point of completing it, remember to drop a little bitter medicine into the honey."

On hearing this, he objected, "Why to do so? It is simply to ruin the precious honey." His father just smiled without reply.

Upon this, he made honey as he liked. Until the honey was done, he took a bit to taste. But his honey was not as sweet as his father's.

He was so confused that he had to ask his father. "Excuse me, why did you ask me to add bitter medicine to the done honey? Won't it ruin the taste of the honey?"

"It is the little bitterness in the honey that excites your tongue and makes the honey sweet."

Yes. Actually, the process of making honey is like that of going from youth to old age. A little tear in life can make the reminiscences sweeter and more beautiful.



## 人生是酿蜜



在一次收获季节里,养蜂人想要尝试酿蜜。他并不懂得其中的技巧,便请教他的父亲。这位已经年老退休的养蜂人告诉儿子说:“你照着一般的方法做就行了。不过,在即将完成时,记住要在蜂蜜里滴一点苦药。”

他听了不以为然:“为什么要这么做呢?这样简直是糟蹋宝贵的蜂蜜。”他的父亲只是笑了笑,并不回答。于是,他按照自己的意思来酿蜜。等做成蜂蜜后,他取出一点尝了尝,可他做的蜂蜜没有父亲做的甜。

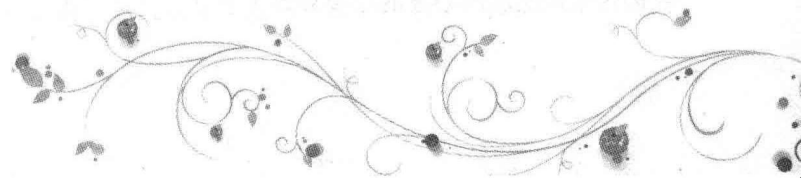
他百思不解,最后只好问父亲:“请问,为什么您告诉我要在酿好的蜂蜜里加苦药呢?这样不会破坏蜂蜜的味道吗?”

“正是因为里边有点苦味,刺激人的舌头,才能显出蜂蜜的香甜。”

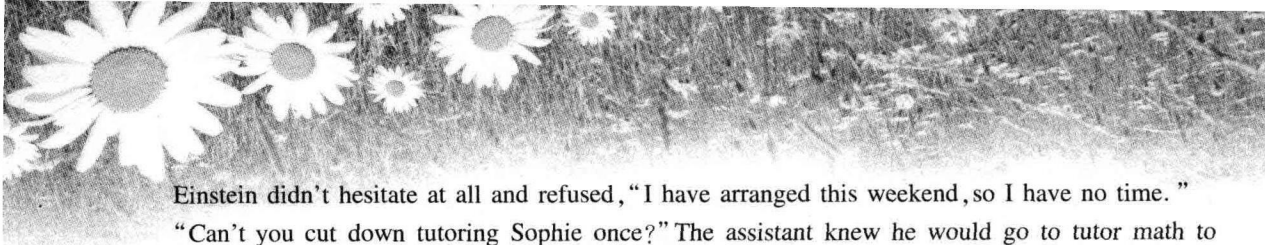
是啊,其实酿蜜的过程就像是由青春到老年的过程。人生里的一点泪水可以使回忆变得更加甜美。

## Life Is a Handful of Candy

One sunny morning, when Einstein was about to go out of his office, the assistant came to tell him, "Someone wants to invite you to make a speech on the weekend, whose reward is 10,000 dollars."







Einstein didn't hesitate at all and refused, "I have arranged this weekend, so I have no time."

"Can't you cut down tutoring Sophie once?" The assistant knew he would go to tutor math to Sophie who studied in a junior high school.

"No, I'm still thinking of her candy," Einstein said with a smile.

"Is her candy so sweet?" the assistant didn't understand why he was at pains for the young girl he happened to know. You know, Sophie paid the old man who was expert in math only half of her candy.

That day, seeing Einstein come back from Sophie cheerfully, the assistant couldn't help asking him why he was so pleased.

Einstein told him, "Today, Sophie's teacher praised her progress, saying that she had an excellent teacher. The young girl was also so pleased that she awarded me a handful of candy, which makes me particularly happy."

Later, in Einstein's diary, people once again read he thought much of such a trifle. He said Sophie's candy that day made him so sweet in his heart as long as he saw it, bringing him great joy and precious treasure.

It turned out that in the world famous scientist's eyes, the young girl's sunny smile and a handful of common candy were the sweetest spring that nourished his life.

Many years have passed, and many earthshaking events have been forgotten. But that handful of aged candy passes through the vicissitudes of years and keeps wafting wisps of fragrance that still nourishes our hearts.



## 人生是一把糖果

一个阳光明媚的上午,爱因斯坦刚要走出办公室,助手过来告诉他说:"有人想请你周末去作一次演讲,报酬是一万美元。"

爱因斯坦毫不犹豫,便一口回绝:"我周末有安排,没时间。"

"难道您不能少给苏菲补一次课吗?"助手知道他每个周末都去给读初中的苏菲辅导数学。

"不能,我还想着她的糖果呢。"爱因斯坦笑道。

"她的糖果就那么甜吗?"助手不明白他对那个偶然认识的小女孩为何那样用心。要知道,苏菲付给这位"数学特棒的老头"的报酬就是她的一半糖果。

这一天,看到爱因斯坦满面春风地从苏菲那里回来,助手忍不住好奇地问他为什么那样高兴。

爱因斯坦告诉他说:"今天,苏菲的老师夸奖了她的进步,说她找了一个优秀的家庭教师。小姑娘也特别高兴,奖励了我一把糖果,这让我特别愉快。"

后来,在爱因斯坦的日记中,人们又看到了他对这件小事的重视。他说苏菲那天的一把糖果,只要看着,心里就有特别的甜味儿,它带给了他无比的快乐和珍贵的财富。

原来,在这位闻名遐迩的大科学家眼里,小女孩灿烂的笑容和一把普通的糖果,就是滋润生命的最好甘泉。

多少年过去了,许多惊天动地的大事已被人们淡忘了,但那把陈年糖果却穿过沧桑岁月,向我们传来依然滋润心灵的缕缕芬芳。