

WING FROM VALLEYS

司炳月◎主编

走出生命的低谷

英语

美文诵读

在生命的低谷中，没有保护伞的我们要学会自己攀爬，慢慢地你会发现：是的，你能！

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大连理工大学出版社
DALIAN UNIVERSITY OF TECHNOLOGY PRESS

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前言

如果有机会对自己的人生做一个中肯的评价，你认为你的生活是幸福的还是不幸的？你的人生目标是现实的还是缥缈的？在实现自己人生目标的旅途上，你是否遇到过一时难以克服的困难？面对困难时你又会如何选择？当逆境来临，人生处于低谷，你是试着去接受现实安于天命？还是通过不懈的努力走出低谷，赢得属于你的人生挑战？和我们一起欣赏这些充满哲理的精粹美文吧，这里面有你苦苦追寻的答案：

“幸福是一个旅程，不是终点站。”

“不幸都是相对而言的。有些人比我们更不幸。不管现实和理想相距多远，纵观历史，我们应该为现在所处的时代和境况感到幸运。”

“生命的奖赏远在旅途终点，而非起点附近，我不知道要走多少步才能达到目标。踏上第一千步的时候，我仍然可能遭到失败，但成功往往就隐藏在前路的下个拐角的背后。”

“如果我们面临问题时，以积极的态度回应，并拒绝向恐慌和痛苦屈服，那么助力往往就潜藏在前来埋葬

我们的不幸之中，它会令我们受益，并保佑我们！”

“艰难的岁月不会没完没了，只有坚韧的人能始终不懈，坚持到最后。历史告诉我们，每一个难题都有其生命周期，任何难题都不会永远存在。”

“让我们每个人都飞到高处吧，并且认识到这一点：有些可能会令我们恼怒的约束，实际上是帮助我们攀升和实现愿望的平衡力。”

.....

志向能让我们开启人生的动力；而经验让我们拥有成功的勇气，让我们一起品评本书的一篇篇励志人生的宝藏吧。

编者

2012年10月



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应对逆境。
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 - 3 Shaking It off and Step up
把困难踏在脚下。
 - 4 Transforming Obstacles into Benefits
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- 



When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?

当逆境找上门来时，你如何反应？你是胡萝卜，是鸡蛋，还是咖啡豆？



1

Dealing with Adversity

A daughter complained to her father about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In one he placed carrots, in the second he placed eggs, and in the last he placed ground coffee beans. He let them sit and boil, without saying a word.

The daughter sucked her teeth and impatiently waited, wondering what he was doing. In about twenty minutes he turned off the burners. He fished the carrots out and placed

them in a bowl. He pulled the eggs out and placed them in a bowl. Then he ladled the coffee out and placed it in a mug. Turning to her he asked, "Darling, what do you see?" "Carrots, eggs, and coffee," she replied.

He brought her closer and asked her to feel the carrots. She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. She smiled as she tasted its rich aroma. She humbly asked, "What does it mean, Father?" He explained that each of them had faced the same adversity, boiling water, but each reacted differently. The carrot went in strong, hard, and unrelenting. But after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water. "Which are you?" he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

How about you, my friend? Are you the carrot that seems hard, but with pain and adversity you wilt and become soft and lose your strength? Are you the egg, which starts off with a malleable heart? Were you a fluid spirit, but after a death, a breakup, a divorce, or a layoff have you become

hardened and stiff? Your shell looks the same, but are you bitter and tough with a stiff spirit and heart? Or are you like the coffee bean? The bean changes the hot water, the thing that is bringing the pain, to its peak flavor when it reaches 212 degrees Fahrenheit. When the water gets the hottest, it just tastes better. If you are like the bean, when things are at their worst, you get better and make things better around you.

Ask yourself how you handle adversity. Are you a carrot, an egg, or a coffee bean?



应对逆境

一个女儿对父亲抱怨她的生活，抱怨事事都那么艰难。她不知该如何应对生活，想要自暴自弃了。她已厌倦抗争和奋斗。好像一个问题刚解决，新的问题就又出现了。

她的父亲是位厨师，他把她带进厨房。他先往三只锅里倒入一些水，然后把它们放在旺火上烧。不久锅里的水烧开了。他往一只锅里放些胡萝卜，第二只锅里放入鸡蛋，最后一只锅里放入碾成粉状的咖啡豆。他将它们浸入开水中煮，一句话也没说。

女儿咂咂嘴，不耐烦地等待着，纳闷父亲在做什么。大约20分钟后，他把火关了，把胡萝卜捞出来放入一个碗内，把鸡蛋捞出来放入另一个碗内，然后又把咖啡舀到一个杯子里。

他转过身问女儿，“亲爱的，你看见什么了？”“胡萝卜、鸡蛋、咖啡，”她回答。

他让她靠近些并让她用手摸摸胡萝卜。她摸了摸，注意到它们变软了。父亲又让女儿拿一只鸡蛋并打破它。将壳剥掉后，她看到的是只煮熟的鸡蛋。最后他让她啜饮咖啡。品尝到香浓的咖啡，女儿笑了。她怯声问道：“父亲，这意味着什么？”他解释说，这三样东西面临同样的逆境——煮沸的开水，但其反应各不相同。胡萝卜入锅之前是强壮的，结实的，毫不示弱；但进入开水后，它变软了，变弱了。鸡蛋原来是易碎的。它薄薄的外壳保护着它呈液体的内部。但是经开水一煮，它内部变硬了。而粉状咖啡豆则很独特，进入沸水后，它们倒改变了水。“哪个是你呢？”他问女儿，“当逆境找上门来时，你如何反应？你是胡萝卜，是鸡蛋，还是咖啡豆？”

你呢，我的朋友？你是看似强硬，但遭遇痛苦和逆境后畏缩了，变软弱了，失去了力量的胡萝卜吗？你是内心原本可塑的鸡蛋吗？你先是个性情不定的人，但经过死亡，分手，离异，或失业，是不是变得坚硬了，变得倔强了？你的外壳看似从前，但你是不是因有了坚强的性格和内心而变得严厉强硬了？或者你像是咖啡豆吗？豆子改变了给它带来痛苦的开水，并在它达到华氏212度的高温时让它散发出最佳气味。水最烫时，它的味道更好了。如果你像咖啡豆，你会在情况最糟糕时，变得有出息了，并使周围的情况变得更好了。

问问自己是如何应对逆境的。你是胡萝卜，是鸡蛋，还是咖啡豆？



保鲜一万年的词汇

adversity

[əd've:səti]

n.厄运，逆境

ground

[graʊnd]

a.磨碎的

ladle

['leidl]

v.以杓舀取

aroma

[ə'reʊmə]

n.香味，芳香

unrelenting

[ʌnrɪ'lentɪn]

a.不退让的

wilt

[wɪlt]

v.丧失勇气，
退缩

malleable

['mæliəbl]

a.易受外界影响的，
可塑的

fluid

['flu(:)ɪd]

a.易变的，
不固定的

Questions:

1. What did the father do for a living?
2. What happened to the carrots, eggs, and coffee beans after they were put into the boiling water?
3. When dealing with adversity, are you the carrot, the egg or the coffee bean?





The best way to counterattack anger is to imbibe patience in ourselves. A person with infinite patience has matured mentally, and is the bravest war-horse over the path of anger.

培养耐心是抑制愤怒的最好方法。有耐心的人就意味着他心智的成熟，似一匹勇敢的战马可以超越愤怒。



Keep Your Cool

Everyone would have heard the famous phrase “Anger is one short of danger”. It is an age-old adage, but it is tested and still holds true. Things said or done during anger have created havoc with a lot of people and things. The tightly packed bag of mental frustration erupts into a volcano of anger.

But basically let's try to analyze why one gets angry. When one is not satisfied with the way things have gone, when someone has been taken in for a ride, when one blames life for treating him badly, and many such trivial things are the various reasons. All the frustrations get collected on one part of our mind and when we can bear it no longer, our feelings are vented in the form of a volcano of

emotional tantrums. Anger is one of the major hindrances in self-development, because it narrows our outlook. The mind loses its sense of logic and fairness, when it is accelerated by the arrogant mood of anger.

Getting angry can get your things done somewhere, but not everywhere. This is because as you grow, you yourself are responsible to clean your recycle bin of emotions and frustrations. No one has the foresight or capacity to judge what has brought you to that violent mood or what hardships you have faced. Angry people hardly go places. The closer one comes to this piece of reality, the better he will get.

The best way to counterattack anger is to imbibe patience in ourselves. A person with infinite patience has matured mentally, and is the bravest war-horse over the path of anger. He controlled himself every time and got away from trying circumstances using the best lifeline available. Such people are always in peace with themselves and are always enjoying life.

Anger is never good and it increases anxiety levels of the individual. When one is angry, the heart pumps a lot more blood than the normal capacity and hence it leads to high blood pressure. This may also cause a heart attack. So always be like the hard-working duck, which is calm and composed by its expressions, but paddling like hell at the bottom (to keep itself moving). For human beings this means that we have to keep moving in life by hard work. Never let