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FAVOURITE ESSAYS FROM CRAZY ENGLISH



愿此刻停留 A Moment Like This

张一凡 柠檬 选编

品读英语美文 领悟哲理人生



江西教育出版社
JIANGXI EDUCATION PUBLISHING HOUSE

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前言

《疯狂英语》是中国英语期刊领跑者，其品牌知名度、读者公信力、社会影响面和市场占有率均独占鳌头。2010年首批推出背诵、听力、美文、口语四个系列共20本书后，受到广大英语爱好者的欢迎和好评，2011年继续推出美文会系列6本，以飨读者。

时光荏苒，《疯狂英语》转眼已走过15个年头，也从当年的一本双月刊发展到阅读版、中学版、原声版、口语版、教师版五刊并进的期刊方阵。许多读者对《疯狂英语》的精美文章记忆犹新、赞不绝口，譬如当年齐豫的一篇《秋之湖》，如梦如幻的音乐、深情的独白，曾迷倒多少读者。《疯狂英语》选文一向秉承启迪思想的理念，文风优美、语言地道、含义隽永，在阅读中领悟人生真谛，在阅读中领略文化精华。

此次集结出版的美文，来自历年的阅读版、中学版、原声版和口语版，分为“一人一个情人结”、“愿此刻停留”、“宠爱之名”、“滑过指尖的流沙”、“情感的许愿池”和“生命中的四叶草”六册，前四册均为情感美文，后两册则为名著或畅销书的书摘精选。

在每篇文章的末尾，对四、六级考试适用的词汇和短语进行了详细的注解，此外，编者精心摘选出一些重点句型和句式，便于读者背诵掌握。书末配备的MP3光盘收录了全部文章，由英、美籍人士诵读，发音地道，是绝佳的听力材料，也便于读者跟读模仿练习口语。

单词、短语、句子，由浅入深，循序渐进；阅读、听力、口语，三者合一，面面俱到；优美的文章、精美的图画、华美的音乐，愿您乐享这英语美文的盛宴。

编者

2011年9月



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第一章 生命的见证

成长的岁月，少不了叛逆、冒险和挫折，也充满了憧憬、欢笑和掌声。尽管世上有太多的事情，并不是我们付出了努力就一定要有回报，但是，对于一个视人生体验为最宝贵财富的人来说，结果并不是唯一衡量的标准，只要真心付出过，只要踏实走好每一步，成长过程中的欢乐和痛苦都是“收入”，他/她的“账本”上没有“支出”。正如杨澜所说：人生在世，唯一你能够把握的就是成长。你可以不成功，但不可以不成长。成长是一辈子的事，成长是生命存在的见证。



All the art of living lies in a fine mingling of letting go and holding on.

—Henry Ellis

The Goodness of Life Track 02

By Ralph Marston



Though there is much to be concerned about, there is far, far more for which to be thankful. Though life's goodness can at times be overshadowed, it is never ¹⁾outweighed.

For every single act that is ²⁾senselessly destructive, there are thousands more small, quiet acts of love, kindness and compassion. For every person who seeks to hurt, there are many, many more who **devote** their lives **to** helping and to healing.

There is a goodness to life that cannot be denied.

In the most magnificent ³⁾vistas and in the smallest details, look closely, for that goodness always comes shining through.

There is no limit to the goodness of life. It grows more ⁴⁾abundant with each new encounter. The more you experience and appreciate the goodness of life, the more there is to be lived.



生命的美好

豆豆 译 

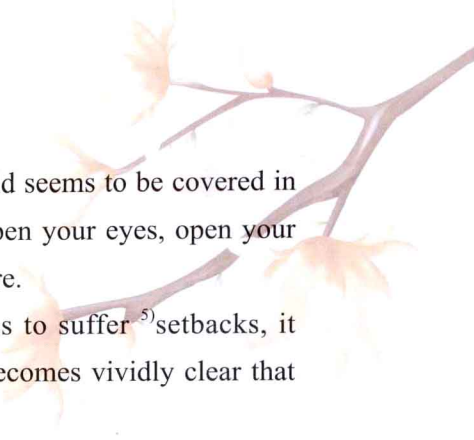
尽管人生有许多烦恼，但更多的是感恩。尽管生命的美好有时会被遮蔽，但从来都不会被超越。

每一个愚蠢无意义的破坏性举动，都会带来更多的、成千上万无言的细小举动，饱含着爱、善意和同情。每一个图谋伤害他人者都会使得更多更多的人献身于帮助和抚慰别人的行动中去。

生命的美好不可否认。

不管是最壮观的景色，还是最微小的细节，仔细看，美好事物的光芒总能穿透一切。

生命的美好是无止境的。每一次新的相遇都会使其变得更加丰富。生命的美好，你经历得越多，你就会越发觉出其中的美妙。



Even when the cold winds blow and the world seems to be covered in foggy shadows, the goodness of life lives on. Open your eyes, open your heart, and you will see that goodness is everywhere.

Though the goodness of life seems at times to suffer ⁵⁾ setbacks, it always endures. For in the darkest moments it becomes vividly clear that life is a priceless treasure.

And so the goodness of life is made even stronger by the very things that would oppose it.

Time and time again when you feared it was gone forever you found that the goodness of life was really only a moment away. Around the next corner, inside every moment, the goodness of life is there to surprise and delight you.

Take a moment to let the goodness of life touch your spirit and calm your thoughts. Then, share your good fortune with another. For the goodness of life grows more and more magnificent each time it is given away.

Though the problems constantly scream for attention and the conflicts appear to ⁶⁾ rage ever stronger, the goodness of life grows stronger still, quietly, peacefully, with more purpose and meaning than ever before.

甚至当寒风吹起，当世界被迷雾遮盖，生命的美好依然不止息。睁开你的眼睛，敞开你的心灵，你会发现，美好无处不在。

尽管生命的美好有时会遭受挫折，但它总能挺过去。因为在最黑暗的时刻，有一点却变得愈发地清晰：生命是无价之宝。

因此，生命的美好会因为与之对抗的事物变得更加强大。

经常，当你担心它永远地消失了的时候，你会发现，生命的美好其实就在身边。就在下一个拐角，就在每一个瞬间，生命的美好给你以惊喜。

花上片刻时间，让生命的美好触动你的心灵、抚慰你的思想。接着，将你的好运与其他人分享吧。因为，生命的美好与人共享时，会变得更加美妙。

尽管问题经常困扰着你，尽管矛盾升级，然而生命的美好会静悄悄地、无声无息地变得更加强大，并蕴涵着更丰富的信念和意义。

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【四六级必考单词】

- 1) outweigh [aʊt'wei] v. 在价值（或重要性、影响等）方面超过
- 2) senselessly ['senslɪslɪ] adv. 不省人事的，无感觉的；笨的；无意义的
- 3) vista ['vɪstə] n. （从特定角度或从两排树木或房屋间的通道看出去的）长条形景色；（思想等的）界域；（对往事的）连绵回忆
- 4) abundant [ə'bʌndənt] adj. 丰富的，充裕的
- 5) setback ['setbæk] n. 挫折，失败；逆流
- 6) rage [reɪdʒ] v. （战争等）激烈进行；盛行



【重点短语记忆】

- 1) devote to 把……专用于；把……奉献给



【经典句式背诵】

Though there is much to be concerned about, there is far, far more for which to be thankful. Though life's goodness can at times be overshadowed, it is never outweighed.

尽管人生有许多烦恼，但更多的是感恩。尽管生命的美好有时会被遮蔽，但从来都不会被超越。

Time and time again when you feared it was gone forever you found that the goodness of life was really only a moment away. Around the next corner, inside every moment, the goodness of life is there to surprise and delight you.

经常，当你担心它永远地消失了的时候，你会发现，生命的美好其实就在身边。就在下一个拐角，就在每一个瞬间，生命的美好给你以惊喜。



好与不好，有时候只是相对而言。没有经历过苦难的人，很难真正体会到幸福的甜蜜并惜福。在孩子的成长中，离不开父母长辈的引导；与此同时，每一个孩子，都是指引父母继续成长的天使。

Track 03

The Best Seat in the House

By Brad Meltzer



“You can have them,” my friend offered.

“No, that’s OK,” I replied.

“I’m serious,” he said. “They’re yours.”

“We’ll be fine,” I said. “We already have tickets.”

“But these are 20 rows behind ¹⁾home plate. They’re perfect.”

“I know, but like I said, we already have tickets.”

“Did you hear what I said?” my friend asked. “Twenty. Rows. Behind. Home. Plate. It doesn’t get better.”

And so the conversation went the day I decided to take my ^[1]volunteer Little Brother to his first-ever professional baseball game.

[1] volunteer Little Brother 和我这个“志愿”哥哥认亲的小兄弟，国外常有组织会号召人们“认亲”，给孤儿或者被领养的人以关爱。



最好的座位

远行的心 译

“你可以拿去。”我朋友提议道。

“不用了，没关系的。”我回答道。

“我是认真的。”他说，“它们归你了。”

“行了。”我说道，“我们已经有票了。”

“但这些票的座位在本垒后面的二十排，很棒。”

“我知道，但我说过了，我们已经有票了。”

“你听到我说的话了吗？”我朋友问道，

“本垒——后面——二十——排。位置再好不过了。”

这场对话发生的当天，我决定要带和我这个“志愿”哥哥认亲的小兄弟去看他出生以来现场观看的第一场职业棒球赛。



It was a perfect night. The peanuts were fresh, the grass was recently mowed, the hot dog buns were soft. Ryan was 10 years old; I was almost 30. Without a doubt, going to the game was a big deal. Why? I wasn't sure—I wasn't even that big a baseball fan myself. But surely every kid should have a chance to go to a real baseball game.

To commemorate the event, we even went to the local sporting goods store earlier in the week to try on some baseball ²⁾mitts.

So now it's the night of the game. The sun is about to set at ^[2]Camden Yards, the home of ^[3]Maryland's beloved ^[4]Baltimore Orioles, and I'm ready to show Ryan how real baseball is enjoyed. I buy a hot dog, grab a program and even pick up a bag of peanuts. Sure, I want to give him the full experience, but I also don't want to spoil him—which is why I ³⁾cringe when Ryan asks me the ⁴⁾all-important question: “Where are our seats?”

It's a simple question. Where are we sitting? Are we in the ⁵⁾outfield? Along the ⁶⁾first base line? Back in the upper ⁷⁾decks? In many ways, where you sit affects your whole view of the game. Indeed, I thought the same thing myself when my friend offered me his ⁸⁾season tickets a few days earlier.

It was an incredibly thoughtful offer; Chuck's seats were 20 rows behind home plate. As he said, they don't get much better. But as I prepared for our visit to the ballpark, all I kept thinking was: “If I take Ryan to those incredible seats, won't I be sending him the wrong message? Won't I be spoiling him, potentially ruining all of his subsequent ballpark visits?” Sure, I obviously was overthinking it, but I made my decision: It's better to take him to seats in the ⁹⁾bleachers, then slowly—after a few games—work our way up to the good seats in front. Teach him to appreciate the world.

That's the better life lesson.

[2] Camden Yards 卡姆登球场，美国马里兰州巴尔的摩市的地标式建筑。

[3] Maryland 马里兰州，位于美国东部、大西洋沿岸，紧邻首都华盛顿。州内有23个郡和巴尔的摩独立市。

[4] Baltimore Orioles 巴尔的摩金莺队，美国职棒大联盟中隶属于美国联盟的棒球队之一，主场位于美国马里兰州巴尔的摩市的卡姆登园金莺球场。

那一夜堪称完美。花生米很新鲜，草地刚修剪过，热狗面包香软。瑞恩那时十岁，而我差不多三十岁了。毫无疑问，到现场去观看比赛是件大事。理由？我也说不准——我自己也说不上是个狂热的棒球迷。但可以确定的是，每个孩子都应该拥有一次现场观看棒球比赛的机会。

为了庆祝那件事，我们甚至在那周的早些时候就跑到本地的运动用品店试戴了一些棒球手套。

到了比赛当晚，太阳挨着卡姆登球场落下。（卡姆登球场是马里兰州最受喜爱的巴尔的摩金莺队的主场。）而我准备让瑞恩见识一下该怎么在现场欣赏棒球比赛。我买了一根热狗，抓起一张赛程表，甚至还抓了一包花生米。当然，我想给他带来一次完整的体验，但同时又不想宠坏他——这就是为什么当瑞恩问我“我们的座位在哪”这个非常重要的问题时，我畏缩了。

那是个简单的问题。我们坐哪？我们的座位在外场吗？在一垒那块地方？还是在球场上层那些露天看台的后排？从很多方面来说，你的座位会影响你观看球赛的整个视野。当我朋友早几天向我提供他的季票时，我确实有想过同样的问题。

那是个相当体贴的提议。查克那些票的座位在本垒后面二十排。如他所说，那座位再好不过了。但当我为我们的棒球场之行做准备时，我满脑子想的是“如果我把瑞恩带去坐在那么有利的位置，会不会是给他一种错误信息？我会不会宠坏他，潜在地毁坏他之后所有的棒球场之行？”我确实明显有些多虑了，但我决定了：最好还是把他带到露天看台上的座位，然后慢慢地——几场比赛后——往前面那些好座位坐，为的是让他感受生活。

那是更有益的人生一课。



So there we are, walking up to our seats in far ¹⁰⁾left field. In truth, they are bad seats. We can barely see home plate, much less the infield. The only thing we are close to is the scoreboard, and even then, it's on our far left. But as we find our aisle and make our way over to our seats, Ryan studies the view and **takes** it all **in**. He looks at the bright-green grass—the glare of the lights—and all the people surrounding us. And then, this 10-year old boy who never has been to a ballpark in his entire life turns to me and says, “These are the best seats in the whole place.”

I almost fall over right there. A wide smile takes his face. And mine.

As I said, it was a perfect night. But somehow, it just got better.

于是我们去了那里，走向我们那位于左外野很后的座位。事实上，那是很差劲的座位。我们连本垒都几乎看不到，更别提内野。我们唯一靠近的是记分板。虽说近，它也是在我们左手边很远的地方。我们找到自己那排座位前面的过道，走向座位，瑞恩研究了一下四周景观，一切尽收眼底。他看着绿油油的草地——映照着眩目的灯光——以及所有坐在我们周围的人。然后，这个平生从未去过棒球场的十岁男孩转身对我说道：“这里是全场最好的位置。”

我差点跌倒在那里。我们俩的脸上都露出了灿烂笑容。

正如我所说的，那一夜堪称完美。但无论如何，生活越过越好了。

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