

Beautiful English

美丽英文

青春是华丽的旅行

Youth Is a Journey Full of Flowers

詹少晶◎编译



美丽英文袖珍馆
POCKET BOOK III



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英文
随身读

青春的旅途不一

挣扎可以

可以让你

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美丽英文袖珍馆·第2辑

青春是华丽的旅行

Youth Is a Journey Full of Flowers

青春的旅途不一定始终是美好的，
但是那些挣扎可以让你变得更加坚强，
那些改变可以让你变得更有智慧。

PREFACE
.....**Youth****青春**

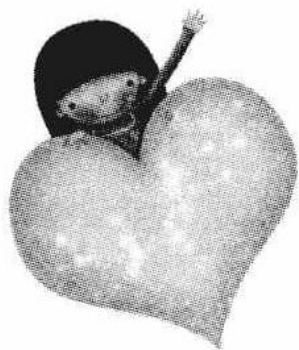
© *Samuel Ullman*

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means a tempera-mental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spring back to dust.

Whether 60 or 16, there is in every human



青春不是年华，而是一种心态；青春不是红润的双颊、鲜红的双唇、柔软的双膝，而是坚忍的意志、丰富的想象、炽热的情感；青春是生命之泉在喷涌。

青春是气贯长虹的勇气，它能战胜怯弱；青春是勇于冒险的渴望，它打败苟安。这股精神，二十岁的人身上有，但六十岁的人身上更多见。年岁的增加，并非真正的衰老。真正的衰老始于放弃理想的那一刻。

悠悠岁月，老去的只是容颜；抛弃激情，衰败的却是灵魂。忧心、恐惧、缺乏自信会使心灵扭曲，意气如灰。

不论花甲之年，还是芳龄十六，

IV

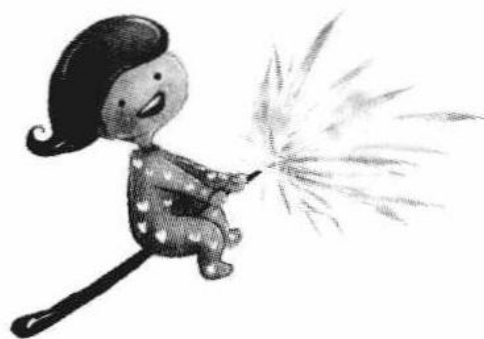
being's heart the lure of wonder, the unfailing childlike appetite of what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station: so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long are you young.

When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at 20, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at 80.



奇迹的诱惑、生命的欢乐和孩童般的天真都永存心间。你我心中，都有一台天线：只要你从天地间接收美好、希望、快乐、勇气和力量，你便会青春永驻。

一旦天线掉下来，这股精神就会被冰雪覆盖，变得玩世不恭。即便你芳龄二十，实则早已老去。然而，只要你竖起天线，接收乐观的信号，即使在八十岁时告别尘世，你仍会觉得年轻。





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Chapter 1

From the Beginning of Youth 站在青春的起点

Leave the excess baggage of yesterday's mistakes and dare to enter into all the tomorrow. Leave yesterday to history and resolve to begin fresh each new day daring to make dreams become a reality.

放下昨日错误的重负，勇敢融入明日的
生活。将昨日留给历史，满怀信心地迎接
每个新日子的到来，努力将梦想变为现实。



The Beginning

起点

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In the beginning, all things are hopeful. We prepare ourselves to start a new. Though we may be intent on the magnificent journey ahead, all things are contained in the first moment: our optimism, our faith, our resolution, our innocence.

In order to start, we must make a decision. The decision is a commitment to daily self-cultivation. We must make a strong connection to our inner selves. Outside matters are **superfluous**^①. Alone and naked, we negotiate all of life's travails. Therefore, we alone must make something of ourselves, transforming ourselves into the instruments for experiencing the deepest spiritual essence of life.

Once we make our decision, all things will come to us. **Auspicious**^② signs are not a superstition, but a confirmation. They are a response. It is said that if one chooses to pray to a rock with enough devotion, even that rock will come alive. In the same way, once we choose to commit our-



在起点，所有的一切都充满希望。我们准备重新开始。虽然我们的目的是前方奇妙的旅程，但我们的一切希望——乐观、信念、决心和纯真，却都包含在开始的那一刻。

为了开始，我们必须作好决定。这一决定是我们日常自我修养的一种承诺。我们要将它与自己的内心建立一种密切的关联。除此之外的事都是多余的。我们终生劳碌，最终孤独而赤裸地离去。因此，我们必须有所作为，那样可以引导我们去体会生活中最深层的精神实质。

一旦我们下定决心，所有的事情就会接连不断地发生。吉兆并非迷信，而是对事情的肯定预测，是事物的反应。据说，若有人虔诚地向岩石祈祷，岩石都