

# 英语

## 床头灯



*To be a lake with great ideals and ambitions  
your pains of failures and frustrations will  
be dissolved and melted instantly like the salt  
scattered into the lake*

主 编 张顺生

审 校 【美】Rodriguez Allen



# 幸福人生

且行且珍惜，  
享受幸福人生



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2012年8月

# 前 言

喧嚣的都市，忙碌的人群，生活的压力……傍晚华灯初上，一切归于平静。当床头的灯光柔柔地撒下，我们静静地坐在自己温馨的小窝里，享受那一份久违的宁静：打开心灵的小书，阅读双语的华章，享受曼妙的语言，增长人生的智慧，培养豁达的心态，提升生活的品质……

本书精选的双语生活短篇，或充满智慧，渗入心田，让人豁然开朗；或当头棒喝，发人深省，让人灵光一闪……读者既能藉生活短篇来排解工作的压力，直面遇到的困难，荡涤心中的烦恼，了却人生的缺憾，又能在快乐中潜移默化之中学习英语，更能培养那超凡脱俗的视角，卓尔不群的智慧，积极向上的心态，旷达包容的胸怀，将眼前的困难、挫折、讥笑或愤怒等化为莞尔一笑，“烦恼清，智慧长，菩提生，”笑傲江湖，让读者带着好心情入眠，成就幸福的人生。

本书分四大板块，即“漫步云端的幸福”、“且行且珍惜”、“缘分妙不可言”与“上帝的礼物”。为了便于大家能在最短的时间内获得最大的收获，我们对每篇短文都做了如下精心安排：

“美文悦读”为您展现原汁原味的英语美文，读者既可以从优美的文字中感受到最真挚纯洁的情感，从而认识到生活的美好，也可以从文字背后体味出其中蕴含的深意，从而思索生命的真谛；“译文参考”为您提供了精彩的中文翻译，既可以帮助您理解英语文章本身，又可以使您从中领略到翻译技巧，增强您在工作中的竞争力；“热词点拨”为您列出文章中出现的生词、难点，使您在品味原汁原味的英语美文的同时免去查阅词典的烦恼而让您的词汇量扩容；“佳句欣赏”为您提供或为原文中的优美片断，或为能表现文章主题的经典句型，可以方便读者品读、摘抄；“心灵晓悟”是编译者与读者分享每个小故事的心灵感悟与共鸣，给予您一个他者的视角，陶冶自己的情操。

请享受这“上帝的礼物”，任由一个个小故事轻轻触碰您的灵魂深处，体味“妙不可言的缘分”，在人生路上“且行且珍惜”，您定会得到“漫步云端的幸福”。

编 者

2012年8月

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# Part 1



## 漫步云端的幸福

错落的楼宇，宽阔的街道，我们一路奔波，寻找她的身影。究竟，幸福离我们有多远？从明天起，做一个漂泊的人，也许这样会拉近我们的距离。或许，幸福不是完美和永恒，而是心灵和万物的共鸣，源于内心对生活的感悟。雪花的飘落，日出的温暖，父母的呵护，恋人的怀抱，朋友的陪伴……幸福很简单，它就在身旁，等待我们去发现。淡淡的她，来去无声，如漫步在天际的云朵。

# In Life We Are Happiest When...

## 幸福来敲门……

写下双方的缺点，然后一起去解决，这样真的就可以过上幸福的生活吗？其实，生活已是美好，不应自寻烦恼。

### 美文悦读

A man and his girlfriend were married. It was a large celebration. All of their friends and family came to see the lovely ceremony and to *partake* of the festivities and celebrations. All had a wonderful time.

The bride was gorgeous in her white wedding gown and the groom was very dashing in his black *tuxedo*. Everyone could tell that the love they had for each other was true.

A few months later, the wife came to the husband with a proposal, "I read in a magazine, a while ago, about how we can strengthen our marriage," she offered, "Each of us will write a list of the things that we find a bit annoying. Then, we can talk about how we can fix them together and make our life happier together."

The husband agreed. So each of them went to a separate room in the house and thought of the things that annoyed them about the other and wrote down what they came up with.

The next morning, at the breakfast table, they decided that they would go over their lists.

"I'll start," offered the wife. She took out her list. It had many items on it. Enough to fill 3 pages. In fact, as she started reading the list of little annoyances, she noticed that tears were starting to appear in her husband's eyes.

"What's wrong?" she asked. "Nothing," the husband replied, "keep reading your list."

The wife continued to read until she had read all three pages to her husband. She neatly placed her list on the table and folded her hands over the top of it.

“Now, you read your list and then we'll talk about the things on both of our lists.” she said happily.

Quietly the husband stated, “I don't have anything on my list. I think that you are perfect the way that you are. I don't want you to change anything for me. You are lovely and wonderful and I wouldn't want to try to change anything about you.”

The wife, touched by his honesty and the depth of his love for her and his acceptance of her, turned her head and wept.

In life, there is much time when we are disappointed, depressed and annoyed. We don't really have to go looking for them. We have a *wonderful* world that is full of beauty, light and *promise*. Why waste time in this world looking for the bad, disappointing or annoying when we can look around us, and see the *wondrous* things before us? (422 words)



## 译文参考



一男子与女友举行了一场盛大的婚礼，所有亲友都到场祝福，分享这对新人的喜悦，度过了一段愉快的时光。

身着雪白婚纱的新娘楚楚动人，穿着黑色礼服的新郎帅气潇洒。大家都看得出，他们彼此真心爱着对方。

数月后，妻子提议：“不久前，我在一本杂志上读到一篇文章，讲的是如何增进夫妻感情。我们俩在纸上列出对方的缺点，然后一起协商怎么修正好让我们的婚姻更美满。”

丈夫同意了。于是，夫妻俩各处一个房间，回想对方令自己生气的地方，逐一写了下来。

第二天早上吃早餐的时候，夫妻俩决定看一下彼此的“缺点清单”。

“我先来吧。”妻子说。她拿出单子，上面写了许多条小缺点，足足三页。事实上，当她开始读这些小小的缺点的时候，她注意到丈夫的眼角湿润了。

“怎么了？”她问道。“没事儿，”丈夫回答，“你继续念。”

妻子接着念，三页纸全部念完以后，她把单子整齐地放在桌上，两手交叉放在上面。

“好了，该你读了。等你念完后，我们就来谈谈这些缺点吧。”妻子高兴地说道。

丈夫平静地说：“我什么也没写，我觉得你这样已经很完美了。你很可爱，很迷人，我不想你为我改变什么。”

丈夫的诚实挚爱和包容深深地打动了妻子，她转过头去，哭了起来。

生活中，许多时候我们会感到失望、沮丧和生气，无需特意去寻烦恼。我们生活在一个充满美丽、光明和希望的美妙世界里，环顾四周，美好事物俯拾皆是，又何必把时间浪费在找寻不快、失落和恼怒上呢？

### 热词点拨

partake [pɑ:ˈteɪk] *vt.* 分担；分享

tuxedo [tʌkˈsi:du] *n.* 无尾燕尾服

wonderful [ˈwʌndəfʊl] *adj.* 极好的，精彩的

promise [ˈprɒmɪs] *n.* 许诺；希望

wondrous [ˈwʌndrəs] *adj.* 奇妙的

### 佳句欣赏

Why waste time in this world looking for the bad, disappointing or annoying when we can look around us, and see the wondrous things before us?

环顾四周，美好的事物俯拾即是，又何必把时间浪费在找寻不快、失落和恼怒上呢？

### 心灵晓悟

有人说过，“这世界并不缺少美，缺少的是发现美的眼睛。”夫妻相互抱怨，家长抱怨孩子，孩子抱怨家长……其实，这些不和谐音符产生的主要原因之一是没有发现对方的优点。珍惜吧，幸福只是一种感觉，是否幸福决定于你自己。

# American First Lady Confesses: Life in White House Is Very Happy

## 美国第一夫人深情袒露: 白宫生活很快乐

米歇尔·奥巴马说, 现在我们全家每天都可以一起吃晚餐、聊天。吃完饭, 奥巴马还会哄孩子们上床睡觉。我很喜欢这种生活, 我们很多年没有这样开心了, 能够陪在他们的身边, 是我最大的幸福。



美文悦读



Few things are as sweet to a parent as family meals and bedtime with the kids, and those are two reasons Michelle Obama says her new life at the White House is comforting.

In an interview for the March 9 issue of *People* magazine, the First Lady reveals some details of her family life in the month since President Barack Obama was *inaugurated*, and they moved their daughters, Malia, 10, and Sasha, 7 into 1600 Pennsylvania Ave. in Washington, D. C..

After more than a year living out of suitcases and in hotel rooms on the campaign trail, Michelle Obama says the family now has dinner together every night, where they talk about the highs and lows of their day. Later the president is able to *tuck* his children into bed before they *drift* off to sleep.

"We haven't had that kind of time together for years, so that explains a lot why we all feel so good in this space," the First Lady told *People* magazine.

Among their daily routine is exercise for her and her husband at 5:30 in the morning and breakfast together before their respective days begin. She said the secrets to their successful marriage include being able to laugh together and his ability to stay calm under stress.





But she stopped well short of saying they are a model of married perfection. “I don’t want anybody to think it’s easy. It works because we really work at it... We have a strong marriage, but it’s not perfect.”

She did say her husband has quit smoking, for now, and that Malia and Sasha must still do their chores — make their beds, clean their rooms and clear the dishes from the dinner table.

“People (here) want to make your life easy, and when you have small kids — I’ve explained this to the staff — they don’t need their lives to be easy. They’re kids,” she said.

And what about the president’s promise to get a dog for the girls? The First Lady said it is on the way, but is waiting until April, after the girls have had their spring break from school. But she has a problem — the name.

The girls have come up with several ideas, including Frank and Moose, but Michelle Obama is not going for those. “I like, Bo. Come on. Let’s work with the names a little bit,” she said.

(403 words)



### 译文参考



对于父母来说，很少有比家庭聚餐和陪孩子睡觉更幸福的了，而这也正是迈克尔·奥巴马享受白宫新生活的两大原因。

3月9日出版的《人物》杂志中，这位第一夫人透露了自奥巴马就任总统一个月以来的一些家庭生活细节。奥巴马总统就任后，他和迈克尔携一双女儿——10岁的玛丽亚和7岁的萨沙——搬到华盛顿特区宾夕法尼亚大道1600号的白宫。

经历了一年多提着行李箱子东奔西走、住旅馆的竞选生活后，迈克尔说现在全家每天都可以一起吃晚餐，说说一天的大事小情。然后，身为总统的奥巴马还能哄孩子们上床睡觉。

迈克尔向《人物》杂志吐露：“我们已经很多年没有这样的时光了，这就是为什么我们一家人在白宫都感觉很快乐。”

平日里，奥巴马和迈克尔清晨5点半起床锻炼，接着共进早餐，然后开始各自的工作。迈克尔说，他们婚姻成功的秘诀在于，两人可以一起开怀大笑，还有奥巴马能在压力之下保持冷静。

但迈克尔认为自己还称不上是完美婚姻的典范。“我不想让人们觉得这是件容易的事。我们的婚姻之所以有今天，是因为我们真的很努力地经营自己的婚姻……我们的婚



姻很牢固，但并不完美。”

据米歇尔介绍，奥巴马已经戒烟。现在，玛丽亚和萨沙仍然要做些她们力所能及的家务杂事——比如铺床、打扫房间、收拾餐桌。

米歇尔说：“这儿的人都想让你过着舒适的日子。可是，当你有了孩子——我已经和工作人员说过了——孩子们不需要安逸的生活，他们是孩子。”

那么，总统许诺给自己的两位千金买只宠物狗的事情进展如何？米歇尔称此事正在进行中，但要等到4月份孩子们春季放假之后。但米歇尔现在有个问题——那就是，给小狗取名字。

女儿们已经想了好几个名字，如弗兰克和穆斯等，但米歇尔都不打算采用。她说：“我喜欢，不。我们一起努力再多想几个名字吧！”

### 热词点拨

inaugurate [i'no:gjureit] *vt.* 使正式就任

tuck [tʌk] *vt.* 把……舒服地裹好

drift [drift] *vi.* 逐渐地睡着了



### 佳句欣赏

She said the secrets to their successful marriage include being able to laugh together and his ability to stay calm under stress.

米歇尔说，他们婚姻成功的秘诀在于，两人可以一起开怀大笑，还有奥巴马能在压力之下保持冷静。



### 心灵晓悟

人们在看待别人的生活时往往只看到了单方面，即别人的生活都非常完美。其实，生活之中难免磕磕碰碰，伟人名人都不能免俗。理解生活——生活有着或平凡或热烈、或缤纷或单一的方式。只有领悟了生活本身的真谛，我们才会过得轻松。

# Happiness Is a Journey

## 幸福是一段旅程

总是在找寻幸福，却不知道幸福原本是一段旅程。一路上，悲伤或忧愁，点点滴滴，都值得回忆，只因它们都是幸福的痕迹。

### 美文悦读

We always convince ourselves that life will be better after we get married, have a baby, than another. Then we are *frustrated* that the kids aren't old enough and we'll be more content when they are. After that we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage.

We always tell ourselves that our life will be complete when our spouse gets his or her act together. When we get a nice car, and are able to go on a nice vacation when we retire. The truth is, there's no better time than right now. If not now, when? Our life will always be filled with challenges. It's best to admit this to ourselves and decide to be happy anyway.

One of my favorite quotes comes from Alfred Souza. He said. "For a long time, it had seemed to me that life was about to begin—real life. But there was always some *obstacle* in the way, something to be gotten through first, some unfinished business, time still to be served, and a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life." This *perspective* has helped me to see that there is no way to happiness. Happiness is the way. So treasure every moment you have.

And remember that time and tide waits for no one. So stop waiting until you finish school, until you go back to school; until you get married, until you get divorced; until you have kids; until you retire; until you get a new car or home; until spring; until you are born again to decide that there is no better time than right now to be happy...

Happiness is a journey, not a *destination*. So, work like you don't need money, love like you've never been hurt, and dance like no one is watching. (320 words)



## 译文参考



我们总是不断说服自己，以为结婚生子之后生活会比较舒心。然而，生完孩子，我们又会因孩子们年幼而烦恼，希望他们长大些后生活满意度会高些。可后来我们依然很烦恼，因为青春期的孩子很难对付。于是，我们想，过了这个年龄段，事情肯定会出现转机。

我们总是不断地告诉自己，如果我们的另一半配合我们的话，生活会变得美满。买一辆漂亮的小车，我们退休时就可以开车去度假了。事实上，再也没有比当下时光更珍贵的了。如果不是现在，那会是什么时候呢？我们的生活中总是充满着挑战。最好自己先认清这一点，然后打定主意做个快乐的人。

阿尔弗雷德·苏泽有句名言我很喜欢。他说：“很久以来，对我而言似乎真正的生活即将开始，可总有某个障碍挡道，有事情须首先解决，某件工作待完成，任职未到期，有债务要偿还等。等把这些事情通通了结后，幸福生活才能开始。最后我才明白，这些障碍物就是我的人生。”这一观点使得我明白幸福是没有途径的，寻找幸福的过程本身就是幸福的，所以我们要珍惜现在的点点滴滴。

要谨记“岁月不待人”。所以莫要等到你毕业之后；莫要等到重返校园之时；莫要等到结婚成家；莫要等到离婚之时；莫要等到膝下添子之时；莫要等到退休之时；莫要等到购置新车或乔迁新居；莫要等到春天；莫要等到重获新生之后才意识到当前幸福是最重要的……

幸福是一段旅程，而不是一个终点站。因此，工作上不要为金钱奴役，爱情上要大胆追求，要旁若无人，纵情起舞。



## 热词点拨

frustrated [frʌ'streɪtɪd] *adj.* 失意的；尴尬的

obstacle ['ɒbstəkl] *n.* 障碍，干扰

perspective [pə'spektɪv] *n.* 观点；远景

destination [ˌdestɪ'neɪʃən] *n.* 目的地，终点