

SEIZE THE DAY

司炳月◎主编

把握今天

英语

美文诵读

不管昨天曾经发生什么，不管明天可能发生什么，今天才是生命之光的完美绽放……

赠送MP3音频



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

SEIZE THE DAY

把握今天

英语

美文诵读

主 编 司炳月
副主编 刘 欣



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

图书在版编目 (CIP) 数据

把握今天: 英汉对照 / 司炳月主编. —2版. —大连: 大连理工大学出版社, 2012.11

(英语美文诵读)

ISBN 978-7-5611-4876-1

I. 把… II. 司… III. ①英语—汉语—对照读物②散文—作品集—世界③小品文—作品集—世界 IV. H319.4: I

中国版本图书馆CIP数据核字(2009)第080781号

大连理工大学出版社出版

地址: 大连市软件园路80号 邮政编码: 116023

发行: 0411-84708842 邮购: 0411-84703636 传真: 0411-84701466

E-mail: dutp@dutp.cn URL: <http://www.dutp.cn>

大连美跃彩色印刷有限公司印刷 大连理工大学出版社发行

幅面尺寸: 120mm × 185mm

印张: 7.5

字数: 160千字

附件: MP3光盘1张

印数: 5001~10000

2012年11月第2版

2012年11月第2次印刷

责任编辑: 张婵云

责任校对: 商晶

装帧设计: 对岸书影

ISBN 978-7-5611-4876-1

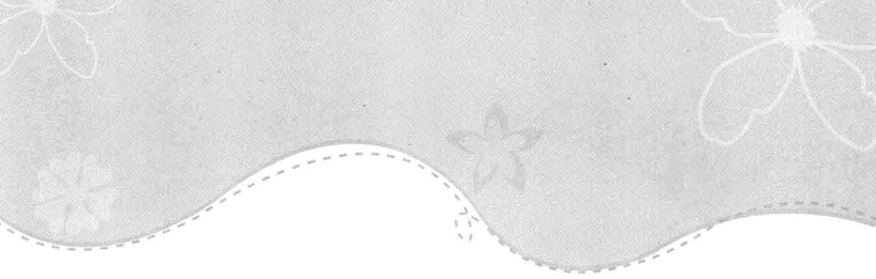
定价: 20.00元

前言

细雨湿衣看不见，闲花落地听无声，不知不觉间，我们的眉梢，已爬上岁月的雕琢。当我们感伤夕阳西下的黄昏，当我们独处灯火阑珊的夜晚，当我们吟诵喷薄而出的朝阳，我们会有一种幡然的感悟——不管昨天曾经发生什么，不管明天可能发生什么，今天才是生命之光的完美绽现。

当一切已成过往，绝望的挣扎，欲裂的伤痛，万分的欣喜，至纯的爱恋，所有的这一切如同玲珑的叶片，记忆随着叶脉传递，在生命的扉页里永存。当一切还未到来，闪现的昙花，邂逅的美丽，热切的渴望，虔诚的祈祷，所有的这一切如同灿烂的烟花，梦想随着花香飘散。而今天，也只有今天之花才能在玫瑰岁月灿烂绽放。

今天我们感悟了：人生是缘，聚散离合；人生如海，潮起潮落；人生是山，峰峦叠嶂；人生如酒，苦辣酸甜；人生是歌，跌宕起伏；人生如泉，滴水藏海。今天我们知道了：余音袅袅，是音律之美；杨柳依依，是神态之美；彩蝶翩翩，是舞动之美。众生芸芸，才是生命之澄澈彩虹。今天我们体会了：生命中没有什么恒久



不变的风景，只要你的心永远朝着太阳，每一个清晨都会向你展现一番美景，等着你去欣赏——这个世界总会带给你新的希望。

本书选材范围甚广，包括隽永清新的散文，发人深省的时文，经典名著的名篇，圣人智者的名言，寄以展现世态万象，阐释生活哲理，演绎精彩人生。就让我们一起在这些经典的文章中品味今天的春华秋实，今天的璀璨夺目，今天的沧海巅峰吧！

编者

2012年10月

目录

第一篇 激情畅想

- | | | |
|----|--------------------------------|-------|
| 2 | <i>My dream</i> | 我的梦想 |
| 6 | <i>The Art of Unhappiness</i> | 忧愁的艺术 |
| 10 | <i>The Art of Imperfection</i> | 瑕疵之美 |
| 14 | <i>Experience Life</i> | 体验生活 |
| 18 | <i>Think it over</i> | 好好想想 |

第二篇 隐形翅膀

- | | | |
|----|--|-----------|
| 24 | <i>Live This Day as if It is My last</i> | 如果今天是生命之末 |
| 28 | <i>I Will Act Right Now</i> | 付诸行动 |
| 34 | <i>Today I begin a new life</i> | 生活始于今天 |
| 39 | <i>Exercise</i> | 锻炼 |
| 43 | <i>Process Matters</i> | 重在过程 |

第三篇 心灵小屋

- | | | |
|----|--------------------------------|---------|
| 48 | <i>Adrift</i> | 漂流者箴言 |
| 53 | <i>Life is full of choices</i> | 生活处处是选择 |
| 59 | <i>The Meaning of Life</i> | 生命的意义 |
| 63 | <i>Will and Life</i> | 意志与人生 |
| 67 | <i>Your Choice</i> | 你的选择 |

第四篇 挑战极限

- | | | |
|----|-------------------------------------|----------|
| 72 | <i>A Million Dollar Lesson</i> | 一课千金 |
| 76 | <i>The Lesson from Bamboo Trees</i> | 竹子的启示 |
| 80 | <i>Life isn't a Dress Rehearsal</i> | 人生不是一次彩排 |
| 84 | <i>You!</i> | 你 |
| 87 | <i>Design Your Own Life</i> | 设计你的人生 |

第五篇 梦想之巅

- | | | |
|-----|---|------------|
| 93 | <i>Don't Let Happiness Run Away from Us</i> | 别让快乐远离我们 |
| 97 | <i>"Get to!"</i> | “去做” |
| 101 | <i>Just do it</i> | 时不我待 |
| 106 | <i>Persist Until Succeed</i> | 成功源于不懈 |
| 112 | <i>Seizing Every Minute In Life</i> | 把握生命中的分分秒秒 |

第六篇 茶道人生

- | | | |
|-----|--|-------------|
| 117 | <i>Tea and Life</i> | 茶道人生 |
| 121 | <i>Advice to Help You Live Happily</i> | 快乐生活的建议 |
| 126 | <i>The Five Simple Rules to Be Happy</i> | 快乐生活的五个简单法则 |
| 130 | <i>Melody of Life</i> | 生活的旋律 |
| 135 | <i>50 Things to Do Before I Die</i> | 一辈子要做的50件事 |

第七篇 世界如诗

- | | | |
|-----|---|----------|
| 141 | <i>An October Sunrise</i> | 十月日出 |
| 146 | <i>Dance Like No One's Watching</i> | 纵情起舞 |
| 150 | <i>What Happened to Sunday</i> | 星期天怎么了 |
| 154 | <i>Human Life Likes a Poem</i> | 人生如诗 |
| 159 | <i>The Top 10 Secrets of Creativity</i> | 创造力的十大秘诀 |

第八篇 把握今天

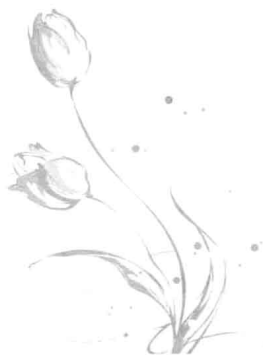
- | | | |
|-----|---|------------|
| 164 | <i>Enthusiasm Takes You Further</i> | 激情让你走得更远 |
| 170 | <i>What Is Your Recovery Rate</i> | 你的恢复速率是多少? |
| 175 | <i>Happy Is Better</i> | 幸福快乐就好 |
| 180 | <i>How To Find Happiness</i> | 如何寻找幸福 |
| 184 | <i>Now Is the Best Time to Be Happy</i> | 人生中的快乐时刻 |

第九篇 浪漫青春

- | | | |
|-----|-------------------------------------|------------|
| 188 | <i>Youth</i> | 青春 |
| 191 | <i>Free to Soar</i> | 自由飞翔 |
| 195 | <i>How to Stay Young</i> | 永葆青春 |
| 198 | <i>The Prime Time In Life</i> | 生命中的黄金时期 |
| 202 | <i>Every Day Is a Gift from God</i> | 每一天都是上帝的恩赐 |

第十篇 雅致人生

- | | | |
|-----|----------------------------------|--------|
| 208 | <i>Whole life</i> | 完整人生 |
| 213 | <i>Treasure your life</i> | 珍惜生活 |
| 217 | <i>What will Matter</i> | 珍惜什么 |
| 221 | <i>Be Master of Your Emotion</i> | 做情绪的主人 |
| 226 | <i>Wonders in Life</i> | 生命中的美好 |





第一篇 激情畅想

- 1 My Dream
我的梦想
 - 2 The Art of Unhappiness
忧愁的艺术
 - 3 The Art of Imperfection
瑕疵之美
 - 4 Experience Life
体验生活
 - 5 Think It Over
好好想想
- 



Having achieved one dream, I set out to achieve others. Dreamers should keep reaching for their dreams, no matter what the pains are.

实现一个梦想之后，我开始着手实现我其他的梦想。有梦想的人应该为他们的梦想锲而不舍，无论付出多少努力。

① My Dream

Everyone has a dream, so do I. I never dream of becoming beautiful because I know beauty is something I won't have. My dream is simple, that is, becoming a typist. I came from a poor family of several children and the best thing that my parents could give us was a good education. I hoped I could master the typewriter which would bring me a good job in the office. But of course it was a hard thing to find a job, even though you could really master that machine.

But I still decided to take a course in typing given by the government. I filled in the form and wrote down typing as my training course. When I handed over the form to the

interviewer, she looked at me and after a while she advised me to change my choice. “Why don’t you take up dress-making or that kind of course so that the competition is not so hot? You know you can’t compete with college students.” She said, “Offices prefer to hire neatly dressed, pretty girls with beautiful hands.” She added.

I knew that, but I gave her my choice, “I will be a really good typist.” She accepted me at last.

After five months’ training, I was chosen as one of the five students in my class to do some copy typing for the department. I knew it was my chance. When I worked hard on the typewriter, I took every care to be neat and fast. I finished half of the work given to all of us while my other classmates spent their time talking and reading.

More work came to me after this test. I was taken on as one of the typists in one office immediately after my graduation. Having achieved one dream, I set out to achieve others. In my opinion, dreamers should keep reaching for their dreams, no matter what the pains are.



每个人都有梦想，我也一样。我从没有梦想变得漂亮，因为我深知漂亮对于我来说是一件不会拥有的东西。我的梦想很

简单，就是成为一名打字员。我来自一个有着好几个孩子的贫困家庭。我父母亲所能给我最好的东西就是一种好的教育。我希望我能掌握打字技术，它将会为我带来一份坐办公室的好工作。但是当然即使你真正掌握了那门技术，要想找到一份工作也是很难的事情。

但是我仍然决定参加政府举办的打字培训课程。我填写了报名表，还写下了“打字”作为我的培训科目。当我把表格递给面试官时，她看了我一下，过了片刻，她建议我改变我的选择。“为什么不去参加服装设计或类似这样的一些竞争不是很激烈的课程呢？你知道你不能和那些大学生相比。”她说到，“办公室更喜欢雇佣那些衣着整洁，拥有纤纤玉手的漂亮女孩子。”她补充到。

这些我都知道，但是我还是坚持我的决定：“我要成为一名真正的好打字员。”她最后接受了我的意见。

五个月的培训后，我被选中去为部门打些复印材料，而我们班只选出了五个学生，我就是其中之一。我知道这是我的机会。当我致力于打字机上努力工作的时候，我尽量注意整洁和快速。我完成了交给我们所有人的一半的任务，而我的其他同学还在花时间谈论和看材料。

这次测试之后就有更多的工作找上门来。毕业后我作为一名打字员在一个办公室里就职。这个梦想实现之后，我开始着手实现我其他的梦想。我认为有梦想的人应该为他们的梦想锲而不舍，无论付出多少努力。



保鲜一万年的词汇

master

[mɑ:stə]

v. 征服,
精通

neatly

['ni:tli]

ad. 优美地,
整洁地

Questions:

1. What is the author's dream?
2. How did she make her dream come true?
3. Do you have any dreams? How do you plan to achieve them?





Today, surrounded by promises of easy happiness, we need someone to tell us that it is O.K. not to be happy, that sadness makes happiness deeper.

今天，我们身边充满了轻易就可获得的幸福承诺，我们需要有人提醒：即使不快乐也可以，悲伤会使幸福更加深刻。



The Art of Unhappiness

Many things make people think artists are weird—the odd hours, the nonconformity, the clove cigarettes. But the weirdest may be this: artists' only job is to explore emotions, and yet they choose to focus on the ones that feel lousy. Art today can give you anomic, no problem. Bitter sweetness? You got it. Tristesse? What size you want that in? But great art, as defined by those in the great-art-defining business, is almost never about simple, unironic happiness.

Now, like the dog that chased and finally caught the car, we don't know what the hell to do with it. We feel vaguely dissatisfied though we have what we should want, vaguely guilty for wanting it, vaguely angry because it didn't come as

advertised. People ts-ktsked over last month's study in which women were reported being happier having sex or watching TV than playing with their kids. But why shouldn't they? This is how the market defines happiness: happiness is feeling good. Kids, those who exist outside ads, make you feel bad—exhausted, frustrated, bored and poor. Then they move away and break your heart.

What we forget—what our economy depends on our forgetting—is that happiness is more than pleasure sans pain. The things that bring the greatest joy carry the greatest potential for loss and disappointment. Today, surrounded by promises of easy happiness, we need someone to tell us that it is O.K. not to be happy, and that sadness makes happiness deeper. As the wine-connoisseur movie Sideways tells us, it is the kiss of decay and mortality that makes grape juice into Pinot Noir. We need art to tell us, as religion once did, Memento mori: remember that you will die, that everything ends, and that happiness comes not in denying this but in living with it. It's a message even more bitter than a clove cigarette, yet, somehow, a breath of fresh air.



艺术家们的许多事情都让人们觉得不可思议——杂乱无章的生活，不拘一格，抽叶子烟等。但最怪异的也许是：艺术

家唯一的工作是探索情感，然而，他们选择把注意力集中在那些肮脏之人身上。当今的艺术会给你带来一片混乱，这倒没什么。苦乐掺半？这就对了。郁闷吗？你想要达到何种程度？但是伟大的艺术，正如鉴定伟大艺术的行家们所定义的，几乎与纯粹的不带讥讽的快乐毫无关联。

现在，就像一条狗追逐并最终赶上了小汽车一样，我们不知道到底该怎么办。尽管已经拥有了想要的，但还是隐约感到不满、遗憾、愤怒，因为它并不像广告中所说的那样。人们对上个月的一次调查唏嘘不已，调查表明，女人在做爱或看电视时，比陪伴自己的孩子玩耍更感到幸福。但是，她们为什么就不能这样呢？市场就是这样来定义幸福的，幸福就是感觉舒适。孩子存在于广告之外，他们使你感觉糟糕——疲惫、懊悔、烦闷、贫穷，而后还会离开你，伤你的心。

我们所遗忘的——我们的经济正是依赖于这种遗忘——就是：幸福远远不是没有痛苦的欢乐。极大欢乐的背后潜伏着极大的损失和失望。今天，我们身边充满了轻易就可获得的幸福承诺，需要有人告诫我们：即使不快乐也可以，悲伤会使幸福更加深刻。就像那部关于品酒师的电影《杯酒人生》中所说的那样，使葡萄汁变成黑比诺葡萄酒的正是腐烂与死亡之吻。正如宗教过去所做的，如今我们需要艺术给予我们死亡的告诫：谨记，你注定会死亡，一切必将终结。幸福，并不是否定这一点，而是要承认这一点。这个训诫甚至比叶子烟还要苦，但我们却能嗅到一股清新的气息。