

开始
英文悦读

我们要珍惜人生的每一天，
每一个过程。

中英文对照
丛书主编：任秀华

Enjoy the Process

享受过程的 磨炼

有声读物·一生爱藏

姚丽
吴静贤 主编



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



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前言 Preface



怀着愉悦的心情阅读精选的英文故事、散文和诗歌，您会有意想不到的惊喜和收获。“开始，英文悦读”系列读物能帮您实现这一梦想：让您在愉快的英文阅读实践中，获得启迪，享受温馨，感受真情，增长见识，体味人生。本系列由《幸福在你手中》、《享受过程的磨炼》、《爱温暖着每一刻》和《让心灵去旅行》四本书组成，每本书包含精选的 60 篇精彩纷呈的英文短篇故事、散文、诗歌，为了方便赏析和阅读，丛书配有中文译文和 MP3 音频。本系列丛书适合具有一定英语水平的读者，如高中生、大学生和英语爱好者赏读。书中所选的美文不仅都是经典作品，而且篇篇清新质朴、朗朗上口。一篇篇充满了真诚、灵性、睿智、挚爱的英语美文告诉我们有关幸福、有关关爱、有关心灵的故事和感悟，让我们从容体味人生真谛。阅读让我们充满创意和灵性，让我们沉浸在美好的语境中、优雅的韵律中、愉悦的情绪中，让我们在美的享受中学会地道英语，体会多彩的人生。

《幸福在你手中》告诉我们只要我们认真感悟，幸福触手可及。心怀希望的阳光，才会将微笑写在脸上，才会给我们的生命注入强大而神奇的精神力量。忙碌而浮躁的现代人为寻找幸福疲于奔命，却与身边的幸福擦肩而过。其实，幸福是旅途，不是终点。幸福是过程本身，而不是遥远的彼岸。幸福由心而生，无需物质支撑。理解了幸福的内涵，就会发现，幸福离我们并不遥远，只要用心感悟，幸福就在我们身边。

《享受过程的磨炼》提醒我们要珍惜每一天、每一个过程，用愉悦的心情，尽情享受人生过程带给我们的快乐，尽管过程中也会有风雨和挫折。我们都是生命长河中的匆匆过客，享受人生也就是享受生命的过程，包括享受过程中的各种磨难。我们要珍惜人生的每一天、每一个过程，用喜悦的心，感受人生过程中的喜怒哀乐。没有无数次的跌倒与爬起，如何有丰富多彩的人生？没有风雨，怎能见彩虹？过程不仅重要，而且美丽，享受过程才能更好地品读人生。

《爱温暖着每一刻》诠释了爱的内涵。人世间，那些绽放着无限光辉的东西其实就是爱。爱，蕴涵着真诚而无私的奉献与执着。爱，释放着一种无可比拟的甜蜜和芳菲。爱，放射出一种跨越时空的熠熠光环。爱是一种精神，爱是一种力量，爱是一种境界，爱是一种无声而温暖的言语。有爱，人生才完整，才温馨，才有意义。

《让心灵去旅行》劝导我们摆脱羁绊，让心灵去旅行，去观赏沿途的绚丽风景，去聆听和煦的春风、呢喃的雏燕和潺潺的溪流。放飞心灵，去观赏雨雪冰霜，去聆听秋风萧瑟，细品人生沧桑。让心灵载着我们的梦想自由自在地飞翔！

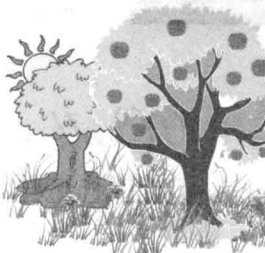
读到一本好书其实是一种缘份，它可遇而不可求。在某一时间，某一地点我们遇到了一本“应当通读，细读，反复读的好书”，那是人生的一大幸事。“开始，英文悦读”系列带给您的正是这样的欣喜。她不仅帮您学习英语，也帮您提升心性，她会激发您的情趣与灵感，使您变得高贵而富有内涵。

立即开始您的悦读之旅吧！

编者

2012. 10

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PART 1



Keep Your Dream

坚守梦想

Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.



Ice Cream

Last week I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our heads he said, "God is good. God is great. Thank you for the food, and I would even thank you more if mom gets us ice cream for dessert. And Liberty and Justice for all! Amen."

Along with the laughter from the other customers nearby, I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why, I never!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?" As I held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentleman approached the table. He winked at my son and said, "I happen to know that God thought that was a great prayer." "Really?" my son asked. "Cross my heart."

不要以眼还眼，以牙还牙；要以德报怨，这是你的天职，只有这样你才会得福。



冰淇淋

上星期我带着孩子们去饭店，六岁的儿子问他是否可以作感恩祷告。我们点点头，他说：“上帝是善良的，上帝是伟大的，感谢您给予的食物，如果妈妈为我们准备冰淇淋作为甜点，我会更感谢您。赐予全人类自由与公正！阿门。”

随着旁边顾客那儿传来的笑声，我听见一位妇人说道：“这就是这个国家的问题所在。现在的小孩儿甚至不知道如何祷告。向上帝要冰淇淋！噢，我可没要过！”

听了这些，儿子突然哭了起来，问我：“我做错了吗？上帝生我的气了吗？”我搂着他向他保证他做了件很棒的事，上帝当然不会生他的气。这时，一位老先生走近桌子，向我的儿子眨眼示意，说：

词汇

grace *n.* (饭前或饭后的) 感恩祷告

bow our heads 点头 (表示同意)

why *int.* 语气词，这里表示异议

be mad at 生……的气

prayer *n.* 祷告，祷告文

cross my heart 真心话

Then in a theatrical whisper he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his ice cream for a moment and then did something I will remember the rest of my life. He picked up his *sundae* and, without saying a word, walked over and placed it in front of the woman that made the remark. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes, and my soul is good already."

“我恰好知道上帝觉得这是很出色的祈祷。”“真的吗？”儿子问道。“我发誓。”然后他悄声低语地加了一句（暗示那个妇人，她的评论引发了这一切），“真遗憾，她从来没请求上帝给她冰淇淋，有时一个小小的冰淇淋对心灵是有益的。”

当然，这顿饭结束时我给孩子们买了冰淇淋。儿子盯了一会儿他的冰淇淋，然后做了件令我余生难忘的事。他拿起自己的圣代冰淇淋，一言不发，走过去把它放在那个做评论的妇人面前，面带慷慨大方的笑容对她说：“这是给你的，冰淇淋有时对心灵有益，我的心灵已经受益了。”

What a desolate place would be a world without a flower! It would be a face without a smile, a feast without a welcome.

要是没有鲜花，这世界将是多么荒凉啊！它就会像没有微笑的脸庞，没有款待的盛宴。



The Most Beautiful Flower

最美丽的花儿

The park bench was deserted as I sat down to read, beneath the long, straggly branches of an old willow tree. Disillusioned by life with good reason to frown, I felt the world was intent on dragging me down.

And if that weren't enough to ruin my day, a young boy out of breath approached me, all tired from play. He stood right before

我坐在公园里空空的长椅上看书，长长的、繁茂的柳枝从头上垂落下来。我眉头紧蹙，对生活不再抱有幻想，好像整个世界都故意跟我作对。

似乎这一切还不足以毁掉我的一天，一个小男孩气喘吁吁地向我走来，很显然他玩累了。他低着头站在我面前，兴奋地说：“看我

词汇

straggly *a.* 蔓生的，散落的

disillusion *v.* 使……理想破灭，使不再抱幻想

me with his head tilted down, and said with great excitement, "Look what I found!"

In his hand was a flower, and what a pitiful sight, with its petals all worn—not enough rain, or too little light. Wanting him to take his dead flower and go off to play, I faked a small smile and then shifted away.

But instead of retreating he sat next to my side, and placed the flower to his nose, and declared with overacted surprise, "It sure smells pretty and it's beautiful, too. That's why I picked it; here, it's for you."

The flower before me was dying or dead, not vibrant of colors: orange, yellow or red. But I knew I must take it, or he might never leave. So I reached for the flower, and replied, "Just what I need."

But instead of his placing the flower in my hand, he held it mid-air without reason or plan. It was then that I noticed for the very first time, that weed-toting boy could not see: he was a blind child.

I heard my voice quiver; tears shone in the sun, as I thanked him for picking the very best one, "You're welcome," he smiled, and then ran off to play, unaware of the impact he'd had on my day.

I sat there and wondered how he managed to see, a self-