

英语睡前

5分钟

钟蓓 编著

最启迪你的哲理美文



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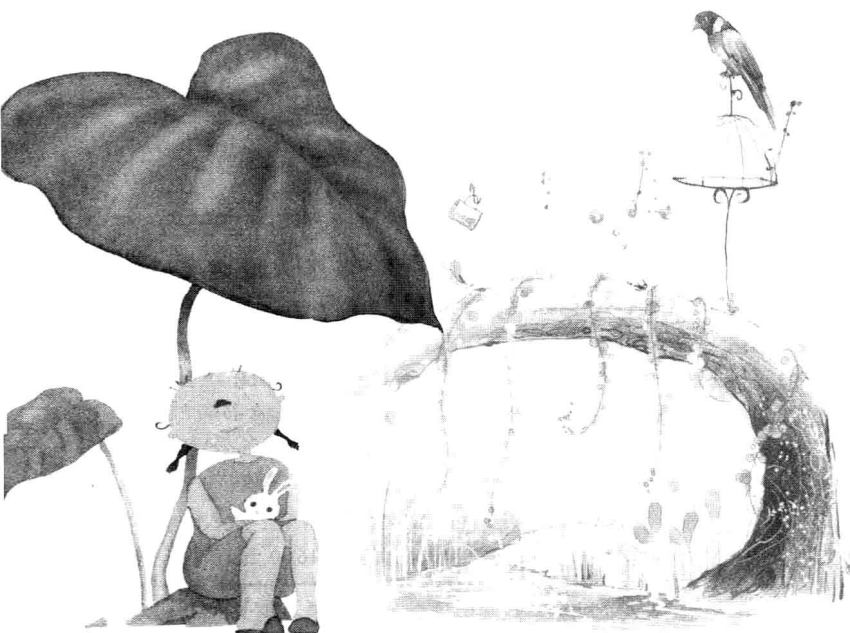


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英语睡前 5 分钟——最启迪你的哲理美文

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前言

你想学习最地道的英文表达，轻松提高英语水平吗？你想阅读内容丰富有趣能给人以智慧和启迪的原版英文故事吗？你想在学习英语的同时迅速顿悟人生的哲理，获得更多的精神力量吗？你想细细品尝生活这杯茶的无穷韵味，成为真正具有智慧的人吗？那么，请仔细品读这本书吧！

本书中所收录的几十篇英文文章，均出自以英语为母语的国家的经典读物，全是“原汁原味”的地道英文，是你学习纯正英文的绝佳资料。这些文章，从内容上讲，有富含哲理的寓言，有感人至深的真实故事；从体裁上分，有精美的散文，有生动的记叙文；从文笔上看，有的描写细腻，有的粗犷有力，有的诙谐风趣、妙语连珠。它们从生活的各个角度和不同的层次反映出人们的观点、情趣以及生活态度。读着这些文章，就像看着发生在身边的事，让人感觉格外亲切，感触也格外深。

书中的每篇文章构成一个独立单元，每个单元中包含心灵小语、经典美文、热点词汇、难点注释和精美译文5个板块。

- 心灵小语——呈现精华 发人深省
- 经典美文——再现经典 震撼心灵
- 热点词汇——扫清障碍 迅速提高
- 难点注释——原汁原味 扩充信息
- 精美译文——加深理解 启迪智慧

本书中的每一篇文章都透过生活中的点点滴滴折射出获得幸福人生的智慧。它们耐人寻味，充满了对生命的感悟；它们引起你的思索，震撼你的心灵，滋养你的灵魂，给你以智慧的启迪！来吧，让我们一起每天读一篇，每天汲取一点精华，用真正的智慧打开幸福之门！

编者

2012年1月于澳大利亚悉尼



目 录

The Pear Tree 梨树	1
Just Dream On 永不放弃梦想	5
1000 Marbles 1000 个弹球	9
Happiness Is an Attitude 快乐是一种态度	15
Love Is Everywhere 爱无处不在	18
A Cracked Pot 一只有裂缝的桶	24
Little Things 小事情	27
Anything Is Possible 一切皆有可能	31
Change Your Viewpoint 改变你的看法	36
A Tragedy or a Blessing? 失去的未必是良机	41
A Manufacturer 制造商	44
The Power of Optimism 乐观主义的力量	48
Enjoy Your Coffee! 享受你的咖啡!	54
The Pencils 铅笔	57
The Bridge Toll 过桥费	63
A Wife's Position 妻子的位置	68
Appreciation 感激	71
A Packet of Cookies 一包饼干	77
Ice Cream Party 冰淇淋派对	81

Random Acts of Kindness 偶然的善行	84
Lovely Rose at 87 可爱的 87 岁的罗丝	89
Never Give Up 永不放弃	95
Failure List of Famous People 名人的失败案例	98
The Joybox 欢乐盒	102
Attitude Is Everything 态度决定一切	106
Mum's Story 妈妈的故事	109
Rich and Poor 富与穷	114
Tear to the Eye 心怀美好, 温暖世界	117
Paying It Forward 先付出又何妨	123
Believe in Yourself 相信你自己	127
The Fair Upgrade 公平的升舱	132
A Fisherman with a Small Boat 有一条小船的渔夫	136
Journey 旅程	141
Bridges of Life 生活的桥梁	145
You Are Wonderful 你棒极了	149
What a Wonderful Lesson 多么精彩的一堂课	152
The Triple Filter Test 三重过滤测试	156
The "Beautiful" World outside the Window 窗户外面的“美丽”世界	159
Life Throws a Brick at You 生活向你抛砖头	163
Parents' Love 父母之爱	167
Keeper of the Spring 泉水守护人	171

The Pear Tree

梨树

心灵小语

生命中所有的酸甜苦辣只有在最后——
当人生的所有季节全部都结束时——才能
被正确地衡量。如果你在冬天放弃，你就
会失去春天的希望、夏天的绚丽、秋天的
圆满。坚持下去，走过艰难的岁月，好时
光必定会来临！

经典美文

There was a man who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each *on a quest*^①, in turn, to go and *look at*^② a pear tree that *was a great distance away*^③.

The first son went in the winter, the second in the spring, the third in the summer, and the youngest son in

① on a quest 寻求，探索。

② look at 查看，评判。

③ be a great distance away 离得很远。

the fall.

When they had all gone and come back, he called them together to describe what they had seen.

The first son said that the tree was ugly, bent, and *twisted*. The second son said “no, it was covered with green *buds* and full of promise.” The third son disagreed: he said it was laden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen. The last son disagreed with all of them; he said it was *ripe* and *drooping* with fruit, full of life and *fulfilment*.

The father then explained to his sons that they were all right, because they had each seen but only one season in the tree's life.

He told them that “you cannot judge a tree, or a person, by only one season, and that the essence of who they are and the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up. If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer, the fulfilment of your fall.”

Don't let the pain of one season

热点词汇

twisted ['twɪstɪd] *a.* 扭曲的

bud [bʌd] *n.* 花蕾; 半开的花; 未长大的叶

ripe [raɪp] *a.* 成熟的

droop [dru:p] *v.* (头、树枝等) 低垂, 下垂

fulfilment ['fulfɪlmənt] *n.* 履行, 完成, 完善



persevere [ˌpɜːsɪˈvɪə] v.

坚忍, 坚持, 孜孜以求

patch [pætʃ] n. (与周

围不同的) 小块, 小片;

一段(艰难)岁月

aspire [əˈspaɪə] v. 渴

望, 追求

expire [ɪksˈpaɪə] v. 协

议等失效; 终止

trial [ˈtraɪəl] n. 考验

humble [ˈhʌmbəl] a. 谦

逊的, 谦虚的

glowing [ˈɡləʊɪŋ] a. 鲜

明的, 光辉灿烂的

destroy the joy of all the rest. Don't judge life by one difficult season.

Persevere through the difficult patches and better times are sure to come sometime.

Aspire to inspire before you expire. Live simply, love generously, care deeply, speak kindly. Happiness keeps you sweet. Trials keep you strong. Sorrows keep you Human. Failures keep you humble. Success keeps you glowing.

精美译文

有一个男人, 他有四个儿子。他想让他的儿子学会判断事情不要太快。因此, 他送他们每个人出去探索——轮流去很远的地方查看一棵梨树。

大儿子是在冬天去的, 二儿子在春天, 三儿子在夏天, 最小的儿子是在秋天去的。

当他们全都去看过并且都回来了后, 他把他们叫到一块儿, 让他们讲述他们看到了什么。

大儿子说那棵树是丑陋的, 弯着腰, 而且扭曲着。老二说: “不是这样的, 树上被绿色的花蕾覆盖着, 充满了希望”。老三不同意: 他说枝头开满了梨花, 闻起来是那么清香, 看起来是那么漂亮, 这是我见到的最优美的东西了。最小的儿子对哥哥们的看法全不同意, 他说, 树枝低垂, 挂满了成熟的果实, 充满了生命力和完美感。

然后, 父亲跟儿子们说, 他们都是对的, 因为他们每个

人只看到了梨树生命中的一个季节。

他教导他们：“你们不能单凭一个季节来评判一棵树或一个人的实质是什么样的。来自生命的愉悦、欢乐和爱只有在最后，也就是当所有季节全部结束的时候才能被衡量。如果你在冬天放弃，你就会失去春天的希望、夏天的绚丽、秋天的圆满。

不要让一个季节的痛苦毁坏其余季节的欢快。不要只凭一个艰难困苦的季节来审视生命。坚持下去，走过艰难的岁月，好时光必定在某个时候来临！

在生命终结以前追求人生的感悟，简单地生活，仁慈地去爱，深深地去关怀，友善地去说。快乐会使你变得可爱。磨难会使你坚强。不幸会使你具有人情味。失败会使你谦逊。成功将使你辉煌。

One of the most difficult things to give away is kindness — it is usually returned.

最难丢弃的东西是友善

——因为它总是被归还。



Just Dream On

永不放弃梦想

心灵小语

梦想有多大，舞台就有多大！梦想是我们前进的动力。朝着梦想勇敢展翅飞翔，无需理会身边异样的目光，我们定会赢得自己期待的荣光……

经典美文

When we were young, we had dreams and expectations. We imagine things, we keep thinking about what we want to be, what we want to do, what makes us proud and happy and what will we become.

We grew up, and things seemed like having its own way. We accept our success or failures and we move on. The rapid change, the need to do the urgent things, the works, the pressures and the failures, all kill part of our visions.

Things have changed, but they

cannot really *take away* ① the dreams.
We still have to dream on, to visualize our desires, our wants, our vision of our future, even when we are considered too old for such things.

Cornel Sanders started his business when he was sixty, and started the whole successful KFC business. The main thing is not the age — whether being too old, or too young, but it is the desire to dream on, and the courage to realize it.

Vivid visualization, taking it to sleep, thinking constantly about it, talking about it, planning it, adding all the *spices* to our dreams will make us a bit closer to the realization of our dreams.

Entrepreneurship starts with a dream, a simple wish of tiny restaurant operation, or a huge business of *real-estate* ② development, or a modest training center for English education, or just any other self-employed money earning fun.

The ability to dream on is one of the fine quality of human race that other species do not possess. So dream on, and put a deadline: make it a giant

热点词汇

spice [ˈspaɪs] *n.* 香料, 调味品; 趣味, 风味

entrepreneurship

[ˌɒntreɪprəˈnæːʃɪp] *n.* 企业家的身份、地位

modest [ˈmɒdɪst] *a.* 适中的

giant [ˈdʒaɪənt] *a.* 特大的, 巨大的

① take away 拿走。

② real-estate 房地产。

everlasting

[ˌevəˈlɑːstɪŋ] a.

永久的，永恒的

religious [rɪˈlɪdʒəs] a.

宗教的；虔诚的；谨慎的

dream, a tiny one, an old everlasting one, a newfound one, a hobby related one, a change of life one, a religious one, a stupid one, a stroke-of-genius one, or just whatever... just continue to dream on... Then, Just Go and Do It!

精美译文

小的时候，我们都怀有梦想和期望。我们想象各种事。我们总是想着我们想当什么，我们想做什么，什么使得我们骄傲和快乐，以及我们将会成为什么样的人。

我们长大了之后都发现，事物似乎都有着它们自己的方式。我们接受我们的成功或失败，并且继续前行。快速的变化、做紧急事情的需求、工作、压力和失败，所有的这一切摧毁了我们的部分想象力。

事物变化了，但它们并不能真正把我们的梦想带走。我们仍然需要有梦想，去构想我们的希望、我们的需求、我们对未来的幻想，即便当我们被认为去做这些事已经太老了的时候。

克农·桑德斯在六十岁时开始他的生意，开始他整个成功的肯德基生意。年龄——太老或太年轻——不是最重要的，最重要的是继续梦想的渴望和实现梦想的勇气。

带着丰富的想象进入梦乡，并时常思考着它，谈论着它，计划着它，增加所有的风味到我们的梦想里，这都将使我们一点点更接近实现我们的梦想。

企业家的成功始于梦想的开始——开一个小饭馆的简单愿望，或开发大型房地产生意，或一个中等的英语教育中心，或者哪怕是任何其他个体经营赚钱的有趣的生意。

永不放弃梦想的能力是人类的优秀品质之一，其他物种并不具备这种特质。让梦想持续下去，再给它加上截止时间，

永不放弃梦想

使它成为：一个巨大的梦想；一个微小的梦想；一个老而永久的梦想；一个崭新的梦想；一个与爱好有关的梦想；一个使生活转变的梦想；一个虔诚的梦想；一个愚蠢的梦想；一个天才的梦想；或者无论什么梦想……就只要连续地做梦……然后，只要继续向前，永不放弃梦想！

In this life we cannot do great things. We
can only do small things with great love.

人生中，我们无法做大事，只能怀着大爱
做小事。



1000 Marbles

1000 个弹球

心灵小语

人的生命是由点滴的时间组成的。当我们把珍贵的每一刻的酸甜苦辣与心爱的人分享时，幸福就已经来敲门了！

热点词汇

marble ['mɑ:bl] *n.* (用玻璃、泥等制成的) 弹子；弹球

shuffle ['ʃʌfl] *v.* 拖着脚步走

经典美文

Mark Lawson is the manager in a company. He is always busy with his work. Sometimes he has to be on business trips on Saturdays.

Just as usual, Mark got up very early on that Saturday morning. He was *shuffling* toward the kitchen with a steaming cup of coffee in one hand and the morning paper in the other. He turned the volume up on his radio in order to listen to a Saturday morning talk show.

Mark heard that an older man was talking about “a thousand marbles” to someone named Tom. Mark was

intrigued and sat down to listen to what he had to say.

“Well, Tom, it sure sounds like you’re busy with your job. I’m sure they pay you well but it’s a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work 60 or 70 hours a week to make ends meet. Too bad you missed your daughter’s dance recital.”

He continued “Let me tell you something Tom, something that has helped me keep a good perspective on my own priorities.”

And that’s when he began to explain his theory of “a thousand marbles” — “You see, I sat down one day and did a little arithmetic. The average person lives about seventy-five years. I know, some live more and some live less, but on average, folks live about seventy-five years.”

“Now then, I multiplied 75 times 52 and I came up with ^① 3900; which is the number of Saturdays that the average person has in their entire lifetime. Now stick with me Tom, I’m getting to the important part.”

“It took me until I was 55 years

intrigue [ɪnˈtriːɡ] v. 使发生兴趣, 使着迷, 使好奇

recital [rɪˈsaɪtl] n. 小型音乐会, 歌舞表演会

perspective [pəˈspektɪv] n. 客观判断能力, 思考方法

arithmetic [əˈrɪθmətɪk] n. 算术

folk [fəʊk] n. 人们

① came up with 赶上, 这里是“得到”的意思。

diminish [dɪ'mɪnɪʃ] v.

(使)减少, 缩小

figure ['fɪɡə] v. 估计,

认为, 料想

old to think about all this in any detail," he went on, "and by that time I had lived through over 2800 Saturdays, I got to thinking that, if I lived to be 75, I only had about 1000 of them left to enjoy. So I went to a toy store and bought every single marble they had. I ended up^① having to visit three toy stores to round up^② 1000 marbles. I took them home and put them inside of a large, clear plastic container right here in my workshop next to the radio. Every Saturday since then, I have taken one marble out and thrown it away."

"I found that by watching the marbles diminish, I focused more on the really important things in life. There is nothing like watching your time here on this earth run out^③ to help get your priorities straight."

"Now let me tell you one last thing before I sign-off^④ with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure if I make it until next Saturday then God has blessed me with a little extra time to be with my loved ones."

① ended up 最后。

② round up 积攒。

③ run out 流失, 耗尽。

④ sign-off 广播结束。