



英语睡前

5分钟

钟蓓 编著

最打动你的爱的故事



附MP3光盘



北京航空航天大学出版社
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英语睡前 5 分钟——最打动你的爱的故事

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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、有趣并且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感受到人间真爱的温馨与力量吗？那么，请仔细品读这本书吧！

本书中所收录的几十篇英文故事，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。书中的每一个小故事，都传递着美好的爱的信息——有情人间的爱恋、父母之爱、兄弟姐妹之爱、朋友之爱、陌生人之间的爱。正是这些如春风般的爱，使得人世间无比温暖；正是这些以不同形式表达的爱，描绘出世间最绚丽的景色；正是这些心含百溪充满爱心的人，谱写着人间最壮丽的篇章。

书中的每篇文章构成一个独立单元，每个单元中均包含心灵小语、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

这些感人肺腑的故事，一定会深深地打动你，让你在不知不觉间感受到人间的真情，品味出生活的美好。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，用暖暖的爱打开幸福之门！

编者

2012年10月于澳大利亚悉尼

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I Love You Anyway

无论如何我都爱你

心灵小语

无论发生什么事，她/他都站在你的身后——减缓挫折对你的打击，抚平你的伤口，一路与你风雨同行！完全的接受，完全的爱！当你有幸遇到时，一定要紧紧抓住它！

热点词汇

raise [reiz] *n.* 加薪

apprehensive

[,æpri'hensiv] *a.* 害怕的，担心的，焦虑的

summon ['sʌmən] *v.* 鼓起（勇气）

delight [di'lait] *n.* 快乐，高兴

elated [i'leɪtɪd] *a.* 兴高采烈的，得意洋洋的

经典美文

It was Friday morning and a young businessman finally decided to ask his boss for a raise. Before leaving for work, he told his wife what he was about to do. All day long he felt nervous and apprehensive. Finally in the late afternoon he summoned the courage to approach his employer, and to his delight, the boss agreed to the raise.

The elated husband arrived home to a beautiful table set with their best

china and lighted candles. Smelling the aroma of a festive meal, he figured that someone from the office had called his wife and *tipped her off*^①! Finding her in the kitchen, he eagerly shared the details of his good news. They embraced and danced around the room before sitting down to the wonderful meal his wife had prepared. Next to his plate he found an artistically lettered note that read, "Congratulations, darling! I knew you'd get the raise! This dinner is to show you how much I love you."

Later on his way to the kitchen to help his wife serve dessert, he noticed that a second card had fallen from her pocket. Picking it up off the floor, he read, "Don't worry about not getting the raise! You deserve it anyway! This dinner is to show how much I love you."

Total acceptance! Total love. She stood behind him no matter what — softening the blows, healing the wounds, and believing in him.

aroma [ə'roumə] *n.* 芳香, 香味

figure ['figə] *v.* 估计, 料想

embrace [im'breis] *v.* 拥抱

artistically [ɑ:'tistikli] *ad.* 有艺术地, 在艺术上

dessert [di'zə:t] *n.* (餐后) 甜食, 甜点

deserve [di'zə:v] *v.* 应受, 应得, 值得

acceptance [ək'septəns] *n.* 接受, 认可

soften ['sɒfən] *v.* 缓解打击

blow [bləu] *n.* 打击, 挫折

heal [hi:l] *v.* (使)愈合, 治愈

① tip ... off 向……透露消息, 泄密。

精美译文

那是一个星期五的早晨，一个年轻的商人终于决定向他的老板要求加薪。在离家去上班前，他告诉妻子他要做的事。一整天，他都感到焦虑和害怕。最后，在靠近傍晚时，他鼓足勇气跟老板说了。令他惊喜的是老板同意给他加薪。

兴高采烈的丈夫回到家。美丽的餐桌上摆放着他们最好的瓷器，桌上还点着蜡烛。闻着节日里才有的美味菜肴的芳香，他猜想是办公室有人打电话向他妻子透露消息了。他在厨房里找到她，迫不及待地要把这个好消息的细节与她分享。他们在屋里拥抱着旋转着跳起舞来，然后坐到了妻子准备好的美餐跟前。在碟子旁边，他发现了一张字体优美的字条，上面写道：“祝贺你，亲爱的！我就知道你会得到加薪的！这顿晚餐向你表明我是多么爱你。”

后来，在他去厨房帮妻子取饭后甜点的路上，他注意到第二张卡片从她的口袋里掉了出来。他从地板上捡起卡片，读道：“别担心没得到加薪！无论如何你是应该得到嘉奖的！这顿晚餐向你表明我是多么爱你。”

完全的接受！完全的爱！无论发生什么事她都站在他的身后——减缓挫折对他的打击，治愈他的伤口，相信他。

The Sunshiny Spirit

阳光灿烂的心灵

心灵小语

你的脸上没有悲伤的阴霾，你把苦痛在内心深埋；你嘴角的微笑是金色的阳光，你善意的隐瞒是温暖的爱。

你背负生活重担艰难前行，只为我一生幸福和愉快；你阳光般的美丽心灵，让我永生永世难以忘怀！

经典美文

“How’s business, Eben?”

The old man was washing at the sink after his day’s work.

“Fine, Marthy, fine.”

“Does the store look just the same? Land, how I’d like to be there again with the sun shining in so bright! How does it look, Eben?”

“The store’s never been the same since you left it, Marthy.” A faint flush came into Martha’s cheeks. Is a wife ever too old to be moved by her

热点词汇

sunshiny ['sʌnʃaɪni] *a.*

阳光般的

sink [sɪŋk] *n.* 水池

Land *n.* (美口) 老天爷！ (= Lord)

faint [feɪnt] *a.* 微弱的，不清楚的

flush [flʌʃ] *n.* 脸红，激动，喜悦

notion ['nəʊʃən] *n.* 杂货（针线等）

hanker ['hæŋkə] *v.* 渴望

drag [dræg] *v.*
(使……) 在地上拖拉；慢吞吞地走，磨蹭

downtown ['daʊn'taʊn] *ad.* 在商业区

pavement ['peɪvmənt] *n.* 人行道

tray [treɪ] *n.* 盘子，托盘

bundle ['bʌndl] *n.* 捆，束

ware [wɛə] *n.* 商品，小货品

husband's praise?

For years Eben and Martha had kept a tiny notion store, but one day Martha fell sick and was taken to the hospital. That was months ago. She was out now, but she would never be strong again — never more be a partner in the happy little store.

“I can't help hankering for a sight of the store,” thought Martha one afternoon. “If I take it real careful I think I can get down there. It isn't so far.”

It took a long time for her to drag herself downtown, but at last she stood at the head of the little street where the store was. *All of a sudden* ① she stopped. Not far from her on the pavement stood Eben. A tray hung from his neck. On this tray were arranged a few cards of collar-buttons, some papers of pins and several bundles of shoe-laces. In a trembling voice he called his wares.

Martha leaned for support against the wall of a building nearby. She looked over the way at the little store. Its windows were filled with fruit. Then

① All of a sudden 猛然地，突然地。

she understood. The store had gone to pay her hospital expenses. She turned and hurried away as fast as her weak limbs would carry her.

“It will hurt him so to have me find it out!” She thought, and the tears trickled down her face.

“He’s kept it a secret from me, and now I’ll keep it a secret from him. He shan’t ever know that I know.”

That night when Eben came in, chilled and weary Martha asked cheerily the old question:

“How’s business, Eben?”

“It is fine. Don’t worry, Marthy,” It was the cheery answer, and Martha prayed God might bless him for his sunshiny spirit and love of her.

limb [lim] *n.* 肢，臂，腿

trickle ['trɪkl] *v.* 滴，淌，缓慢移动

chilled [tʃɪl] *a.* 冷的，冷得发抖的

weary ['wiəri] *a.* 疲倦的，困乏的

cheerily ['tʃɪrɪli] *ad.* 快活地；兴高采烈地；爽快地

精美译文

“生意怎么样，埃本？”

老人在一天的工作以后，正在水池子旁洗涮东西。

“挺好的。玛西，挺好。”

“商店看起来还一样吗？老天爷！我多么想在阳光明媚的时候再去那里，多明亮啊！它看起来怎么样，埃本？”

“玛西，自从你离开以后，商店再也不会是一样的了。”玛西的脸颊微微红起来。妻子是不是在任何时候都会被丈夫的赞美感动？

许多年来，埃本和玛西经营着一个小杂货店。但是有一

天，玛西病倒了被送进了医院。这是好几个月以前的事了。她现在已经出院，可她不再像以前那样硬朗了——再没法参与令人愉快的小店里的事了。

“我忍不住很想看小店一眼，”一天下午玛西想着，“如果我真的当心的话我想我能去那儿。它也不是那么远。”

她拖拉着脚步花了很长时间慢慢地蹭到小镇上，但最终还是站到了小街尽头原来商店所在的地方了。猛然间，她停住了。埃本站在离她不远的人行道上，脖子上挂了个托盘。盘子上是排放着衣领纽扣的纸板、别针和一双双鞋带。他以颤抖的声音叫卖着这些货品。

玛西支撑不住了，只好倚靠在附近一幢建筑物的墙上。她向小店的方向望去——它的窗口堆满了水果。然而，她明白了：为了付她住院的费用，小店已经不存在了。她转过身，急急忙忙地以她虚弱的身体能承受的速度快步回去。

“我发现了真相一定会伤他的心！”她想着，眼泪缓缓流了下来。

“他对我保密，那么我现在也对他保密。他将永远不会知道我明白了真相。”

那天晚上，当埃本回到家时，冷得发抖且困乏的玛西兴高采烈地问着老问题：“生意怎么样，埃本？”

“挺好。别担心，玛西。”这是高兴的回答！玛西向上帝祈祷，为他阳光般的心灵和对她的爱好好保佑他。

Mother's Last Words

妈妈的遗言

心灵小语

母爱是一缕阳光，即便在寒冬也会让我们的心灵温暖如春；母爱是一棵树，在季节的轮回中固执地坚守家园，撑起一树浓荫；母爱是危难时刻，毫不犹豫用生命竭尽全力的保护……

经典美文

After the Earthquake had subsided, when the rescuers reached the ruins of a young woman's house, they saw her dead body through the cracks. But her pose was somehow strange that she knelt on her knees like a person was worshiping; her body was leaning forward and her two hands were supporting an object. The collapsed house had crashed her back and her head.

With many difficulties, the leader

热点词汇

subside [səb'said] v.

减弱，平息

rescuer ['reskju:ə(r)] n.

救助者

ruin ['ruin] n. 废墟

crack [kræk] n. 裂缝

pose [pəuz] n. 姿势

kneel [ni:l] v. 跪下

worship ['wə:ʃɪp] v. 做礼拜

collapse [kə'læps] v.

倒塌

compelling [kəm'pelɪŋ]

a. 非常强烈的

pile [paɪl] n. 一堆

flowery ['flaʊəri] a.

多花的, 绚丽的

ultimate ['ʌltɪmɪt] a.

终极的, 最后的

sacrifice ['sækrɪfaɪs] n.

牺牲

of the rescuer team put his hand through a narrow gap on the wall to reach the woman's body. He was hoping that this woman could still be alive. However, the cold and stiff body told him that she had passed away. He and the rest of the team left this house and went to search the next collapsed building.

For some reasons, the team leader was driven by a compelling force to go back to the ruin house of the dead woman. Again, he knelt down and used his hand through the narrow cracks to search the little space under the dead body.

Suddenly, he screamed, "A child! There is a child!"

The whole team worked together, carefully they removed the piles of ruined objects around the dead woman. There was a 3 months old little boy wrapped in a flowery blanket under his mother's dead body. Obviously, the woman had made an ultimate sacrifice to save her son. When her house was falling, she used her body to make a cover to protect her son.

The medical doctor came quickly to exam the little boy. After he opened the blanket, he saw a cell phone inside.

There was a text message on the screen, it said: "Dear baby, if you can live, always remember that I love you."

精美译文

地震减弱以后，当救援人员到达一处年轻妇女房屋的废墟时，他们通过裂缝看到了她的尸体。但不知为什么，她的姿势有点奇怪：她跪在地上就像是在祈祷；她的身体向前倾斜，双手支撑着一个物体。倒塌的房屋砸到了她的后背和头部。

救援队长费了好大的劲儿才通过墙上很窄的缝隙用手够到了女人的身体。他希望这个女人还活着。然而，冰冷僵硬的身体说明她已经去世了。他和救援队的其他人准备离开这所房屋去搜寻另一处坍塌的建筑物。

由于某种原因，队长受一种强大力量的驱使又回到了死亡妇女房屋的废墟。他又一次跪着用手穿过狭窄的裂缝在她尸体下面的狭小空间里摸索。

突然，他惊叫了起来：“孩子！这儿有一个孩子！”

全体救援队员们齐心协力，他们小心翼翼地把女人身边的一堆东西移开。在妈妈的尸体下面，有一个三个月大的小男孩被裹在印花的毛毯里。很明显，女人最后牺牲了自己救了她的儿子。当房屋倒塌时，她用她的身体挡住并保护了她的儿子。

医生很快赶来检查小男孩的情况。他打开了毯子，看见里面有一个手机。显示屏上有一条信息：“亲爱的宝贝，如果你能活着，永远记住我爱你。”

“Who Is This Man?”

“这个男人是谁？”

心灵小语

为别人雪中送炭，解他人燃眉之急，善良是人最可贵的品质！你的爱心会在不经意间向世间传递无尽的温暖与美好。

热点词汇

hectic ['hektik] *a.* 繁忙的

crush [krʌʃ] *v.* 压破，压碎

经典美文

Mary Menth Andersen was 31 years old and had just married Norwegian Dag Andersen. She was looking forward to starting a new life in Vestfold with him. But first she had to get all of her belongings across to Norway. The date was November 2nd, 1988.

At the airport in Miami things were hectic as usual, with long lines at the check-in counters. When it was finally Mary's turn and she had placed her luggage on the baggage line, she got the message that would crush her