



THE MOST TOUCHING ENGLISH STORIES

最美丽英语

青闰◎主编



英汉对照珍藏版

让生活充满阳光

心灵鸡汤经典美文



上海交通大学出版社
SHANGHAI JIAO TONG UNIVERSITY PRESS



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Life Is an Opportunity

Life is an opportunity. A chance to influence someone else's life by your daily example.

I have experienced loss, gain, hope and sorrow. My experiences have made me into the person I am today. Yes, I could wallow in the despair that comes with the loss of a loved one or the failure of a venture, but why choose sorrow when you can choose joy?

When my dear friend and mentor Debbie passed away, my family and I took it very hard. She was a wonderful person, an inspiration to everyone she met. I was devastated when I found out that she had cancer. I prayed, cried, and was very angry for a long time. She should not deserve this! When I went to visit her she looked pale. I did everything I could to hold back my tears. There before me was a beautiful and handsome woman who did so much for so many, as a teacher and a friend. She was obviously in a great deal of pain, but she smiled. I'll never forget it. In her weakness she reached out to me. She chose to have a good outlook on her life.

She chose to be strong. She chose to live, and so do I.

人生是一次机遇

人生是一次机遇。是一次用你的日常典范去影响他人生活的机会。

我曾经历过失败、收获、希望和悲伤。我这些经历使我成了今天这样的人。是的，我可以沉迷在痛失我爱的绝望中或沉迷在冒险的失败中，但在你可以选择快乐时，为什么要去选择悲伤？

我的良师益友黛比去世时，我和家人都很难接受。黛比是一个了不起的人，她对遇到的每个人都是一种鼓舞的力量。发现她患癌症时，我不知所措。我祈祷过，哭泣过，而且愤怒了很长时间。她不该得到这种结局！我去看望她时，她面无血色。我竭尽全力忍住眼泪。我面前的是一位美丽大方的女人，她既是老师又是朋友，为这么多人做了这么多事。显然她剧痛难忍，但她面带微笑。这情景我永远难忘。她虚弱地向我伸出手。她选择快乐地面对生活。

她选择坚强。她选择活下去，我也要这样。

The Three Boxes of Life

A rich man lives in his enormous villa, enjoying the extremely luxurious life.

Every day there are some strangers who take away a couple of boxes from his home. The rich man decided to follow them and came to a mysterious valley. Seeing they were about to throw the three boxes in the abyss, he demanded with surprise, "Please tell me what's in boxes."

The strangers answered indifferently, "They are the feelings that you have abandoned."

"No, it's impossible!" The rich man disbelieved them and opened them.

In the first box there was his beloved one walking alone slowly along the beach at night.

His close friend was in the second box. After bankruptcy, his friend was longing for help and consolation from him.

His parents were seen in the third box. They have prepared a table of delicious food for dinner, waiting for him to reunion.

Seeing them, he felt that his heart was lashed by a burning whip full of misery and guilt. He begged the strangers, "Please give them back to me. I have a lot of money. You can take as much as you want!"

However, the strangers told him with a serious look, "It's too late to take them back. The woman you loved never showed up again at charming night; your friend, having endured the long daytime, finally made out the stars with different distance; your parent bought a dog and found love and warmth from it."

After finishing their words, they threw the three boxes down to the abyss and disappeared.

With a lonely look, the rich man stood there still, gazing at the hollow of the valley in front of him. . .

人生的三只箱子

富翁住在巨大的别墅里，享受着非常豪华的生活。

每天都有几个陌生人从他家里搬走几只箱子。富翁决定跟踪他们，随后来到

了一个神秘的山谷。他看到这些人正准备把三只箱子扔进深渊，便吃惊地问道：“请告诉我，这些箱子里装的是什么。”

陌生人冷冷地回答说：“它们是你抛弃的那些感情。”

“不，这不可能！”富翁不相信他们的话，就打开了那三只箱子。

第一只箱子里装的是他心爱的人夜晚独自在海滩慢慢地走着。

第二只箱子里装的是他的密友。公司破产后，密友渴望富翁的帮助和安慰。

第三只箱子里装的是他的父母亲。他们做了一桌美餐等待他回家团聚。

看完后，他感到心像被火辣辣的鞭子抽打了一般，充满了痛苦和愧疚。他哀求陌生人说：“请把它们还给我吧。我有的是钱。你们要多少都可以拿去！”

然而，陌生人一脸严肃地告诉他说：“太晚了，无法收回了。你爱的女人在迷人的夜晚再也没有出现。你的朋友熬过长长的白天后，终于看清了那些远近不一的星星。你的父母买了一条狗，从它身上找到了爱和温暖。”

说完，陌生人把三只箱子扔下了山谷，就消失了。

富翁神情孤独，站在那里一动不动，凝望着眼前空荡荡的山谷……

The Orientation of Life

In 1957, in an Arkansas primary school, there were two good friends; one was named Bill, the other John. Once, they lay basking on the lawn. After drinking a coke, John said to Bill as if he suddenly discovered the New World, “Originally, Roosevelt who led the Americans to win World War II was handicapped!”

“Yes, he is my idol!” Bill said. “His spirit of perseverance is worth studying for us.”

“He is my idol, too!” John said. “I think the most important point of his success is his adversity!”

Later, John stubbornly amputated his legs because he wanted to create the same adversity for himself as Roosevelt and became a great man like Roosevelt. However, he did not become the President of the United States, but only won a medal in the Games for the Disabled.

Bill learned Roosevelt's industrious character and indomitable spirit. Finally, he became master of the White House. His name was Bill Clinton.

人生的定位

1957年，在美国阿肯色州一所小学里有一对好朋友，一个叫比尔，一个叫约翰。一次，两人躺在草坪上晒太阳。约翰喝了一口可乐后，突然像发现新大陆似的对比尔说：“原来带领美国人赢得二战胜利的罗斯福是一个残疾人呀！”

“是的，他是我的偶像！”比尔说。“他做事执著的精神值得我们学习。”

“他也是我的偶像！”约翰说。“我认为他成功的最重要一点是他的不幸！”

后来，约翰固执地锯掉了双腿，因为他想给自己创造一个和罗斯福一样的逆境，成为像罗斯福一样的伟人。不过，他并没有成为总统，只是在一届残疾人运动会上拿到了一枚奖牌。

比尔则学习罗斯福刻苦勤奋的品格和不屈不挠的精神。最后，他成了美国白宫的主人。他的名字叫比尔·克林顿。

The Philosophy of a Mirror

“Dr. Papaderos, what is the meaning of life?” I asked.

Papaderos looked at me for a long time, and taking his wallet out of his hip pocket, he fished into a leather billfold and brought out a very small round mirror, about the size of a quarter.

And what he said went like this, “When I was a small child, during the war, we were very poor living in a remote village. One day, on the road, I found the broken pieces of a mirror. A German motorcycle had been wrecked in that place.

“I tried to find all the pieces and put them together, but it was not possible, so I kept only the largest piece. By polishing it on a stone, I made it round. I began to play with it as a toy and became fascinated by the fact that I could reflect light into dark places where the sun would never shine—in deep holes and crevices and dark closets. It became a game for me to get light into the most inaccessible places I could find.

“As I became a man, I grew to understand that this was not just a child’s game but a metaphor for what I might do with my life. I came to understand that I am not the light or the source of light. But light—truth, understanding, knowledge—is there, and it will shine in many dark places as long as I reflect it.

“I am a fragment of a mirror whose whole design and shape I do not know. Nevertheless, with what I have I can reflect light into the dark places of this world—into the black places in the hearts of men—and change some things in some people. Perhaps others may see and do likewise. This is what I am about. This is the meaning of life.”

一面镜子的人生哲理

“帕帕德罗斯博士，人生的意义是什么？”我问。

帕帕德罗斯看了我好一阵子，然后从裤子后面的口袋里掏出一只皮夹，拿出了一块非常小的圆镜，大概有 25 分硬币大小。

随后，他这样说道：“战争期间，我还很小的时候，我们很穷，住在一个偏僻的村里。有一天，我在路上发现了一只镜子的那些碎片。是一辆德国摩托车在那个地方发生了事故。

“我设法找到所有的碎片，把它们拼在一起，但那不可能做到，所以我只保留了最大的那块碎片。我在一块石头上打磨，使它变圆。我开始把它当玩具玩，渐渐着迷，发现自己可以用它把光线反射到太阳永远照不到的暗处：深洞、裂缝和黑暗的壁橱。这渐渐成了我的一种游戏，把光线照到我能找到的那些最难接近的地方。

“随着我渐渐长大，我慢慢明白了这不只是一个孩子的游戏，而且对我的人生是一种象征。我最终明白自己既不是光，也不是光源，但真理、理解和知识这些光就在那里，只要我反射，它就会照亮许多黑暗的地方。

“我是镜子的一个碎片，我并不知道整个镜子的图案和形状。不过，我尽力把光照射到世界上那些黑暗的地方，照射到人们心灵的黑暗处，让一些人有所改变。说不定其他人看到，也会这样做。这就是我的看法。这就是人生的意义。”

The Art of How to Hold Life

The art of life is to know when to hold fast and when to let go. For life is paradox: it gives us many gifts, but eventually it will take them back. Someone said in this way, “A man comes to this world with his fists clenched, but when he dies, his hands are open.”

Surely we ought to hold fast to life, for it is wondrous, and full of beauty on God's

earth. We know that this is so, but all too often we recognize this truth only in our backward glance and then suddenly realize that it is no more.

A recent experience re-taught me this truth. Due to a severe heart attack I was hospitalized for several days.

One morning I had to have some additional tests, so I had to be wheeled across the courtyard. As we emerged from our ward, the sunlight hit me. I looked to see whether anyone else relished the sun's golden glow, but everyone was hurrying to and fro, most with eyes fixed on the ground. Then I remembered how often I, too, had been indifferent to the grandeur of each day.

So we should be reverent before each dawning day. Embrace each hour. Seize each minute.

Hold fast to life, but not so fast that you cannot let go. This is the second side of life's coin, the opposite pole of its paradox: we must accept our losses, and learn how to let go.

At every stage of life we sustain losses and grow in the process.

把握人生的艺术

生活的艺术是知道何时抓紧、何时放手。因为生活自相矛盾：它赐给我们很多礼物，但最终会一一收回。有人这样说道：“人紧握拳头来到世间，离世时却两手张开。”

的确，我们应该紧紧抓住生活，因为生活非常精彩，上帝的土地上充满了美。尽管我们知道如此，但我们常常是在回首的那一刻才认识到这个真理，随后突然明白一切都不复存在。

最近的一次经历又教给了我这个真理。由于严重心脏病，我住院治疗了好几天。

一天早上，我必须做一些额外的体检，所以必须坐轮椅穿过院子。我们刚一出病房，阳光就照在了我身上。我看了看周围，看其他人不是也喜欢太阳的金色光芒，但每个人都来去匆匆，大部分人眼睛盯着地面。随后，我想起了自己平时对每天的壮观景象也是无动于衷。

所以，我们要虔诚地对待每个黎明，拥抱每个小时，抓住每一分钟。

紧紧抓住生命，但不能抓得太紧而无法放手。这就是生活的另一面，也是生活矛盾体的另一面：我们必须接受失去、学会放手。

在生命的每个阶段，我们既忍受失去，又在这个过程中成长。

The Law of Life Grandma Taught Me

Two years ago my grandma left this earth. It wasn't until she died that I truly recognized how much she meant to me. She was my friend, my teacher and my inspiration. She taught me things that became my own personal laws of life, which have helped me get through each day with a smile, have made me aware of my strong points as well as my weaknesses, and helped me overcome those weaknesses. They are true lessons to live by, and I hope I will never forget them.

One day, my grandma told me something I will always remember. She said, "Your talent is God's gift to you. What you do with it is your gift to God."

Those words have become a part of me over the years. Each day I thank God for the many talents he has given me, and I try to use those talents. I believe that we were all born to reveal the glory of God that is within us. As we each let our own light shine, through our talents and ideas, we unconsciously give others permission to do the same. Just think about what our world could be like if each and every one of us let our own light shine through. I think it would be a better place.

One more lesson my grandma taught me was to always go for my dreams and never give up. She once told me, "Shoot for the moon because even if you fall, you'll land among the stars."

I have never heard anything truer in all my life. I have tried to live by these words, and have figured out that it is very important to go for your dreams and never let anything get in your way. Even if you have had a bitter experience in the past, never limit your view of life by that experience. I believe that life is constantly testing our commitment, and I am convinced life's greatest rewards are reserved for those who show a never-ending commitment to act until they achieve. This kind of determination can accomplish miracles, but it must be continual and consistent. Simple as this may sound, it is still the common denominator separating those who live their dreams from those that live in regret.

Another great lesson my grandma taught me was, "Never let anyone come to you without coming away better and happier." Everyone should see goodness in your face, in your eyes, in your smile. Too often we underestimate the power of such things: a touch, a smile, a kind word, a listening ear, an honest compliment, or even the smallest act of caring. All have the potential to turn a life around.

My grandma is no longer present here on earth, but she will always remain present in my heart. Her words and personality have affected my life. Her lessons on life have become a part of me, and have made me a better person. I will never forget the great love