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名师

宋平明◎编译

# 启迪一生的 哲理美文

赏析与学习结合 · 于轻松中掌握词汇语法  
语言与文学结合 · 于感动中收获心灵抚慰  
经典与时尚结合 · 于悦读中领略世界风采

世界经典双语美文

随书附赠纯正美音朗读光盘

中国铁道出版社  
CHINA RAILWAY PUBLISHING HOUSE

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## 名师导语

寒来暑往，年复一年！

朝霞夕阳，日复一日！

你是否在学习英语的道路上徘徊了许久，但却不见有丝毫进步？

你是否还在苦闷为什么学了这么久的英语，却事到临头张不开口？

你是否还在思考什么样的英语学习方法能让你突飞猛进，快速进步？

你是否还在寻觅什么样的英语学习资料能让你豁然开朗，思绪顿开？

现在，你打开了这套书！

你是幸运的，我是开心的！

你之所以幸运……

是因为你拿到的是一套能够让你滔滔不绝、口若悬河的英文书！

是因为你拿到的是一套能够让你情绪荡漾、百转柔情的英文书！

是因为您拿到的是一套能够让你认识自我、思考人生的英文书！

是因为你拿到的是一套能够让你奋发向上、实现自我的英文书！

在这套书中，笔者精选了 25 篇最能催人上进的励志美文、25 篇最能打动你心扉的情感美文、25 篇最能让你思考的哲理美文以及 25 篇最能给你以智慧的心灵美文，所有美文均配之以精美译文，并根据多年教学经验挑选出长难句进行解析以解决大家的理解问题，且所有美文均配有纯正美音音频供你朗读模仿背诵使用！

如果你能准确理解这 100 篇美文，如果你能熟练背诵这 100 篇美文，如果你能将每篇美文的录音用心聆听 10 遍，那么你的英文水平一定突飞猛进，快速提高。你将不再羞于张口，不再苦于没有思路，不再愁于发音不准！

在本套丛书的编写过程中，笔者查询了国内外大量的相关英文资料和文献，搜集整理了这 100 篇文章加以分析和解读供大家学习和借鉴。由于受到客观条件的限制，笔者无法与部分资料的原作者及时取得联系并告知付酬，在此特别向这些作者表示深深歉意和衷心感谢。相关事宜可与笔者或出版社联系。

最后，祝大家在英文学习的路上更进一步！

宋平明

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# 目 录

## C O N T E N T S

### Passage 1 01

#### What I Have Lived For

我为何而生

### Passage 2 05

#### What Is Your Recovery Rate

你的恢复速率是多少?

### Passage 3 09

#### Autumn—The Harvest Season

秋天——收获的季节

### Passage 4 12

#### The Goodness of Life

生命的美好

### Passage 5 16

#### Facing the Enemies Within

直面内在的敌人

### Passage 6 20

#### Human Life a Poem

人生如诗

# 目 录

## C O N T E N T S

### Passage 7 25

#### The Love of Beauty

爱 美

### Passage 8 29

#### The Happy Door

快乐之门

### Passage 9 32

#### To Be or Not to Be

生存还是毁灭

### Passage 10 36

#### What Is Your Direction Indicator of Ascending

什么是你攀升的方向标

### Passage 11 40

#### About Youth

关于年轻

### Passage 12 44

#### Interview God

采访上帝

### Passage 13 50

#### "Packaging" a Person

人的包装

# 目 录

## C O N T E N T S

### **Passage 14** 54

**Life Is to Be Whole**

人生在于完整

### **Passage 15** 58

**The Five Balls in Your Life**

人生的五个球

### **Passage 16** 62

**Learn to Live in the Present Moment**

活在当下

### **Passage 17** 66

**A Pair of Socks**

一双袜子

### **Passage 18** 70

**Be Truly Happy**

真正的幸福

### **Passage 19** 73

**The Importance of Being Silly**

难得糊涂

### **Passage 20** 77

**Think Positive Thoughts Every Day**

积极看待每一天



# 目 录

## Passage 21 80

**Every Living Person Has Problems**

人人有本难念的经

## Passage 22 84

**Understand Ourselves**

认识自我

## Passage 23 88

**The Power of Imagination**

想象的力量

## Passage 24 94

**Take a Loving Look**

用爱的眼神看伴侣

## Passage 25 97

**Is Time Your Friends or Enemy?**

时间是你的朋友还是敌人?

# Passage 1

## Foreword

我们为何而生？是为了享受人间繁华，还是为了感受人世沧桑？是为了流传百世的爱情，还是为了追求知识的永恒？这是人生最难回答的问题，也许我们不需要回答，只要好好过好每一天，有一个自己心爱的伴侣，有一书架可以对话的图书，还要有对人生的感悟和追忆，也许就够了！

## What I Have Lived For

Three passions, simple but **overwhelmingly** strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. ❶ These passions, like great winds, have blown me *hither and thither*, in a **wayward** course, over a deep ocean of **anguish**, reaching to the very **verge** of despair.

I have sought love, first, because it brings **ecstasy**—ecstasy so great that I would often have sacrificed all the rest of my life for a few hours for this joy. I have sought it, next, because it relieves loneliness—that terrible loneliness in which one **shivering** consciousness looks over the rim of the world into the cold **unfathomable** lifeless abyss. I have sought it, finally, because in the union of love I have seen, in a mystic **miniature**, the **prefiguring** vision of the heaven that saints and poets have imagined. This is what I sought, and though it might seem too good for human life, this is what—at last—I have found.

With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have wished to know why the stars shine. And I have tried to

apprehend the Pythagorean power by which number holds sway above the flux. A little of this, but not much, I have achieved.

Love and knowledge, so far as they were possible, led upward toward the heavens. But always it brought me back to earth. Echoes of cries of pain reverberate in my heart. ② Children in famine, victims tortured by oppressors, helpless old people—a hated burden to their sons, and the whole world of loneliness, poverty, and pain *make a mockery of* what human life should be. I long to *alleviate* the evil, but I cannot, and I too suffer.

This has been my life. I have found it worth living, and would gladly live it again if the chance were offered me.

## 我为何而生

我的一生被三种简单却又无比强烈的激情所控制：对爱的渴望，对知识的探索和对人类苦难难以抑制的遗憾。① 这些激情像狂风，把我恣情吹向四方，掠过苦痛的大海，迫使我濒临绝望的边缘。

我寻求爱，首先因为它使我心为之着迷，这种难以名状的美妙迷醉使我愿意用所有的余生去换取哪怕几个小时这样的幸福。我寻求爱，还因为它能缓解我心理上的孤独，我感觉心灵的战栗，仿如站在世界的边缘而面前是冰冷，无底的死亡深渊。我寻求爱，因为在我所目睹的结合中，我仿佛看到了圣贤与诗人们所向往的天堂之景。这就是我所寻找的，虽然对人的一生而言似乎有些遥不可及，但至少是我用尽一生所领悟到的。

我用同样的激情去寻求知识。我希望能理解人类的心灵，希望能够知道群星闪烁的缘由。我试图领悟毕达哥拉斯所景仰的“数即万物”的思想。我已经悟出了其中的一点点道理，尽管并不是很多。

爱和知识，用它们的力量把人引向天堂。但是同情却总把人又拽回到尘世中来。痛苦的呼喊声回荡在我的内心。② 饥饿的孩子，受压迫的难民，被子女当作负担抛弃的老人，贫穷和痛苦的世界，都是对人类所憧憬的美好生活的无情嘲弄。我渴望能够减少邪恶，但是我无能为力，我也难逃其折磨。

这就是我的一生。我已经找到它的价值。而且如果有机会,我很愿意能再活它一次。

### 👉 重难点词汇

overwhelming [ˌəʊvəˈwelmiŋ] *adj.* 势不可挡的,压倒之势的

wayward [ˈweiwəd] *adj.* 任性的,不规则的,刚愎的

anguish [ˈæŋɡwɪʃ] *n.* 痛苦,苦恼

verge [vɜːdʒ] *vi.* 濒临,接近 *n.* 边缘

ecstasy [ˈektəsi] *n.* 狂喜,入迷,忘形

shiver [ˈʃɪvə] *vi.* 颤抖,哆嗦,打碎

unfathomable [ʌnˈfæð(ə)məb(ə)l] *adj.* 深不可测的,无底的

miniature [ˈmɪnɪtʃə] *n.* 缩图,微型画

prefigure [priːˈfɪɡə] *vt.* 预示,预想

Pythagorean [paɪˈθæɡərɪən] *adj.* 毕达哥拉斯的

reverberate [rɪˈvɜːbəreɪt] *vi.* 回响,反响

famine [ˈfæmɪn] *n.* 饥荒

alleviate [əˈliːvieɪt] *vt.* 减轻,缓和

### 👉 重难点词组

hither and thither 到处

make a mockery of 嘲笑,愚弄

### 👉 长难句精析

① These passions, like great winds, have blown me hither and thither, in a wayward course, over a deep ocean of anguish, reaching to the very verge of despair.

**语法精析:**本句是简单句,主语是 passions,谓语是 have blown, reaching to the very verge of despair. 是现在分词做伴随状语。hither and thither: 到处,四面八方,处处。

**语法重点:**现在分词做伴随状语。

② Children in famine, victims tortured by oppressors, helpless old people—a hated burden to their sons, and the whole world of loneliness, poverty, and pain make a mockery of what human life should be.

**语法精析:**本句是复合句,主句是 Children in famine, victims tortured by oppressors, helpless old people... and the whole world... make a mockery of,从句是由 what 引导的宾语从句 what human life should be 做 of 的宾语。主句中 in famine 是介词短语做后置定语修饰 children,其中 tortured by oppressors 是过去分词做后置定语修饰 victims。make a mockery of:嘲笑,讽刺。

**语法重点:**宾语从句,介词短语做后置定语,过去分词做后置定语。

# Passage 2

## Foreword

人总会疲惫和劳累,有时候是身体的,有时候是心灵的,那么就需要自我恢复。自我恢复是一种对自己负责的要求,是对生命的崇尚,是面对大千世界千奇百怪的灵活适应,是面对芸芸众生万物生灵的理性选择。

## What Is Your Recovery Rate

What is your recovery rate? How long does it take you to recover from actions and behaviors that upset you? Minutes? Hours? Days? Weeks? The longer it takes you to recover, the more influence that incident has on your actions, and the less able you are to perform to your personal best. *In a nutshell*, the longer it takes you to recover, the weaker you are and the poorer your performance.

① You are well aware that you need to exercise to keep the body fit and, no doubt, accept that a reasonable measure of health is the speed in which your heart and *respiratory system* recovers after exercise. Likewise the faster you *let go of* an issue that upsets you, the faster you return to an *equilibrium*, the healthier you will be. The best example of this behavior is found with professional sportspeople.

② They know that the faster they can forget an incident or missed opportunity and *get on with* the game, the better their performance. In fact, most measure the time it takes them to overcome and forget an incident in a game and most *reckon* a recovery rate of 30 seconds is too long!

Imagine yourself to be an actor in a play on the stage. Your aim is to play your part to the best of your ability. You have been given a *script* and at the end

of each sentence is a full stop. ③ Each time you get to the end of the sentence you start a new one and although the next sentence is related to the last it is not affected by it. Your job is to deliver each sentence to the best of your ability.

Don't live your life in the past! Learn to live in the present, to overcome the past. Stop the past from influencing your daily life. Don't allow thoughts of the past to reduce your personal best. Stop the past from interfering with your life. Learn to recover quickly.

Remember: Rome wasn't built in a day. Reflect on your recovery rate each day. Every day before you go to bed, look at your progress. Don't lie in bed saying to you, "I did that wrong." "I should have done better there." No. look at your day and note when you *made an effort to* place a full stop after an incident. This is a success. You are *taking control of* your life. Remember this is a step by step process. This is not a make-over. You are undertaking real change here. Your aim: reduce the time spent in recovery.

The way forward?

Live in the present. Not in the **precedent**.

## 你的恢复速率是多少？

你的恢复速率是多少？你需要多长时间才能从让你烦恼的行为中恢复？几分钟？几小时？几天？几星期？你需要的恢复时间越长，那个事件对你的影响越大，你也就越不能做到最好。简言之，你的恢复时间越长，你就越软弱，你的表现也就越差。

①你充分意识到，要保持身体健康你需要锻炼，并且你无疑会接受，你的心脏和呼吸系统在锻炼后的恢复速度是衡量健康的一个合理尺度。同样，你越快摆脱使你烦恼的问题，越快恢复平静，你就越健康。此类行为的最好典范是专业运动员。②他们知道，越快忘记一件事或失去的机会而好好比赛，他们的发挥就越好。实际上，大多数运动员会估算自己克服并忘记比赛中一个事件所需的时间，而且大多数人都认为30秒的恢复时间太长了！

想象自己是一位站在舞台上的戏剧演员。你的目标是尽全力扮演好你的角色。你已经拿到了剧本,而剧本中的每句话都以句号结尾。③每次你念到一个句子的末尾,你就会开始一个新的句子。尽管下一句和上一句有关联,但并不受它的影响。你的工作是尽力说好每句台词。

不要生活在过去!要学会生活在现在,学会克服过去;不要让过去影响你的日常生活;不要让过去的思想妨碍你做到最好;不要让过去干扰你的生活;学会快速恢复。

记住,罗马不是一日建成的。每天都反思自己的恢复速率;每天上床睡觉前,都看看自己的进步;不要躺在床上对自己说:“我那个做错了。”“我应该做到更好。”不要那样做;回想自己的一天,并注意努力给某个事件画上句号的时刻。这就是一个成功,你在控制自己的生活。记住这是一个循序渐进的过程。这不是简单的修修补补。你正在进行的是真正的改变,你的目标是减少用在恢复上的时间。

将来该怎么做呢?

生活在现在,而不是从前。

## 🔊 重难点词汇

equilibrium [ˌɪːkwɪˈlɪbrɪəm] *n.* 均衡,平静

reckon ['rek(ə)n] *vt.* 测算,估计,认为

script [skript] *n.* 脚本,手迹

precedent ['presɪd(ə)nt] *n.* 先例,前例

## 🔊 重难点词组

in a nutshell 简单地,简约地

respiratory system 呼吸系统

let go of 释放,松手放开

get on with 与友好相处,继续干

make an effort to 努力

take control of 控制



## 长难句精析

① You are well aware that you need to exercise to keep the body fit and, no doubt, accept that a reasonable measure of health is the speed in which your heart and respiratory system recovers after exercise.

**语法精析:**本句是由 and 连接的并列句。第二句中省略了相同的主语 you, 其完整形式是 you, no doubt, accept that a reasonable measure of health...。第一句中 that 引导的宾语从句 that you need to exercise to keep the body fit 做 aware 的宾语;第二句中 that 引导的宾语从句 that a reasonable measure of health is the speed... 做 accept 的宾语,在该宾语从句中 which 引导的定语从句 which your heart and respiratory system recovers after exercise 修饰先行词 speed,介词 in 来源于词组 in the speed (of):“以…的速度”;keep the body fit:保持身体健康强壮。

**语法重点:**宾语从句,定语从句,并列句。

② They know that the faster they can forget an incident or missed opportunity and get on with the game, the better their performance.

**语法精析:**本句是复合句,从句是 that 引导的宾语从句 that the faster they can forget an incident or missed opportunity... 做 know 的宾语。宾语从句中 the faster... the better... 是句型 the + 比较级, the + 比较级,表示“越…越…”。get on with:继续做,继续干,相处。

**语法重点:**宾语从句, the + 比较级, the + 比较级。

③ Each time you get to the end of the sentence you start a new one and although the next sentence is related to the last it is not affected by it.

**语法精析:**本句是由 and 连接的并列句。其中 Each time you get to the end of the sentence 是 each time 引导的时间状语从句。第二句中, although 引导让步状语从句,主句是 it is not affected by it。词组 be related to:和…有关。

**语法重点:**时间状语从句,并列句。