



英汉双语珍藏版

心灵鸡汤

全集

让生活充满阳光

宣碧◎主编

天津出版传媒集团

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人生是一曲交响乐



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股鼓舞的力量。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。