

Zhenglish
To Be No.1

英语睡前

5分钟

榜样的力量

感受生活的美好 体悟人生的真谛

丛书主编 方振宇 本书主编 于娜

*Hi handsome, My name is Rose. I'm eighty - seven years old.
Can I give you a hug ? " I laughed and enthusiastically
responded, "Of course you may," and she gave
me a giant squeeze.*



附MP3光盘



北京航空航天大学出版社
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前言

Preface

夜读,是一件惬意的事

夜读,是一件惬意的事。灯火阑珊的时候,睡意尚未袭来,背倚床头,手捧一本自己喜欢的书,就着柔和的灯光,沉浸在书香里,感受现实之外的万千世界。静静地,就这么任由时光流淌……这段时光不需要太长,几分钟足矣。直到睡意来袭,合书睡觉,做一个香甜的梦。这是多么快乐、多么惬意的一件事。

我们精选出 80 篇美文,推出了这本《英语睡前 5 分钟——榜样的力量》,希望它能在每个夜晚让您暂时忘却白天的喧嚣和嚣乱,给您带去片刻的宁静和温暖。

本书荟萃了中外各个领域的名人故事及名人演讲。名人是社会生活的中流砥柱。人们对名人充满好奇,人们羡慕名人,更渴望了解名人成功的秘诀。名人的传奇故事,如同一扇窗,让我们了解到不曾体验过的广阔人生。当我们遇到挫折、困惑时,我们可以从名人的经历中寻找答案。我们效仿名人,就是为了从他们成功的经验中获取营养。这些名人在某个方面为我们树立了学习的榜样:巴尔扎克凭借顽强不懈的努力,笔耕不辍,在世界文学史上树立了一座丰碑;世界钢铁大王兼慈善家安德鲁·卡内基几乎将自己的全部财富都捐献给了社会,他认为,一个富人在他活着的时候不将他的钱财分散出去的话,他死也“死得不光彩”;J.K. 罗琳作为一个贫困的单身母亲,依然怀有梦想,用充满想象力的文字勾画了《哈利·波特》;海伦·凯勒身残志坚,在双耳失聪、双目失明的情况下依旧取得了骄人的成绩;日本动画大师宫崎骏、童话大王安徒生、一代天骄成吉思汗、非凡的建筑师

贝聿铭、世界球王罗纳尔多、喜剧大师查理·卓别林、肯德基的创始人哈伦德·山德士、时尚的弄潮儿 Lady Gaga、流行音乐之王迈克尔·杰克逊……相信这些人物身上的闪光点能够引起你心灵的悸动。

无论他们是政治领袖,或是商业精英,抑或是娱乐名人,他们在各自的舞台上演绎着精彩的人生,但是除去他们身上那耀眼的光环,我们发现他们和普通人一样,也经历过苦难、挫折、迷茫和失意。但是他们之所以能够成功,而普通人就只能平庸一辈子的最大区别,就是他们没有因此而消沉,而是以更大的激情,更强的斗志继续自己的事业。这种激情和精神汇聚在他们的演讲中,像亚马逊 CEO 杰夫·贝索斯在普林斯顿大学演讲,他讲了自己创业的故事,以此鼓励毕业生:未来掌握在自己的手中,追寻自己的梦想,慎重选择;或是号召民众面对困难时迎难而上,像美国第 32 任总统富兰克林·罗斯福,他就任于美国经济大萧条时期,国内民生凋敝,萎靡不振,在这种困难的情况下,他告诉大家,我们唯一害怕的就是害怕本身,展示了带领民众走出低谷的豪情。他们用或气势恢宏,或言辞恳切,或幽默诙谐的声音带给我们以鼓舞,以启迪。用他们的声音触动我们的灵魂,点亮我们的人生。

太多的思考、太多的韵味、太多的顿悟、太多的似水流年都浓缩在这一本看似普通的《英语睡前 5 分钟——榜样的力量》中,愿你在欣赏这些优美的文字,让心灵小憩的同时,更能体会到学习的乐趣。愿你在每天睡前的 5 分钟里都能享受愉快的“悦读”之旅。

编 者

2011 年 6 月



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英语睡前 5 分钟——榜样的力量

第一章

成长不息

困难摆在那里，或许你一时不能克服，但你的智慧和能量会随着阅历的增加而增加。要知道，成功不是一蹴而就的。第一次的失败不代表永远失败，重要的是坚持百折不挠的信念，终有成功的一天。



1. Still Growing 成长不息

成功不是一蹴而就的，第一次的失败不代表永远失败，重要的是坚持百折不挠的信念，终有成功的一天。

文苑漫步



Sir Edmund Hillary is famous for being the first person to climb Mt. Everest.

What many people do not know is that Sir Hillary did not **make it** to the top of Everest the first time he tried. The first **attempt** was a complete failure. His climbing party **encountered** one problem after another and more than half his climbing party died.

Nonetheless, the British Parliament decided to **honor** him with some type of award. When he entered the chamber to receive his award, Sir Hillary saw that a large picture of Everest had been set up.

During the standing **ovation** that he was receiving, he walked over to the picture, shook his fist at it and said, "You won, this time. But you are as big as you are ever going to get. And I'm still growing."

We frequently hear the stories of people who have succeeded. And we frequently **assume** that they succeeded the first time.

But in fact it's the exact **opposite**.

The road to success is paved with the bricks of failure.

词汇魅力

1. **make it** 成功, 做到
2. **attempt** [ə'tempt] *n. & vt.* 尝试, 企图, 努力
3. **encounter** [in'kauntə] *vt. & n.* 遇到, 遭遇, 遭到
4. **honor** ['ɒnə] *vt.* 给……以荣誉; 尊敬
5. **ovation** [əu'veɪʃən] *n.* 热烈鼓掌
6. **assume** [ə'sju:m] *vt.* 假定, 臆断
7. **opposite** ['ɒpəzɪt] *adj.* 对立面的

译林畅游

埃德蒙·希拉里爵士是登上珠穆朗玛峰的第一人, 他因此而闻名天下。

然而,很多人并不知道,希拉里爵士第一次试着攀登珠穆朗玛峰时并未成功登顶。他第一次登山以彻底的失败而告终。他们接二连三遇到问题,登山队中超过半数的人都丧生了。

尽管如此,英国议会还是决定授予他某种奖励。希拉里爵士走进议会大厅领奖时,看到里面竖着一幅很大的珠穆朗玛峰的画。

大家起立热烈欢迎希拉里爵士,这时他走到画跟前,冲画挥动了一下拳头,说道:“你这次赢了。但是你就这么高,再也不会长,而我还在长。”

我们常常听到成功人士的故事。我们常常以为他们第一次就成功了。

但事实恰恰相反。

成功之路是由失败之砖垫就的。

佳句采摘

The road to success is paved with the bricks of failure.

成功之路是由失败之砖垫就的。



失败是成功之母。与“佳句采摘”中的话如出一辙,这两句话表达了相同的意味,颇值得体味。

2. A Real Lesson in Humility 谦卑的一课

难以想象,一位大名鼎鼎的人物会俯下身来帮别人做劈柴的工作,但确有其事,这就是美国著名教育家布克·华盛顿的故事。

文苑
漫步

词汇魅力

1. renowned [ri'naund] *adj.* 著名的

Booker T. Washington, the renowned black educator, was an outstanding example of this truth.



Shortly after he took over the presidency of Tuskegee Institute in Alabama, he was walking in an **exclusive** section of town when he was stopped by a wealthy white woman. Not knowing the famous Mr. Washington by sight, she asked if he would like to earn a few dollars by **chopping** wood for her.

Because he had no pressing business at the moment, Professor Washington smiled, rolled up his sleeves, and **proceeded** to do the humble chore she had requested. When he was finished, he carried the logs into the house and **stacked** them by the fireplace.

A little girl recognized him and later **revealed** his **identity** to the lady. The next morning the embarrassed woman went to see Mr. Washington in his office at the Institute and apologized profusely. "It's perfectly all right, Madam," he replied. "Occasionally I enjoy a little manual labor. Besides, it's always a **delight** to do something for a friend."

She shook his hand warmly and **assured** him that his meek and **gracious** attitude had endeared him and his work to her heart. Not long afterward she showed her admiration by persuading some wealthy **acquaintances** to join her in donating thousands of dollars to the Tuskegee Institute.

2. **exclusive** [ik'sklusiv] *adj.* 高级的; 独有的; 排他的
3. **chop** [tʃɒp] *v.* 砍, 劈, 斩
4. **proceed** [prə'si:d] *vi.* 进行下去
5. **stack** [stæk] *vt.* 叠成堆, 堆放
n. 整齐的一叠 (堆)
6. **reveal** [ri'veil] *vt.* 揭露
7. **identity** [ai'dentiti] *n.* 身份; 个性
8. **occasionally** [ə'keizənəli] *adv.* 偶然地; 非经常地
9. **delight** [di'lait] *n.* 高兴; 使人高兴的东西 (或人)
10. **assure** [ə'ʃʊə] *vt.* 使确信, 使放心
11. **gracious** ['greɪʃəs] *adj.* 亲切的; 优美 (雅) 的
12. **acquaintance** [ə'kweintəns] *n.* 相识的人, 熟人

译林畅游

布克·华盛顿是知名的黑人教育家, 关于谦卑, 他有一个显为人知的故事。

那时, 他刚接任阿拉巴马州的杜斯凯吉大学校长不久, 当他在镇里一个偏僻的地方散步时, 他被一个富有的白人妇女叫住了。因她从未见过著名的华盛顿先生, 她让布克·华盛顿帮她砍柴, 并答应给他几美元。

因为布克·华盛顿那时正好没有紧急的事情, 于是他微笑着卷起袖子, 做了她要求的卑下的砍柴工作。砍完柴后, 他又帮她把柴送进屋里, 整齐地在壁炉旁堆好。

一个小女孩认出了布克·华盛顿, 她在事后把他的身份告诉了那位妇人。第二天早上, 那位妇女尴尬地来到了华盛顿先生所在的杜斯凯吉大学办公室, 非常诚恳地向他道歉。"别放在心上, 女士," 他回答道, "有时候我也做些小的体力活, 当然, 能帮朋友做点事情我很高兴。"

她热情地握着他的手,说他的谦恭亲切的态度让她深深折服。后来,她劝服她的富有的熟人加入到捐赠中,为杜斯凯吉大学带来了数千美元的捐款。

佳句采摘

She shook his hand warmly and assured him that his meek and gracious attitude had endeared him and his work to her heart. Not long afterward she showed her admiration by persuading some wealthy acquaintances to join her in donating thousands of dollars to the Tuskegee Institute.

她热情地握着他的手,说他的谦恭亲切的态度让她深深折服。后来,她劝服她的富有的熟人加入到捐赠中,为杜斯凯吉大学带来了数千美元的捐款。



谦卑是一种美德,也会如沐春风般感染别人。如果你以谦卑的态度对人,别人也会回以尊敬,美好而和谐的人际关系也就因此而建立。

3. An Exhausting Struggle 一场累人的斗争

巴尔扎克,法国19世纪伟大的批判现实主义作家。巴尔扎克在自己的创作生涯中,灌注了很多心血,工作异常辛苦,凭借顽强不懈的努力,他在世界文学史上树立了一座丰碑。

文苑
漫步



词汇魅力

1. exhausting [ig'zɔ:stɪŋ] *adj.* 疲倦的,筋疲力尽的

Balzac once said artistic creation was “an exhausting struggle”. He believed that only by tenacious work and fearing not afraid of difficulties could you show your



talent. It was just like the soldiers charging the fortress, not relaxing your effort for even a moment.

Once Balzac wrote for hours on end, he was so tired that he could not hold out any longer. He ran to a friend's home and plunged headlong on the sofa. He wanted to sleep, but he told his friend he must be woken up within an hour. His friend, seeing him so tired, did not wake him up on time. After he woke up, Balzac got very angry at his friend. Fortunately his friend had an intimate understanding of him and did not quarrel with him.

Balzac did not smoke cigarettes, nor did he drink any alcohol. But he got one habit: while he was writing he always drank very strong coffee that could almost anaesthetize his stomach. He didn't add milk, nor did he add sugar in his coffee. It would not satisfy him until it was made bitter. People generally did not like to drink such bitter coffee. That had strange stimulus effect to him, and could help him drive the sleepiness away, according to himself.

2. tenacious [ti'neiʃəs] *adj.* 固执的; 坚决的
3. talent ['tælənt] *n.* 才能, 天资; 人才
4. charge [tʃɑ:dʒ] *vt.* 向……冲去, 袭击
5. on end 连续地
6. plunge [plʌndʒ] *v.* 使投入, 跳入, 栽进
7. fortunately ['fɔ:tʃənətli] *adv.* 幸运地, 幸亏
8. intimate ['intimit] *adj.* 精通的, 深入的, 详细的
9. anaesthetize [æ'ni:sθitaiz] *vt.* 使……麻醉
10. stimulus ['stimjʊləs] *n.* 促进(因素); 刺激(物)

译林畅游

巴尔扎克说过, 艺术创造是“一场累人的斗争”。他认为, 只有顽强地工作, 不怕困难, 才能把自己的才华表现出来。这就好像向堡垒冲击的战士, 一刻也不能松劲。

有一次, 巴尔扎克一连写了好几个小时, 累得实在支持不住了, 跑到一个朋友家里, 一头倒在沙发上。他想睡一觉, 但他告诉朋友, 一定要在一小时之内叫醒他。他的朋友见他非常疲惫, 就没有按时叫醒他。他醒来后, 对朋友大发脾气。幸好他的朋友很了解他, 没有和他争吵。

巴尔扎克既不抽烟, 也不喝酒。但他有个习惯: 当他写作的时候, 总是呷着几乎可以使胃麻痹的浓咖啡。他的咖啡里既不加牛奶, 也不加糖, 要熬得发苦才满意。像这样苦的咖啡, 一般人都不愿意喝。据他自己说, 这样对他有奇异的刺激作用, 可以驱走睡魔。

佳句采摘

Balzac once said artistic creation was “an exhausting struggle”. He believed that only by tenacious work and fearing not afraid of difficulties could you show your talent. It was just like the soldiers charging the fortress, not relaxing your effort for even a moment.

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编辑心语

任何人,如果只有出众的才华,而没有付诸行动的努力,是无论如何也达不到他想要企及的巅峰的,成功往往伴随着辛劳的汗水。

4. Life also Has the Crossroad 人生也有歧路

在人生的十字路口,该如何抉择?是走别人已经走过的路?还是走别人未曾走过的路?

文苑
漫步



词汇魅力

1. tutor ['tju:tə] *n.* 导师
2. distinct [di'stɪŋkt] *adj.* 不同的; 清楚的; 明确的, 显著的
3. outstanding [aʊt'stændɪŋ] *adj.* 突(杰)出的, 显著的
4. sophisticated [sə'fɪstɪkeɪtɪd] *adj.* 老练的; 精密的; 复杂的
5. construction [kən'strʌkʃən] *n.* 建造, 建设
6. scolding ['skəʊldɪŋ] *n.* 责骂, 叱责
7. astray [ə'streɪ] *adj.* 迷路的, 误入歧途的

In 1899, when Einstein studied at the Swiss Federal University of Technology in Zurich, his tutor was Minkevsky, a mathematician.

Once Einstein asked Minkevsky, "How can a person, like me, leave his distinct footprints on the road of life and make an outstanding contribution in the scientific field?" It was a "sophisticated" problem. Minkevsky said that he had to think about it better and then gave him an answer.

Three days later, Minkevsky told Einstein that the answer was coming! He pulled Einstein to walk toward a building site and straight set foot on the cement ground that the construction workers had just paved.

In the workers' scolding, Einstein was confused to ask Minkevsky, "Sir, don't you lead me astray?"