



鹰语坊 双语心灵阅读系列



# 幸福 像花儿一样

风云英语 栾桂凤 ■ 编 译  
Patch Willis Ember Swift ■ 英文配音

幸福是什么？

你是不是也像我一样常常问自己

幸福其实很简单，

幸福是一种纯然的感觉，  
是寒冷时披上肩头的衣裳，  
是干渴时放到手边的清茶，  
是接到牵挂之人的电话，  
是欲将赠出的鲜花。

你在乎幸福的定义吗？

不，我在乎的只是幸福的感觉。

与美国人同步阅读的英文经典文集

# Happiness Is Flowerlike



化学工业出版社



魔语坊 双语心灵阅读系列



# 幸福 像花儿一样

风云英语 栾桂凤 ■ 编 译  
Patch Willis Ember Swift ■ 英文配音

幸福是什么？

你是不是也像我一样常常问自己

幸福其实很简单，

幸福是一种纯然的感觉，  
是寒冷时披上肩头的衣裳，  
是干渴时放到手边的清茶，  
是接到牵挂之人的电话，  
是欲将赠出的鲜花。

你在乎幸福的定义吗？

不，我在乎的只是幸福的感觉。

与美国人同步阅读的英文经典文集

## Happiness Is Flowerlike

本书中英文对照,从“什么是幸福”、“寻找幸福”、“幸福就在身边”以及“幸福像花儿一样”四个方面呈现人们对幸福的追求和理解。除了英文原文和中文翻译之外,文中的名言佳句用横线标注了出来,供读者欣赏、记忆,生词也在文后配有注释以便读者查阅。

随书附赠特请美籍外教录制的纯正动听的MP3英文录音,让耳朵一起感受幸福吧!

### 图书在版编目(CIP)数据

幸福像花儿一样/栾桂凤编译. —北京:化学工业出版社, 2011. 5

ISBN 978-7-122-10679-7

I. 幸… II. 栾… III. ①英语-汉语-对照读物  
②幸福-通俗读物 IV. H319.4 : B

中国版本图书馆CIP数据核字(2011)第036483号

责任编辑:杜春阳 史文晖  
责任校对:吴 静

装帧设计:尹琳琳

出版发行:化学工业出版社  
(北京市东城区青年湖南街13号 邮政编码100011)

印 装:化学工业出版社印刷厂  
880mm×1230mm 1/32 印张6<sup>3</sup>/<sub>4</sub> 字数200千字  
2011年8月北京第1版第1次印刷

购书咨询:010-64518888(传真:010-64519686)

售后服务:010-64518899

网 址:<http://www.cip.com.cn>

凡购买本书,如有缺损质量问题,本社销售中心负责调换。

定 价:19.80元(附光盘)

版权所有 违者必究



## What's Happiness

### 什么是幸福

幸福是什么？或许是亲人间的温馨，或许是爱人间的浪漫，或许是朋友间的知心……每个人都会有自己的答案，那么，在你的字典里，幸福是如何定义的呢？

#### The Essence of Happiness

幸福的本质····· 002

#### The Meaning of Life

生命的意义····· 005

#### I Asked God

请求上帝····· 009

#### Heaven and Hell

天堂和地狱····· 012

#### Important Than Presents

比礼物更重要····· 014

#### Three Peach Stones

三颗桃核····· 019

#### Giving Away

给予····· 025

---

# 目录

## CONTENTS

---

### A Gift for Two

两个人的礼物..... 027

### How to Tell When You're Rich

如何判断你是否富有..... 031

### What Will My Reward Be?

我会有什么好处? ..... 035

### Flowers on the Bus

公交车上的花朵..... 038

### Cabbie

出租车司机..... 043

## 第二章

## The Pursuit of Happiness

### 找寻幸福

每个人都在不断地追求幸福，试图窥探幸福的秘密。有些人努力半生仍觉不幸，而有些人却时时充盈着幸福感。幸福究竟从何而来呢？只要你仔细观察，细心体会，你一定可以找到它。

### The Right Comparison

正确的对比..... 052

### How to Be Happy

快乐的秘诀..... 055

## Nasrudin Steals the Happiness

纳斯鲁丁偷走了快乐..... 058

## Leaving the City of Regret

离开遗憾之城..... 061

## Happiness on Hold

等待幸福..... 066

## Ripple Effects

涟漪作用..... 071

## Teddy Bear's Call

泰迪·贝尔的呼叫 ..... 075

## Being 8 Years Old Again

重回8岁 ..... 081

## Flying

飞翔..... 084

# 第三章

## Happiness at Nearby

### 幸福就在身边

生命中有很多幸福的瞬间，跟父母聊天时，与老友重逢时，和恋人牵手时……这些都会让我们的内心溢满幸福。请抓住这些幸福的瞬间，因为那将成为我们最美妙的回忆。

---

## 目录

## CONTENTS

---

### “There” Is No Better Than “Here”

幸福就在身边..... 090

### Yesterday, Today, and Tomorrow

昨天、今天和明天..... 096

### How Happy Are You Right Now?

你现在有多快乐? ..... 100

### Heart Song

心中的歌声..... 104

### Now and Beyond

永远地陪伴..... 108

### Assumed Identities

假身份..... 110

### Peggy's Paper Dolls

佩姬的纸玩偶..... 122

### Little Things

点点滴滴..... 131

### I Love You, Dad

爸爸，我爱你..... 135

---

The Green Dino

绿恐龙..... 137

The Home Run

本垒打..... 144

She's My Sister

她是我姐姐..... 146

Angels, Once in a While

天使曾来过..... 150

That's My Child

那是我儿子..... 157

## Happiness Is Flowerlike

### 幸福像花儿一样

别把幸福想得那么复杂，其实幸福很简单，也许只是一份爱的礼物，也许只是一句温暖的话语，也许只是一个关爱的眼神……只要你把它表现出来，就能让我们时时徜徉于幸福之海。

I Love You, Honey (1)

亲爱的，我爱你（1）..... 164

## 目录

## CONTENTS

---

### I Love You, Honey (2)

亲爱的，我爱你 (2) ..... 166

### Optimistic Spirit

乐观精神..... 174

### Never Far Away

不曾走远..... 182

### To Be Enormously Gorgeous

美到极致..... 184

### Day at the Lake

湖边的一天..... 187

### Eternally Grateful

永远的感谢..... 190

### Are You God's Wife?

你是上帝的妻子吗? ..... 194

### Whatever You Need

无论你需要什么..... 197

### Roses for a Dime

十美分的玫瑰花..... 200

---



## 第一章

# *What's Happiness*

## 什么是幸福

幸福是什么？或许是亲人间的温馨，或许是爱人间的浪漫，或许是朋友间的知心……每个人都会有自己的答案，那么，在你的字典里，幸福是如何定义的呢？

# The Essence of Happiness

## 幸福的本质

by Author Unknown

One of my patients, a successful businessman, tells me that before his cancer he would become depressed unless things went a certain way. Happiness was “having the cookie.” If you had the cookie, things were good. If you didn’t have the cookie, life wasn’t worth a damn. Unfortunately, the cookie kept changing. Some of the time it was money, sometimes power, sometimes sex. At other times, it was the new car, the biggest contract, the most **prestigious**<sup>1</sup> address. A year and a half after his diagnosis of prostate cancer he sits shaking his head **ruefully**<sup>2</sup>. “It’s like I stopped learning how to live after I was a kid. When I give my son a cookie, he is happy. If I take the cookie away or it breaks, he is unhappy. But he is two and a half and I am forty-three. It’s taken me this long to understand that the cookie will never make me happy for long. The minute you have the cookie it starts to **crumble**<sup>3</sup> or you start to worry about it crumbling or about someone trying to take it away from you. You know, you have to give up a lot of things to take care of the cookie, to keep it from crumbling and be sure that no one takes it away from you. You may not even get a chance to eat it because you are so

busy just trying not to lose it. Having the cookie is not what life is about.”

My patient laughs and says cancer has changed him. For the first time he is happy. No matter if his business is doing well or not, no matter if he wins or loses at golf. “Two years ago, cancer asked me, ‘Okay, what’s important? What is really important?’ Well, life is important. Life. Life any way you can have it, life with the cookie, life without the cookie. Happiness does not have anything to do with the cookie; it has to do with being alive. Before, who made the time?” He pauses thoughtfully. “Damn, I guess life is the cookie.”

## 译文参考

佚名

我的一名患者是一位很成功的商人，告诉我说，在他罹患癌症之前，如果事情没有按照既定的方式进行，他就会变得很沮丧。幸福于他而言，就是“拥有小甜点”。如果你拥有那些“小甜点”，事情就会很美好。如果你没有那些“小甜点”，生活就变得毫无价值。不幸的是，“小甜点”总在不停地变化。有些时候它是金钱，有的时候它是权力，而有的时候又变成了身体的欢愉。在平时，它是一辆新车，一份数额庞大的合约，或是一个享有声望的府邸。在他被诊断出患有前列腺癌之后的一年半时间里，他坐在那里不断地摇头哀叹：“好像我长大以后就不再向生活学习了。当我给我儿子一块小甜点时，他就会很开心。而我要是把甜点拿走或小甜点碎了，他就会很不开心。但是，他只是个两岁半的孩子，而我已经43岁了。我花了这么长时间才理解到，小甜点并不能

让我长久感到幸福。从你拥有小甜点的那一刻起，它就开始破碎，或者说你就开始担心它破碎，或担心有人企图将它从你那里拿走。要知道，为了保管好你的小甜点，使它免于破碎或确保没有人能从你那里拿走，你需要放弃很多东西。你甚至都没有机会去尝一尝它，因为你忙着让自己不失去它。拥有小甜点并不是生活的全部。”

我的患者笑着说，癌症改变了他。他第一次感受到了幸福，不管他的生意是好是坏，不管他在打高尔夫球时是赢是输。“两年以前，癌症问我：‘好了，什么是重要的？什么是真正重要的？’嗯，生命是重要的。生命，你所拥有的任何方式的生命，拥有小甜点的生命，没有小甜点的生命。幸福跟是否拥有小甜点无关，它跟活着有关。谁能让时光再回到从前呢？”他若有所思地停顿了一下。“该死，我想生命就是那个小甜点。”

### Vocabulary

1. prestigious [pre'stidʒəs] *adj.* 有名望的, 享有声望的
2. ruefully ['ru:fəli] *adv.* 可怜地, 悲伤地
3. crumble ['krʌmbəl] *v.* 崩溃, 弄碎, 减亡

# The Meaning of Life

## 生命的意义

by Rosemarie Harbert-Bottlaender

Once upon a time, there was a young man who used to **meditate**<sup>1</sup> all day about the meaning of life. Most of the time he was **pondering**<sup>2</sup> about the most important thing in life, because he thought the **gravity**<sup>3</sup> of important issues could more easily lead people beyond the exterior of existence, and disclose to them the reason of things.

No matter how long he meditated and observed, he could get no result. To clear his doubts, he decided to go and see an old sage, who lived alone in a far away forest.

When he finally met the old man, the sage asked him what brought him there. The young man replied he was searching for the most precious deed one person could do to get close to God.

“What did you do on your way here?” asked the sage.

The young man thought he did not get the question, and repeated his demand.

Then the sage asked again: “What did you do on your way here?”

“I toiled,” said the young man, “because the road up the hill was very

steep. I gasped and felt very thirsty. But I made an effort to patiently endure<sup>4</sup> that troubled walking.”

“What did you do next?”

“I meditated, as I do every day. Today I pondered about imperturbability<sup>5</sup> that can be both a virtue and a fault.”

“What did you do next?”

“I helped an old man by taking his bundle of wood to his place. This meant a long detour on my route, but he was too weak for that burden.”

“What did you do next?”

The young man hesitated, and then admitted: “I sat on a stone for a moment, and played with a marble<sup>6</sup> that my father gave me when I left school. I apologize for wasting my time like that.”

“What action made you feel lighter?” asked the old man.

The young man, puzzled, looked at the sage. “Please answer my question”, the young man said, “I came to you with a demand.”

The sage repeated, as if he had not heard this last objection: “What action made you feel lighter?”

“Playing with the marble,” said the confused young man, “I was really free and happy; I had no thoughts — no worries.”

“That was the best time today,” said the sage, “when you yielded to play.”  
“Play is a light yet serious activity, because then God is near you. You go beyond the surface of existence in the very same moment as you rise above it.”

## 译文参考

罗瑟玛利亚·哈波特-波特拉恩德

很久以前，有一个年轻人总是为什么是生命的意义而整日冥思苦想。他大部分的时间都在沉思什么是生命中最重要的东西，因为他认为重大事件的重心更容易引领人们超越生存的表面，更容易将事情的原因透露给人们。

不管他沉思观察了多久，始终找不到答案。为了解开谜团，他决定去探望一位住在深远森林的德高望重的年迈圣人。

最后当他见到圣人的时候，智者问他为什么来这儿。年轻人回答说他在找寻一件最宝贵的事可以使一个人接近上帝。

“你来这儿的路上做过什么事？”圣人问道。

年轻人以为圣人没有明白他的意思，就把刚才的要求重复了一遍。

然后圣人又问道：“你来这儿的路上做过什么事？”

“我跋涉了千山万水，”年轻人回答说，“因为上山的路很陡峭，我气喘吁吁，口渴难耐。但是我坚持不懈，耐心走完这次艰辛的路程。”

“然后你做了什么？”

“我沉思，就像我每天做的一样。今天我思考了一下冷静，那既是一种美德，也是一种错误。”

“然后你又做了什么？”

“我帮一位老人把他大捆的柴火送到他家。那意味着在我原来的路

线上饶了一大圈，但是他那么虚弱，怎么能背得动那捆柴呢。”

“然后你做了什么？”

年轻人犹豫了，然后承认说：“我坐在一块石头上想了片刻，拿着我毕业时父亲送我的一块大理石。我为像那样浪费时间而道歉。”

“哪件事情能让你的心情变得轻松些？”圣人问道。

年轻人迷惑了，看着圣人，“请回答我的问题”，年轻人说，“我来是请求你给我答案的。”

圣人又重复了那个问题，就像他不曾听见年轻人的抗议。“哪件事情能让你的心情变得轻松些？”

“玩着那块大理石，”迷惑的年轻人说，“我真的感觉到自由和快乐，没有杂念，没有忧虑。”

“那就是今天最快乐的时间，”圣人说，“当你放下一切去玩的时候。”“游戏是一种轻松乃至严肃的活动，因为那时候上帝离你最近。当你驾临其上的那刻，你就超越了生存的表面。”

## Vocabulary

1. meditate ['mediteit] *v.* 想, 考虑, 计划
2. ponder ['pɒndə] *v.* 沉思, 考虑
3. gravity ['græviti] *n.* 重力, 地心引力, 严重性, 庄严
4. endure [in'djuə] *v.* 忍耐, 容忍, 持续
5. imperturbability [ˈimpə,tə:bə'biləti] *n.* 冷静, 沉着
6. marble ['mɑ:bl] *n.* 大理石, 大理石制品, 弹珠