

EVERYDAY ENGLISH SNACK  
INSPIRING STORIES FOR YOUR SOUL

每天读点英文  
心灵鸡汤全集

青闰◎主编

典藏英文全集

超值  
白金版

365天享受阅读



中国宇航出版社



# 每天读点英文。 心灵鸡汤全集



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## 前言

《每天读点英文心灵鸡汤全集》正是让亿万人获得幸福的心灵密码，是抚慰情感的心灵圣经，也是温暖千万心灵、改变千万人生的传世宝典。本书所选篇章全面、丰富、经典，所选内容发人深省、引人入胜、耐人寻味、励人奋进。

《每天读点英文心灵鸡汤全集》包括幸福与感恩、宽容与亲情、爱情与友谊、轻松与谐趣、青春与梦想和挫折与成功等六章，涉及宽容、尊重、亲情、爱情、友谊、善良、感恩、幸福、做人、做事、挫折、成功等重大人生课题。这些文章可以使读者感到心灵的震撼，体味从容自信，端正人生态度，找到生活方向，成就美满人生。

朋友，每当华灯初上，随着日间的喧哗与骚动渐渐平息，伴着明月清风，和着舒缓旋律，携一卷美文，品一杯香茗，坐在属于自己的空间，体验文字带给你的优美、睿智、灵动与舒畅，感受时间从指间飘然而逝，体味一种纯净、充实和有趣的生活，是何等的美妙和惬意！

我们奉献给你的正是这样一种精神享受。她们像一只只神奇灵动的手拨动着你的心弦，使你如沐春风、如逢甘霖。她们就像鲜花一样芬芳，月色一样柔和，微风一样清新，春雨一样润泽。

语言学习者阅读本书，可以提高文学素养，开阔视野，提升阅读能力。

翻译爱好者阅读本书，可以将经典原文和优美译文推敲比较，欣赏佳译，提高翻译水平。

文学爱好者阅读本书，可以从优美的文字中感受最真挚、最动人的情感。

在选材上，我们披沙拣金，尽可能多方位、多角度、多层面地展现其风姿和魅力。

在翻译上，我们反复斟酌推敲，力求准确到位，传神达韵，流畅优美，让你体味汉语的博大精深和独特韵味。

在设计上，我们追求精美韵致、别出心裁，让你一见倾心、爱不释手、一读难忘。

朋友，来吧，这里有你的青春，有你的记忆，有你的梦想，还有你的爱情和希望。让我们在此相会，让我们的人生得到心灵鸡汤的滋润。

编者

2011年12月



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第一章

幸福与感恩



## A Free Hug Brightens Your Life

他手里举着一个标牌——免费拥抱。我环顾四周。还有其他人跟他一起。他们都高高地举着自己手做的标牌，上面都传递着同样的信息——免费拥抱！

“Do you want a hug?” the young man asked Ginny.

He held a sign in his hand—Free Hugs. I looked around. There were other people with him. They held their handmade signs high. The message was the same on all of them—Free Hugs!

“Sure!” Ginny smiled and walked up to him. She reached out, wrapped her arms around his neck, pulled him down to her level and hugged him with all the love she had in her heart.

“Wow!” he **exclaimed**<sup>1</sup>. “That is the best hug I’ve had all day!”

“I’m a hugger,” Ginny smiled at him.

He looked at me. “How about a hug?”

“You got it!” I walked into his open arms. We held briefly and parted.

A young lady walked up and hugged Ginny. She turned to me, opened her arms and hugged me, too.

I felt a warmth—a glow-filling my heart. Ginny and I were going through **rough**<sup>2</sup> times. Money was scarce; bill collectors called on a regular basis. We were **stressed**<sup>3</sup> and worried, but on that afternoon, for a brief moment, it was all forgotten.

“Sometimes, a hug is all we need. A free hug is to reach out and hug a stranger to brighten up their lives,” said the young man.

It took a simple hug to make everything better.

### 拥抱照亮人生

“你想拥抱吗？”年轻人问金妮。

他手里举着一个标牌——免费拥抱。我环顾四周。还有其他人跟他一起。他们都高高地举着自己手做的标牌，上面都传递着同样的信息——免费拥抱！

“当然！”金妮微微一笑走到他跟前。她伸出手，抱住他的脖子，将他拉到和她水平的高度，心里充满爱意地拥抱了他。

“哇！”他高声叫道。“这是我今天得到的最好的拥抱！”

“我是一个拥抱族，”金妮微笑着对他说。

他望着我。“拥抱一下如何？”

“你说得对！”我走进他张开的怀抱。我们短暂拥抱了一下，就分开了。

一位年轻女士走过来，拥抱金妮。她转向我，张开怀抱，又拥抱了我。

我感到一阵温暖——一股暖流萦绕心间。我和金妮正在经历艰难。囊中羞涩，收账人总是定期来要账。我们倍感压力，忧心忡忡，但在那天下午那个短暂的时刻，我们将一切都抛到了脑后。

“有时，我们需要的只是一个拥抱。免费拥抱就是伸出双臂，拥抱陌生人，照亮他们的人生，”年轻人说。

仅仅一个拥抱就可以使一切变得更加美好。

## 注释

1. **exclaim** *v.* 惊叫, 大声叫
2. **rough** *adj.* 艰难的

3. **stressed** *adj.* 受压的

## No Greater Love

人类没有比这更伟大的爱了,那就是愿意为朋友献出自己的生命。

I heard this story when I was in Vietnam, and it was told to me as fact.

I have no way of knowing for sure that it is true, but I do know that stranger things have happened in war.

Whatever their planned **target**<sup>1</sup>, the **mortar**<sup>2</sup> rounds landed in an **orphanage**<sup>3</sup> run by a missionary group in the small Vietnamese village. The missionaries and one or two children were killed **outright**<sup>4</sup>, and several more children were wounded, including one young girl, about eight years old.

People from the village requested medical help from a neighboring town that had radio contact with the American forces. Finally, an American Navy doctor and nurse arrived in a jeep with only their medical kits. They established that the girl was the most critically injured. Without quick action, she would die of shock and loss of blood.

A transfusion was imperative, and a **donor**<sup>5</sup> with matching blood type was required. A quick test showed that neither American had the correct type, but several of the uninjured orphans did.

The doctor spoke pidgin Vietnamese, and the nurse a smattering of high-school French. Using that combination, together with much impromptu sign language, they tried to explain to their young, frightened audience that unless they could replace some of the girl's lost blood, she would certainly die. Then they asked if anyone would be willing to give blood to help.

Their request was met with wide-eyed silence. After several long moments, a small hand slowly and **waveringly**<sup>6</sup> went up, dropped back down, and then went up again.

"Oh, thank you," the nurse said in French. "What is your name?"

"Heng," came the reply.

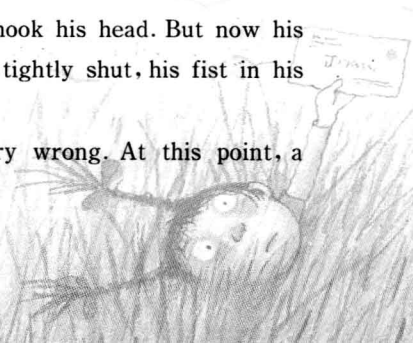
Heng was quickly laid on a **pallet**<sup>7</sup>, his arm **swabbed**<sup>8</sup> with alcohol, and a needle inserted in his vein. Through this **ordeal**<sup>9</sup> Heng lay **stiff**<sup>10</sup> and silent.


After a moment, he let out a shuddering **sob**<sup>11</sup>, quickly covering his face with his free hand.

"Is it hurting, Heng?" the doctor asked. Heng shook his head, but after a few moments another sob escaped, and once more he tried to cover up his crying.

Again the doctor asked him if the needle hurt, and again Heng shook his head. But now his occasional sobs gave way to a steady, silent crying, his eyes screwed tightly shut, his fist in his mouth to **stifle**<sup>12</sup> his sobs.

The medical team was concerned. Something was obviously very wrong. At this point, a





Vietnamese nurse arrived to help. Seeing the little one's distress, she spoke to him rapidly in Vietnamese, listened to his reply and answered him in a soothing voice.

After a moment, the patient stopped crying and looked questioningly at the Vietnamese nurse. When she nodded, a look of great relief spread over his face.

Glancing up, the nurse said quietly to the American, "He thought he was dying. He misunderstood you. He thought you had asked him to give all his blood so the little girl could live."

"But why would he be willing to do that?" asked the navy nurse.

The Vietnamese nurse repeated the question to the little boy, who answered simply, "She is my friend."

Greater love has no man than this, that he lay down his life for a friend.

## 最伟大的爱

我是在越南听到这个故事的,讲述人说这是一个真实的故事。

我没有办法求证这个故事是否是真实的,但我倒是知道比这更奇怪的事情也曾经在战争中发生过。

无论他们预先的打击目标是什么,但迫击炮弹还是落在了这个坐落在一个越南村庄、由一群牧师管理的孤儿院里。牧师们和一两个孩子当场身亡,还有一些孩子受了伤,其中包括一个8岁左右的小女孩。

村里的人们赶紧向附近的小镇求助,因为他们有无线电可以联系到美国的军队。最后,一个美国海军的医生和一个护士坐着吉普车赶到了现场。他们带来了医疗器具。他们确认这个小女孩伤得最重。如果不及时治疗,她会因为失血过多而休克死亡。

必须马上输血,必须找到一个血型合适的献血者。经过紧急检验,美国人中没有血型合适的,倒是在未受伤的几个孩子中有合适的。

医生会讲一些洋泾浜越南语,护士在高中时学过法语,两人合作,再加上一些临时想出来的手势,他们试图向这些惊恐万分的小听众解释如果没有人给这个小女孩输血,她肯定会死去。然后,他们问这些孩子,有谁愿意献血。

孩子们的反应只是睁大眼睛沉默着。沉默了好久,一只小手犹豫地举了起来,之后缩了回去,最后又举了起来。

"噢,谢谢你。"护士用法语说,"你叫什么名字?"

"恒,"孩子回答说。

恒很快被安置在平坦的地方,手臂上用酒精消毒,输血的针就扎进了他的血管。这些痛苦之后,恒身体僵直地躺在那里,一言不发。

过了一会儿,他发出了一阵颤抖的抽泣声,但很快用另外一只手盖住了自己的脸。

"疼吗,恒?"医生问他。恒摇了摇头。但是,过了一会儿,又一阵抽泣声发了出来,孩子又一次试图用手掩饰自己的哭泣。

医生再次问他是否是针刺痛了他,恒又摇了摇头。但是现在他间或的抽泣已经变成了无声的延续的哭泣,他的眼睛紧紧地闭着,他的小拳头咬在嘴里,希望掩盖住自己的哭泣。

医疗队的人非常担心,肯定有什么不对劲的地方。正在此时,一个越南的护士赶来帮忙。看



到小孩子的痛苦,她快速地用越南语跟那个孩子交流,仔细地听孩子的回答,然后用安慰的语气跟孩子解释些什么。

过了一会儿,孩子停止了哭泣,一脸疑惑地看着那个越南的护士。当她点头的时候,孩子脸上表现出轻松的表情。

抬头看看医生,这位护士向他们解释了原因:“他认为他也会因此死去。他误解了你们。他以为需要把他所有的血献给小女孩才能救活她。”

“那他为什么还要这样做?”那位海军护士问道。

越南护士将这个问题重复给了小男孩,孩子的回答非常简单:“她是我的朋友。”

人类没有比这更伟大的爱了,那就是愿意为朋友献出自己的生命。

## 注释

1. target *n.* 目标,对象,靶子
2. mortar *n.* 迫击炮
3. orphanage *n.* 孤儿院
4. outright *adv.* 立刻地
5. donor *n.* 捐赠人
6. waveringly *adv.* 摇摆地,犹豫地

7. pallet *n.* 简陋的床,草垫
8. swab *vt.* 拭抹,擦洗
9. ordeal *n.* 严酷的考验,痛苦的经验,折磨
10. stiff *adj.* 硬的,僵直的
11. sob *vi.* 呜咽,哭泣
12. stifle *vt.* 使窒息,抑制

## Follow Your Bliss

他就是这样一个人,他认为自己明白为什么要来到这个世界上。在他看来,那就是让别人感到快乐。他唱的越多,他就会使更多的人得到快乐!

✎ Author Joseph Campbell often talked about “following your bliss.” I heard of a bus driver in Chicago who does just that. He sings while he drives. That’s right... sings! And I don’t mean he sings softly to himself, either. He sings so that the whole bus can hear! All day long he drives and sings.


He was once **interviewed**<sup>1</sup> on Chicago television. He said that he is not actually a bus driver. “I’m a **professional**<sup>2</sup> singer,” he **asserted**<sup>3</sup>. “I only drive the bus to get a **captive audience**<sup>4</sup> every single day.”

His “bliss” is not driving a bus, though that may be a source of enjoyment for some people. His bliss is singing. And the **supervisors**<sup>5</sup> at the Chicago **Transit Authority**<sup>6</sup> are perfectly happy about the whole arrangement. You see, people line up to ride his bus. They even let other busses pass by so they can ride with the “singing bus driver.” They love it!

Here is a man who believes he knows why he was put here on earth. For him, it is to make people happy. And the more he sings, the more people he makes happy!

He has found a way to **align**<sup>7</sup> his purpose in living with his **occupation**<sup>8</sup>. By following his bliss, he is actually living the kind of life he believes he was meant to live.

Not everybody can **identify**<sup>9</sup> a purpose in life. But when you do, and when you pursue it, you will be living the kind of life you feel you were meant to live. And what’s more, you will be happy.



## 追逐你的幸福

作家约瑟夫·坎贝尔经常会谈到“追逐你的幸福”。我听说芝加哥的一个公共汽车司机就是这样做的。他一边开车一边唱歌。没错……就是唱歌！我也不是说他轻轻地哼唱给自己听。他唱歌是要让整个公共汽车上的乘客都能听到！他开一整天车就唱一整天的歌。

他曾接受过芝加哥电视台的采访。他说他不是真正的公共汽车司机。“我是一名专业歌手，”他宣称。“我每天开车只是为了吸引更多的观众。”

他的“幸福”不是开车，尽管开车可能是一些人快乐的源泉。他的幸福就是歌唱。而且芝加哥高速运输管理局的那些监督员非常满意这个安排。你看，人们总是排队坐他的车，其他公共汽车来了也不坐，他们愿意乘坐“唱歌的司机”开的车。他们就喜欢这样！

他就是这样一个人，他认为自己明白为什么要来到这个世界上。在他看来，那就是让别人感到快乐。他唱的越多，他就会使更多的人得到快乐！

他已经找到了一种使人生的意义与职业密切结合的方法。通过这种追逐幸福的方法，他确实过上了自己想要的那种生活。

并不是每个人都能确定生活的目标。但当你确定了生活目标，每当你去追求时，你就会过上自己认为想要的那种生活。更重要的是，你会感到幸福。

### 注释



1. interview vt. 采访, 访谈
2. professional adj. 专业的, 职业的
3. assert vt. 宣称, 声称
4. captive audience 受制而走不开的听众
5. supervisor n. 监督人, 管理人, 检查员

6. Transit Authority 高速运输管理局
7. align vt. 使一致, 使结盟
8. occupation n. 职业
9. identify vt. 确认, 确定(起源、性质或起决定作用的特征)

## The Blue Flower by the Road

我不禁明白了那些漂亮蓝花的联系以及丈夫的姐姐和我们的关系。我确实相信，上帝已经给了我们一些时间来种植一些美好的回忆，这些回忆每年都会为我们绽放。

Each spring brings a new blossom of wildflowers in the **ditches**<sup>1</sup> along the highway I travel daily to work.

There is one **particular**<sup>2</sup> blue flower that has always caught my eyes. I've noticed that it blooms only in the morning hours, for the afternoon sun is too warm for it. Every day for **approximately**<sup>3</sup> two weeks, I see those beautiful flowers.

This spring, I started a wildflower garden in our yard. I can look out of the kitchen window while doing the dishes and see the flowers. I've often thought that those lovely blue flowers from the ditch would look great in that bed alongside other wildflowers.

Every day I drove past the flowers thinking, "I'll stop on my way home and dig them." "Gee, I don't want to get my good clothes dirty..." Whatever the reason, I never stopped to dig them. My

husband even gave me a **folding shovel**<sup>4</sup> one year for my **trunk**<sup>5</sup> to be used for that expressed purpose.

One day on my way home from work, I was saddened to see that the highway department had mowed the ditches and the pretty blue flowers were gone. I thought to myself, "Way to go, you waited too long. You should have done it when you first saw them blooming this spring."

A week ago we were shocked and saddened to learn that my oldest sister-in-law has a **terminal**<sup>6</sup> brain **tumor**<sup>7</sup>. She is 20 years older than my husband and **unfortunately**<sup>8</sup>, because of age and distance, we haven't been as close as we all would have liked.

I couldn't help but see the connection between the pretty blue flowers and the relationship between my husband's sister and us. I do believe that God has given us some time left to plant some wonderful memories that will bloom every year for us.

And yes, if I see the blue flowers again, you can bet I'll stop and **transplant**<sup>9</sup> them to my wildflower garden.

## 路边的蓝花

在我每天上班公路沿途的那些沟渠里，每年春天都有野花绽放。

有一种独特的蓝花总是吸引着我。我注意到，它只在晨时开放，午后的阳光对它来说太热了。大约有两周时间，我每天都看到那些美丽的花朵。

今年春天，我在我们的院子里着手修建了一个野花园。做菜的时候，通过厨房的窗口我可以看到那些鲜花。我常常想，沟渠里那些可爱的蓝花在沟底其他野花的衬托下看上去一定会很棒。

每天，当开车经过那些花朵时我就会想：“我要在回家的路上停下来，把它们挖走。”“哎呀，我不想把好衣服弄脏……”无论什么原因，我从来没有停下来挖走那些花。有一年，丈夫甚至特地为我的汽车尾部的行李箱配了一把折叠铲。

有一天，下班回家途中，我非常伤心地看到，公路部门已经填平了那些沟渠，漂亮的蓝花不见了踪影。我暗自思忖：“你早该把它们移走，你等得太久了，你应该在刚看到它们开花的春天就挖的。”

一周前，我们既震惊又悲痛地获悉，年龄最大的姐姐得了脑瘤，已经到了晚期。她比我的丈夫大 20 岁。不幸的是，由于年龄差距的悬殊以及距离的遥远，我们不再像以前那样密切地联系彼此了。

我不禁明白了那些漂亮蓝花的联系以及丈夫的姐姐和我们的关系。我确实相信，上帝已经给了我们一些时间来种植一些美好的回忆，这些回忆每年都会为我们绽放。

是的，如果我再次看到那些蓝花，你可以断定，我会停下来，把它们移栽到我的野花园里。

### 注释

1. ditch *n.* 沟渠，壕沟
2. particular *adj.* 独特的，不寻常的
3. approximately *adv.* 大概，大约
4. folding shovel 折叠铲
5. trunk *n.* 汽车尾部的行李箱

6. terminal *adj.* 晚期的
7. tumor *n.* 肿瘤
8. unfortunately *adv.* 不幸地
9. transplant *vt.* 移种，移植(花草树木)







## Roses for a Dime

店主在这时突然出现了,他走到柜台前。出现在博比眼前的是由12支长茎红玫瑰组成的一束花,绿叶和小白花用银色的蝴蝶结捆成一束。当店主把花束拿起,轻轻地放在一个白色长盒中时,博比的心不禁一沉。

Bobby was getting cold sitting out in his back yard in the snow. Bobby didn't wear **boots**<sup>1</sup>; he didn't like them and anyway he didn't own any. The thin **sneakers**<sup>2</sup> he wore had a few holes in them and they did a poor job of keeping out the cold.

Bobby had been in his backyard for about an hour already. And, try as he might, he could not come up with an idea for his mother's Christmas gift. He shook his head as he thought, "This is useless, even if I do come up with an idea, I don't have any money to spend."

Ever since his father had passed away three years ago, the family of five had struggled. It wasn't because his mother didn't care, or try, there just never seemed to be enough. She worked nights at the hospital, but the small wage that she was earning could only be stretched so far.

What the family lacked in money and material things, they more than made up for in love and family unity. Bobby had two older and one younger sister, who ran the household in their mother's absence.

All three of his sisters had already made beautiful gifts for their mother. Somehow it just wasn't fair. Here it was Christmas Eve already, and he had nothing.

Wiping a tear from his eye, Bobby kicked the snow and started to walk down to the street where the shops and stores were. It wasn't easy being six without a father, especially when he needed a man to talk to.

Bobby walked from shop to shop, looking into each **decorated**<sup>3</sup> window. Everything seemed so beautiful and so out of reach. It was starting to get dark and Bobby **reluctantly**<sup>4</sup> turned to walk home when suddenly his eyes caught the **glimmer**<sup>5</sup> of the setting sun's rays reflecting off of something along the **curb**<sup>6</sup>. He reached down and discovered a shiny dime.

Never before has anyone felt so wealthy as Bobby felt at that moment. As he held his new found treasure, warmth spread throughout his entire body and he walked into the first store he saw. His excitement quickly turned cold when salesperson after salesperson told him that he could not buy anything with only a dime.

He saw a flower shop and went inside to wait in line. When the shop owner asked if he could help him, Bobby presented the dime and asked if he could buy one flower for his mother's Christmas gift. The shop owner looked at Bobby and his ten cent offering. Then he put his hand on Bobby's shoulder and said to him, "You just wait here and I'll see what I can do for you."

As Bobby waited, he looked at the beautiful flowers and even though he was a boy, he could see why mothers and girls liked flowers.

The sound of the door closing as the last customer left **jolted**<sup>7</sup> Bobby back to reality. All alone in

