

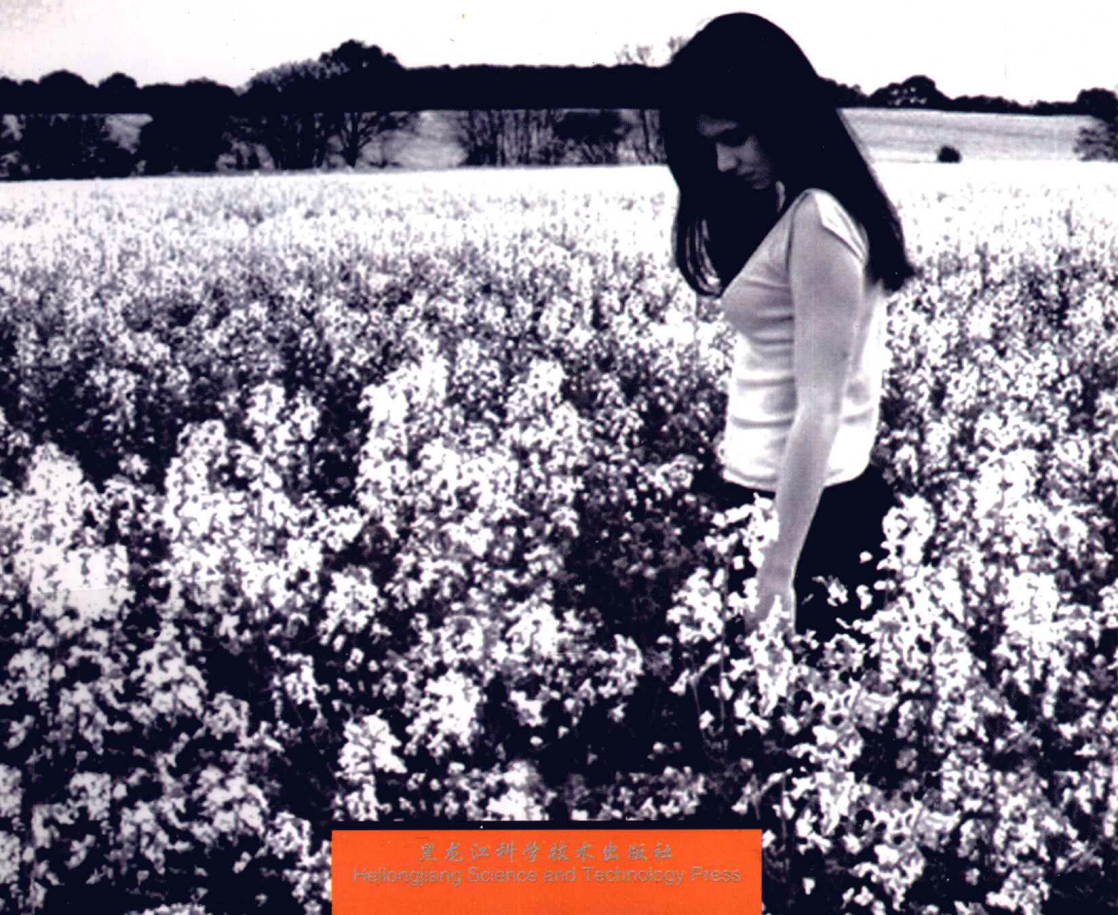
心态卷

天天读点好英文
Everyday English Notes

那些洒满阳光的日子

达子 编译

英语十分钟阅读



黑龙江科学技术出版社
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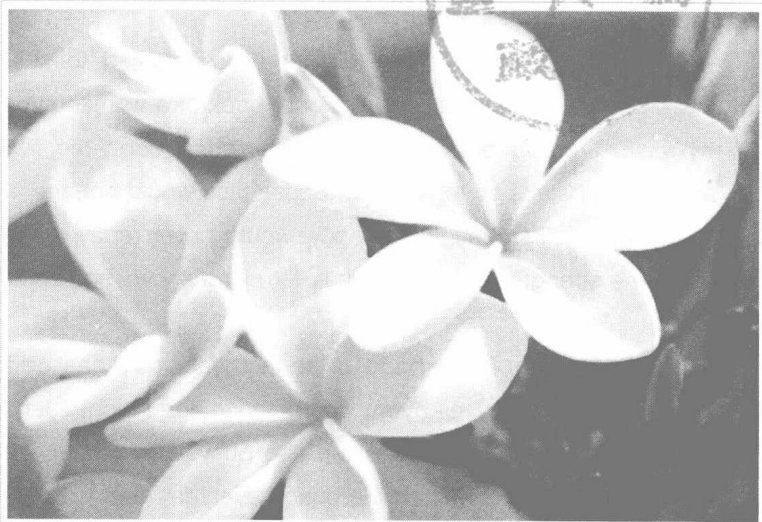
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希望天使，
在不远处微笑

Angel of hope
smiling not far
away from you





The day my **fiancé**¹ fell to his death, it started to snow, just like any November day, just like the bottom hadn't fallen out of my world when he freefell off the roof. His body, when I found it, was lightly covered with snow. It snowed almost every day for the next four months, while I sat on the couch and watched it pile up.

One morning, I **shuffled**² downstairs and was startled to see a snowplow clearing my driveway and the bent back of a woman shoveling my walk. I dropped to my knees, crawled through the living room, and back upstairs so those good Samaritans would not see me. I was **mortified**³. My first thought was, how would I ever repay them? I didn't have the strength to brush my hair let alone shovel someone's walk.

Before Jon's death, I took pride in the fact that I rarely asked for help or favors. I defined myself by my competence and independence. So who was I if I was no longer capable and busy? How could I respect myself if all I did was sit on the couch everyday and watch the snow fall?

Learning how to receive the love and support that came my way

wasn't easy. Friends cooked for me and I cried because I couldn't even help them set the table. "I'm not usually this lazy," I wailed.

Finally, my friend Kathy sat down with me and said, "Mary, cooking for you is not a **chore**⁴. I love you and I want to do it. It makes me feel good to be able to do something for you."

Over and over, I heard similar sentiments from the people who supported me during those dark days. One very wise man told me, "You are not doing nothing. Being fully open to your grief may be the hardest work you will ever do."

I am not the person I once was, but in many ways I have changed for the better. The fabric of my life is now woven with gratitude and humility. I have been surprised to learn that there is incredible freedom that comes from facing one's worst fear and walking away whole. I believe there is strength in surrender.



我的未婚夫去世那天,开始下雪了,就像任何一个11月里的一天一样平常。当我发现他时,他的身体上已经薄薄地覆盖了一层雪花。接下来的4个月里几乎天天都在下雪,而我就坐在沙发上,看着雪一点一点地堆积起来。

一天早晨,我慢吞吞地走到楼下,惊讶地看到一台扫雪机正在清理我的车道,还有一个女人正弯着腰铲我过道上的积雪。为了不使那些助人为乐的好心人看到我,我跪下来,爬着穿过客厅,回到了楼上;因为我感到非常羞愧。此时,涌入我脑中的第一个念头就是:我该如何来回报他们?别说帮别人的过道铲雪了,我心情沮丧得甚至连梳头的力气都没有。

在乔恩去世之前,我很少去向他人求助或接受别人的帮助,并以此自豪。我一直都认为自己是个能干、独立的人。因此,如果我不再能干,不再忙碌,那么我是谁?如果我所能做的只是每天坐在沙发上看下雪,我怎

么会看得起自己？

学会怎样接受别人的关爱和帮助，并不是一件容易的事。朋友们来为我做饭，而我甚至都不能帮他们摆餐具，为此我难过地哭了。“我以前不是这么懒的。”我悲泣道。

最后，我的朋友凯西坐在我身边，对我说：“玛丽，为你做饭并不是一件令人讨厌的事。我爱你，我愿意为你做饭。能够帮你做些事，让我觉得很愉快。”

许多人帮我度过了那段艰难的日子，我一遍又一遍地听着他们充满感情地对我说着同样的安慰话语。一个非常睿智的人曾告诉过我：“你并不是什么都没做。直面自己的痛苦，也许是你做过的最难做的事。”

如今的我已经不是从前的我了，而是在许多方面变得更好。我生命的织锦现在是由感恩和谦恭织就的。我惊奇地意识到，当你面对自己最害怕的事，并且能够坚强地挺过来时，你会感到难以置信地轻松、自由。我相信，只要敢于面对现实，你就会获得力量。



许多时候，困难其实并不可怕，只是被我们心里的懦弱给夸大了。一旦克服了心中的阴影，勇敢地面对现实，你会发现，原本以为坚不可摧的障碍，其实不堪一击。

热词盘点

1. fiancé [fi'ənsɛi] n. 未婚夫
例 Her fiancé even financed her studies abroad.
 她留学的钱还是她未婚夫出的。
2. shuffle ['ʃʌfl] vi. 曳脚而行,慢吞吞地走
例 Don't shuffle, lift up your feet.
 别拖着脚走路,把脚提起来。
3. mortify ['mɔ:tɪfaɪ] vt. 使丢脸,使感到羞辱
例 He felt mortified for his mistake.
 他为自己所犯的错误感到羞愧。
4. chore [tʃɔ:] n. 家务杂事;令人讨厌的或繁重的工作
例 It's such a chore to change diapers.
 换尿布真是一件讨厌的事。

佳句欣赏

1. Learning how to receive the love and support that came my way wasn't easy.
 学会怎样接受别人的关爱和帮助,并不是一件容易的事。
2. Being fully open to your grief may be the hardest work you will ever do.
 直面自己的痛苦,也许是你做过的最难做的事。

短语攻略

1. let alone 更不用提,更别说
 他连生活必需品都买不起,更不用说奢侈品了。

译 _____

2. take pride in 以……为傲
 我为祖国的繁荣昌盛而感到自豪。

译 _____



Every man is sufficiently discontented with some circumstances of his present state, to suffer his imagination to range more or less in quest of future happiness, and to fix upon some point of time, in which he shall, by the removal of the inconvenience which now **perplexes**¹ him, or the acquisition of advantage which he at present wants, find his condition of life very much improved.

When this time, which is too often expected with great impatience, at last arrives, it generally comes without the blessing for which it was desired; but we solace ourselves with some new prospect, and press forward again with equal eagerness.

It is some advantage to a man, in whom this temper prevails in any great degree, when he turns his hopes upon things wholly out of his own power, since he forbears then to precipitate his affairs, for the sake of the great event that is to complete his felicity, and waits for the blissful hour, without neglecting such measures as are necessary to be taken in the mean time.

I have long known a person of this temper, who indulged his dream of happiness with less hurt to himself than such **chimerical**² wishes

commonly produce, and adjusted his scheme with such address, that his hopes were in full bloom three parts of the year, and in the other part never wholly blasted. Many, perhaps, would be desirous of learning by what means he procured to himself such a cheap and lasting satisfaction. It was gained only by a constant practice of referring the removal of all his uneasiness to the coming of the next spring. If his affairs were disordered, he could regulate them in the spring; if a regimen was prescribed him, the spring was the proper time of pursuing it; if what he wanted was at a high price, it would fall its value in the spring.

The spring, indeed, did often come without any of these effects; but he was always certain that the next would be more propitious; and was never convinced that the present spring would fail him until the middle of summer; for he always talked of the spring as coming 'till it was past, and when it was once past, every one agreed with him that it was coming.

By long converse with this Man, I am, perhaps, in some degree brought to feel the same immoderate pleasure in the contemplation of this delightful season; but I have the satisfaction of finding many, whom it can be no shame to resemble, infected with the same enthusiasm; for there is, I believe, scarce any poet of eminence, who has not left some testimony of his fondness for the flowers, the zephyrs, and the warblers of the spring. Nor has the most luxuriant imagination been able to describe the serenity and happiness of the golden age otherwise than by giving a perpetual spring, as the highest reward of uncorrupted innocence.

There is, indeed, something inexpressibly pleasing in the annual renovation of the world, and the new display of the treasures of nature. The cold and darkness of winter, with the naked deformity of every object on which we turn our eyes, makes us necessarily rejoice at the

succeeding season, as well for what we have escaped, as for what we may enjoy; and every budding flower, which a warm situation brings early to our view, is considered by us as a messenger, to inform us of the approach of more joyous days.

The spring affords to a mind, so free from the disturbance of cares or passions as to be vacant to calm amusements, almost every thing that our present state makes us capable of enjoying. The variegated verdure of the fields and woods, the succession of grateful odours, the voice of pleasure pouring out its notes on every side, with the observation of the gladness apparently conceived by every animal, from the growth of his food, and the clemency of the weather, throw over the whole earth an air of gayety, which is very significantly expressed by the smile of nature.

There are men to whom these scenes are able to give no delight, and who hurry away from all the varieties of rural beauty, to lose their hours, and divert their thoughts by cards, or publick assemblies, a tavern dinner, or the **prattle**³ of the day.

...

Mankind must necessarily be diversified by various tastes, since life affords and requires such multiplicity of employments; and a nation of naturalists is neither to be hoped, or desired, but it is surely not improper to point out a fresh amusement to those who languish in health, and repine in plenty, for want of some source of diversion that may be less easily exhausted, and to inform the multitudes of both sexes, who are burthened with every new day, that there are many shews which they have not seen.

He that enlarges his curiosity after the works of nature, demonstrably multiplies the inlets to happiness, and, therefore, the younger part of my readers, to whom I dedicate this vernal speculation, must excuse me for calling upon them to make use at once of the spring of

the year, and the spring of life; to acquire, while their minds may be yet impressed with new images, a love of innocent pleasures, and an ardour for useful Knowledge; and to remember, that a blighted spring makes a barren year, and that the vernal flowers, however beautiful and gay, are only intended by nature as preparatives to autumnal fruits.



人们往往不满足于现状，总会或多或少地做着寻求未来幸福的美梦；而且，他会摆脱眼前正困扰他的烦恼，凭借已获得的优势条件，抓紧时机来改善自己现有的生活。

当心中急切盼望的时刻终于到来时，人们却发觉眼前的一切并不像当初盼望的那样。于是，人们便再次寻求新的希望，以求慰藉，并再次带着同样的热望祈盼着美好的未来。

如果这种情绪占了上风，人们就会把希望寄托在自己难以企及的事情上，这样一来，也许会成为一种优势：因为他会谨慎行事，以免破坏心中的目标；并且，为了实现心中的梦想，他还会采取适当的措施，等待着幸福时刻的最终到来。

很久以前，我就认识了一位拥有这种秉性的人，他常常沉醉在自己的梦想之中，这种对幸福的不懈追求要比无谓的空想所产生的伤害少得多。而且，他还会时常调整方案，以使自己的希望之花永远盛开。也许，许多人都想知道他是用什么方法得到如此廉价却又持久的满足。其实，他只是把所有的困难都推到下个春天去，于是，他便得到了满足。如果事情不顺利，那么春天一定能够解决；如果健康能够恢复，那么春天就能实现这一愿望；如果因价格昂贵而买不起想要的东西，那么，春天里这种东西一定会降价。

事实上，春天的到来往往不会为我们带来想象中的效果，但人们却

常常如此肯定：来年春天一定会更加顺意。而且，不到仲夏，人们很难承认眼前的春光会令人大失所望。当春天已近尾声，人们却畅谈着春天的来临；等到春天真的逝去了，人们却仍相信它还在向我们走来。

同怀着这种心境的人促膝长谈，与他共同沉醉在这个令人欢愉的季节里，也许会得到极大的快乐。我欣慰地发现，越来越多的人已被这种情绪所感染，我认为拥有这种情绪是无可非议的。因为我坚信，任何一位杰出的诗人，面对着春季里美丽的花儿、徐徐的风、鸣啭的鸟儿都不会无动于衷。最丰富的想象力也无法诠释那金色时节的静谧与欢愉，只有永恒的春天才是对不变的清纯的最高奖赏。

的确，世界在一年一度的革新过程中会给人带来一种言语无法表达的欢愉，世界也会将无数奇珍异宝毫无保留地呈现在你的面前。冬日里的寒冷与黑暗，以及我们眼前所见的那些裸露出来的千奇百怪的物体，都会使我们更加向往下一个季节的来临。既是为了摆脱寒冬的酷冷，也是为了享受阳春的温暖。待到春天来临时，温暖的春光会将每一朵含苞待放的花蕾早早地送到我们的视线中来，让我们不禁把这花儿当做报春的使者，认为它是在告诉我们，美好的生活就要到来！

春天为我们的灵魂提供了自由的空间，心头的郁闷与情感上的纷扰早已烟消云散，留下的只是无尽的欢愉。田野和森林里那生机盎然的新绿，散发着阵阵沁人心脾的芬芳……到处都洋溢着欢声笑语，就连动物们也因食物不断增加、天气渐暖而感到喜悦。透过大自然的微笑，大地上显露出一片欢天喜地的景象。

当然，世上也有一些人根本不喜欢这些景象，他们匆匆掠过了千娇百媚的乡间美景，而把宝贵的时间完全耗费在打牌、集会、宴席或聊天上。

.....

人们应该具有不同的趣味，因为生活已为我们提供了一切，而我们也需要各种各样的乐趣，大自然并不期望我们都成为博物学者。不过，如果给那些身体欠佳并缺少快乐的人指出一种愉悦身心的方法，是大有裨