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中国学生双语阅读精品

【第二辑】

信仰的力量

The Power of Belief



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山东电子音像出版社

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品新 信仰的力量 國中

The Power of Belief

刘庆 编著

山东电子音像出版社

中国学生双语阅读精品

中国学生双语阅读精品 第二辑

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承诺



第一卷 热情创造奇迹

人类历史上每一个伟大时刻都是由热情的释放而造就的。“做事漫不经心的人与那些将全部激情投入到某件事中的人只有一个差别——前者失败，后者成功。”

开始努力因此每天早上送儿子上学的时候，儿子总是先冲我微笑然后才慢慢穿鞋。我坐在车里的副驾驶座上，看着儿子从后视镜里看着我，然后他转过头来，冲我微笑。我看着他，心里想，这就是爱吧。爱就是让你爱的人感到快乐。爱就是让你爱的人感到被爱。爱就是让你爱的人感到被重视。爱就是让你爱的人感到被尊重。爱就是让你爱的人感到被理解。爱就是让你爱的人感到被接纳。爱就是让你爱的人感到被包容。爱就是让你爱的人感到被支持。爱就是让你爱的人感到被鼓励。爱就是让你爱的人感到被肯定。爱就是让你爱的人感到被赞美。爱就是让你爱的人感到被欣赏。爱就是让你爱的人感到被爱。

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承 诺

1989年，一次8.2级的地震几乎铲平美国，在短短不到4分钟的时间里，竟夺去了3万多人的生命！在彻底的破坏与混乱之中，有位父亲将他的妻子在家里安顿好后，跑到他儿子就读的学校，而触目所见，却是被夷为平地的校园。

看到这令人伤心的一幕，他想起了曾经对儿子所作的承诺：“不论发生什么事，我都会在你身边。”至此，父亲热泪满眶。目睹曾经的学校成为了一堆瓦砾，真叫人绝望。但父亲的脑中仍然牢记着他对儿子的诺言。

他开始努力回忆每天早上送儿子上学的必经之路，终于记起儿子的教室应该就在那幢建筑物后面，位于右边的角落里，他跑到那儿，开始在碎石砾中挖掘，搜寻儿子的下落。

当这位父亲正在挖掘时，其他束手无策的学生家长赶到现场，揪心地叫着：“我的儿子呀！”“我的女儿

呀！”一些好意的家长试图把这位父亲劝离现场，告诉他“一切都太迟了！他们全死了！这样做没用的，回去吧，面对现实吧，怎样做也是无济于事。”

面对种种劝告。这位父亲的回答只有一句话：“你们愿意帮我吗？”然后继续进行挖掘工作，在废墟中寻找他的儿子。消防队长出现了，他也试图把这位父亲劝走，对他说：“火灾频现，四处都在发生爆炸，你在这里太危险了，这边的事我们会处理，你回家吧！”对此，这位慈爱、关切的父亲仍然回答：“你们要帮我吗？”

警察赶到现场，对他说：“你现在又气又急，该结束了，你在危及他人，回家吧！我们会处理一切的。”这位父亲依旧回答：“你们愿意帮我吗？”然而，人们无动于衷。


为了再清楚儿子是死是活，这位父亲独自一人鼓起勇气，继续不停地挖。他挖掘了8小时……12小时……24小时……36小时……然后，在第38小时的时候，父亲推开了一块巨大的石头，听到了儿子的声音。父亲尖叫着：“阿曼德！”儿子的回音听到了：“爸爸吗？是我，爸，我告诉其他的小朋友不要着急。我告诉他们如果你活着，你会来救我的。如果我获救了，他们也就获救

了。你答应过我，不论发生什么，永远都会在你的身边，你做到了，爸爸！”

“你那里的情况怎样？”父亲问。“我们有33个人，只有14个活着。爸，我们好害怕，又渴又饿，谢天谢地，你在这儿。教室倒塌时，刚好形成一个三角形的洞，救了我们。”

“快出来吧！儿子！”

“不，爸爸，让其他小朋友先出来吧！因为我知道你会接我的！不管发生什么事，我知道你永远都会在我的身边！”



Promise

In 1989, an 8.2 earthquake almost flattened America, killing over 30,000 people in less than four minutes. In the midst of utter devastation and chaos, a father left his wife safely at home and rushed to the school where his son was supposed to be, only to discover that the building was as flat as a pancake.

After the unforgettably initial shock, he remembered the promise he had made to his son: "No matter what, I'll always be there for you!" And tears began to fill his eyes. As he looked at the pile of ruins that once was the school, it looked hopeless, but he kept remembering his commitment to his son.

He began to direct his attention towards where he walked his son to class at school each morning. Remembering his son's classroom would be in the back right corner of the building, he rushed there and started digging through the ruins.

As he was digging, other helpless parents arrived, clutching

their hearts, saying: "My son!" "My daughter!" Other well-meaning parents tried to pull him off what was left of the school, saying: "It's too late! They're all dead! You can't help! Go home! Come on, face reality, there's nothing you can do!"

To each parent he responded with one line: "Are you going to help me now?" And then he continued to dig for his son, stone by stone. The fire chief showed up and tried to pull him off the school's ruins saying, "Fires are breaking out, explosions are happening everywhere. You are in danger. We'll take care of it. Go home." To which this loving, caring American father asked, "Are you going to help me now?"

The police came and said, "You're angry, anxious and it's over. You are endangering others. Go home. We'll handle it!" To which he replied, "Are you going to help me now?" No one helped.


Courageously he went on alone because he needed to know for himself: "Is my boy alive or is he dead?" He dug for 8 hours... 12 hours... 24 hours... 36 hours... then, in the 38th hour, he pulled back a large stone and heard his son's voice. He screamed his son's name, "ARMAND!" He heard back, "Dad!

It's me, Dad! I told the other kids not to worry. I told them that if you were alive, you'd save me and when you saved me, they'd be saved. You promised, no matter what happens, I'll always be there for you! You did it, Dad!"

"What's going on in there? How is it?" the father asked. "There are 14 of us left out of 33, Dad. We are scared, hungry, thirsty and thankful you're here. When the building collapsed, it made a triangle, and it saved us."

"Come out, boy!"

"No, Dad! Let the other kids out first, because I know you'll get me! No matter what happens, I know you will always be there for me!"



克制怒气

在你盛怒难耐、大发雷霆之前，深吸一口气，记住这句话：怒火会造成伤害。一项接一项的研究发现极度的愤怒和敌意与心脏病的高发病率、低免疫力甚至肥胖的倾向都有关系。哈佛大学公共健康学院的一项研究发现，爱发脾气的男性比生性平静的男性患心脏病的可能性高出3倍。对女性来讲，与配偶的争论会增加荷尔蒙的分泌，降低免疫力——这确实是个问题，因为低免疫力可能会增加妇女患癌症的可能性。


你的脾气是可能被控制的。通过评价和运用各种方法，你能够说服自己不再生气。这就是我们人类的优势：我们总可以通过做一些事情或不做一些事情来改变自己的行为。

很多生气的人并没有意识到自己在生气。你可以问自己以下这些问题来测量你的气愤指数：你是否感到自己经常受别人不公的对待？是否经常把很小的不便当成

对你的个人攻击？你经常抱怨吗？你是不是夸大别人的行为或者把别人在公共场合的侮辱性言辞当作针对你个人的？在路上，你是不是经常咒骂其他的司机，以致开车成了一件令人不快的事？

为了更好地理解是什么使得你大发脾气，把使你生气的事情记录下来。反省一下这些事情为什么会使你发怒，使你感觉受了冤枉。诚实地问问自己，你的怒气是否有正当的理由。写下自己当时的感受和情况，你就会更好地意识到使你发怒的事情，甚至可能避免这些事情的再次发生。

当你感到自己怒火上升时，可以采取一种“改变或接受这一事实”的方法。比如说，邻居家的垃圾又在你的院子中狂飞乱舞了，这时，你就该把自己解决问题的技巧付诸实施了。平心静气地讨论这一情况，寻找改变它的方法。

A black and white photograph of a white flower, possibly a lily, resting on a dark, reflective surface. The flower is in the upper right corner of the page, partially overlapping the title area.

Control your anger

Before you implode with rage or erupt into a tantrum, take a deep breath and remember this: Anger hurts. Study after study has found that high levels of anger and hostility are associated with greater risk for heart disease, poor immune responses, and even a propensity for obesity. Men with high anger scores were three times more likely to develop heart disease than their calmer cohorts, a Harvard School of Public Health study found. And in women, arguments with spouses raise hormone levels and lower immunity—a real problem, since lower immune response may boost women's risk of cancer.

It is possible to control your anger. By evaluating it and using various techniques, you can talk yourself out of it. That's what's nice about our humans: We can always do something or not do something to change our behavior.

Many people who are angry don't recognize themselves as

angry. You can ask yourself these questions to measure your anger quotient: Do you feel as if you are frequently mistreated by others? Do you often consider minor inconveniences to be personal attacks against you? Do you complain often? Do you exaggerate the actions of others or take their affronts personally? On the road, do you frequently curse other drivers, to the point that driving has become unpleasant?

To get a better sense of what makes you mad, keep a journal of situations that rile you. Reflect on why they set you off and make you feel wronged. Ask yourself honestly whether your anger is justified. By writing down feelings and situations, you'll become more aware of the events that get your anger and maybe even avoid them.

When you feel anger welling up, take a "change it or accept it" approach. If, for example, your neighbor's garbage is fluttering into your yard yet again, it's time to put your problem-solving skills into motion. Calmly discuss the situation, and look for ways to change it.