

Bilingual reading for Chinese students

中国学生双语阅读精品

幸福的真谛

The essence of happiness

英汉典藏版



闭上眼睛，细数你生命中最美丽的瞬间……在寒冷的日子里接到远方朋友暖暖的问候，读到一篇优美的诗歌，馨香绕怀久久不忘，小雨点与莫扎特的音符一起跳跃在庭院……

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幸福的真谛

The essence of happiness

刘庆 编著

山东电子音像出版社

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编 著 刘 庆
责任编辑 王 伟
封面设计 李 明

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第一卷 幸福的真谛

很多聪明的人仍将幸福等同于乐趣。其实，乐趣和幸福的共同之处极少，或者说根本就没有。乐趣是行为过程中的感受，而幸福是我们行为过后的感受，它是一种更为深刻、持久的感情。



幸福的真谛

我住在好莱坞迪斯尼乐园，那里全年阳光普照。你可能认为生活在那么富于魅力，充满乐趣的地方，一定比其他地方的人更幸福。如果这么想，你可能对幸福的真谛有些误解。

很多聪明的人仍将幸福等同于乐趣。其实，乐趣和幸福的共同之处极少，或者说根本就没有。乐趣是行为过程中的感受，而幸福是我们行为过后的感受，它是一种更为深刻、持久的感情。

人们坚信充满欢乐，远离痛苦的生活方式就等于幸福。实际上，这样反而减少了他们获得真正幸福的机会。如果欢乐和愉快等同幸福，那痛苦就等同不幸。其实恰恰相反，多数情况下，能带来幸福的事物往往包含诸多痛苦。

所以说，许多人所逃避的艰难困苦恰恰是真正幸福的源泉。这些人害怕那些必定会带来痛苦的事情，如结婚、抚养子女、提高专业技能、承担宗教义务、社会服务或慈善事业，提升自我等。

尽管一个单身者对约会越来越不感兴趣，但当你问他为什么还不想结婚时，如果他很诚实，就会告诉你，他怕承担责任。因为承担责任确实是一件痛苦的事情。独身生活充满着乐趣，冒险和激情。婚姻虽也有如此体验，却大为逊色。

同样，选择不要孩子的夫妻都有一种观点，即宁可要不痛苦的欢乐，也不要痛苦的幸福。他们可以随时出去吃饭，旅游，想睡到多晚就睡多晚。而有孩子的夫妻，睡上一整晚，或有3天假期，算是幸运的了。我想，任何夫妇都不会用“乐趣”这个词来形容抚养孩子。

但是，不要孩子的夫妇永远也体会不到，拥抱孩子或晚上给孩子掖好被子时的愉悦。他们永远不知道，看着孩子长大或者逗弄子孙的乐趣。

然而，这些形式的乐趣在任何意义上都称不上是我所谓的幸福。写作、抚养孩子、增进与妻子的感情、为社会做些善事——这些给我带来的幸福远比娱乐带来的

乐趣要多。娱乐是转瞬即逝的。

了解并接受真正的幸福与娱乐毫不相干，我们就能获得最大限度的解放。它解放了时间：现在我们能集中更多的时间去从事那些能带给我们真正幸福的活动。它解放了金钱：买一辆新车或一些时尚的衣物并不能增加我们的幸福，这些事情看起来是毫无意义的。它把我们从嫉妒中解放出来：我们懂得，那些曾被我们确信幸福的富豪权贵们，只不过是享受了太多的娱乐，事实上或许毫无幸福可言。

我们如果懂得娱乐并不带来幸福，就会开始用不同的方式生活。其效果将是人生真正的转折点。



The essence of happiness

Anonymous

I live in the land of Disney, Hollywood and year round sun. You may think people in such a glamorous, fun filled place are happier than others. If so, you have some mistakes about the nature of happiness.

Many intelligent people still equate happiness with fun. The truth is that fun and happiness have little or nothing in common. Fun is what we experience during an act. Happiness is what we experience after an act. It is deeper, more abiding emotion.

The way people cling to the belief that a fun filled, pain free life equals happiness actually diminishes their chances of ever attaining real happiness. If fun and pleasure are equated with happiness, then pain must be equated with unhappiness.

But in fact, the opposite is true: More times than not, things that lead to happiness involve some pain.

As a result, many people avoid the very endeavors that are the source of true happiness. They fear the pain inevitably brought by such things as marriage, raising children, professional achievement, religious commitment, civic or charitable work, and self-improvement.

Ask a bachelor why he resists marriage even though he finds dating to be less and less satisfying. If he's honest, he will tell you that he is afraid of making a commitment. For commitment is in fact quite painful. The single life is filled with fun, adventure, excitement. Marriage has such movement, but they are not its most distinguishing features.

Similarly, couples who choose not to have children are deciding in favor of painless fun over painful happiness. They can dine out whenever they want, travel wherever they want and sleep as late as they want. Couples with infant children are lucky to get a whole night's sleep or a three-day vacation. I don't know any parents would choose the word 'fun' to describe raising children.



But couples who decide not to have children never experience the pleasure of hugging them or tucking them into bed at night. They never know the joy of watching a child grow up or of playing with a grandchild.

But these forms of fun do not contribute in any way to my happiness. More difficult endeavors—writing, raising children, creating deep relationship with my wife, trying to do good in the world—will bring me more happiness than can ever be found in fun, that least permanent things.

Understanding and accepting that true happiness has nothing to do with fun is one of the most liberating realizations we can ever come to. It liberates time: now we can devote more hours to activities that can genuinely increase our happiness. It liberates money: buying that new car or those fancy clothes that will do nothing to increase our happiness now seems pointless. And it liberates us from envy: we now understand that all those

rich and glamorous people we were so sure are happy because they are always having so much fun actually may not be happy at all.

The moment we understand that fun does not bring happiness, we began to lead our lives differently. The effect can be, quite literally, life transforming.





青 春

塞缪尔·乌尔曼

作者简介

塞缪尔·乌尔曼（1840～1920），是位犹太人，出生于德国，1851年随家人移民到美国密西西比，他虽以教育家和社会活动家而闻名于世，但在文学创作方面也很有才华。

太平洋战争打得正酣之时，麦克阿瑟将军常常从繁忙中抬起头，注视着挂在墙上的镜框，镜框里正是这篇名为《青春》的文章，这篇文章一直伴随着他到东京。后来，日本人在东京的美军总部发现了它，《青春》便开始在日本流传。

一位资深的日本问题观察家说，在日本实业界，凡有成就之人，几乎都受过这篇美文的激励，松下电器的创始人松下幸之助就一直把《青春》当做他的座右铭。

青春不是年华，而是心态；青春不是粉面、红唇、柔膝，而是坚强的意志，恢宏的想象，炙热的恋情；青春是生命的深泉涌流。

青春气贯长虹，勇锐盖过怯弱，进取压倒苟安。如此锐气，二十后生而有之，六旬男子则更多见。年岁有加，并非垂老，理想丢弃，方堕暮年。

岁月悠悠，衰微只及肌肤；热忱抛却，颓废必致灵魂。忧虑、惶恐、丧失自信，定使灵魂扭曲，意气如灰。

无论年届花甲，抑或二八芳龄，心中皆有生命之欢乐，好奇之冲动，孩童般天真久盛不衰。

你我心中都有一台天线，只要你从天上、人间接受美好、希望、欢乐、勇气和力量的信号，你就会青春永驻，风华常存。

一旦天线坠下，锐气便被冰雪覆盖，玩世不恭、自暴自弃油然而生，即使年方二十，实则垂垂老矣；然而只要竖起天线，捕捉乐观信号，即使80高龄，行将告别尘寰，你也会觉得年轻依旧，希望永存。



Youth

Samuel Ullman

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means a tempera-mental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spring back to dust.

Whether 60 or 16, there is in every human being's heart