

为心灵留一张安静的书桌，让灵魂有一处温暖的归宿。
每天读点好英文，感受阅读的力量，让我们安静地存在。

当幸福来敲门 心灵鸡汤精选

方振宇 主编 [美] Martin Hendry 审校

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To Be No.1

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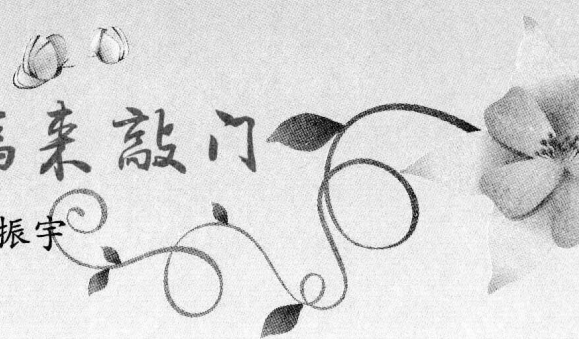
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当幸福来敲门

文/方振宇

静静地，读几行温暖的文字，让疲惫的灵魂有片刻的独处。黑夜给了我黑色的眼睛，我用它来寻找幸福。这个夜晚过滤幸福的片段，我想起威尔·史密斯，想起曾流着泪感受温暖的电影《当幸福来敲门》。

那好像是 2006 年，我还在意大利奔赴荷兰阿姆斯特丹的大巴上，我的一位美国朋友同我谈起这部英文名为 *The Pursuit of Happiness* 的电影，那也是第一次知道威尔·史密斯这个了不起的黑人演员。

回国后第一时间看完电影，含着泪微笑着告诉自己，明天我们也会幸福的，就像他一样，只要我们努力，我们就会打开幸福之门。

出版这本书，用了《当幸福来敲门》作为书名，是为了向 4 年前的这部电影致敬，更是为了向所有不懈努力寻觅幸福和守候幸福的人们致敬。“只要你愿意，你就能幸福”，这是电影的灵魂，也是我们编写这本书的初衷。

原本想把这本书放在春天出版，突然想起老艾略特说“四月是最残忍的一个月，荒地上，长着丁香，把回忆和欲望，掺合在一起，又让春雨，催促那些迟钝的根芽。”我怕幸福的韵味掺杂着伤感的元素。我毅然将此书放在冬天出版，是因为幸福的寻觅终究要穿越严寒的浓雾才能迎接温暖的晨曦。我们在寻觅幸福和守候幸福的路上，眺望那最感动最诱人的季节，义无反顾地去选择自己灵魂的家园和幸福的归宿。

实际上，生命就像太阳，我们以为它陨落了，而它正在酝酿另一个更辉煌的升起。所以，才有了陨落的明净和诞生的神圣。因此，不管我们现在身处何方，在何种处境中穿越生命的腹地，请你相信：即使身处绝境，也能看



到美丽的星光，只要你朝着幸福的方向勇往直前。

生活没有捷径，幸福没有捷径。生活的路需要我们带着梦想、信念、勤奋和坚持穿越阳光下汗水的光芒，只有这样，你才会明白幸福就在你身边。

什么是幸福？如同人活着的意义是什么？这是一个永恒的哲学命题。我翻阅了西方哲学大师的经典，也回顾了自己读研究生时满满的用英文写完的哲学笔记，没有找到答案。真正的幸福似乎难以描写，它只能体会，体会越深就更加难以描写，因为真正的幸福不是一些事实的汇集，而是一种状态的持续。这种状态它了然于心。

我看到一个学生摘录的关于“幸福”的文字：幸福是什么？幸福，是偎依在妈妈温暖怀抱里的温馨；幸福，是依靠在恋人宽阔肩膀上的甜蜜；幸福，是抚摸儿女细嫩皮肤的慈爱；幸福，是注视父母沧桑面庞的敬意。也有聪明人说：“如果非要给幸福下个定论，我觉得无非有三点：一是和你相爱的人在一起；二是做你自己最喜欢做的事情；三是帮助需要帮助的人。”

无论怎么样去定义幸福，只要用心去体会它，说明我们离幸福已经不远了。细细品味这本书里的文字，字里行间透着蓬勃向上的力量，我又仿佛看到春日的暖阳透过窗棂打在我的键盘上噼噼作响，告诉我幸福的方向。

当紫丁香沁入心脾的时候，我看见父母沧桑的脸、慈爱的眼睛、关切的神情定格成一座爱的大山；当天使扇动着可爱的翅膀从眼前飞过，当朋友的情谊增添了岁月的色彩使得冬天不再沉闷，我们有理由相信：我们自己就是幸福的天使；当汗水引领跑道，当奋斗的号角吹响，我们带快乐回家；当艳阳再次冉冉升起，当“春暖花开，面朝大海”的诗句弥漫，我们嗅出了幸福的味道；当“生活中，我们幸福时……”，我们谙晓幸福是段旅程，所有等待的日子都是值得的。

兰斯顿·休斯说：“生活是你创造的，就要把它创造得美丽荡漾。”某年某月的某一天，某时某刻的某个地点，我期待与你一起畅吟下面的诗句：



我已经赢得了我永恒的幸福

幸福的魔力即将呈现

一起幸福吧

享受爱情，喝着小酒，伴着歌声

抓住这美妙的时光

在生命的熠熠闪光中

每时每刻我都感到了幸福

我期待我们一起幸福；我希望我们一起分享幸福。带着一颗善良的心，带着内心澄澈的自己，我们一起向幸福出发。

期待那个时刻，祈祷那个时刻，幸福“砰砰”敲响自己的门。当幸福来敲门，请为自己鼓掌！点着蜡烛，闪着泪光……



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第一卷



生活中，我们最幸福时

Thank you for comforting me when I'm sad
Loving me when I'm mad
Picking me up when I'm down
Thank you for being my friend and being around
Teaching me the meaning of love
Encouraging me when I need a shove
But most of all thank you for
Loving me for who I am.

感谢你在我伤心时安慰我，
感谢你在我生气时呵护我，
当我沮丧时你让我振作，
感谢你作为我的朋友
陪伴在我身边，
告诉我爱的意义是什么，
当我需要动力时你鼓励我，
但我最想感谢你的是，
爱上像我这样的一个人。

1

In Life We Are Happiest When...

生活中，我们最幸福时……

夫妻相处之道是什么？如何构建一个幸福的家庭？答案很简单：欣赏对方的优点，包容她\他的缺点。人无完人，金无足赤；人非圣贤，孰能无过。很简短的两句话却蕴含了深刻的哲理。环顾四周，寻找爱的足迹，你会发现生活中我们每个人都是幸福的。

A man and his girlfriend were married. It was a large celebration.

All of their friends and family came to see the lovely ceremony and to partake of the festivities and celebrations. All had a wonderful time.

The bride was gorgeous in her white wedding gown and the groom was very dashing in his black tuxedo. Everyone could tell that the love they had for each other was true.

A few months later, the wife came to the husband with a proposal, "I read in a magazine, a while ago, about how we can strengthen our marriage," she offered. "Each of us will write a list of the things that we find a bit annoying with the other person. Then, we can talk about how we can fix

_____个男人和他的女友结婚了，举行了一场盛大的结婚典礼。

所有的亲朋好友都来参加典礼和庆祝活动。大家都觉得很开心。

穿着白色婚纱的新娘漂亮迷人，穿着黑色礼服的新郎英俊潇洒。每个人都能看出他们彼此的爱是真诚的。

几个月后，妻子走近丈夫提议说：“我刚才在杂志上看到一篇文章，说的是怎样巩固婚姻。”她说：“我们两个人都各自把对方的毛病列在一张纸上，然后我们商量一下怎样解决，以便使我们的生活更幸福。”

them together and make our lives happier together.”

The husband agreed. So each of them went to a separate room in the house and thought of the things that annoyed them about the other. They thought about this question for the rest of the day and wrote down what they came up with.

The next morning, at the breakfast table, they decided that they would go over their lists.

“I’ll start,” offered the wife. She took out her list. It had many items on it, enough to fill 3 pages. In fact, as she started reading the list of the little annoyances, she noticed that tears were starting to appear in her husband’s eyes.

“What’s wrong?” she asked. “Nothing,” the husband replied, “keep reading your list.”

The wife continued to read until she had read all three pages to her husband. She neatly placed her list on the table and folded her hands over the top of it.

“Now, you read your list and then we’ll talk about the things on both of our lists,” she said happily.

Quietly the husband stated, “I don’t have anything on my list. I think that you are perfect the way that you are. I don’t want you to change anything for me. You are

丈夫同意了。于是他们各自走向不同的房间去想对方的缺点。那一天余下的时间里，他们都在思考这个问题，并且把他们想到的都写下来。

第二天早上，吃早饭的时候，他们决定谈谈彼此的缺点。

“我先开始吧。”妻子说。她拿出她的单子，上面列举了很多条，足足写满了三页。实际上，当她开始念的时候，她注意到丈夫眼里含着泪花。

“怎么啦？”她问。“没什么，”丈夫答道，“继续念吧。”

妻子又接着念。整整三页都念完之后她把单子整齐地放在桌上，两手交叉放在上面。

“现在该你念了，然后我们谈谈所列举的缺点，”她高兴地说。

丈夫平静地说：“我什么也没写，我觉得像你这样就很完美了，我不想让你为我改变什么。你很可爱迷人，我不想让你改变什么。”

lovely and wonderful and I wouldn't want to try and change anything about you."

The wife, touched by his honesty and the depth of his love for her and his acceptance of her, turned her head and wept.

In life, there are enough times when we are disappointed, depressed and annoyed. We don't really have to go looking for them. We have a wonderful world that is full of beauty, light and promise. Why waste time in this world looking for the bad, disappointing or annoying when we can look around us, and see the wondrous things before us?

魅力词汇

partake of 参加

gorgeous ['gɔ:dʒəs] *adj.* 漂亮迷人的

gown [gaʊn] *n.* 礼服

dashing ['dæʃɪŋ] *adj.* 英俊潇洒的

tuxedo [tʌk'si:du] *n.* 男士无尾礼服

annoyance [ə'noɪəns] *n.* 讨厌的事

一口气背诵极品句

1. Quietly the husband stated, "I don't have anything on my list. I think that you are perfect the way that you are. I don't want you to change anything for me. You are lovely and wonderful and I wouldn't want to try and change anything about you."
2. In life, there are enough times when we are disappointed, depressed and annoyed. We don't really have to go looking for them. We have a wonderful world that is full of beauty, light and promise. Why waste time in this world looking for the bad, disappointing or annoying when we can look around us, and see the wondrous things before us?

难句小 CASE

In fact, as she started reading the list of the little annoyances, she noticed that tears were starting to appear in her husband's eyes.

【译文再现】实际上，当她开始念的时候，她注意到丈夫眼里含着泪花。

【指点迷津】本句中 as 引导的是时间状语从句，she noticed... 是主句，that 后面的从句是 noticed 的宾语。



2

Our Love Is Simple as a Song

我们的爱简单如歌

简单的即是最美的。真实的生活不可能总是惊涛骇浪，激情澎湃，更多的时候是平淡无奇，简简单单。珍惜已有的，欣赏爱的简单之美。

Hands cling to hands and eyes
linger on eyes: thus begins the
record of our hearts.

It is the moonlight night of March; the
sweet smell of henna is in the air; my flute
lies on the earth neglected and your garland
of flowers is unfinished.

This love between you and me is simple
as a song.

Your veil of the saffron color makes
my eyes drunk.

The jasmine wreath that you wove me
thrills to my heart like praise.

It is a game of giving and withholding,
revealing and screening again; some smiles
and some little shyness, and some sweet
useless struggles.

This love between you and me is simple
as a song.

No mystery beyond the present; no
striving for the impossible; no shadow be-

手牵着手，眼望着眼：就
这样开始了我们的心路
历程。

那是三月一个月光皎洁的夜晚；空气中飘着散沫花香甜的气息；我的长笛孤零零地躺在泥土中，你的花环也没有编好。

我们的爱简单如歌。

橘黄色的面纱迷醉了我的双眼。

你编织的茉莉花环像一种荣耀，震撼了我的心。

这是一个给予与保留，忽隐忽现的游戏；有些微笑，有些娇羞，还有些甜蜜的无谓挣扎。

我们的爱简单如歌。

没有视线之外的神秘；没有可能之外的强求；没有魄力背后的阴

hind the charm; no groping in the depth of the dark.

This love between you and me is simple as a song.

We do not stray out of all words into the ever silent; we do not raise our hands to the void for things beyond hope.

It is enough what we give and we get.

We have not crushed the joy to the utmost to wring from it the wine of pain.

This love between you and me is simple as a song.

影；没有黑暗深处的探索。

我们的爱简单如歌。

我们没有偏离出语言的轨道，陷入永恒的沉默；我们没有举起手，向希望之外的空虚奢求。

我们给予的与得到的已经足够了。

我们不曾把欢乐彻底碾碎，从中酿出苦酒。

我们的爱简单如歌。

魅力词汇

linger on 留恋

henna ['henə] *n.* 散沫花

flute [flu:t] *n.* 长笛

veil [veil] *n.* 面纱

saffron ['sæfrən] *adj.* 橘黄色的

jasmine wreath 茉莉花环

thrill [θril] *vi.* 震撼

withhold [,wið'həuld] *vi.* 保留

grope [grəup] *vi.* 摸索

void [void] *n.* 空虚

to the utmost 彻底

一口气背诵极品句

1. No mystery beyond the present; no striving for the impossible; no shadow behind the charm; no groping in the depth of the dark.
2. We do not stray out of all words into the ever silent; we do not raise our hands to the void for things beyond hope. It is enough what we give and we get.