

心如花园

双语悦读

# 一直走 在 阳光里

*Keep Walking  
in Sunshine*

双语悦读编辑组 编

Love can never grow old.  
Locks may lose their brown and gold.  
Cheeks may fade and hollow grow.  
But the hearts that love will know,  
never winter's frost and chill,  
summer's warmth is in them still.

爱会日久弥新。

头发会失去原有的光彩，

脸颊会日显消瘦黯淡。

然而，有爱的心中

却永无寒冬霜冻，

只有永存的夏日温暖。

外语教学与研究出版社  
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

心如花园  
双语悦读

一直走在  
阳光里  
*Keep Walking  
in Sunshine*

双语悦读编辑组 编



外语教学与研究出版社  
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

北京 BEIJING

## 图书在版编目(CIP)数据

一直走在阳光里 = Keep Walking in Sunshine ; 英汉对照 / 双语悦读编辑组编. — 北京 : 外语教学与研究出版社, 2013.6

(心如花园双语悦读)

ISBN 978-7-5135-3219-8

I. ①一… II. ①双… III. ①英语-汉语-对照读物  
②散文集-世界 IV. ①H319.4: I

中国版本图书馆CIP数据核字(2013)第120755号

出版人 蔡剑峰  
责任编辑 米晓瑞  
装帧设计 赵欣  
出版发行 外语教学与研究出版社  
社址 北京市西三环北路19号(100089)  
网址 <http://www.fltrp.com>  
印刷 中国农业出版社印刷厂  
开本 889×1194 1/32  
印张 6  
版次 2013年6月第1版 2013年6月第1次印刷  
书号 ISBN 978-7-5135-3219-8  
定价 14.90元

购书咨询: (010)88819929 电子邮箱: [club@fltrp.com](mailto:club@fltrp.com)

如有印刷、装订质量问题, 请与出版社联系

联系电话: (010)61207896 电子邮箱: [zhijian@fltrp.com](mailto:zhijian@fltrp.com)

制售盗版必究 举报查实奖励

版权保护办公室举报电话: (010)88817519

物料号: 232190001

# An Invisible Smile

## 看不见的微笑

- Get a Thorough Understanding of Oneself* 3 悟透自己
- An Invisible Smile* 7 看不见的微笑
- Think Positive Thoughts Every Day* 13 积极看待每一天
- World of Wisdom* 16 感悟生活
- A Good Measure of Equanimity* 19 平和的心态
- Choose Optimism* 21 选择乐观
- Our Pursuit of Happiness* 27 我们对幸福的追求
- Giving Life Meaning* 34 给生命以意义
- Born to Win* 39 生而为赢





## Let Love Go

### 将爱放飞

*When I Become Old* 45 当我日渐老去的时候

*Love Needs No Words* 49 大爱无声

*Keep Walking in Sunshine* 53 一直走在阳光里

*An Invisible Wall* 58 无形的墙

*Loving an Imperfect Person* 63 爱一个不完美的人

*I Love You, Son* 70 我爱你，儿子

*Let Love Go* 75 将爱放飞

*Love and Telephone* 77 爱情与电话

*The Roses from Heaven* 81 来自天堂的玫瑰

*Love Without Measure* 86 爱无尺度

## A March Snow

## 三月的雪

- A Wayfaring Song* 93 旅行之歌
- On the Seashore* 96 海边
- A March Snow* 99 三月的雪
- Our Love Is Simple as a Song* 101 单纯如歌的爱
- Sand Dunes* 103 沙丘
- Ode on a Grecian Urn* 105 希腊古瓮颂
- Rush* 110 匆匆
- Pride and Prejudice* 114 傲慢与偏见
- Letter from an Unknown Woman* 123 一个陌生女人的来信
- Late Summer* 131 晚夏
- Baby's World* 135 孩童的世界
- The Old Man and the Sea* 137 老人与海



# Life Is a Theater

## 人生如戏

CONTENTS

目录

*Life Is a Theater* 147 人生如戏

*Get Victory out of Defeat* 150 转败为胜

*Wait a Little Longer in Despair* 153 绝望时再等一下

*Only a Man...* 155 只是一个普通人

*If Only* 162 情理之间

*Happy Life* 167 幸福生活

*The Perfect Time to Start Is Right Now* 170 实现梦想，  
最佳时机就是现在

*To Be a Super Financer* 175 爱钱，更爱幸福

*Using the Force of Yoga* 180 接触瑜伽的神奇力量



*An Invisible Smile*

看不见的微笑







## Get a Thorough Understanding of Oneself

### 悟透自己

In all one's lifetime, it is oneself that one spends the most time being with or dealing with. But it is precisely oneself that one has the least understanding of.

When you are going upwards in life you tend to overestimate yourself. It seems that everything you seek for is within your reach; luck and opportunities will come your way and you are overjoyed that they constitute part of your worth. When you are going downhill you tend to underestimate yourself, mistaking difficulties and adversities for your own incompetence. It's likely that you think it wise for yourself to know your place and stay aloof from worldly success. In doing so, you are actually wearing a mask of cowardice, behind which the flow of sap in your life will be retarded.

To get a thorough understanding of oneself is to gain a correct view of oneself and be a sober realist — aware of both one's strength and shortage. You may look forward hopefully to the future but be sure not

to expect too much, for ideals can never be fully realized. You may be courageous to meet challenges but it should be clear to you where to direct your efforts. That's to say, so long as you have a perfect knowledge of yourself, there won't be difficulties you can't overcome, nor obstacles you can't surmount.

To get a thorough understanding of oneself needs self-appreciation. Whether you liken yourself to a towering tree or a blade of grass, whether you think you are a high mountain or a small stone, you represent a state of nature that has its own *raison d'être*. If you earnestly admire yourself, you'll have a real sense of self-appreciation, which will give you confidence. As soon as you gain full confidence in yourself, you'll be enabled to fight and overcome any adversity.

To get a thorough understanding of oneself also requires doing oneself a favor when it's needed. In time of anger, do yourself a favor by giving vent to it in a quiet place so that you won't be hurt by its flames; in time of sadness, do yourself a favor by sharing it with your friends so as to change a gloomy mood into a cheerful one; in time of tiredness, do yourself a favor by getting a good sleep or taking some tonic. Show yourself loving concern about your health and daily life. As you are aware, what a person physically has is but a human body that's vulnerable when exposed to the elements. So if you fall ill, it's

up to you to take good care of yourself. Unless you know perfectly when and how to do yourself a favor, you won't be confident and ready enough to resist the attack of illness.

To get a thorough understanding of oneself is to get a full control of one's life. Then one will find one's life full of color and flavor.

*precisely*

*adv.* 恰恰

*overestimate*

*v.* 高估, 过高评价

*constitute*

*v.* 组成, 构成

*adversity*

*n.* 逆境, 苦难

看不见的  
微笑

人生在世, 和“自己”相处时间最多, 打交道最多, 但是恰恰最悟不透的也是“自己”。

人在走上坡路时, 往往会过高估计自己, 似乎一切所求的东西都能唾手可得, 甚至把运气和机遇也看作自己身价的一部分而喜不自胜。人在不得意时, 往往会低估自己, 把困难和逆境也看作自己的无能。你有可能把安分守己、远离世俗的成功认为是明智之举, 而这样做, 你就是戴上了怯懦的面具, 在面具背后窒息了自己鲜活的生命。

悟透自己, 就是正确认识自己, 做一个冷静的现实主义者, 既知道自己的优势, 也知道自己的不足。你可以憧憬未来, 但期望值不能过高, 因为理想不可能完全实现。可以勇敢地迎接挑战, 但是应该清楚自己努力的方向。也就是说, 人只要

对自己有了充分的认识，就没有什么克服不了的困难，没有什么过不去的难关。

要悟透自己就要欣赏自己。无论你将自己比作一棵参天大树还是一片草叶，无论你认为自己是一座巍峨的高山还是一片小小的石头，都代表了一种天然，都有自己存在的价值。如果你认真地欣赏自己，你就会真正理解自我欣赏，这会给你以信心。一旦对自己充满了信心，也就能够克服一切逆境。

要悟透自己，必要时还需心疼自己。在气愤时心疼一下自己：找个僻静处宣泄一下，不要让那些无名之火伤身；在忧伤时心疼一下自己，找三五好友，诉说诉说，让情绪由阴变晴；在劳累时心疼一下自己，好好睡上一觉或是来些补品。要对自己的健康和日常生活嘘寒问暖一番。要明白人所拥有的不过是一个血肉之躯，经不住太多的风霜雪雨。因此在有病时，要由你来照顾好自己。唯有十分清楚何时要心疼自己、怎样心疼自己，才能拥有战胜疾病的信心和力量。

要悟透自己，就要把控好自己的人生，这样你的生活才会多姿多彩，有滋有味！



## An Invisible Smile

### 看不见的微笑

Mr. Darwin was an old grouch, and everyone in town knew it. Kids knew not to go into his yard to pick a yummy apple, even off the ground, because old Darwin, they said, would come after you with his BB gun.

One Friday, 12-year-old Janny was going to stay all night with her friend Emma. They had to walk by Darwin's house on the way to Emma's house, but as they got close Janny saw him sitting on his front porch and suggested they cross over to the other side of the street. Like most of the children, she was scared of the old man because of the stories she'd heard about him.

Emma said not to worry, Mr. Darwin wouldn't hurt anyone. Still, Janny was growing more nervous with each step closer to the old man's house. When they got close enough, Darwin looked up with his usual frown, but when he saw it was Emma, a broad smile changed his entire countenance as he said, "Hello, Miss Emma. I see you've got a little friend with you today."

Emma smiled back and told him Janny was staying overnight and they were going to listen to music and play games. Darwin told them that sounded fun, and offered them each a fresh picked apple off his tree. They gladly accepted, Darwin had the best apples in town.

When they got out of Darwin's earshot, Janny asked Emma, "Everyone says he's the meanest man in town. How come he was so nice to us?"

Emma explained that when she first started walking past his house he wasn't very friendly and she was afraid of him, but she pretended he was wearing an invisible smile and so she always smiled back at him. It took a while, but one day he half-smiled back at her.

After some more time, he started smiling real smiles and then started talking to her. Just a "hello" at first, then more. She said he always offers her an apple now, and is always very kind.

"An invisible smile?" questioned Janny.

"Yes," answered Emma, "my grandma told me that if I pretended I wasn't afraid and pretended he was smiling an invisible smile at me and I smiled back at him, then sooner or later he really would smile. Grandma says smiles are contagious."

If we remember what Emma's grandma said, that everyone wears an invisible smile, we too will find

that most people can't resist our smile after a while.

We're always on the go trying to accomplish so much, aren't we? Hauling the kids around, getting groceries, cleaning the house, mowing the yard, it's always something. It's so easy to get caught up in everyday life that we forget how simple it can be to bring cheer to ourselves and others. Giving a smile away takes so little effort and time, let's make sure that we're not the one that others have to pretend is wearing an invisible smile.

When you walk into a party or gathering where everyone is smiling and laughing, it's mighty easy to get into a good mood and get into the spirit of the occasion. On the other hand, just walk into a room where the gloom hangs heavily in the air and people are frowning, and it's equally as easy to start feeling a little lower in spirit.

It all starts somewhere, and if not with you and I, then where? All it takes to uplift the day is to remember to give that smile away! You can't save them, you can't store them, the only way they're any good is to share them. Start by giving yourself a nice, big smile when you're in the bathroom getting ready for the day. Look right in the mirror and smile at yourself and tell yourself it's going to be a great day as you do. You'll be surprised at how much more often you will have great days. To be sure, nothing unusual



may happen other than you've improved your outlook.  
Attitude is everything.



*grouch* n. 总发牢骚的人  
*countenance* n. 面容；面部表情  
*contagious* adj. 富于感染力的，会蔓延的

达尔文先生是个怪脾气的老头，镇上每个人都知道。孩子们知道不能去他家院子里摘美味的苹果，连掉在地上的也不能捡起，因为他们说，达尔文会拿着气枪追你。

一个星期五，12岁的詹妮打算去朋友埃玛家过夜。她们得经过达尔文先生的房子去埃玛家。到了近前，詹妮看见他坐在门廊下，便建议从街道对面绕过去。跟大多数孩子一样，听了那些传闻之后，她害怕这个老头。

埃玛说不用担心，达尔文先生不会伤害任何人，可是詹妮越接近那老头的房子就越紧张。当她们离得足够近时，达尔文抬起头，像往常那样皱着眉头，可当他看见是埃玛，他的整个脸上露出了灿烂的笑容，他说：“你好，埃玛小姐。我看见你今天还带了一个小朋友。”

埃玛也向他微笑，告诉他说詹妮要在她家过夜，她们会听音乐、玩游戏。达尔文说那听上去很好玩，还给了她们每人一个刚刚从树上摘下的新鲜苹果。她们开心地接受了，达尔文的苹果是镇上最好的。

等她们走到达尔文听不见的地方，詹妮问埃玛：“每个人都说是镇上最小气的人。怎么他对我们这么好？”