

以清静心看世界，

以欢喜心过生活，

以平常心生情味，

以柔软心除挂碍。

一花一世界，

细微处品味真生活。



# 守望一朵花开

The Catcher For A Bloom

## 每天读点好英文

Everyday English Notes

常青藤语言教学中心 编译

读故事 · 记单词 · 学语法

阅读能力 · 单词强化 · 语法巩固

美文赏析 · 翻译提升 · 内容记忆

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**升级版  
大全集**



时代出版传媒股份有限公司  
安徽教育出版社

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图书在版编目(CIP)数据

守望一朵花开:英汉对照/常青藤语言教学中心编  
译. —合肥:安徽教育出版社, 2012.12

(每天读点好英文:升级版)

ISBN 978-7-5336-7313-0

I. ①守… II. ①常… III. ①英语—汉语—对照读物

IV. ①H319.4:I

中国版本图书馆CIP数据核字(2012)第284893号

---

书 名: 守望一朵花开

编 译: 常青藤语言教学中心

---

出 版 人: 朱智润 项目统筹: 鲁金良

责任编辑: 李 磊 封面设计: 马顾本

---

出版发行: 时代出版传媒股份有限公司 <http://www.press-mart.com>

安徽教育出版社 <http://www.ahep.com.cn>

(合肥市繁华大道西路398号, 邮编: 230601)

营销部电话: (0551) 63683010, 63683011, 63683015

排 版: 北京精英设计-尹鹏

印 刷: 三河市华晨印务

(如发现印装质量问题, 影响阅读, 请与印刷厂商联系调换)

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开本: 640毫米×960毫米 1/16 印张: 20 字数: 300千字

版次: 2013年1月第1版 2013年1月第1次印刷

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ISBN 978-7-5336-7313-0 定价: 24.80元

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## 谱写生命的乐章

设想，有人给了你一支单色的不可拆装的钢笔。

你根本看不到里面究竟有多少墨水。也许你试着写几个字后它就没水了，也许里面的墨水足够完成一部（也可能是几部）意义深远的传世之作。但这一切在动笔前，都不得而知。

这样的游戏规则，其结果你的确很难预料。只能赌一把！

实际上，游戏规则并未规定你一定要做点儿什么。反之，你甚至完全可以把它放到书架上或抽屉里，不去动它，任其墨水自然干涸。

可是，倘若你打算用它，你会将其派上什么用场呢？你将如何开展这一场游戏呢？

你会在写一个字之前，不断犹豫，反复计划吗？你会因为计划过于周详而没时间动笔吗？

或许你只是手握钢笔，埋头苦写，笔耕不辍，顺着泉涌的文思被动前行呢？

你写字时会很小心，似乎这支笔的墨水下一刻就会枯竭一样吗？或是你会假装相信这支笔永无枯竭之时吗？

那么你会写些什么呢？情爱？憎恶？喜悦？痛苦？生命？死亡？虚无？抑或是一切？

你的写作目的是充实自己，还是愉悦他人呢？或是两者兼而有之？

你落笔胆怯审慎，还是铿锵有力？你的想象丰富，还是匮乏？

也许你根本没有落笔？因为没有规则要求你拿到笔后必须要去写作。或许你会去素描？乱画一通？信笔涂鸦？

你会写在线内还是线上？或许你根本看不到线，即使有，又在哪里呢？

就此，有许多该考虑的问题，难道不是吗？

此刻，如果有人给你一支谱写生命乐章之笔……

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Chapter 1

# 别让明天为今天后悔

Don't Let Tomorrow Regret for Today



# 假装的快乐

## The Happy Door

✿ 米尔德里德·克拉克姆 / Mildred Cram

Happiness is like a **pebble** dropped into a pool to set in motion an ever-widening circle of ripples. As Stevenson has said, being happy is a duty.

There is no exact definition of the word—happiness. Happy people are happy for all sorts of reasons. The key is not wealth or physical well-being, since we find beggars, **invalids** and so-called failures, who are extremely happy.

Being happy is a sort of unexpected dividend. But staying happy is an accomplishment, a **triumph** of soul and character. It is not selfish to strive for it. It is, indeed, a duty to us and others.

Being unhappy is like an infectious disease; it causes people to shrink away from the sufferer. He soon finds himself alone, miserable and embittered. There is, however, a cure so simple as to seem, at first glance, **ridiculous**: If you don't feel happy,

pretend to be!

It works. Before long you will find that instead of repelling people, you attract them. You discover how deeply rewarding it is to be the center of wider and wider circles of good will.

Then the make-believe becomes a reality. You possess the secret of peace of mind, and can forget yourself in being of service to others.

Being happy, once it is realized as a duty and established as a habit, opens doors into unimaginable gardens thronged with grateful friends.



快乐就像一枚鹅卵石突然掉入池塘中，激起一圈又一圈的涟漪，并不断向外围扩散。正如史蒂文森说的，快乐是一种责任。

快乐没有确切的定义。快乐的理由成千上万，而关键并不在于财富或健康。因为我们发现，乞丐、残疾人和所谓的失败者也能过得无比快乐。

快乐会有一种意想不到的收获，而保持快乐的心境是一种成就，是灵魂和性格的升华。事实上，追求快乐并非自私的表现，而是对自己和他人的一种责任。

郁闷就像一种传染病，人们往往对郁闷的人退避三舍。他们很快也会感到孤独、痛苦和难过。但是，有一种看似简单的治疗方法，虽然乍看似乎有些荒谬，如果你觉得不快乐，就假装快乐吧！

这个方法很管用，不久你就会发现，自己会吸引他人，而不是令人反感。你拥有一个以自我为中心的、日趋宽广的友好交际

圈。这会是多么有益的事。

于是，假装的快乐就成为事实。你掌握了平和心境的秘诀，并且，在愉悦他人的过程中，自己也变得忘乎所以。

一旦意识到，保持快乐的心境是一种责任，并形成了习惯，它就能开启秘密花园的大门，那里云集着无数满怀感激的朋友。


### 心灵小语

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快乐是一天，不快乐也是一天，那我们为什么不天天快乐呢？即使是假装的快乐，也会感染他人。久而久之，大家就真的变得快乐了！

## W 词汇笔记


pebble ['pebl] *n.* 鹅卵石

-  Most of the roads in this old town is made of pebble.  
这个古镇的大多数道路是由鹅卵石铺成的。


invalid [in'vælid] *n.* 病人; 残疾者

-  Many invalids are still very optimistic!  
很多残疾人还是很乐观的!

triumph ['traɪəmf] *n.* 凯旋; 欢欣; 升华


-  Marriage is the triumph of imagination over intelligence.  
婚姻是想象力战胜智慧的功绩。


ridiculous [ri'dikjuləs] *adj.* 荒谬的; 可笑的

-  Who made this ridiculous rule?  
这条荒唐的规则是谁定的?

## S 小试身手

快乐的理由成千上万, 而关键并不在于财富或健康。

-  \_\_\_\_\_  
保持快乐的心境是一种成就, 是灵魂和性格的升华。

-  \_\_\_\_\_  
不久你就会发现, 自己会吸引他人, 而不是令人反感。

-  \_\_\_\_\_

## P 短语家族

...it causes people to shrink **away from** the suffer.

away from: 离开; 远离; 不在

-  \_\_\_\_\_

**Before long** you will find that instead of repelling people...

before long: 不久以后; 很快; 不久

-  \_\_\_\_\_

# 一切总会好的

## A Lesson of Life

✿ 佚名 / Anonymous

“Everything happens for the best,” my mother said whenever I faced disappointment. “If you can carry on, one day something good will happen. And you’ll realize that it wouldn’t have happened if not for that **previous** disappointment.”

Mother was right, as I discovered after graduating from college in 1932, I had decided to try for a job in radio, then work my way up to sports announcer. I hitchhiked to Chicago and knocked on the door of every station—and got turned down every time.

In one studio, a kind lady told me that big stations couldn’t risk hiring inexperienced person—“Go out in the sticks and find a small station that’ll give you a chance.” she said.

I thumbed home to Dixon, Illinois. While there was no radio-announcing jobs in Dixon, my father said Montgomery Ward had



opened a store and wanted a local **athlete** to manage its sports department. Since Dixon was where I had played high school football, I applied. The job sounded just right for me. But I wasn't hired.

My disappointment must have shown. "Everything happens for the best." Mom reminded me. Dad offered me the car to job hunt. I tried WOC Radio in Davenport, Iowa. The program director, a wonderful Scotsman named Peter MacArthur, told me they had already hired an announcer.

As I left his office, my frustration boiled over. I asked aloud, "How can a fellow get to be a sport announcer if he can't get a job in a radio station?"

I was waiting for the **elevator** when I heard MacArthur calling, "What was that you said about sports? Do you know anything about football?" Then he stood me before a microphone and asked me to broadcast an imaginary game.

The preceding autumn, my team had won a game in the last 20 seconds with a 65-yard run. I did a 15-minute **buildup** to that play, and Peter told me I would be broadcasting Saturday's game!

On my way home, as I have many times since, I thought of my mother's words, "If you carry on, one day something good will happen. Something wouldn't have happened if not for that previous disappointment." I often wonder what direction my life might have taken if I'd gotten the job at Montgomery Ward.