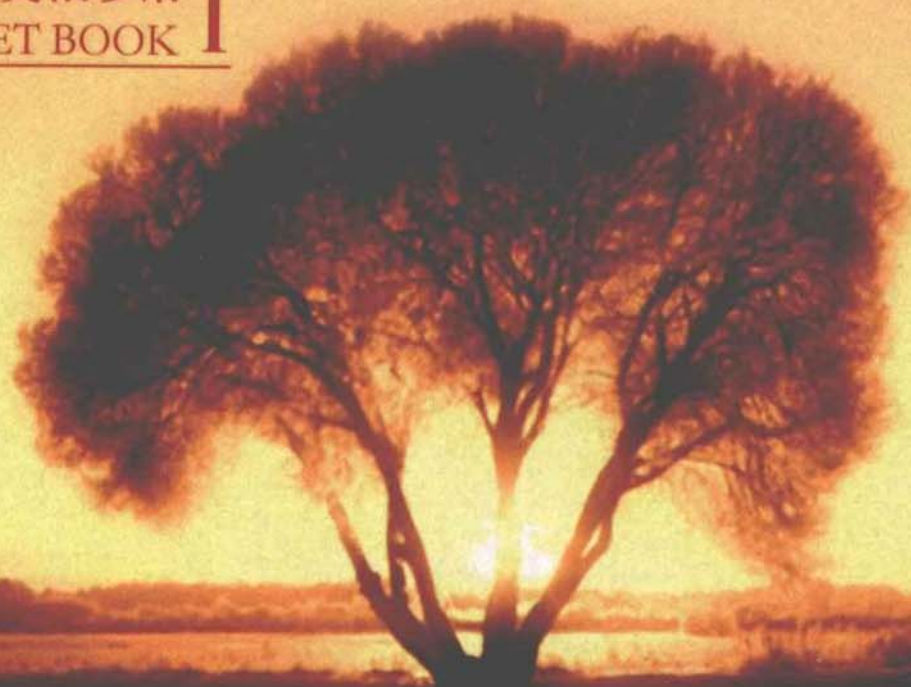




美丽英文袖珍馆 I  
POCKET BOOK



学习英文，从选择自己喜欢的美丽英文开始

## 英文随身读

做你想做的梦，去你想去的地方，成为你想成为的人吧，  
因为你只有一次生命，一次机会。

幸福的人儿并非就拥有美好的一切，他们只是好好利用了手中的一切。



彭芳 编译

*Beautiful English*

*Embrace the Sunshine of This Moment*

# 美丽英文

## 拥抱此刻的阳光

哈尔滨出版社  
HARBIN PUBLISHING HOUSE

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美丽英文袖珍馆·第1辑  
拥抱此刻的阳光  
*Embrace the Sunshine of This Moment*

When tomorrow turns in today, yesterday, and someday that no more important in your memory, we suddenly realize that we are pushed forward by time. This is not a train in still in which you may feel forward when another train goes by. It is the truth that we've all grown up. And we become different.

当明天变成了今天成为了昨天，最后成为记忆里不再重要的某一天，我们突然发现自己在不知不觉中已被时间推着向前走，这不是在静止火车里与相邻列车交错时，仿佛自己在前进的错觉，而是我们真实地在成长，在这件事里成了另一个自己。

## PREFACE



## JUST FOR TODAY

## 只为今天

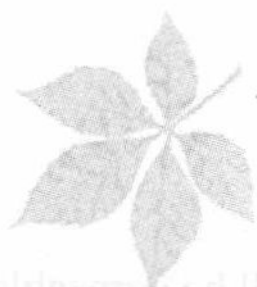
Just for today I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that “Most folks are as happy as they make up their minds to be.”

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my “luck” as it comes.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways. I will do somebody a good turn and not get found out: If anybody knows of it, it will not count. I will do at least two things I don't want to do just for exercise. I will not show anyone that my feelings are hurt: they may be hurt, but today I will not show it.



只为今天，我将会努力仅仅为今天而活，而不是立刻去解决我生命中遇到的难题。我可以12个小时都做同样的事，但若一辈子每天都这样过，会让人恐惧不已。

只为今天，我会很快乐。亚伯拉罕·林肯说得对，“对于大多数人来说，他们认为自己有多幸福，就有多幸福”。

只为今天，我会自我调整，让自己去适应事物的本来面貌，而不是想方设法苛求万物遵循我的意愿来运转。“好运”来的时候，我会抓住它。

只为今天，我会努力让内心变得强大。我会学习，学一些有用的东西。我不要成为思想上懒散的人。我将会读一些需要下苦功、思考和专注才能读懂的书。

只为今天，我会用三种方法磨炼自己的灵魂。我会做好事不留名，若被人发现就不算数。我至少要做两件不是只为了磨炼的事情。我不会让任何人看到我的感情受到伤害：可能很痛，但是今天我不想表现出来。

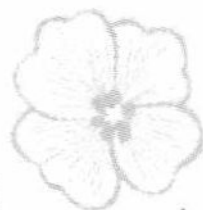


Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, and try not to improve or regulate anybody but myself.

Just for today I will have a program, I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.





只为今天，我会变得和蔼可亲。我会展现出我的最佳状态，穿着得体、言谈温和、行为礼貌、决不吹毛求疵，试着提高并调整自己而非他人。

只为今天，我会制订一项计划，也许我不会严格执行，但我一定要有这个计划。我会将自己从两个危害中解救出来：仓促行事和优柔寡断。

只为今天，我会独自静静地待上半小时，让自己放松。在这半小时里，某些时刻，我会对自己的生活有个更美好的期望。

只为今天，我会变得无所畏惧。尤其是，我不会再害怕享受美好，我相信我给予世界，世界也会给予我，付出就有回报。







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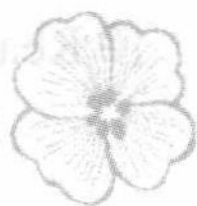
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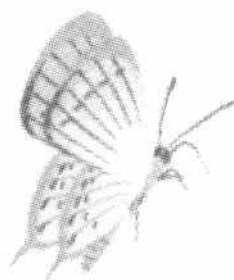
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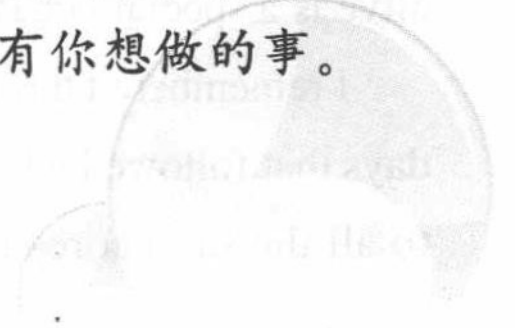


## Chapter 1

# 享受的时光

Go for someone who makes you smile because it takes only a smile to make a dark day seem bright. Find the one that makes your heart smile. Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

和那些让你微笑的人在一起，因为一个微笑就能扫走一天的阴霾。寻找那些能让你的心欢笑的人。做你想做的梦，去你想去的地方，成为你想成为的人吧，因为你只有一次生命、一个机会去做所有你想做的事。



## *Every Day Is a Gift* 珍惜每一天

My brother-in-law opened the bottom drawer of my sister's bureau and lifted out a tissue wrapped package. "This," he said, "is not a slip. This is lingerie." He discarded the tissue and handed me the slip.

It was exquisite, silk, and handmade and trimmed with a cobweb of lace. The price tag with an astronomical figure on it was still attached.

"Jan bought this the first time we went to New York, at least 8 or 9 years ago. She never wore it. She was saving it for a special occasion."

"Well, I guess this is the occasion."

He took the slip from me and put it on the bed, with the other clothes we were taking to the mortician. His hands lingered on the soft material for a moment, and then he slammed the drawer shut and turned to me, "Don't ever save anything for a special occasion. Every day you're alive is a special occasion."

I remembered those words through the funeral and the days that followed when I helped him and my niece attend to all the sad chores that follow an unexpected death. I

姐夫抽开姐姐衣柜的最底层抽屉，拿出一个用纸包装的包裹。“这件，”他说，“不是一般的内衣，而是件豪华内衣。”他剥掉包装纸，把衣服递给我。

这条丝绸内衣是用纯手工缝制的，工艺精湛，边缘一圈蕾丝花边。价签还没撕下，上面的数字高得惊人。

“这件是简在我们第一次去纽约时买的，至少八九年前的事了。她还从没穿过，她说要留到特别的场合穿。”

“唉，现在就是那个特别的场合了吧。”

他从我手中接过内衣放在床上；床上还有别的衣服，我们将它们一并带到殡仪馆。他的手在那柔软的面料上抚摸了一会儿，随即砰地关上抽屉，转身对我说，“永远都不要把任何东西留给什么特殊的日子。你活着的每一天都是特别的。”

这两句话久久回荡在我耳边，伴我度过了葬礼和帮姐夫和侄儿处理姐姐意外身亡的后事的那伤心的几天。我从位于中西部小镇的姐姐家回加州时，在飞机