

美丽英文系列丛书

# 给心灵加油

*Cheering Souls On*

每个人都有潜在的能量，只是很容易被习惯所掩盖，被时间所迷离，被惰性所消磨。  
因此，成功不仅仅是个人的品格，更是身体、思想、心灵的综合！

励志美文 双语欣赏

主编 崔俊

远方出版社

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# 前言

毋庸置疑，世界正在变得越来越一体化，学会和世界各国交流成为我们必须面对的问题。作为世界通用语言之一的英语，就成为很多人学习英语的首选。要学好英语，学音标、背单词当然是非常重要的，但最有效的方法肯定离不开大量的英语阅读。那么，要让一个初学者对英语发生兴趣，让已经有一定基础的英语学习者水平更上一层楼，如果只是枯燥地看一些英语原文肯定不会有什么效果，甚至有可能让学习者丧失学英语的兴趣，因此，对于初学英语和希望提高英语水平的人首先应该阅读浅显易懂的文章，同时还应该注重文章的趣味性，最后就是选择多方面的内容。另外一点特别值得特别注意，学习语言应该循序渐进，持续学习，平时应该注意不间断地阅读，正是基于这些认识，我们编选了这套丛书。

在编选这套书的过程中我们认为英语阅读书籍应该更人性化一些，所以我们在书籍的功能上做了很多功课！

中国晋代有一位大诗人陶渊明，他在一首叫做《移居》的诗中有一句：“奇文共欣赏，疑义相与析”。这句是说有了好文章大家一起来欣赏，遇到疑难问题大家一同钻研。其实这句话用在我们对英语的学习上也很贴

切，我们希望这套书能够达到让读者欣赏美文的同时排解疑难，增长见闻的目的！所以这套书具备了如下特点：

从内容上来看，本套丛书涵盖面比较广泛，包括了亲情、友情、爱情、童年故事、成功故事、哲理故事、名人传记、名人游记、名篇名段、电影对白等 10 个主题。

从阅读及学习的具体要求上看，本书正文采用了英汉对照的方式，同时设计了“热词空间”，加注了单词释义，方便读者查询；我们还配合正文加了作者简介，以及电影内容简介，帮助读者理解正文；每篇中文译文的篇末加了精彩的名人名言或小幽默，也是采用了英汉对照，这样读者在阅读中会感到轻松，更加人性化！

从篇目选择上来看，我们尽量选择了贴近生活、易于理解、较富趣味的文章，争取所选择的篇目都能达到“奇文”的标准，从而增强读者阅读的兴趣。

的确，每个人都希望看到最精美的文字，因为读一篇好文章就如同品味一杯香茗，总是希望每一口都是馨香溢怀，久久回味。我们希望能把您带到浓浓的亲情之中，把您带到真挚的友情之中，把您带回甜美的爱情之中，把您带回童年的记忆之中，同时让成功的故事激励您前行，让哲理故事带给您深刻的人生思考，让名人的传记给您启迪，让名人的游记带您饱览世界风光，让名人的佳作带给您文学与艺术的品味，让电影的精彩对白带给您惊喜与感动！

人生或许也正是这样，各种颜色，各种气息，各种味道都汇聚在一起，我们的阅读也如同一道道色、香、味俱全的美文大餐，相信尽享这道大餐的感觉一定美妙无比啊！

让我们一起阅读吧，一起享用吧！

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## Diligent Give Results

Samuel Smiles

塞缪尔·斯迈尔斯(Samuel Smiles, 1812-1904), 英国19世纪伟大的道德学家、成功学的开山鼻祖, 又是著名的作家和社会改革家。1812年12月23日出生于苏格兰爱丁堡附近的哈丁顿。他的一生阅历丰富, 先后做过医生、商人、摄影师、随笔作家、历史学家、记者、编辑、社会改革家、铁路大臣、公众道德家、演说家。塞缪尔·斯迈尔斯共有20多部著作, 最受人喜爱的是有关人生成功与幸福、有关良知、信仰、道德、自由与责任等领域的随笔作品, 代表作有:《自己拯救自己》《品格的力量》《金钱与人生》和《人生的职责》。

The greatest results in life are usually **attained** by simple means, and the exercise of ordinary qualities. The common life of every day, with its cares, necessities, and duties, affords ample opportunity for acquiring experience of the best kind; and its most beaten paths provide the true worker with abundant scope for effort and room for self-improvement. The road of human welfare lies along the old highway of steadfast well-doing; and they who are the most persistent, and work in the truest spirit, will usually be the most successful.

Fortune has often been blamed for her blindness; but fortune is not so blind as men are. Those who look into practical life will find that fortune is usually on the side of the industrious, as the winds and waves are on the side of the best navigators. In the pursuit of even the highest branches of human inquiry, the commoner qualities are found the most useful——such as common sense, attention, application, and **perseverance**.

给心灵加油... 1 ...

Genius may not be necessary, though even genius of the highest sort does not disdain the use of these ordinary qualities. The very greatest men have been among the least believers in the power of genius, and as worldly wise and persevering as successful men of the commoner sort. Some have even defined genius to be only common sense intensified. A distinguished teacher and president of a college spoke of it as the power of making efforts. John Foster held it to be the power of lighting one's own fire. Buffon said of genius "it is patience".

Newton's was **unquestionably** a mind of the very highest order, and yet, when asked by what means he had worked out his extraordinary discoveries, he modestly answered, "By always thinking unto them." At another time he thus expressed his method of study: "I keep the subject continually before me, and wait till the first dawns open slowly by little and little into a full and clear light." It was in Newton's case, as in every other, only by diligent application and perseverance that his great reputation was achieved. Even his recreation consisted in change of study, laying down one subject to take up another. To Dr. Bentley he said: "If I have done the public any service, it is due to nothing but industry and patient thought."

The extraordinary results effected by dint of sheer industry and perseverance, have led many distinguished men to doubt whether the gift of genius be so exceptional an **endowment** as it is usually supposed to be. Thus Voltaire held that it is only a very slight line of separation that divides the man of genius from the man of ordinary mould. Beccaria was even of opinion that all men might be poets and orators, and Reynolds that they might be painters and **sculptors**. If this were really so, that stolid Englishman might not have been so very far wrong after all, who, on Canova's death, inquired of his brother whether it was "his intention to carry on the business! "

Locke, Helvetius, and Diderot believed that all men have an equal aptitude for genius, and that what some are able to effect, under the laws which regulate the operations of the intellect, must also be within the reach of others who, un-

der like circumstances, apply themselves to like pursuits. But while admitting to the fullest extent the wonderful achievements of labour, and recognising the fact that men of the most distinguished genius have invariably been found the most indefatigable workers, it must nevertheless be sufficiently obvious that, without the original endowment of heart and brain, no amount of labour, however well applied, could have produced a Shakespeare, a Newton, a Beethoven, or a Michelangelo.

Dalton, the chemist, **repudiated** the notion of his being “a genius”, attributing everything which he had accomplished to simple industry and accumulation. John Hunter said of himself, “My mind is like a beehive; but full as it is of buzz and apparent confusion, it is yet full of order and regularity, and food collected with incessant industry from the choicest stores of nature.” We have, indeed, but to glance at the biographies of great men to find that the most distinguished inventors, artists, thinkers, and workers of all kinds, owe their success, in a great measure, to their inde-fatigable industry and application. They were men who turned all things to Gold—— even time itself.

Disraeli the elder held that the secret of success consisted in being master of your subject, such mastery being attainable only through continuous application and study. Hence it happens that the men who have most moved the world, have not been so much men of genius, strictly so called, as men of intense mediocre abilities, and untiring perseverance; not so often the gifted, of naturally bright and shining qualities, as those who have applied themselves diligently to their work, in **whatsoever** line that might lie. “Alas!” said a widow, speaking of her brilliant but careless son, “he has not the gift of continuance.” Wanting in perseverance, such volatile natures are outstripped in the race of life by the diligent and even the dull. Who goes slowly, goes long, and goes far, says the Italian proverb.

Hence, a great point to be aimed at is to get the working quality well trained. When that is done, the race will be found comparatively easy. We must

repeat and again repeat; facility will come with labour. Not even the simplest art can be accomplished without it; and what difficulties it is found capable of achieving! It was by early discipline and repetition that Sir Robert Peel cultivated those remarkable, though still mediocre powers, which rendered him so illustrious an ornament of the British Senate.

When he was a boy at Drayton Manor, his father was accustomed to set him up at table to practise speaking extempore and he early accustomed him to repeat as much of the Sunday's sermon as he could remember. Little progress was made at first, but by steady perseverance the habit of attention became powerful, and the sermon was at length repeated almost **verbatim**. When afterwards replying in succession to the arguments of his parliamentary opponents—an art in which he was perhaps unrivalled—it was little surmised that the extraordinary power of accurate remembrance which he displayed on such occasions had been originally trained under the discipline of his father in the parish church of Drayton.

It is indeed marvellous what continuous application will effect in the commonest of things. It may seem a simple affair to play upon a violin; yet what a long and laborious practice it requires! Giardini said to a youth who asked him how long it would take to learn it, "Twelve hours a day for twenty years together." Industry, it is said, makes the bear dance. The poor ballet dancer must devote years of incessant toil to her profitless task before she can shine in it. When the ballet dancer Taglioni was preparing herself for her evening exhibition, she would, after a severe two hours' lesson from her father, fall down exhausted, and had to be undressed, sponged, and resuscitated from being totally unconscious. The agility and bounds of the evening were insured only a price like this.

Progress, however, of the best kind, is **comparatively** slow. Great results cannot be achieved at once; and we must be satisfied to advance in life as we walk, step by step. De Maistre says that "to know HOW TO WAIT is the great

secret of success". We must sow before we can reap, and often have to wait long, content meanwhile to look patiently forward in hope; the fruit best worth waiting for often ripening the slowest. But "time and patience," says the Eastern proverb, "change the mulberry leaf to silk."

To wait patiently, however, men must work cheerfully. Cheerfulness is an excellent working quality, imparting great elasticity to the character. Cheerfulness and diligence are nine-tenths of practical wisdom. They are the life and soul of success, as well as of happiness; perhaps the very highest pleasure in life consisting in clear, brisk, conscious working; energy, confidence, and every other good quality mainly depending upon it.

### 热词空间

attain v. 达到; 到达; 获得

perseverance n. 毅力, 不屈不挠, 忍耐

unquestionably adv. 无疑地; 无可非议地

endowment n. 捐助, 才能, 天赋

sculptor n. 雕刻家

repudiate v. 与...断绝关系; 否认, 否定; 驳斥, 批驳

whatsoever pron. 无论什么

verbatim adv. 逐字地

comparatively adv. 比较地; 相当地



# 勤奋结硕果

[英]塞缪尔·斯迈尔斯

人生最大的成就经常是运用简单的方法再加上一般的才干获得的。日常生活以及其中的忧虑、各种不可避免的事和种种职责为最好经验的取得提供了很多的机会；诚实的工作者靠在生活中走过最多的老路获得充分努力的机会和自我修养的空间。毫不动摇地沿着把做事好的大道前进就是人类幸福之路，那些最有毅力而又最诚挚地全身心投入工作的人通常才是最成功的人。

运气经常被人们指责是盲目的，其实运气可不像人想象的那样盲目。那些观察生活的人就会发现运气时常支持勤劳的人，就像风浪支持最优秀的航海家一样。甚至在对最高学科的研究探索中，比较普通的素质也被人们发现是最有用的——诸如常识、专心、勤奋和锲而不舍。

即使是具备最高天赋的人也不会轻视使用一般性的才能，或许天赋是不必要的。最伟大的人物一直在最不相信天赋力量的人们之列，同一般的成功者一样，他们是善于处世和坚韧不拔的。天赋甚至被有的人解释为只是增强的常识。一位杰出的大学校长兼教师说，天赋是努力的力量。约翰·福斯特认为天赋是点燃自己热情的力量。布丰在谈到天赋时说“它就是耐心”。

牛顿的头脑被公认为是最高才智的头脑，然而当问到他的举世瞩目的发现是用什么方法获得时，牛顿谦虚地说：“全靠对那些问题不断地深思。”还有一次，他这样表述自己的研究方法：“我不停地思考问题，一直到最初的曙光慢慢一点一点地发展成完全明晰的亮光。”和其他事例一样，牛顿就是



靠孜孜不倦的努力和坚持不懈的精神,才获得了极高的声望。甚至连他的消遣都只是放下一个科目又拿起另一个科目的变换研究。他对本特利博士说:“如果我对社会有些贡献的话,那完全是由于勤奋和耐心的思考。”

完全凭借勤奋与毅力所创造的非凡成果,已经使许多名人怀疑天赋是否真像通常认为的那样,是种极为异常的才能。因此,伏尔泰认为区分天才和一般类型的人的界线是非常细微的。拜克雷亚甚至认为所有人都可能成为诗人和演说家,雷诺兹则认为所有的人都可能成为画家和雕塑家。假如真是这样的话,那么这位不动感情的英国人(指雷诺兹)犯的错误说到底也不算太大,他在卡诺瓦临死时,询问其兄弟是否“有意继续那桩营生(指雕塑)?”。

所有的人都有相同的天赋这种观点,洛克、爱尔维休和狄德罗都相信,并且他们还相信在约束大智英才活动的法则下,有些伟人所能达到的,其他的人在相似的环境下,致力于相似的追求,肯定也是能达到的。但是,在最大程度上承认勤奋劳动的了不起,承认最出类拔萃的天才人物永远是最不知疲倦的工作者这一事实的同时,无论如何都得明确的是,假如没有心灵和头脑固有的天赋,不论付出怎样大量的劳动,时间应用得多么恰当也创造不出一位莎士比亚、牛顿、贝多芬或者米开朗琪罗。

化学家道尔顿拒绝接受他自己是“天才”的看法,他认为自己完成的一切工作都全是因为勤奋和积累。约翰·亨特谈到自己时说:“我的脑袋像个蜂巢,里面实际上充满了嗡嗡声和明显的混乱,然而又很有条理和规律性,还有用不停的勤奋从大自然最优质的储藏品中收集而来的食物。”确实,只要我们浏览一下伟人们的传记,就会发现,成功在很大程度上都被那些最杰出的发明家、艺术家、思想家以及各行各业的成功者,归功于他们不知疲倦的辛勤劳动和努力工作。他们是把一切——甚至时间本身都变成黄金的人。

精通你的专业是大迪斯累里坚持认为的成功秘诀,这种精通只有通过不断努力和研究才能达到。严格地说那些最令世人感动的人,并不是天才,而是那些热忱的、能力中等却不屈不挠的人,通常他们不是天生的才华出众的人,却是那些不论在什么行业里都埋头刻苦工作的人。“哎呀!”一位寡妇这样说她有才华而粗心大意的儿子,“他没有持久性。”缺乏了毅力,在生存