

美丽英文  
诵读菁华  
Beautiful English

spark® 星火英语

*Chanting with Happiness*

在平淡的日子里，幸福就是在困难之时的抚慰之手；幸福是多予少取，幸福是有失必有得之后的满足和认可。

主编◎李丹

幸福没有

终点站



英汉对照  
彩绘版



山东电子音像出版社



美丽英文诵读菁华

# 幸福没有终点站

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山东电子音像出版社



# 美丽英文诵读菁华——幸福没有终点站



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## *On Happiness*

**H**appiness is a lyrical poem,  
Full of enthusiasm and romance.

Happiness is a fresh mango,  
Juicy and tasty.

Happiness is a rich stone,  
Best plain set, but beautifies our hearts.

Happiness is a teacher,  
Who teaches us to love, to sacrifice and own...

Happiness is a hope plus the faith of you and me.

Happiness is Spring's wind, Summer's flowers,  
Autumn's fruits and Winter's snow.

Happiness is shapeless and invisible at all,  
We need to touch it with full hearts.

Happiness, in most time, is just a scene,

You look much happier than I.

But happiness, in my eyes, is your presence,

Whenever and wherever I look up,

You are here with me...







## 论幸福

**幸**福是一首抒情诗，  
洋溢着热情与浪漫。

幸福是一个鲜芒果，  
多汁而又味美。

幸福是一块宝石，  
最平凡的外表，却能美化我们的心灵。  
幸福是一名教师，  
教会我们热爱、奉献与拥有……

幸福是你我的希望与信念，  
幸福是春风、夏花、秋实与冬雪。  
幸福无形无踪，  
要用真心才能感受得到。

幸福，很多时候，只是一个场景，  
或许你比我更幸福，  
但是在我眼里，你的存在就是幸福。  
无论何时何地，我抬头望，你总与我相伴……



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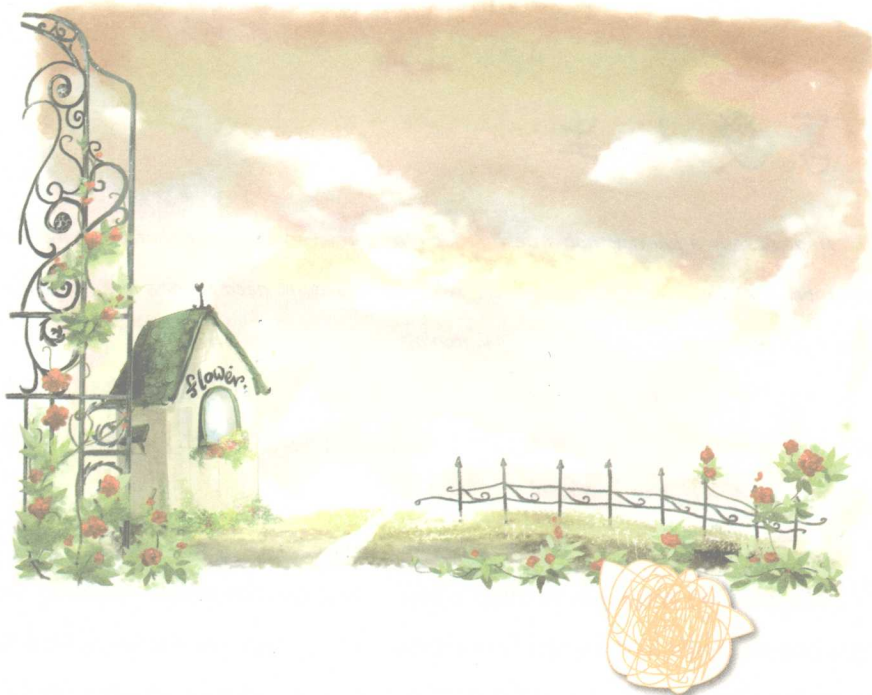
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一次与上帝的交谈





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送你一粒幸福的种子

*Plant a Weed of Happiness  
in the Garden of Your Mind*





## Celebrate Your Life

### 享受人生

*Happiness is a journey, not a destination. Treasure every moment that you have and remember that time waits for no one. So, work like you don't need money, love like you've never been hurt, and dance like no one's watching.*

幸福是一个旅程，不是终点站。珍惜你拥有的每一刻时光，并牢记时不我待。所以，投入地工作吧，就像你根本不需要钱；尽情去爱吧，就像你从未被伤害过；纵情地起舞吧，就像根本无人观望。

Maybe God wants us to meet a few wrong people before meeting the right one so that when we finally meet the right person, we will know how to be grateful for that gift. When the door of happiness closes, another opens, but **oftentimes** we look so long at the closed door that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.

Giving someone all your love is never an **assurance** that they'll love you back! Don't wait for love in return; just wait for it to grow in their heart but if doesn't, be content it grows in yours. It takes only a minute to get a



**oftentimes** /'ɒftaɪmz/ *adv.* 经常地，频繁地

**assurance** /ə'sʊərəns/ *n.* 免于怀疑；肯定





**crush** on someone, but it takes a lifetime to forget someone.

Don't go for looks; they cheat. Don't go for wealth; even that **fades** away. 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. There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug them for real! 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.

The happiest people don't necessarily have the best of everything; they just make the most of everything that comes along. Happiness exists for those who cry, those who are hurt, those who have searched, and those who have tried, for only they can appreciate the importance of people who have touched their lives.

Love begins with a smile, grows with a kiss and ends with a tear. The brightest future will always be based on a forgotten past; you can't get on well in life until you let go of your past failures and heartaches. When you

**crush** /krʌʃ/ *n.* (口) 热恋

**fade** /feɪd/ *v.* 逐渐消失





were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one who is smiling and everyone around you is crying.

Please send this message to those who mean something to you, to those who make you smile when you really need it, to those who have touched your life in some way or another, to those who make you see the bright side of things when you are really down.

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to make you human, enough hope to make you happy.

### 精美译文

我们在遇到合适的人选之前，上帝总是先让我们遇到一些不适宜的人。这样当我们最终遇到自己的意中人时，才知道对这份赐予心存感激。当一道不幸福之门关闭时，另一扇就会打开。但我们常常眷恋着那道关上了的门，而对开启的门却熟视无睹。

当你对人付出全部的爱时未必能得到回报。别指望爱的回报，你只能等待爱在心里生长。即使事与愿违，也要感到满足，相信爱会在心里生长。对一个人产生好感只要一分钟，但是忘却一个人却需要一生的时间。

不要追求华丽的外表，外表常常具有欺骗性；不要追求万贯家产，财富总会消逝。寻找那些可以使你永远微笑的人，只有微笑才能使黑暗的日子变得光明。寻找那些能够使你心灵微笑的人。生活中，有时强烈的思念使我们恨不得一



trial /'traɪəl/ n. 磨难，磨炼



sorrow /'sɒrəʊ/ n. 悲痛，忧伤



把将所爱的人从梦中带走，带到现实中实实在在地拥抱他们。做自己想做的梦吧！去自己想去的的地方吧！做自己想做的人吧！生命只有一次，机会只有一回。

最幸福的人并非是拥有一切的人，他们只是尽力享受生活的赐予。幸福属于那些会哭泣的人，那些受过伤害的人，那些探索的人，以及那些尝试过的人。只有他们才懂得对自己生活有影响的人们的重要。

爱以微笑开始，在亲吻中成长，在泪水中终结。光明灿烂的明天建立在忘却过去的基础上。只有让以往的失败和伤心随风而去，你才能过得更好。出生伊始，啼哭的是你，周围的人却在微笑。珍视生活，好好地活着，这样死去，让周围的人啼哭，自己却在微笑。

请把这些语言送给那些你所关心的人，那些需要时能给你带来微笑的人，那些在生活中以这样或那样的方式同自己打交道的人，那些在逆境中依然能使你看到光明的人。

愿你有足够的欢乐，使自己甜蜜；有足够的考验，使自己坚强；有足够的悲伤，使自己富有人情味；有足够的希望，使自己幸福。

## 佳句背诵馆

★ 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. (极品写作句)

此句三个分句中采用了由疑问副词**what**或**where**引导从句作为句子的宾语成分，显得非常有气势，同时使表述内容更加清楚、完整，在今后的写作中可以学习借鉴这种用法。

★ May you have **enough** happiness **to make** you sweet, **enough** trials **to make** you strong, **enough** sorrow **to make** you human, **enough** hope **to make** you happy. (经典背



诵句)

此处 **May** 表示希望、祝愿，本句采用了排比结构，一气呵成，表达了对朋友真挚的祝福，语句不仅优美而且情真意切，堪称背诵佳句。







## To Live a Good Life

# 造就美好生活

*A great life doesn't happen by accident. A great life is the result of allocating your time, energy, thoughts, and hard work towards what you want your life to be. Customize these "secrets" to fit your own needs and style, and start creating your own great life today!*

美好的生活不是偶然获得的。它是对自己的生活目标进行精确定位，并合理分配时间、精力、思想以及工作才得以实现的。选择适合自己的“生活秘诀”，让美好的生活从现在开始启航！

Some time ago now I came to realize that how we define particular words—success, happiness, love, etc—can have a major impact on the way in which we live our life. One term that I hear thrown around often is “good life”, e.g. “he lived a good life”. But what is a good life exactly? This term will mean different things to different people, and yet I believe there are some **ingredients** that all “good lives” share. Here are some of these ingredients:

### Being Present in the Moment

Life is a **succession** of moments. To live each one is to succeed. —  
Corita Kent

**ingredient** /ɪn'ɡri:dʒənt/ n. 成分，因素

**succession** /sək'seʃən/ n. 连续，接续





To live is the rarest thing in the world. Most people exist, that is all. —  
Oscar Wilde

### Gratefulness

Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy—because we will always want to have something else or something more. —Brother David Steindl-Rast

### Love

Love doesn't make the world go around; love is what makes the ride **worthwhile**. —Franklin P. Jones

Life is the flower for which love is the honey. —Victor Hugo

### Squeezing the Most out of Our Time

And in the end, it's not the years in your life that count. It's the life in your years. —Abraham Lincoln

We get to think of life as an **inexhaustible** well. Yet everything happens only a certain number of times, and a very small number, really. How many more times will you remember a certain afternoon of your childhood, some



**worthwhile** /ˌwɜːθ'waɪl/ *adj.* 值得的

**squeeze** /skwiːz/ *v.* 设法腾出, 设法找出

**inexhaustible** /ˌɪnɪg'zɔːstəbl/ *adj.* 无穷无

尽的