

超越梦想

——激励你一生的名人励志故事

王颖冲 主编

这是一本令人触动心灵的书，书中的每一个名人励志故事都曾经感动过千万读者，震撼过亿万心灵；朋友，你是否很久未曾感动了？轻轻翻开这本书吧！我坚信，你一定会被深深震撼。因为只要静静阅读本书，就能够给予我们力量……

Impossible Is Doing Nothing
——Inspiring Celebrity Stories



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超越梦想

——激励你一生的名人励志故事

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前言

喧嚣浮世，多希望有个宁静的港湾。

世事沉浮，多希望留住永恒的瞬间。

当身处险境难关，多希望有个人能为我们助威呐喊。

当形影相吊，孤寂难耐，多希望有个人，能为我们打湿的心灵，撑起雨伞……

围绕着人生、感恩、励志展开的这三辑故事，演绎着人生最核心的情愫，诉说着世间最动人的心声。静夜里轻启书页，鲜活的人物纷至沓来——酸甜苦辣，泪笑欣悲，于是我们从故事中看到生活，又在生活中，创造故事。

读这本书，其实是用心灵去感悟月的朦胧、星的灿烂、花的嫣然、泪的晶莹、叶的飘逸，还有生命的沧桑和美丽。书海茫茫、孤舟独荡、任意东西，实为快哉。开启扉页，缕缕的墨香如醇醇杨柳风，让心花悄然绽放，散发出无数感悟的诗行，随着一页页地翻过，书的妙味连同它的芳香会浸入肌肤；你的情绪也在意境中飘逸、远航……

篇篇文章，淡若菊香，沁人心脾，回味悠长，环环相扣，交映生辉，相信在提高英语阅读能力的同时，您的心灵也将得到一次净化。

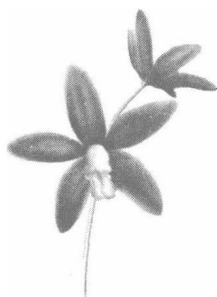
本书所附 MP3 光盘收录了精选文章的纯正朗读，由北京外国语大学著名外国专家倾情奉献，相信他们的纯正标准的发音，在您欣赏美文的同时，对您的口语、听力也有着潜移默化的影响。

亲爱的读者，让我们一起给自己的心灵洗个澡吧，一起为疲惫的心灵营造一个温馨、自然、优雅、恬淡的美丽空间吧。让我们一起去感受人间的至情，为自己的生活多一点感动、多一点温馨的回忆……

编者

2008 年暮秋于北京

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追梦旅人

The Dream Catcher



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You can't put a limit on anything.
The more you dream, the farther you get.

——Michael Phelps

任何东西都不能设极限。梦得越远，
行得越远。

——迈克尔·菲尔普斯*

What Makes Michael Phelps

When Magic Phelps made big splashes at the Beijing Olympics, everybody believed he was a genius. Surely he is. But a genius is also human. And there are three rules in the realm of human; 1. everyone has weaknesses; 2. everyone has strong points; 3. growing up, though, takes time.

Even if you're Michael Phelps. And her mother knows this best.

Starting with preschool, teachers complained: Michael couldn't stay quiet at quiet time, Michael wouldn't sit at circle time, Michael didn't keep his hands to himself, Michael was giggling and laughing and nudging kids for attention.

As he entered public school, he displayed what his teachers called "immature" behavior. His grades were B's and C's and a few D's. "In kindergarten I was told by his teacher, 'Michael can't sit still, Michael can't be quiet, Michael can't focus,'"

* 迈克尔·菲尔普斯,美国游泳巨星,多项游泳世界纪录保持者,奥运会夺金记录保持者。在2008年北京奥运会上,一举夺得八枚金牌,成为当今世界泳坛和奥运史上的奇迹。

recalled the Fish's mother, Deborah, who was herself a teacher for 22 years.

At 9, Michael was diagnosed as having A. D. H. D. – attention deficit hyperactivity disorder. Besides, he grew like crazy, but not evenly – his ears looked huge, and when he ran, his arms swung below his knees. (He was on his way to being 6 feet 4 inches tall with an arm span of 6 feet 7 inches.) Kids bullied him, laughed at his lisp and big ears, and when he whacked one on the school bus, he was suspended from the bus for several days.

Who could know then that such a kid would become today's PHELPS? But it had nothing to do with gift.

In the meantime when he was ignored, criticized, mocked and bullied, Michael the swimmer had appeared. The elementary school teacher – who commented Oh, he's not gifted' – would do anything to eat her word. Born in a swimming family, he did have the gift. Ms. Phelps watched the boy who couldn't sit still at school sit for four hours at a meet waiting to swim his five minutes' worth of races. He always did his swimming homework. In high school, they'd send tapes from his international races. And Michael would say, "Mom I want to have dinner in front of the TV and watch tapes." Then the two would sit and he'd critique his races.

Now that Michael had found his life's interest and attention focus, the rest of the story seemed simpler. By 10, Phelps was ranked nationally in his age group. By 15, he was at the Olympics; at 16 he had his first world record; and by 19, at the 2004 Olympics, he had won 8 medals, 6 of them gold. And in Beijing, 2008, he swept gold medals and in all the 8 events he took part in and amazingly broke 7 world records.

But Phelps wouldn't get caught up on these past glories.

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Michael was 15 years old the day he returned home to Rodgers Forge from his first Olympic Games in 2000. He had finished 5th in the 200 – meter butterfly in Sydney, Australia, even though he was mostly ears and arms at that point, and it seemed as though life could not get any better.

His coach, Bob Bowman, was driving him home from the airport, and when he turned down Phelps' street, Phelps saw something that made him smile. His mother, Debbie, had blanketed his house with banners and American flags to celebrate his return. It looked more like a shrine than a family dwelling. The stern coach was furious. "Debbie, take those down! We don't need those up. There is so much more that's going to happen. We can't do this for everything."

Since that day, Michael Phelps has never been big on self – reflection. He rarely, if ever, looks at the gold medals he's won. He doesn't think much about past accomplishments or dwell on the forces that shaped him into the man he is today. He knows that he has to keep going, and keep working hard to prove his worth, as if he were still that bullied kid who was sneered and scolded.

“菲鱼”是怎样炼成的

当神奇的菲尔普斯在北京奥运会的泳池里劈波斩浪时,所有人都相信他是个天才。他确实是天才。但天才也是人,而人就会符合三条规律:1. 都有弱点;2. 都有强项;3. 都会成长,但需要时间。

即使是迈克尔·菲尔普斯也不例外。这一点,他母亲最清楚不过了。

幼儿园时,老师们就抱怨:迈克尔总是无法保持安静,坐立

不安,不能集中注意力,喜欢和同学嬉笑打闹。

上学后,老师说菲尔普斯的行为显得“心智不全”,因为他的成绩不是B就是C,还有些课程只得了D。“菲鱼”的母亲黛博拉是一位有着22年教龄的老师,她回忆道:“幼儿园时,老师就经常告诉我,‘迈克尔不能好好坐着,迈克尔不能保持安静,迈克尔不能集中注意力。’”

九岁时,他被诊断为身患A. D. H. D.,即注意力缺陷多动紊乱症。而且,他的身体开始疯长,但不匀称——耳朵奇大,跑步摆臂时,双手过膝。(菲尔普斯最终身高6英尺4英寸,而臂展却有6英尺7英寸。)小伙伴们欺负他,嘲笑他说话结巴还长着大耳朵。有一次,他在校车上揍了一个同学,被罚好几天不准乘校车。

谁能想到这样一个孩子会成长为今天的菲尔普斯呢?但这些都妨碍菲尔普斯天赋异禀。

就在大家小看、责难、嘲讽、欺负菲尔普斯的同时,一位“菲鱼迈克尔”横空出世了。那位曾说他“没有天赋”的小学老师大概恨不得把当年的话吞进肚里。出生于游泳世家的菲尔普斯的确很有天赋。母亲亲眼看着儿子在学校里从来不肯老老实实坐着,却可以在运动会上为了五分钟的比赛坐着等上四个小时。游泳的家庭功课是从来不会偷懒的。中学的时候,每当别人寄来他参加的国际比赛录像时,菲尔普斯就会说:“妈妈,我想把晚饭拿到电视机那边去,这样可以一边看录像带了。”然后母子俩就会坐在电视机前边吃边看,菲尔普斯还一边点评自己在比赛中的表现。

既然菲尔普斯已经找到了生活的兴趣所在,可以让自己集中全部精力,后面的故事就顺理成章了。不满10岁,菲尔普斯在国内同年龄组选手中就已经名列前茅了;不到15岁就参加了奥运会;16岁时第一次打破世界记录;不到19岁,就在2004年雅典奥运会上勇夺六枚金牌。2008年北京奥运会上,菲尔普斯更是囊括了自己参加的八个项目的金牌,并惊人地打破了七项世

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然而,菲尔普斯不会因为获得过这些荣誉,就躺在功劳簿上睡大觉了。

2000年,菲尔普斯第一次参加奥运会。当他回到家乡罗杰斯福吉那天正好15岁。虽然在悉尼仅获得了200米蝶泳的第五名,菲尔普斯还是手舞足蹈,感到生活好得不能再好了。

鲍勃·鲍曼教练从机场开车送菲尔普斯回家。车子开到家所在的那条街时,菲尔普斯高兴地笑了。母亲黛比在自家房子上挂满了横幅和美国国旗,迎接儿子凯旋。房子看上去都不像是住人的地方了,而更像是一座供奉神灵的神庙。一向严厉的教练见状勃然大怒,大声吼道:“黛比,快把这些东西拿掉!我们不需要这些!以后的路还长着呢,不能拿个第五名就挂国旗。”

从那天起,迈克尔·菲尔普斯再也没有自以为是。他甚至很少看一眼赢得的金牌。他很少去想过去的成就,或对自己成功的秘诀夸夸其谈。他只知道,还要不断前进,更加努力地证明自己的价值,永远把自己当作那个被人嘲笑和欺负的小男孩。

(王颖冲 译)

热词空间

Giggle: *v.* 哈哈地笑

Nudge: *v.* 用肘轻推,轻推为引起注意

Dwell: *v.* 居住; dwell on: *v.* 详述

Stern: *adj.* 严厉的,苛刻的

Sneer: *v.* 冷笑,嘲笑