

打动你一生的 精彩故事

岳玉庆 主 编

A Brilliant Collection of
Inspiring Stories



中国宇航出版社



ec 英汉对照

心灵英文  系列

打动你一生的 精彩故事

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中国宇航出版社

· 北 京 ·

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图书在版编目(CIP)数据

打动你一生的精彩故事: 英汉对照 / 岳玉庆主编.
—北京: 中国宇航出版社, 2009.1
(心灵英文系列)
ISBN 978-7-80218-509-8

I.打… II.岳… III.①英语—汉语—对照读物
②故事—作品集—世界 IV.H319.4:I

中国版本图书馆 CIP 数据核字 (2008) 第 182453 号

策划编辑 楚晓琦 装帧设计 03 工舍
责任编辑 楚晓琦 卢 珊 责任校对 田 伟

出 版 社 中国宇航出版社

社 址 北京市阜成路 8 号 邮 编 100830
(010)68768548

网 址 www.caphbook.com/www.caphbook.com.cn

经 销 新华书店

发行部 (010)68371900 (010)88530478(传真)
(010)68768541 (010)68767294(传真)

零售店 读者服务部 北京宇航文苑
(010)68371105 (010)62529336

承 印 北京嘉恒彩色印刷有限责任公司

版 次 2009 年 1 月第 1 版 2009 年 1 月第 1 次印刷

规 格 880 × 1230 开 本 1/32

印 张 7.75 字 数 215 千字

书 号 ISBN 978-7-80218-509-8

定 价 17.80 元 (附赠精选阅读 MP3 光盘)

本书如有印装质量问题, 可与发行部联系调换

前言



朋友,摆在您面前的这本《打动你一生的精彩故事》,是我们从英语百花园中采撷的70多篇精美英语故事和美文,共分为四个部分。

在“感悟生命”中,您将跟随国王、总统、石匠、牧师、教师等各色人物,去领略生命的意义和本质,学会如何面对灾难、挫折,如何享受快乐、亲情,如何做到诚实、公正……生命的思考,尽在其中。

在“爱的真谛”中,您可以在不同的人身上,发掘爱的真正内涵,明白什么是忠贞不渝,什么是不离不弃,什么是亲情无限。无论是亲情,还是爱情,都需要信守一份承诺,都需要付出一份真诚,所有困难和不幸,都是对爱的考验和磨砺。岁月无声,唯有真爱永恒。

在“幸福时光”中,您将见证什么是幸福,发现爱的秘诀。幸福并不在荣华富贵,它也许就在一杯牛奶中,就在一朵玫瑰中。真正的幸福发自内心,是一种付出,一种奉献,而不是索取。您拥有了幸福秘诀,就会与快乐相伴,一切都会释然。浮躁的世界,多重的压力,更需要一盏温馨的夜灯,让智慧的文字拉近您与幸福的距离。

在“人生之旅”中,您将得到另外一种感受和体验。人生是

一次漫长的旅途,宏伟的目标和现实的无奈也许让您疲态尽显,渐渐远离了人生的本意。没有快乐,就如同没有鲜花和绿草的茫茫沙漠,人生将是多么悲哀。那么,阅读书中的人生故事,将会带给您一份轻松和愉悦,犹如在沙漠中饮到清冽的甘泉。

朋友,请翻开本书,任意诵读,让自己的心灵感受一次震撼,让自己干涩的眼睛感受一次湿润,让自己的爱情多一些新意,让自己的朋友和家人多享受一些关怀!您的人生,您的爱情,您的处事,也许会因为一篇故事而改变!

渴望学习和提高英语的朋友,只有把自己的感情和学习融为一体,激发浓厚的兴趣,才有可能迸发出源源不断的动力;把书本的内容变为已有,才能随心所欲表达自己的丰富情感和深刻见解。因此,本书在激起您浓厚阅读兴趣的同时,让您的英语水平在不知不觉中得到提高。

另外,本书配有精选朗读 MP3 光盘,对“感悟生命”部分的文章进行了全文录音,语言地道,发音纯正,听读结合,相得益彰。

编者

2008 年 12 月





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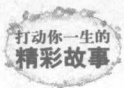
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感悟生命

Understanding Life

生命如流水，只有在他的急流奔向前去的时候，才美丽，才有意义。不必为昨天的失意而悔恨，也不必为今天的失落而烦恼，更不必为明朝的得失而忧愁。珍惜生命、善待人生，才能真正快乐地享受每一天。





The Lesson of the Cocoon

A man found a cocoon of a butterfly.

One day a small opening appeared, he sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shriveled wings.

The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been; we could never fly.

破茧成蝶的启示

有个人发现了一个蝴蝶茧子。

一天,茧子破了一个小洞,那个人便坐了下来,一连观察了好几个小时,看着蝴蝶努力地将自己的身体从那个小洞里挤出来。过了一会儿,它似乎停止了挣扎,没了进展,仿佛已经尽了最大努力,无能为力了。

于是,那个人决定帮助蝴蝶。他拿来一把剪刀,剪掉了剩下的那点儿茧子。蝴蝶轻而易举地钻了出来。然而,它的身体却很臃肿,翅膀也很小,满是褶子。

那个人继续观察着蝴蝶,因为他希望看到它的翅膀随时能变大,大到能够支撑住迟早会缩小的身体。可是什么都没发生!实际上,这只蝴蝶的后半生就是带着臃肿的身体和皱巴巴的翅膀爬着度过的。它永远也飞不起来。

那个人出于好心,草率行事,是因为他不懂得茧子的束缚和蝴蝶钻出那个小洞所需要的努力,正是上帝迫使蝴蝶的体液流到翅膀上的方式,那样它一旦从茧子里获得自由就能飞翔了。

有时候,我们生活里需要的正是这种努力。如果上帝让我们的生活一帆风顺,那么我们会成为跛子。我们也不会像现在这样坚强;我们也永远不能飞翔。

词汇空间

cocoon 茧子

snip 剪断

swollen 肿胀的

shrivel 皱纹,枯萎

fluid 液体

The Drowning Man

A fellow was stuck on his rooftop in a flood. He was praying to God for help.

Soon a man in a rowboat came by and the fellow shouted to the man on the roof, "Jump in, I can save you."

The stranded fellow shouted back, "No, it's OK. I'm praying to God and he is going to save me."

So the rowboat went on.

Then a motorboat came by. The fellow in the motorboat shouted, "Jump in, I can save you."

To this the stranded man said, "No, thanks. I'm praying to God and he is going to save me. I have faith."

So the motorboat went on.

Then a helicopter came by and the pilot shouted down, "Grab this rope and I will lift you to safety."

To this the stranded man again replied, "No, thanks. I'm praying to God and he is going to save me. I have faith."

So the helicopter reluctantly flew away.

Soon the water rose above the rooftop and the man drowned. He went to Heaven. He finally got his chance to discuss this whole situation with God, at which point he exclaimed, "I had faith in you but you didn't save me, you let me drown. I don't understand why!"

To this God replied, "I sent you a rowboat and a motorboat and a helicopter, what more did you expect?"

即将淹死的人

一个人被洪水困在房顶上。他祈求上帝来帮助他。

不久,一个人划着小船路过,朝屋顶上的那个人大声喊道:“快跳进来,我来救你。”

那个被困的人回应道:“不用了,没关系。我正祈求上帝呢,他会来救我的。”

于是那个划小船的人走了。

后来,一艘摩托艇开过来了。摩托艇上的人喊道:“快跳上来,我来救你。”

那个被困的人又说:“不用了,谢谢。我正祈求上帝呢,他会来救我的。我有信心。”

于是摩托艇开走了。

后来,一架直升机飞了过来,驾驶员朝下喊道:“抓着绳子,我把你带到安全的地方。”

那个被困的人再次回答说:“不用了,谢谢。我正祈求上帝呢,他会来救我的。我有信心。”

于是直升机不情愿地飞走了。

不久,洪水漫过了屋顶,男人就淹死了。他进了天堂。终于,他有机会和上帝谈论这整件事了。他大声叫道:“我那么信任你,可是你却不来救我,让我淹死了。我不明白这是为什么!”

上帝回答说:“我派了一条小船、一艘摩托艇和一架直升机去救你,你还指望我做什么?”

词汇空间

rowboat 划艇,小船

stranded 束手无策的,被困的

I Am with You

A boy was born to a couple after eleven years of marriage. They were a loving couple and the boy was the gem of their eyes. When the boy was around two years old, one morning the husband saw a medicine bottle open. He was late for office so he asked his wife to cap the bottle and keep it in the cupboard. His wife, preoccupied in the kitchen, totally forgot the matter. The boy saw the bottle and playfully went to the bottle fascinated by its color and drank it all. It happened to be a poisonous medicine meant for adults in small dosages. When the child collapsed the mother hurried him to the hospital, where he died. The husband just said, "I am with you Darling."

The husband's totally unexpected reaction is a proactive behavior. The child is dead. He can never be brought back to life. There is no point in finding fault with the mother. Besides, if only he had taken time to keep the bottle away, this would not have happened. No one is to be blamed. She had also lost her only child. What she needed at that moment was consolation and sympathy from the husband. That is what he gave her.

If everyone can look at life with this kind of perspective, there would be much fewer problems in the world. "A journey of a thousand miles begins with a single step. Take off all your envies, jealousies, unforgiveness, selfishness, and fears. And you will find things are actually not as difficult as you think."



我与你同在

有一对夫妻结婚 11 年了,终于生了一个小男孩。他们是一对很恩爱的夫妻,小男孩就是他们眼里的宝贝。小男孩长到大约两岁时,一天早晨,丈夫看到一个药瓶打开了。可他上班已经迟到了,因此就让妻子把药瓶盖好,放到橱子里。他妻子在厨房里全神贯注地忙着,完全忘记了这件事。小男孩看到了药瓶,被它的颜色深深吸引住了,就顽皮地跑过去把药全喝光了。那恰好是一瓶有毒的药物,成年人也要吃很小的剂量。孩子倒下了,他的妈妈急忙将他送到医院,可孩子还是死在了医院里。她的丈夫只说了一句话:“亲爱的,我与你同在。”

丈夫完全出人意料反应是一种积极主动的做法。孩子死掉了,再也不能复活。责怪妈妈是毫无意义的。况且,只要他花一点时间把瓶子收好,悲剧就不会发生。这不应该责怪任何人。她也失去了唯一的孩子啊。此时此刻,她需要的是丈夫的安慰与同情。而这就是她丈夫给她的。

如果每个人都能从这个角度来看待生活,那么世界上将不会有那么多难题。“千里之行,始于足下。”放下你所有嫉妒、猜忌、不可饶恕、自私和恐惧,那样你就会发现事情实际上并不像你想得那样困难。

词汇空间

gem 美玉,珍宝

preoccupied 全神贯注的

dosage 剂量,用量

proactive 先发制人的,前摄的

perspective 角度,观点

Joys and Sorrows of Life

“I have in my hands two boxes, which God gave me to hold.” He said, “Put all your sorrows in the black box, and all your joys in the gold.” I heeded His words, and in the two boxes, both my joys and sorrow I stored, but though the gold became heavier each day, the black was as light as before.

With curiosity, I opened the black, I wanted to find out why. And I saw, in the base of the box, a hole, which my sorrows had fallen out by. I showed the hole to God, and mused. I wondered where my sorrows could be! He smiled a gentle smile and said, “My child, they’re all here with me.”

I asked God why He gave me the boxes, why the gold and the black with the hole. “My child, the gold is for you to count your blessings; the black is for you to let go your sorrows. We should consider all of our friends a blessing. Send this to a friend today just to let them know you are thinking of them and that they are a joy in your life.”

A ball is a circle, no beginning, no end. It keeps us together like our Circle of Friends. But the treasure inside for you to see is the treasure of friendship you’ve granted to me.

生命里的快乐与悲伤

“我手里有两个盒子，是上帝让我拿着的。”他说，“把你所有的悲伤放进黑色的盒子里，把你所有的快乐都放进金色的盒子里。”我留心着他说过话，这两个盒子里装满了我的快乐和悲伤，然而金色的盒子却一天天地变重，黑色的盒子却和之前一样轻。



我好奇地打开黑色的盒子,想知道为什么。我看见在盒子的底部有一个洞,我的悲伤从那里都掉出去了。我一边把洞拿给上帝看,一边沉思,想知道我的悲伤都到哪里去了!他微笑着对我说:“孩子,它们都在我这里。”

我问上帝,为什么给我这两个盒子,为什么一金一黑,而且黑色的盒子还有一个洞。“我的孩子,金色的盒子是给你数着祝福的;黑色的盒子是给你放走悲伤的。我们应该把所有的朋友们都看成是一种祝福。今天就把祝福送给一个朋友吧,让他们知道你在想着他们,他们是你生命里的快乐所在。”

球是一个圆,没有开始,也没有结束。它让我们紧密连在一起,正如我们的朋友圈一样。然而,你在里面看到的珍宝就是你曾经赐给我的友谊之宝。

词汇空间

heed 注意、留心

muse 沉思