



# 享受一分钟的感动

*Enjoy One Minute of Gratitude*

当我们蓦然回首，翻阅着自己的心灵，  
总有一段段记忆在生命中留下深深的痕迹，无法忘却；  
每当我们想起它时，  
心里总涌动着一丝久违的冲动，这就是感动。



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*Enjoy One Minute of Gratitude*

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## 每个人都需要感动

# Everyone Needs Gratitude

A man punished his 3-year-old daughter for wasting a roll of gold wrapping paper. Money was tight and he became infuriated when the child tried to decorate a box.

Nevertheless, the little girl brought the gift to her father on Christmas morning and said, "This is for you, Daddy." He was embarrassed by his earlier overreaction, but his anger flared again when he found the box was empty.

He yelled at her, "Don't you know when you give someone a present, there's supposed to be something inside it?"

The little girl looked up at him with tears in her eyes and said, "Oh, Daddy, it's not empty, I blew kisses into the box. All for you, Daddy."

一位父亲惩罚了自己三岁的小女儿，因为她把一整卷精美而昂贵的包装纸剪坏了。当看到女儿用这卷包装纸包盒子时，想到家里低微的收入，这位父亲越发生气了。

不管怎样，在圣诞节那天早晨，女儿还是把她精心用金色包装纸包好的礼物送给了爸爸：“爸爸，这是给你的礼物。”很显然，此刻爸爸因为之前的过激行为而十分尴尬，当他打开礼物时，却发现里面空空如也。

他非常生气，朝女儿吼道：“难道你不知道，送别人礼物时应该在盒子里放上东西吗？”

小姑娘很委屈，含着眼泪对爸爸说：“不，爸爸，这个盒子不是空的。我把它包好之前，在里面装了满满的吻。都是给你的，爸爸。”

The father was crushed. He put his arms around his little girl, and he begged for her forgiveness.

It was not long before the girl was killed in a terrible accident. It is told that the man kept that gold box by his bed for years and whenever he was discouraged, he would take out an imaginary kiss and remember the love of the child who had put it there.

In fact, when you express gratitude, you show your love and appreciation. Everyone needs to feel these things every day. Look at everyone with grateful eyes. Listen to your heart and the heart of your loved ones. Speak words of affirmation every day of your life. Be grateful for your life with all its lessons and blessings. The more grateful thoughts and feelings you experience and express the more instrumental you will be in healing the world. And your outlook on life will improve in the process.

爸爸呆住了，他紧紧地把小女儿抱在怀里，请求她的原谅。

之后不久，一次可怕的事故夺去了小女孩的生命，而这位父亲一生都把这只金色的盒子摆在床头。每当面对非常棘手的问题或是缺乏勇气的时候，他就会打开这只盒子，想象着接受女儿的一个吻，回想着孩子放在里面的爱。

其实，当你表示感动的时候，就展现出了你的爱心和感激。每个人每天都需要这些感受。看下那些感动的眼神，聆听你的内心和你所爱的人的内心，每天说些肯定的话，倾听令你感动的教训和祝福。你拥有的感动的思想和感情越多，你对社会的作用就越大，你对生命的见解也会更深。



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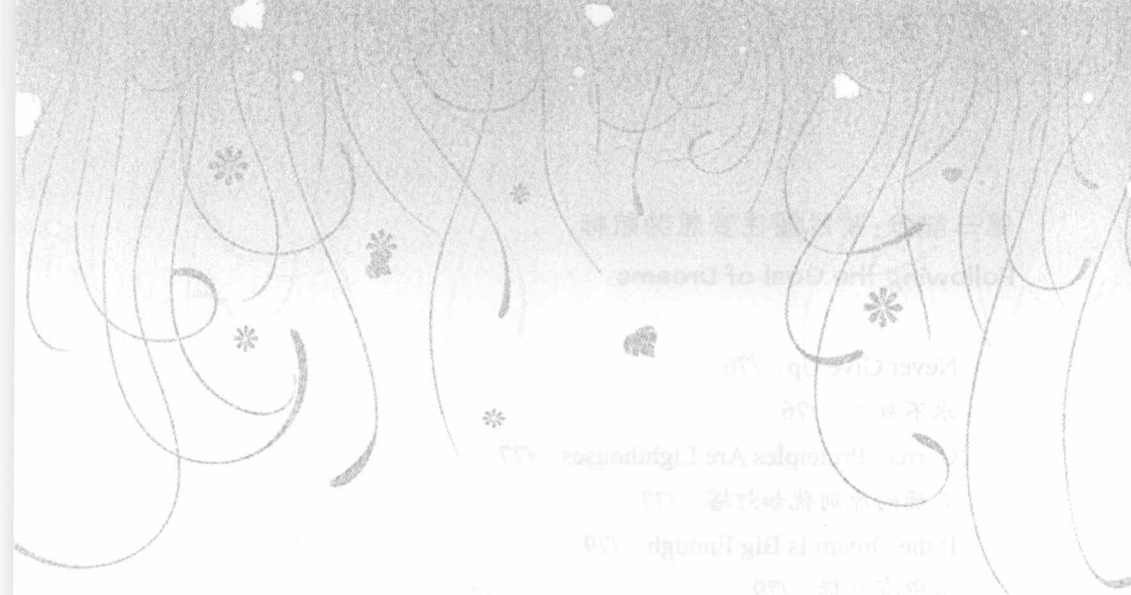
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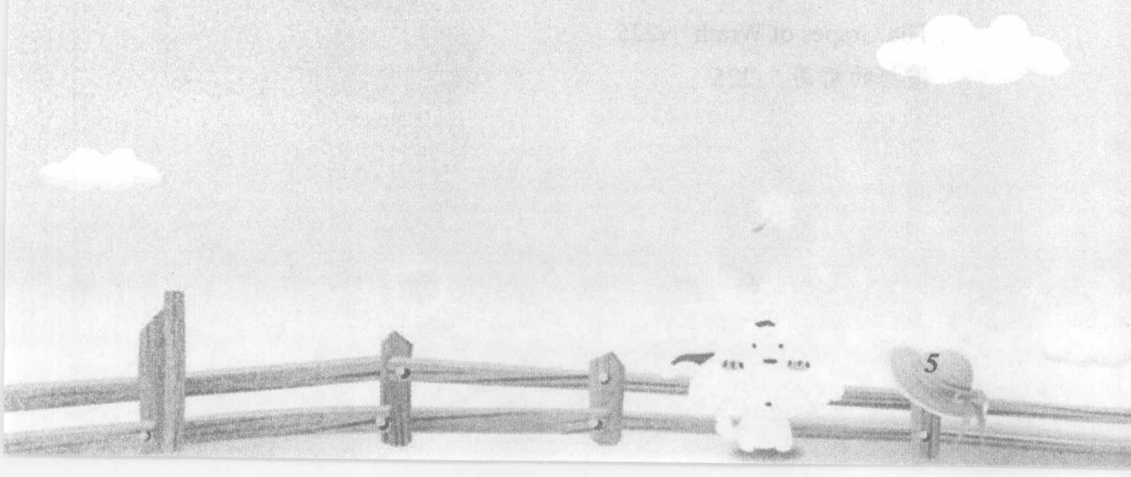
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## 第一部分

### 拥抱温暖的阳光

#### *Embracing Warm Sunshine*

一个简单的举止也许会改变人的一生,无论是好是坏。上帝让我们走进彼此的生命,在一定程度上影响着彼此。我们也要在其他人身上寻找到上帝的影子。



## 享受感动的话语

## Enjoy Moving Words

It hurts to love someone and not be loved in return. But what is more painful is to love someone and never find the courage to let that person know how you feel.

A sad thing in is when you meet someone who means a lot to you, only to find out in the end that it was never meant to be and you just have to let go.

The best kind of friend is the kind you can sit on a porch swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.

It's true 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.

It takes only a minute to get a crush on someone, an hour to like someone, and a day to love someone—but it takes a time to forget someone.

Don't go for looks; they can deceive. Don't go for treasure; it will fade away. Go for someone who makes you smile because it takes only a smile to make a dark day seem bright.

A careless word may kindle strife; a cruel word may wreck a life; a timely word may level; a loving word may heal and bless.

只有付出的爱是痛苦的，但比这更痛苦是爱一个人却没有勇气让那人知道你的感情。

生命中令人悲伤的一件事是你遇到了一个对你来说很重要的人，但却最终发现你们有缘无分，因此你不得不放手。

最好的朋友就是那种能和你促膝而坐，彼此不说只字片语，分别时却感到这是你有过的最好的一次交流！


的确只有当我们失去时才知道曾拥有的是什么，同样，只有当我们拥有了才知道曾经失去了什么。

迷上某人只需一分钟，喜欢上某人需要一小时，爱上某人则要一天，然而，忘记某人却是一辈子的事情。

别倾心于容貌，因为它具有欺骗性，也别倾心于财富，它也会消散，倾心于那个能带给你笑容的人吧，因为一个笑容能使漫漫长夜如白昼般明亮。

无心快语可能引发争执，无情之词可能折损生命，适时温语可能消弭压力，而关爱之声可能治愈心灵。





## 爱：能够创造奇迹的力量

### Love: The One Creative Force

A college professor had his sociology class go into the Baltimore slums to get case histories of 200 young boys. They were asked to write an evaluation of each boy's future. In every case the students wrote, "He hasn't got a chance." Twenty-five years later another sociology professor came across the earlier study. He had his students follow up on the project to see what had happened to these boys.

With the exception of 20 boys who had moved away or died, the students learned that 176 of the remaining 180 had achieved more than ordinary success as lawyers, doctors and businessmen.

The professor was astounded and decided to pursue the matter further. Fortunately, all men were in the area and he was able to ask each one, "How do you account for your success?" In each case the reply came with feeling, "There was a teacher."

The teacher was still alive, so he sought her out and asked the old but still alert lady what magic formula she had used to pull these boys out of the slums into successful achievement. The teacher's eyes sparkled and her lips broke into a gentle smile. "It's really very simple," she said, "I loved those boys."

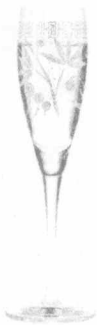
一个大学教授在上社会学课的时候，让他的学生去巴尔的摩贫民窟找 200 个男孩的历史记录，并且要求写出对每个男孩未来的评估。对每个孩子，学生都这样评价着：“他这辈子完了。”25 年以后另外一个社会学教授发现了这个早期的研究，并让他的学生继续探究这个研究，看看这些男孩到底怎么样了。

这些男孩中除了已经去世或者迁居的 20 位以外，学生发现，剩下的 180 人中有 176 人都获得了比普通人更大的成就，他们中有律师、医生，还有商人。

教授大吃一惊并决定进一步地探究下去。幸运的是，这些长大成人的孩子还都在这个地区，因此教授有机会挨个去问他们：“你是如何获得你的这些成就的？”很让人感动的是，他们的回答如出一辙：“因为我有一位好老师。”

这个老师还健在。当教授找到这位年迈但仍不失机警的妇人，问她到底有什么魔法能让这些贫民窟的孩子都获得如此高的成就的时候，这位老师眼里闪耀着光芒，她的嘴唇露出一抹温柔的微笑，“很简单，”她说，“因为我爱这些孩子。”





## 明亮的心

### Bright Heart

Last year around Halloween, I was invited to participate in a carnival for Tuesday's Child, an organization that helps children with the AIDS virus. I was asked to attend because I'm on a television show; I went because I care. I don't think that most of the kids recognize me as a celebrity. They just thought of me as a big kid who came to play with them for the day. I think I liked it better that way.

At the carnival they had all kinds of booths. I was drawn to one in particular because of all the children that had gathered there. At this booth, anyone who wanted to could paint a square. Later that square was going to be sewn together with the others, to make a quilt. The quilt would be presented to a man who had dedicated his life to this organization and would soon be retiring.

They gave everyone fabric paints in bright, beautiful colors and asked the kids to paint something that would make the quilt beautiful. As I looked around at all the squares, I saw pink hearts and bright blue clouds, beautiful orange sunrises and green and purple flowers. The pictures were all bright, positive and uplifting. All except for one.

The boy sitting next to me was painting a heart, but it was dark, empty, and lifeless. It lacked the bright, vibrant colors that his fellow artists had used.

At first I thought maybe he took the only paint that was left and it just happened to be dark. But when I asked him about it, he said his heart was