

心灵北斗星

英汉双语有声励志读物

播种一种人生态度

Attitude towards Life

丛书主编 任秀桦

分册主编 赵 静 国 宁



机械工业出版社
CHINA MACHINE PRESS



播种一种态度 *Attitude towards Life* 人生

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本书采取中英文对照的形式，每篇英文都经过精心选材、用心翻译。文章前面的名言或佳句有助于启迪心灵；文章后面的感悟有助于思考人生。在对文中的单词、短语进行注释的同时进行引申，为读者积聚语言财富。书中精美的手绘插画可以为阅读增加更多乐趣，配套 MP3 光盘可以使读者在不知不觉中提高听力水平。

“态度决定一切。”怀着感激和欣赏度过每一天，你就会感觉到生活的美妙与情趣。选择积极向上的人生态度，享受生活的每一天。

图书在版编目（CIP）数据

播种一种人生态度 / 赵静，国宁主编. —北京：机械工业出版社，2009.3

（“心灵北斗星”英汉双语有声励志读物/任秀桦丛书主编）
ISBN 978-7-111-25941-1

I. 播… II. ①赵… ②国… III. 英语-汉语-对照读物
IV. H319.4

中国版本图书馆 CIP 数据核字（2009）第 039438 号

机械工业出版社（北京市百万庄大街 22 号 邮政编码 100037）

责任编辑：安 婧 版式设计：张文贵

保定市中国画美凯印刷有限公司印刷

2009 年 3 月第 1 版·第 1 次印刷

145mm×210mm·8.25 印张·241 千字

0 001-6 000 册

标准书号：ISBN 978-7-111-25941-1

ISRC CN-M10-09-0011-0/A·G4（光盘）

定价：26.80 元（含 1CD）

凡购本书，如有缺页、倒页、脱页，由本社发行部调换
销售服务热线：（010）68326294

购书热线：（010）88379639 88379641 88379643

编辑热线：（010）88379355

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序

Preface

“我喜欢沿着星星的指点走出黑林子，而不向别人问路。”

心灵的北斗星照耀我们在人生的轨迹上前行。它将引领我们走出心灵的踌躇，让我们用信念战胜生活中的种种不幸。心灵的北斗星将开启我们的心灵之门，让我们感悟多彩的世界和人生，让我们的生命之火燃成一片辉煌。

本丛书是一套英汉双语的励志读物，7个分册所选的文章都是目前西方最受欢迎的经典短篇，译文都是编者字斟句酌、用心翻译的。所选文章包括富含哲理的故事、小品文、小议论文等，既有趣味性，又有启智性；既可以开拓视野，又可以提升心性。书中的篇篇精品都值得我们去背诵和品味。赏读这些激励人生、启迪灵感、明喻事理的文章，我们会从中感悟到人生的智慧、生命的真谛和世间的真情。

本丛书中的文章充满了挚爱，充满了真诚，充满了智慧，充满了灵性。它们会像清流荡涤我们被浸染的灵魂；它们会像春风吹开我们郁结在心中的不快；它们将激励我们冲出逆境，战胜自我；它们将给我们有些沉闷的生活带来清新的空气、和煦的阳光和新的希望，甚至会从此改变我们的整个人生。

本丛书会成为我们的知己，天天和我们相伴，默默与我们交流。我们仿佛在和高尚的人相处，在与自己的灵魂对话。北斗星闪耀的光辉浸润着我们的心灵，让我们的灵魂融入爱和感恩、欣赏和包容，让我们生命的色彩更加鲜明。

任秀桦

2008年10月于沈阳·散淡居

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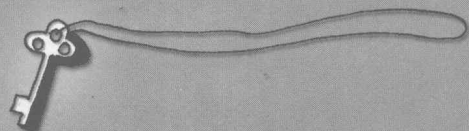
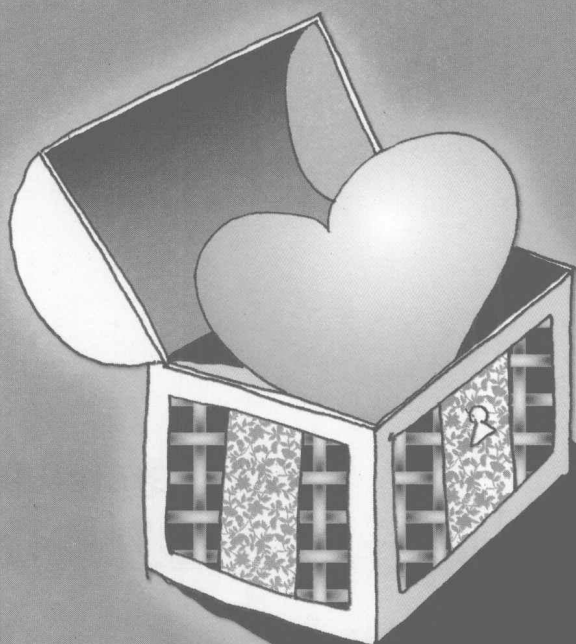
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Being Grateful

感恩的心

Tell Mommy I Love Her

告诉妈妈我爱她

While we are postponing, life speeds by.

John had been on the road, visiting clients for more than three weeks. He couldn't wait to get back to Ohio to see his wife and children. It was coming up on Mother's Day, and he usually tried to make it "back home", but this year he was just too tired. He was in a small town just outside of Little Rock when he drove by a flower shop. He said to himself, "I know what I will do. I'll send Mom some roses."

He went into the small shop and saw a young man talking to the clerk¹. "How many roses can I get for six dollars, ma'am?" the boy asked. The clerk was trying to explain that roses were expensive. Maybe the young man would be happy with carnations.

"No. I have to have roses," he said. "My mom was sick so much last year and I didn't get to spend much time with her. I want to get something special. It has to be red roses, 'cause that's her favorite." He was emphatic².

The clerk looked up at John and was just shaking her head. Something inside of John was touched by the boy's voice. He wanted to get those roses so badly. John had been blessed³ in his business, and he looked at the clerk and silently mouthed that he would pay for the boy's roses.

The clerk looked at the young man and said, "Okay, I will give you a dozen red roses for your six dollars." The young man almost jumped into the air⁴. He took the flowers and ran from the store. It



was worth the extra⁵ thirty-five dollars just to see that kind of excitement.

John ordered his own flowers and had the clerk be sure that delivery⁶ would include a note telling his mother how much he loved her. As he drove away from the shop, he was feeling very good. He caught a light about two blocks⁷ from the shop. As he waited at the light, he saw the young boy walking down the sidewalk. He watched him cross the street and enter a park through two huge gates. Suddenly, he realized it wasn't a park. It was a cemetery⁸. He could see the young man turn there by gate and walk along the fence.

The light changed, and John slowly crossed the intersection⁹. He pulled over and on an impulse¹⁰ got out and began to follow the boy down the fence line. John was on the sidewalk, thirty or forty steps behind the boy, who walked inside the cemetery fence. The young man stopped by a small monument¹¹ and went on his knees. He carefully laid the roses on the grave and began to sob. John felt like an intruder¹² but he couldn't leave. He stared at the little boy's heaving body and listened to his muted¹³ crying.

As he cried, he heard the young man speak, "Mommy, oh, Mommy, why didn't I tell you how much I love you? Why didn't I tell you one more time? Jesus, please, find my mommy. Tell my mommy I love her."

John turned, tears in his eyes, and walked back to his car. He drove quickly to the florist¹⁴ and told her he would take the flowers personally. He wanted to be sure and tell his mother one more time just how much he loved her.

当我们拖延时间的时候，生命飞驰而过。

约翰已经在外奔波3个多星期了，一直忙着拜访客户。他迫不及待地想回到俄亥俄州去看看妻儿。事情就发生在母亲节那天，往年的这个时候他都尽量回家，但今年他太累了。在小石城外的一个

小镇上，当他驾车经过一家花店时，他自言自语道：“我明白我该做什么了，我要给妈妈寄些玫瑰花。”

他走进这家花店，看见一个年轻人正在和店员谈话。“女士，请问6美元能买多少朵玫瑰？”那个男孩问道。店员尽量跟他解释说玫瑰花很贵，也许买些康乃馨也不错。

“不，我必须买玫瑰。去年妈妈病重，而我却没抽出多少时间陪她。我想买些不一样的礼物。必须是红玫瑰，因为那是妈妈的最爱。”他强调说。

店员抬头看着约翰，只是摇头。约翰内心深处的某种东西被男孩的话语深深触动了。他如此坚决地想要买到那些玫瑰。约翰的生意一直不错，他看着店员，暗示说他愿意为男孩的玫瑰付钱。

店员望着男孩，说道：“好吧，6美元我给你拿一打红玫瑰。”这个年轻人几乎要跳起来了，他拿着花，从花店飞奔出去。尽管意外花了35美元，但约翰看到了那个男孩兴奋的样子也是值得的。

约翰订购了自己要的花，反复叮嘱店员送花时一定要附上一张字条，告诉妈妈他有多爱她。当他开车离开花店时，感觉非常棒。在离那个花店约两个街区的地方他遇到了红灯。在等信号灯时，他看见那个男孩正沿着人行道走。他注视着男孩穿过大街，经过两扇大门进入了一个公园。突然，他意识到那不是公园，那是一块墓地。约翰能看到在大门那儿，那个年轻人转过身，沿着篱笆向前走。

信号灯变了，约翰慢慢开车过了十字路口。他把车停在了路边，一时心血来潮，便下了车，开始跟着男孩沿着篱笆走。约翰在男孩后面三四十步远的人行道上跟着，那个男孩走进了篱笆围着的墓地，停在了一座小墓碑前，跪了下来。他小心地把花放在坟上，开始抽泣。约翰感觉自己像个入侵者，但又无法离开。他凝视着男孩起伏的身体，听着他低声的哭泣。

他听见那年轻人边哭边说：“妈妈，哦，妈妈，我为什么没有告诉你我多爱你？我为什么没有再多告诉你一次？上帝啊，请帮我找到我的妈妈，告诉妈妈我爱她！”

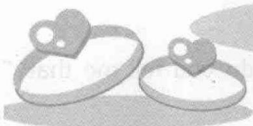
双眼噙满了泪水，约翰转身走回车里。他飞速开车回到那家花店，告诉店员他要亲自送花。他想一定要再次亲口告诉妈妈，他有多么爱她。



Jesus, please, tell my Mommy I love her. I should be sure and tell my mother one more time just how much I loved her.

SPARKLING WORDS & PHRASES

1. clerk *n.* 职员, 办事员
2. emphatic *adj.* 坚决的, 断然的; 强调的
3. blessed *adj.* 成功的, 幸福的
4. jump into the air 跳起来
5. extra *adj.* 额外的
6. delivery *n.* 递送, 交付
7. block *n.* 街区
8. cemetery *n.* 公墓, 墓地
9. intersection *n.* 交集; 十字路口, 交叉点
10. impulse *n.* 冲动
11. monument *n.* 纪念碑
12. intruder *n.* 入侵者
13. muted *adj.* 微弱不清的, 弱化的
14. florist *n.* 花匠, 花商, 花卉研究者



The Silver Ring

银戒指

★ *Parents' love and still water run deep.*

Lizzie stood by her father's bedside. He was suffering¹ from cancer for many years. "Don't cry, Lizzie," he told her. "When the time comes and I shall no longer be with you, I want you to promise me that you'll not be sad." He also told her that she would be well taken care of. "I've a gift for you, darling Lizzie. It's our family heirloom². With it go three wishes." It is a beautiful silver ring.

"You'll see cut on the inside are three circles. Whenever you're sad, open it up and you'll remember what I am going to tell you."

"The first is that your mind may be like a river, the second is that your whole life may be like the flowers and the third is that your body may grow like the oak tree³."

The father died shortly after. As the years passed by, Lizzie kept the ring carefully but she was reluctant⁴ to open it. Years later, on a bright morning, Lizzie decided to put the ring on her finger and trotted⁵ off for a walk in the woods. On the way, she passed over a bridge that crossed the river.

She stopped to look down at the river, and as the little wavelets⁶ splashed⁷ together gently, Lizzie stood still, as if she heard the wavelets whispering to her:

"Don't you see that the stream never ceases to move onward?"

"Yes, I know, but why do you tell me that?" Lizzie answered.

"Don't you see that is why your father wants your mind to be like a river? If it stayed still it would become stagnant⁸."



Lizzie then fluttered⁹ through the flowers. She bent down to smell them and she heard the flowers singing to her:

“We are beautiful. We are beautiful.”

“Yes, you are indeed¹⁰ beautiful, but why do you tell me that?” Lizzie answered.

“Don’t you see your father wants your whole life to be beautiful?”

Lizzie could not contain¹¹ herself and fled away when she came to the oak tree. She climbed the tree and clung¹² to its branches, while the leaves clustered¹³ around her, she heard them say:

“An oak tree grows upright and is very strong.”

“I know, but why do you tell me that?” Lizzie answered for the third time.

“Don’t you see that is what your father wants your body to be strong as an oak tree?”

At last, Lizzie understood the meaning of the three circles cut inside the silver ring and the three wishes with it. She never took off the ring from her finger. Whenever she saw the three circles, she tried to make the wishes come true, thus fulfilling¹⁴ her promise to her father.

父母之爱犹如静水深流。

莉齐站在患有癌症多年的父亲的床边。“不要哭，莉齐，死神来临的时候我不能陪在你身边了，我要你答应我不要难过。”他还告诉她，她会得到很好的照顾。父亲嘱咐说：“我有件礼物送给你，亲爱的莉齐。这是我们家的传家之宝，它包含着三个愿望。”这是一枚漂亮的银戒指。

“你会看到它的内侧刻有三个圆圈。每当你难过的时候就打开它，你就会想起我将对你说的话。”父亲说，“第一个愿望是希望你有流水般的思想，第二个愿望是希望你有如花的人生，第三个愿望是希望你有橡树一样的体格。”