

心灵北斗星

英汉双语有声励志读物

让魅力如花绽放

Charm of Personality

丛书主编 任秀桦
分册主编 姚丽 郎淑华



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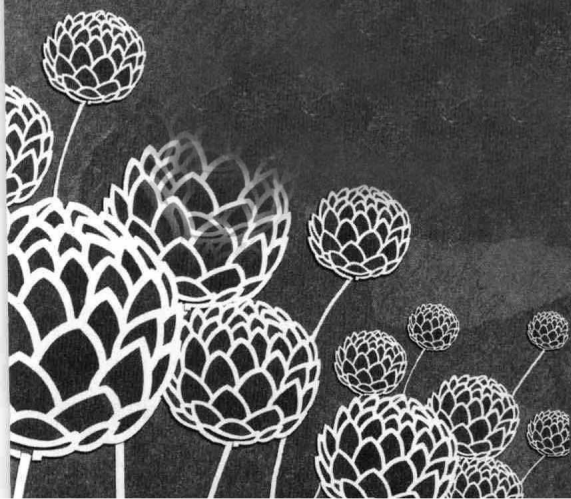
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本书采取中英文对照的形式，每篇英文都经过精心选材、用心翻译。文章前面的名言或佳句有助于启迪心灵；文章后面的感悟有助于思考人生。在对文中的单词、短语进行注释的同时进行引申，为读者积聚语言财富。书中精美的手绘插画可以为阅读增加更多乐趣，配套 MP3 光盘可以使读者在不知不觉中提高听力水平。

普拉斯说魅力是一种“悦人和迷人的神秘品质”。魅力如丝线般巧妙地编织在人格里，编织在涵养里，编织在气质里。她耀眼夺目，却毫不张扬。魅力与权势、财富无关，她只源于人格和气质的影响力。

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“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，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，还将给我们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灵魂，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6月于沈阳·散淡居

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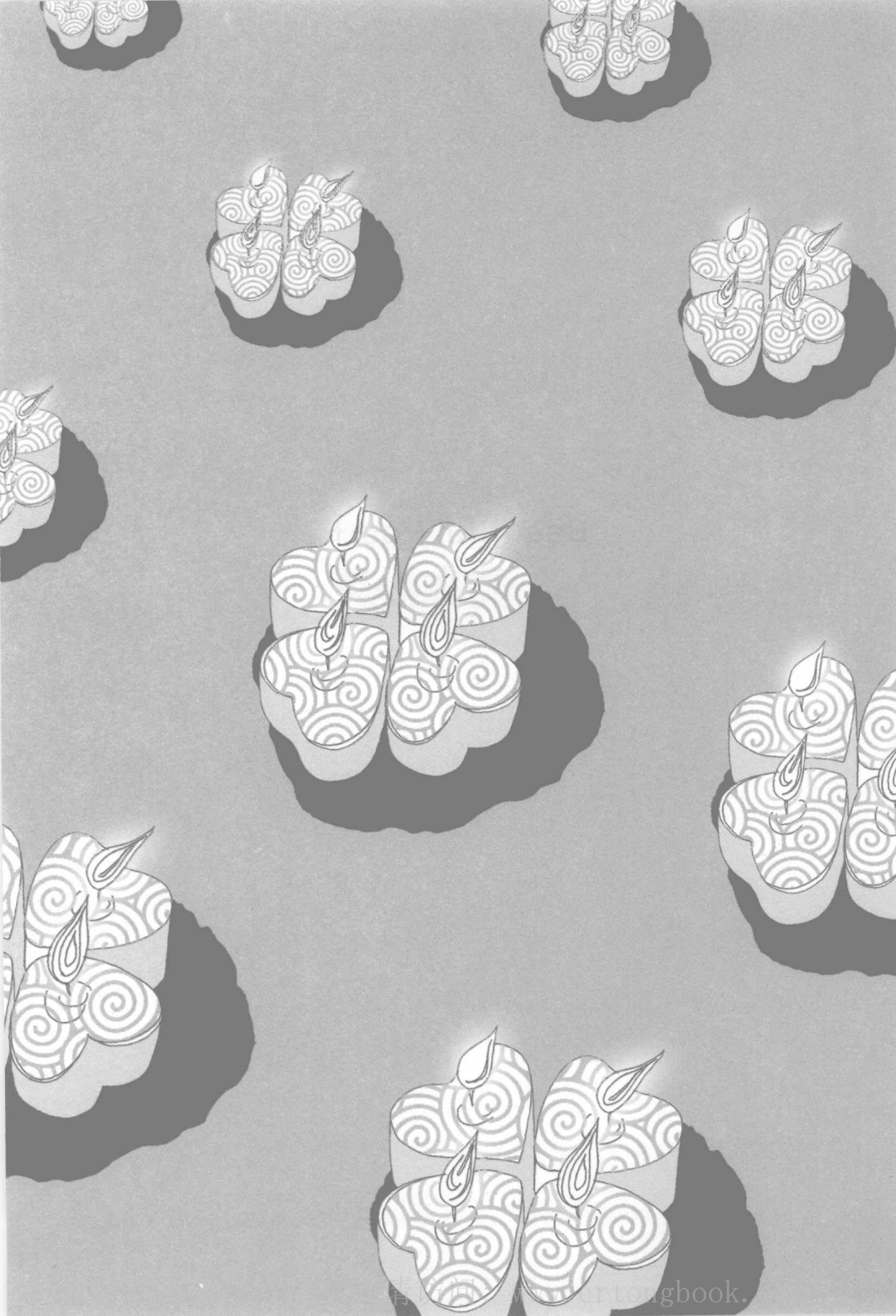
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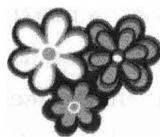
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Beautiful Heart

美在心灵

Enjoy Your Own Aroma



拥有自己的芳香

☆ *If you run after two hares, you will catch neither.*

A young man strongly wishes that he could be somebody¹ one day, so he mustered up² his courage to try everything. But little by little, he lost self-confidence and in the end he accomplished nothing at all.

Upon that³, he called on a successful old man hoping to be enlightened as to⁴ success. On meeting him, the young man asked, "The others' hard work pays back while mine pays nothing. Why?"

The old man shook his head with a smile and asked him in reply⁵, "What will come to your mind first if I present you a word — aroma?" Thinking for a while, the young man said, "I will have cake first. Though my short-lived cake shop closed recently, I could still think of the aromatic⁶ cakes."

The old man gave a nod, and then with the young man, he went to visit one of his friends, a zoologist⁷, who replied to the same question, "The word reminds me of the subject under study — in the nature there are quite a few strange animals whose body can send out delicate aroma, which can be used as bait⁸ to catch prey⁹."

Then, they went to visit another friend, an artist, who reacted to the same question by saying, "The word takes my imagination to the flowery fields and the dancing maid, so 'aroma' can bring inspiration to my work."

Leaving the artist's home, the young man was still confused

about the old man's intention¹⁰. On the way home, they dropped in on¹¹ a merchant prince¹², who had long been living abroad and had just come home to visit his family. Mentioning the question, the rich man said feelingly¹³, "The small word reminds me of the land of my old home, whose aroma haunts me always."

Having bidden farewell¹⁴ to the host, the old man asked, "Now, you've visited some standouts¹⁵. Do they share the same idea with you about 'aroma'?" The young man shook his head, puzzled.

"Then do they share the same idea between each other?" The young man shook his head again. The old man smiled and said significantly, "In fact, every one of us has his or her unique aroma in their own life. So do you. Why can't you be as excellent as others? Because you pay too much attention to how the others enjoy their aroma, but forget your own."

☆ 三心二意，必将一无所获。

有个年轻人非常希望有朝一日自己能出人头地。因此，他鼓足勇气去尝试每一件事情。可是，他渐渐地对自己失去了信心，结果一事无成。

于是，他去拜访一位成功的长者，希望获得一些成功的启示。一见面，他就问长者：“为什么别人的努力会得到回报，而我的努力却一无所获呢？”

长者微笑着摇了摇头，反问他：“如果现在我送你‘芳香’一词，你首先会想到什么呢？”思忖了一会儿，年轻人回答说：“我会想到糕点。虽然我开办不久的糕点店已在前些日子停业了，但是我仍会想到那些芳香四溢的糕点。”

长者点了点头，然后，便带他去拜访一位动物学家朋友，并问了对方一个相同的问题。动物学家回答道：“这个词首先使我想到眼下正在研究的课题——在自然界里，有不少奇怪的动物，利用身体散发出来的芳香做诱饵，捕捉食物。”

之后，长者又带他去拜访一位画家朋友。对于这一问题，画家

回答道：“这个词，会使我联想到百花争艳的田野，还有翩翩起舞的少女。芳香，能给我的创作带来灵感。”

从画家朋友家中出来之后，年轻人仍不明白长者的用意。在返回的途中，长者顺便又带他去拜访了一位久居海外、刚刚回国探亲的富商。谈到这个问题，那位富商动情地说：“这个词，使我联想起故乡的土地。故乡土地的芳香，总是令我魂牵梦绕。”

辞别富商之后，长者问年轻人：“现在，你已经见过不少出色的人物了。那么，他们对‘芳香’的认识与你相同吗？”年轻人仍不解地摇了摇头。

长者继续问道：“那他们对‘芳香’的认识，有相同的吗？”年轻人又摇了摇头。此时，长者笑了，意味深长地说：“其实在生活中，每一个人都有与众不同的芳香，你也一样呀，拥有自己的芳香。为什么你现在做的不像别人那么出色呢？那是因为你只顾着看别人如何欣赏他们的芳香，却把自己的芳香给忽视了。”



enlightenment

The real opportunity for success lies within the person and not in the job. You can best get to the top by getting to the bottom of things.

SPARKLING WORDS & PHRASES

1. somebody *n.* 重要的人物；有名气的人

2. muster up 鼓起（勇气）

She was mustering up her strength for the ordeal.

她正积攒力量迎接考验。

3. upon that 于是

4. as to 关于

5. ask sb. in reply 回问；反问

6. aromatic *adj.* 芳香的



7. zoologist *n.* 动物学家

8. bait *n.* 诱饵

9. prey *n.* 猎物

10. intention *n.* 意图，目的

11. drop in on sb. 顺便访问某人

I thought I'd drop in on you while I was passing.

我曾想路过时就来看看你。

12. merchant prince 富商；有影响力的商人

13. feelingly *adv.* 感动地；充满感情地

14. bid farewell 告别，辞行

15. standout *n.* 杰出的人



Acquire the Mindset of Celebrities

获得成功人士的气质

☆ *The mindset of successful people is the effective way for you to follow.*

Would you like to acquire the mindset¹ and attitude of your role model or idol²? Here's an effective technique:

Choose the person you would like to model. Research everything about the person. Know what traits³, styles, or abilities you would like to acquire from him.

Let's say you want to have the mindset of Michael Jordan. Go to a quiet place, close your eyes, relax, and visualize M. J. smiling and coming to you. Now visualize⁴ M. J. merging with⁵ your own body.

Now feel his presence and his aura⁶ being absorbed by your whole body. The secret here is: You don't want to become like him; feel that you're already him.

Feel his abilities engulfing⁷ your body. Visualize you're Michael Jordan and you're playing his game at its best. See what he sees, feel what he feels, and think what he thinks. When the M. J. aura is being experienced by your body at its peak, open your eyes. Feel refreshed⁸ and invigorated⁹.

When you get the chance to play basketball, feel that you're M. J. and play it just as M. J. would. By feeling that you're him, you've already affirmed¹⁰ to yourself that you already possess his traits and his emotions. If you just want to be like him, you're telling yourself subconsciously that you do not yet possess his characteristics¹¹.

The same goes if you want to become a wealthy person. Dress,