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双语

精华版

(附赠 MP3)

心灵鸡汤

[爱情系列]

最明媚的时光

草绿色的青春、飘香的咖啡，友情、爱情和梦想，一段段你曾经经历或许已经遗忘但最终还是选择珍藏的明媚时光。

Precious Time

Jack Canfield & Mark Victor Hansen 等著

陈涛 贺爱军 仇贤根 主译

Chicken
Soup for the
Soul

安徽科学技术出版社

Health Communications, Inc.

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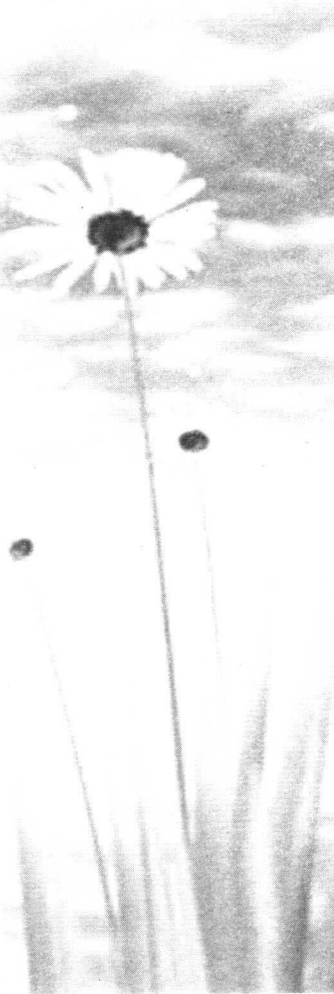
作为原生于美国的大众心理自助与人生励志类的闪亮品牌,《心灵鸡汤》语言地道新颖,优美流畅,极富时代感。书中一个个叩人心扉的故事,充分挖掘平凡小事所蕴藏的精神力量 and 人性之美,真率倾诉对生命的全新体验和深层感悟,字里行间洋溢着爱心、感恩、信念、鼓励 and 希望。因其内涵哲思深邃,豁然释然,央视“百家讲坛”曾引用其作为解读援例。

文本适读性与亲和力、故事的吸引力和感召力、内涵的人文性和震撼力,煲出了鲜香润泽的《心灵鸡汤》——发行40多个国家和地区,总销量达一亿多册的全球超级畅销书!

安徽科学技术出版社独家引进的该系列英文版,深得广大读者的推崇与青睐,频登各大书店及“开卷市场零售监测系统”的畅销书排行榜,多次荣获全国出版发行业的各类奖项。

就学英语而言,本系列读物的功效已获广大读者乃至英语教学界的充分肯定。由于书中文章的信度和效度完全符合大规模标准化考试对考题的质量要求,全国大学英语四级考试、全国成人高考的阅读理解真题曾采用其中的文章。大学英语通用教材曾采用其中的文章作为精读课文。

为了让更多读者受惠于这一品牌,我社又获国内独家授权,隆重推出双语精华版《心灵鸡汤》系列:英汉美文并蓄、双语同一视面对照——广大读者既能在轻松阅读中提高英语水平,又能从中感悟人生的真谛,激发你搏击风雨、奋发向上的生命激情!



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What Does “Smile” Really Mean?

Smile is the rose growing
and opening on one's mind,
making oneself beautiful
and others pleased.



I Love You Anyway

It was Friday morning, and a young businessman finally decided to ask his boss for a raise. Before leaving for work, he told his wife what he was about to do. All day long he felt nervous and apprehensive. Finally, in the late afternoon, he summoned the courage to approach his employer, and to the businessman's delight, the boss agreed to the raise.

The elated husband arrived home to a beautiful table set with their best china and lighted candles. Smelling the aroma of a festive meal, he figured that someone from the office had called his wife and tipped her off! Finding her in the kitchen, he eagerly shared the details of his good news. They embraced and danced around the room before sitting down to the wonderful meal his wife had prepared. Next to his plate he found an artistically lettered note that read, "Congratulations, darling! I knew you'd get the raise! This dinner is to show you how much I love you."

Later on his way to the kitchen to help his wife serve dessert, he noticed that a second card had fallen from her pocket. Picking it up off the floor, he read, "Don't worry about not getting the raise! You deserve it anyway! This dinner is to show how much I love you."

Joe Harding

单纯如歌的爱

星期五的早晨,一位年轻商人终于下定决心向老板请求加薪。早晨出门之前,他把自己的打算告诉了妻子。他在一种紧张不安的情绪中度过了整整一天。最后,在那天的傍晚时分,他终于鼓起勇气走进了老板的办公室。令他开心的是,老板同意了他的要求。

当丈夫兴高采烈地回到家的时候,家里漂亮的餐桌上已经摆好了他们最好的瓷器,点亮了烛光,空气中弥漫着丰盛的晚餐飘来的香味。他暗自揣摩,难道是办公室里的哪位同事已经给妻子打过电话,把一切都告诉她了?他在厨房里找到妻子,迫不及待地与妻子一起分享着这个好消息。他们相拥在一起,尽情地从房间的一头舞到另一头,然后坐下来共同享用妻子准备好的精美晚餐。他在餐盘边上,发现了一张卡片,上面用秀气的字体写着:“祝贺你,亲爱的!我知道你会得到加薪的!用这份晚餐表达我对你深深的爱恋!”

后来,他去厨房帮妻子端甜点,发现了从妻子的口袋里滑落在地上的另外一张卡片。从地上拾起卡片,他读道:“别再为没有得到加薪而烦恼了!无论如何,你都受之无愧!用这份晚餐表达我对你深深的爱恋!”

乔·哈丁





A Fragment in Time

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

Martin Luther King Jr.

The day was a total disaster from the moment I awoke. The dog had decided the cat was a most interesting chew toy, much to the cat's indignant cries, and if that was not enough, the toilet overflowed onto newly installed carpet. The cat, once again in a pickle as she lifted each paw in disgust and shook the water from it, looking at me accusingly as if I had made her life miserable on purpose.

As I entered the kitchen to get a cup of coffee, I heard a scratching sound coming from my cabinet. I slowly opened the door as quietly as I could, and sitting in the back munching on a box of Cheerios was the fattest mouse I had ever seen!

I sighed and closed the door, hoping he was enjoying his breakfast. After all, the Cheerios were ruined anyway—he might as well have the rest! Before tonight, I would have to find some way of coaxing him out of the house and back in the field where he belonged!

I had twelve people coming for dinner and had not done the shopping. Time was slipping away, and my nerves were standing on end screaming, “Told you so!”

I locked the cat in the bedroom and scolded the dog, who looked at me with innocent eyes wondering what he did in the first place. Then I

风雨同舟

对男人最好的衡量标准不是看他在安逸与舒适的环境中的态度,而是看他在争论与挑战中的表现。

——小马丁·路德·金

那天,从我梦醒的那一刻开始,家里就是彻彻底底的一团糟。小狗不顾小猫气愤的叫声,把它当成了自己最有趣的磨牙玩具。如果这还不够糟糕的话,卫生间的水已经溢到了新铺的地毯上。又一次陷入困境的猫咪恼怒地举起它的爪子,拼命把上面的水甩得到处都是,还一边用责备的目光看着我,仿佛是我故意让它的生活变得如此的糟糕。

我刚走进厨房,端起一杯咖啡,就听到橱柜里传来一阵窸窣的声响。我竭力保持着镇定,伸出手去慢慢拉开柜门,一只我生平见过的最肥的老鼠正在柜子里津津有味地大嚼一盒切里奥斯麦片。

我叹了口气,关上柜门,就让它尽情享用自己的早餐吧。反正麦片都被它糟蹋了,就让它把剩下的也解决掉吧!要是在平时,我肯定会耐心地想点什么办法把它丢出屋子,让它到自己该待的地方待着去。

今天有12位客人要来吃晚餐,而我连吃的东西都还没有买。时间很快溜掉了,我的神经紧张地对我尖叫:“早就提醒过你了!”

我把猫咪锁进卧室,责备了小狗几句,它却用无辜的眼神看着我,想知道自己到底做错了什么。我穿上了外套,出发去卖场,觉得



donned my coat and,totally frazzled,headed for the store.

There was a chill in the air as I pulled into the parking lot of the grocery store.The wind's icy fingers tugged at my coat as I hurried towards the door of the supermarket.I grabbed a buggy,and of course the wheels refused to go in the right direction,clattering through the aisles. Fine! I grumbled to myself.A perfect ending to an already perfect day.I decided that at least I would win the battle of the shopping cart.I shoved the cart next to the cashier's aisle and chose another that was more co-operative.Ahh,the sound of silence and smooth wheels;it didn't take much to bring a ray of sunlight into my life that day.

As I was standing in the produce section pinching the avocados,I heard that familiar annoying rattle of wheels,and I turned to the unfortunate person who'd obviously chosen my old buggy to say,"You have the shopping cart from hell! "What I saw changed the rest of my day into one I will never forget.

An elderly man with white hair and a face that was etched with wrinkles was pushing a hospital stretcher with one hand and pulling the basket from hell with another.He didn't notice the clatter or the wheels that went in different directions.He was busy guiding his wife,who laid upon the stretcher,closer to the produce so she could have a look.

She was a frail woman with gray at the temples and large blue eyes.Her hands and feet were twisted in odd directions and she could not raise her head but a tiny bit.He would pick up a piece of fruit and, with a sweet smile,hold it close to her,and she would nod her head and smile in return.They greeted everyone with a smile and a nod of their heads and didn't seem to mind that they were the subject of gawking and attention.Some people shook their heads in disgust that he would bring a stretcher into the grocery store;others whispered disapprovingly that they didn't belong.

I watched as he picked up a loaf of bread and touched her hand so

自己身心俱疲。

空气中弥漫着寒冷的气息。我把车停在了一家杂货店的停车场。刺骨的寒风撕扯着我的外套,我加快脚步奔向超市的大门。我抓过一辆小推车,车轮却怎么也不肯朝着正确的方向前进,还不断发出吱吱嘎嘎的声响。好吧!我喃喃自语。这就是“美好”的一天最“美好”的开始。我心想,至少这商场的推车我还是对付得了的。我把车推到收银台旁边的过道,选了另一辆配合一点的推车。啊,车轮的吱嘎声终于安静了下来,移动得也很平滑。看来要给我这一天的生活带来一丝阳光并不需要太费劲。

我正站在水果柜台前挑选着鳄梨,忽然又听到了熟悉而恼人的车轮吱吱嘎嘎的声音,一个不幸的人显然挑中了我刚才推的那辆车。我转过身,嘀咕道:“你挑了辆最糟糕的推车!”但我看到的一切却完全改变了我这一天剩下的时光,让它成为我终生难忘的一天。

一位满头银发、脸上写满了岁月风霜的老人一只手推着医院的担架车,另一只手正吃力地推着那辆糟糕的小车。他并没有注意到车轮发出的吱嘎声,也没有注意到车轮已经东倒西歪。他正专心致志地领着自己躺在担架车上的妻子,靠近水果货架,好让她也能看一看。

虚弱的她两鬓已经花白,有着一双湛蓝的大眼睛。她的四肢奇怪地扭曲着,无法将头抬起来,只能稍稍地挪动一点点。他拿起一个水果,带着甜甜的微笑举到她面前,她点点头,同时回报以会心的微笑。他们对身边的每个人都致以微笑并点头示意,并不在意自己行动的笨拙和人们关注的目光。一些人厌恶地摇着头,责怪他把担架车推进了超市;还有一些人则不满地低声耳语着什么。

我注视着白发老人拿起一条面包,另一只手温柔地抚摩着妻子



softly. The connection between the two of them filled the space with so much love that it was palpable. I realized I was staring, as if to hold them in that moment of enchantment. Concerned that I was intruding, I forced my eyes to look away. I turned back to the avocado that was resting in my hand and noticed I had squeezed it a little too hard. I placed it back in the rack and moved to the dairy aisle, trying to catch another glimpse of this couple who seemed to be a magnet for my heart.

They had moved on to another part of the store, and I didn't see them again until I was finished with shopping and back in my car. I started the engine, and suddenly noticed that there, next to my car, was the elderly man and his wife. His vehicle had been parked next to mine, and as he put the groceries in the front of his van, his wife waited patiently on the stretcher.

He hurried to the back of the van, and a gust of cold wind blew the blanket off of her frail body. He lovingly tucked it back around her as you would tuck in a child before bed, reached down and placed a kiss on her forehead. With a twisted hand, she reached up and touched his face. Then, they both turned to look at me and smiled. I returned the smile with tears rolling down my cheeks.

What tugged at my heart and brought tears to my eyes was not the condition either of them was in. It was the love and laughter they shared in going to the store together and being as they always had been... in love and needing each other.

The man placed the stretcher in the back of the van and made sure it was secure, and then he came around to the driver's side and stepped in. As they were leaving, he looked at me once again and smiled with a wave, and as he pulled out of the lot, I saw a small hand wave from the back of the van, and the most beautiful, vibrant blue eyes returned my gaze.

Sometimes in life one is struck with an astounding realization—that

的手。两个人的交流使这狭小的空间充满了仿佛可以触摸到的浓浓的爱意。我突然意识到自己出了神,好像沉迷于这幅画卷中。我意识到自己有些无礼,便强迫自己的目光转向别处。我回过神看看自己手中的鳄梨,这才发觉不知不觉中把它捏得太紧了。我把鳄梨放回货架,朝奶制品柜台走去,希望再看看深深吸引着我心灵的那两位老人。

他们已经转到超市的另一边去了,一直到我从超市出来回到车上的时候,我才又看见他们。我发动汽车,突然发现那位老人和他的妻子就在我车边。他的封闭式货车刚好停在我车边。他正把食物放进车厢前面,而他的妻子就在担架车上耐心等待。

他快步回到汽车后面,这时候一阵寒风将毛毯从妻子虚弱的身体上吹掀开来。他宠溺地为她重新裹好毛毯,那神情就仿佛是在为一个人睡前的孩子盖好被子。然后他俯下身子,在妻子的额头上轻轻印下一个吻。她探出扭曲的手,轻抚着丈夫的脸颊。这时,夫妻俩一齐回过头来,对我微笑,我也以微笑回报他们,眼泪却止不住流下来。

紧紧萦绕我心、让我泪流满面的,并不是他们现在所处的环境,而是他们像在过去或许已经数不清的日子里一样,一起来到超市,并从中共同分享无尽的爱与欢笑……彼此相爱,彼此需要。

老人把担架车推进货车,确定它已牢牢固定之后,便回到驾驶室,坐进车里。货车渐渐离去,他又一次冲我微笑,还挥了挥手。在他的车离开停车场的一刹那,我看见了一只小手在车窗后面挥动,还有一双美丽而又充满生气的蓝眼睛与我的目光交织在一起。

漫漫人生长河,人有时候会为一种震撼所感动——生命中的短

