

· 注释版 ·

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心灵鸡汤

象牙塔里的日子

Chicken Soup for the COLLEGE Soul

Jack Canfield
Mark Victor Hansen
Kimberly Kirberger
Dan Clark



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前言

安徽科学技术出版社从美国独家引进的英文版《心灵鸡汤》系列读物自出版以来,因其新颖地道、鲜活流畅的语言,精彩有趣的故事和极富震撼力的内涵,深得广大读者的推崇与喜爱,广受各方的赞誉和褒奖,取得了骄人的市场业绩,现已成为英语读物中的闪亮品牌。

通过市场调研,我们

《心灵鸡汤》

的中国读者

主要是大学

生及一些

高中生,部

分读者因词汇量

及有关知识尚欠丰富

不同于国内表达方式的灵活用法以及有关文化背景等给予注解,以便于读者理解;对精彩的语句给予言简意赅、画龙点睛的“赏析”,便于读者体会其精妙之处。

等原因,影响了阅读与理解。鉴于此,我们

推出了本系列

读物的注释版。

注释版

是在原英文

版的基础上,对

疑难的单词、词组、

本书由许俊农、朱耀武、李春林加注。





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Chicken Soup for the College Soul took over a year to write, compile and edit. It has been a joyous and challenging task and we would like to thank the following people whose contributions have made it possible.

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Because of the immensity of this project, we may have left out names of some people who helped us along the way. If so, we are sorry. Please know that we really do appreciate all of you.

We are truly grateful for the many hands and hearts that made this book possible. We love you all!



Introduction

Dear College Student,

We are excited about this book. It has been a true labor of love for us, as well as a complete education in itself. In the process of creating this book we read over eight thousand stories and poems and talked to hundreds of college students. The journey has been a rewarding one. We have discovered much about today's students and we are very impressed with what we have seen and heard.

You have worked very hard to get to where you are and you seem to know the importance of the job that still awaits you. You are preparing to inherit a world with many problems; yet, it is clear to us that you have the intelligence and the heart necessary to confront and solve them.

Being all too aware of the stresses and pressures you are under, we have worked diligently to give you a book that will offer you the inspiration, motivation, insights and comic relief you will need to do the job at hand.

We have filled this book with anecdotes about the difficult transition from home to college and from adolescent to adult. There are stories about professors who inspire and students who excel. There are stories that will make you laugh and stories that contain the wisdom of those who have been there.

The college years are packed with so much emotional challenge. It has been said that people grow and develop the most during two periods of their lives: before the age of five and during college. Therefore, it is so important that you remember to be good to yourself and nourish yourself with as much Chicken Soup as possible during this important time of transition.

So, here you go. A book from our heart to yours. May it give you hope when you have none, may it inspire you when you most need it, and may it remind you to take things lightly and never be so serious that you forget to laugh.

We wish you love, joy, courage and the strength to persevere.



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1 GETTING IN

走进校园

And yet not a dream, but a mighty reality—a glimpse of the higher life, the broader possibilities of humanity, which is granted to the man who, amid the rush and roar of living, pauses four short years to learn what living means.

W.E.B. DuBois

让一个人在喧嚣忙碌的生活中,停歇下来,用4年短暂的时间去领悟生活的真谛,去探寻美好的生活,去仁慈博爱地对待他人——这一切不是梦想,而是巨大的现实。



The Wonder Years

非凡的岁月

编者按:这是纽约大学入学考试的问答题和实际的回答。

[EDITORS' NOTE: This is an NYU college-admission application essay question and the actual answer.]

Question:

In order for the admissions staff of our college to get to know you, the applicant, better, we ask that you answer the following question: "Are there any significant experiences you have had, or accomplishments you have realized, that have helped to define you as a person?"

Answer:

I am a dynamic¹ figure, often seen scaling² walls and crushing³ ice with my bare hands. I have been known to remodel train stations on my lunch breaks⁴, making them more efficient in the area of heat retention⁵. I translate ethnic slurs⁶ for Cuban refugees⁷. I write award-winning operas. I manage time efficiently. Occasionally, I tread water for three days in a row⁸. I woo women with my sensuous and godlike trombone playing.⁹ I can pilot bicycles up several inclines with unflagging¹⁰ speed, and I cook thirty-minute brownies¹¹ in

1. 活力四射的
2. 攀登, 测量
3. 压碎, 碾碎, 粉碎, (使)变形
4. 我曾因在午餐时间改造火车站而闻名遐迩。
5. heat retention 保热
6. ethnic slur 带有浓厚的少数民族的发音
7. 难民, 流亡者
8. for three days in a row 一连3天
9. 我吹奏着庄严而神圣的长号追求女性。
10. 不屈不挠的, 不松驰的
11. 果仁巧克力饼



twenty minutes. I am an expert in stucco¹, a veteran in love and an outlaw² in Peru. Using only a hoe and a large glass of water, I once single-handedly defended a small village in the Amazon basin from a horde of ferocious army ants³. I play bluegrass cello⁴. I was scouted⁵ by the Mets. I am the subject of numerous documentaries⁶. When I'm bored, I build large suspension bridges in my yard. I enjoy urban hang gliding⁷. On Wednesdays, after school, I repair electrical appliances⁸ free of charge. I am an abstract artist, a concrete analyst and a ruthless bookie⁹. Critics worldwide swoon over my original line of corduroy¹⁰ evening wear. I don't perspire. I am a private citizen, yet I receive fan mail. I have been caller number nine and have won the weekend passes.

Last summer I toured New Jersey with a traveling centrifugal-force demonstration.¹¹ I bat. 400. My deft floral arrangements have earned me fame in international botany circles.¹² Children trust me. I can hurl tennis rackets at small moving objects with deadly accuracy.¹³ I once read *Paradise Lost*, *Moby Dick* and *David Copperfield* in one day and still had time to refurbish an entire dining room that evening.¹⁴ I know the exact location of every food item in the supermarket. I have performed several covert operations with the CIA. I sleep once a week; and when I do sleep, I sleep in a chair. While on vacation in Canada, I successfully negotiated with a group of terrorists who had seized a small bakery. The laws of

1. 装饰用的灰泥
2. 歹徒, 逃犯, 丧失公权者
3. 仅仅凭借着一把锄头和一大杯水, 我单枪匹马抵御了漫无边际的一大群凶残蚂蚁的攻击, 使亚马孙盆地的一个村庄幸免于难。
4. 大提琴
5. 侦察, 跟踪, 监视
6. 纪录片
7. hang gliding 悬挂式滑翔机
8. electrical appliance 家用电器
9. ruthless bookie 残忍的赛马赌注者
10. 灯芯绒, 灯芯绒裤子
11. 去年夏天, 我随一个巡回离心力表演团体游历了整个新泽西州。
12. 我娴熟的花卉摆放手艺为我在国际园艺界赢得了盛名。
13. 我能用网球拍准确无误地击中运动中的小物体。
14. 我曾经在一天之内看完了《失乐园》《大白鲸》和《大卫·科波菲尔》(译者注: 分别是英国作家弥尔顿、美国作家梅尔维尔和英国作家狄更斯的著作), 并在那个晚上剩下的时间把整个餐厅粉刷一新。