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●安徽科学技术出版社 Health Communications, Inc.



36

H319. 4/1573

2007



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[皖]版贸登记号:20061201396

图书在版编目(CIP)数据

心灵日记:双语版/(美)坎费尔德(Canfield,J.)等编著. 贺爱军等译. 一合肥:安徽科学技术出版社,2007. 8 ISBN 978-7-5337-3846-4

1. 心··· Ⅱ. ①坎··· ②贺··· Ⅲ. ①英语-语言读物②故事-作品集-美国-现代 Ⅳ. H319. 4: Ⅰ

中国版本图书馆 CIP 数据核字(2007)第 095210 号

心灵日记:双语版 (美)坎费尔德(Canfield, J.)等编著 贺爱军等译

出版人:朱智润

责任编辑:姚敏淑

封面设计,王 艳

出版发行:安徽科学技术出版社(合肥市政务文化新区圣泉路 1118 号 出版传媒广场,邮编,230071)

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经 销:新华书店

排 版:安徽事达科技贸易有限公司

印刷:安徽新华印刷股份有限公司

开 本: 880×1230 1/40

印 张:10

字 数:255千

版 次:2008年1月第2次印刷

印 数:5000

定 价: 25,00元

Please tell me clearly what love is?

Maybe··perhaps···love is··roughly speaking···

In fact I think you are right. I couldn' t agree less. To be precise··· Love is vague···
请明白地告诉我爱是什么?
或许……可能……爱是……犬概……奕际上……我想你是对的,我完全同意。确切地说……一切表达爱的语言都是苍白的……

译者简介

第一译者

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我喜欢绿色, 它浪漫可爱, 让泪水变得甜美。

others, I truly
this naw ma. I welcome
to me.

Today I have a fresh start. I choose to begin letting go of unhealthy thoughts, feelings and attitudes that have stifled my growth. Today I choose to think new

Be like a sponge when it comes to each new experience. If you want to be able to express it well, you must first be able to absorb it well.

Jim Rohn

thoughts, to look at new values and to find new ways of expressing my God-given gifts. I now choose to deepen my understanding of others and myself. I will look at my relationships with family and my friends in a new

light. I choose to have vital, healthy interactions with others. I truly welcome this new day, this new year and this new me. I welcome the wonderful possibilities open to me.

Rokelle Lerner

1月1日

今天我拥有一个全新的起点。我决定远离有损身心健康的想法、情感和消极的人生态度,它们抑制了我的成长。今天,我决定挖掘全新的思想,探寻全新的价值观念,寻找全新的途径来表现自己的天赋。我决定从现在开始加深了解别人,洞悉自己。我将以全新的视角看待我和我的家庭成员以及亲戚朋友的关系,决定与别人建立一种生机勃勃、健康向上的交往关系。我发自内心地欢迎这全新的一天,全新的一年,以及全新的自我。我欢迎即将到来的美好未来。

罗卡拉・莱娜

每次遇到新的经历时,要像海绵一样。如果你想把它表达好,首先要做到吸收好。

吉米・罗恩



When I grew up, I learned not to rock the boat; asserting my own opinions and desires could get me in trouble. Sometimes I carry this over in my parenting; I

trouble. Sometimes I carry this over in don't take a stand or set limits. When my children push or threaten to get angry, the fear I felt as a child comes up and my reaction is to placate them and keep the peace. This is not healthy. I need to feel those fears I felt as a child along with the sense of helplessness that overwhelmed me. I need to separate myself as a child frought. I also need to separate my inner

Loving a child doesn't mean giving in to all his whims; to love him is to bring out the best in him, to teach him to love what is difficult.

Nadia Boulanger

need to separate myself as a child from myself as an adult. I also need to separate my inner child from the child I am raising.

Tian Dayton

1F120

在我长大成人后,学会了安于现状,坚信我自己的看法和愿望会使我陷入麻烦。有时我把这种理念运用到对孩子的教育中,不明确恋度,也不加以限制。当孩子威胁要生气时,我的幼童式的担忧便涌上心头,第一反应是安抚他们,维持平静。这种理念并不健康。我需要感受内心的幼童式的担忧,也需要去感受压在心头的无助感。我需要把幼童式的心理和作为成人的我分开。我也需要把我的幼童式的内心世界与我养育的孩子分开。







提恩・戴唐

疼爱孩子并不意味着一味顺从,让他随心所欲,而是要发挥他的长处,并 教育他知难而进。

When I was a teen, my grandmother taught me how to cross-stitch. I was apprehensive at first, sure that my disability would interfere. It always did. My

grandmother reassured me that I could do simple patterns at my own pace.

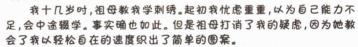
Great is the art of beginning, but greater is the art of ending. Henry Wadsworth Longfellow

There were curses; there were smiles. There were times I quit and times I began again. But when I

completed my first pattern I realized the mistakes and curses were twined with perfect stitches and smiles to create something brand new. Just like life.

It's a lesson I re-learn every time I thread a needle. Christyna Hunter

1F30



有骂声相随,也有笑声相伴,我的刺绣学习也时辍时启。但是当我织出第一幅图案时,我认识到是在错误和责骂声的相互经纬中织出了完美的针线和开心的笑容,创造出全新的图案。生话又何尝不是如此。

每缝一针一线,我总能重温这一教训。

克莉経汀・亨特

良好的开端诚然伟大,完美的结局则更伟大。

亨利·沃兹沃思·朗费罗



Spend a few minutes, a few hours, or an entire day unconcerned about what others will think, or what's in it for you, or whether something offends you or not.

Feel the freedom, delight in the ability to accomplish, and explore possibilities that you may never before have even known about.

Once you decide to let go of your ego, it's a very simple thing to do. And it will truly change your world for the better. Kumaris

Detachment is being close to what you most want to be free from and using it to make you grow.

Kumaris

1F140

留出几分钟,几小时,甚至一整天,不要去理会别人怎么看,也不要去理会别人的看法对你的意义,也不要去在乎某事是否触犯了你。

去感受自由,并且为你能够完成和探索未知之事的能力而欣喜若狂。

一旦你决定放弃以自我为中心,一切会变得简单易做,而且它会真正地改变你的世界,让你的世界变得更加美好。

古默丽思

人最想释放自己,使自己接近于超然,超然的人生态度有利于成长。 古默丽思







Just for today, I will not hate. Just for today, I will forgive the one who hurt me. I will remember that I am a child of God, and I will take the child out to play.

Jaye Lewis

Forgiveness is a gift you give yourself.

Suzanne Somers

1F50

为了今天,我将不再去仇恨什么。为了今天, 我将原谅那些伤害过我的人。我将牢记自己是 上帝的孩子,我怀着孩子的心情去生活。

杰伊·利维斯

原谅别人就是给自己留出了礼物。

苏珊娜·萨默斯



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Within every human being there is an inherent sense of dignity and self-respect. Circumstances in life might cause it to be buried under layers of grime but sooner

or later, this sense of dignity pushes its way up for recognition and one day breaks through the surface. That's the day a person becomes aware that "I am too good for this." At that moment, the miracle of recovery can begin.

Abraham J. Twerski

The best solution for little problems is to help people with big problems.

Rabbi Kalman Packouz

1月6日

每个人的内心都有一种与生俱来的尊严感和自尊感。然而生活中的际遇机缘可能使它们尘封心底。但是或迟或早这种自尊感会努力争取得到承认,直至有一天会破土而出。这一天也是一个人意识到"我非常优秀,完全能够做到这一点"的一天。那时,惊人的奇迹也将出现。

亚伯拉罕·J图尔斯基

帮助别人解决小问题的最好办法在于帮助别人解决大问题。

拉比·卡尔曼·潘扣兹



Embrace life and all it has to offer, then you can live with an appreciation for all it's worth. When you embrace life there is a sense of satisfaction and

There's only us, there's only this, forget regret, or life is yours to miss. No other road, no other way, no day but today.

Jonathan Larson

contentment that comes over you, helping you to live each moment with acceptance and gratitude. Not always longing to be someplace else or wishing for something different. Instead you are taking what comes your way and turning it into the best it can be. You

can live with a purpose, enjoying every moment, and with a thankfulness that stirs in you a deeper commitment to embrace life even more.

Peggy Reeves



接受生活和生活所提供的一切,那样就能对生活中有价值的东西带着欣赏的眼光去看待。接受了生活,你就会心满意足,对生活中的每时每刻都会欣然接受并心存感激。不要总是渴望置身异地,或与众不同。相反,应该随遇而安,转劣为优。你能够有目的地生活,开心每一刻,并要心存感激,以更虔诚的心情去接受生活。

佩杰・里夫

只有自我,也仅此而已。不要后悔,否则生话会与你失之交臂。无路可走,也无他途,与其择日而动,不如今日就动。

乔纳森·拉生



When I was alone and hope seemed so far away, I met a soul who changed my life—myself. I began to learn, to love, to be responsible for my future and to accept that the past cannot be changed.

Rather than walk without direction, lost inside my tormented mind, I learn and accept that if I feel pain, I can feel joy as well. I can enjoy the present and cherish a sunset, a lake, a tear, a smile, a friend

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

Unknown

Isa Traverso Burger

1F80

当我孤身一人,希望好似遥不可及之时,我遇到了一位精灵。他改变了我的生活——也改变了我自己。我开始学习,懂得去爱,对我的未来也各起了责任,并且接受了往事已成定局的观点。

设有漫无目标地行走,也设有因内心痛苦折磨而不知所措,我开始学习并且认为如果我能够感知痛苦,我也定能体验幸福。我应该去掌握当下,享受生活,去珍爱一轮落日、一泓湖水、一滴眼泪、一掬笑容以及一位友人。

艾萨·特拉索·伯格

我无力改变风向,但我可以调整船帆,让它总是朝着目的地方向驶去。







The more I recognize abundance as being meant for me, the more it will be true. An unconscious attitude of limitation and scarcity will find its way into my life if I

The moon belongs to everyone; the best things in life are free.

B.G. DeSylva

allow it to. When I can see the prosperity in this world as a boundless supply, one in which I partake along with others, I open the channels for it to enter into my life. I will think

positively about other people's prosperity, knowing that what I believe to be true for someone else, I also believe to be true for me. I accept the abundance in my life.

Tian Dayton

1F190

我越是认识到财富的重要性,财富就会显得越来越真实。如果允许的话,身受局限、供不应求的生活态度也会无意识地进入我的生活。当我把人间的财富看做是一种永无止境的供给时,看做是一种与别人分享的东西时,我就为财富进入生活打开了方便之门。我也会用积极的眼光去看待别人的财富,因为我明白对他人真实可信的东西,对我同样也真实可信。这样我接受了生活中的财富。

提恩・戴唐

皎皎明月,普照万方。 生活佳肴,人皆可获。

B.G.德西尔瓦



Dreams are surprisingly durable. Though forgotten, they will lie like dry seeds buried in desert sands, waiting. A dream may appear fragile and lifeless, but

inside the parched husk waits lush creative potential. We sometimes forget these old dreams of ours, but they do not forget us. Spring rains arrive at last, following the hard years of drought, and our "dead" dreams sprout most

All our dreams can come true ... if we have the courage to pursue them.

Walt Disney

unexpectedly. We are filled with delight to see their long-forgotten shape, to breathe their fragrance again, and we wonder at our carelessness in forgetting. Today, I will visit my garden of forgotten dreams... and bring a watering can.

Rhonda Brunea

1月10日

梦想经久不衰,令人吃惊。尽管已被遗忘,但它们像埋在沙中的干枯的种子,等待时机。梦想有可能看起来纤小脆弱,生气不足,但是在干枯的外壳里面隐藏着旺盛的生命力,等待发芽。我们有时忘掉了往日旧梦,但是梦想不会忘掉我们。经年干旱之后,最终喜降春雨,我们那些逝去的旧梦意外地抽条拔穗。看到那些久违的梦的雏形,再次呼吸到它们芬芳的气味,我们满心欢喜,并惊诧于自己的疏忽大意,居然忘掉了它们。今天,我将拿着水壶造访旧梦的花园。

朗达·布鲁纳

如果我们有勇气去追求梦想,所有的梦想都能成真。

沃尔特·迪斯尼



The harsh winter winds call attention to themselves, and I am mindful of all the unpleasant aspects of the unfriendliest of seasons. Some memories of my unhappy

What life means to us is determined not so much by what happens to us as by our reaction to what happens.

Lewis L. Dunnington

childhood still linger within me, blowing icy blasts through my soul. I am aware of these, just as I am aware of the chill in the world around me. There is no need to struggle against these elements. I am as unique and important to life's scheme as each snowflake. I

have a new and abiding warmth in my soul as I patiently await the coming of spring with its warmth, sunshine and fresh breezes to rejuvenate me.

Rokelle Lerner

1F110

寒风凛冽,人人都能感觉到。岁月中留下的痛苦、敌意的一面我记忆犹新。童年时代的伤心往事仍然留在心中,好似阵阵寒风吹过心田。这些往事就像大自然中刺骨寒风一样,我心知肚明。不需要去对抗这些风雨雷电。在生活的图案上,我与众不同,就如片片不同的雪花一样。我内心涌动着一股暖流,耐心地等待着春天的到来,它将带来暖意,带来阳光,带来鲜活的和风,恢复我的活力。

罗卡拉・莱娜

生活对于我们的重要意义与其说是由诸多事件决定,还不如说是由我们对诸多事件的态度决定的。

刘易斯·L.邓宁顿

