

青青草中英双语分级读物

幸福，

其实很简单

中英对照

总主编 林梅
本书主编 陈彦瑞

★
★
第 4 级



幸福是你疲倦时候递上的一杯清茶
幸福是你受伤时妈妈温暖的怀抱.....
淡淡的幸福就是幸福



北京航空航天大学出版社
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前 言

语言表达能力的好坏主要靠词汇量的积累，而词汇量的积累最主要的途径是阅读。研究表明：美国儿童的阅读量是中国儿童的六倍。所以想要英语好，阅读是不可忽略的关键因素。

《青青草中英双语分级读物》是一套适合小学到大学的分级阅读材料，整个套系选材考究、内容丰富多彩，涵盖了童话、寓言、歌曲、电影、小说、演讲等题材，能帮助您从培养兴趣开始，循序渐进，一步一步地把您带入英语的殿堂。

配有外教真人原声录制的音频，可让您在阅读之余练习听力和跟读，也可让您进行复述、提炼和总结。这是一套能帮助您提高语言发展、阅读能力、写作能力等综合训练的工具。

这套读物的教育意义不靠说教，不靠灌输，而是渗透式、启发式的，让您在愉悦的阅读过程中学习语言、爱上阅读，并为将来的写作奠定基础。

编者

2016 年于北京



目 录



Chapter 1 幸福来源于何处

1. Which Comes First, Success or Happiness?	
先有成功还是先有幸福.....	2
2. The Meaning of Success 幸福的意义.....	7
3. The Road to Happiness 通往幸福的路.....	12
4. Cultivate Happiness 幸福由心而生.....	18
5. The Source of Happiness 幸福之源.....	23
6. Talking about Happiness 浅谈幸福.....	27
7. The Paradox of Happiness 矛盾的幸福感.....	32
8. Happiness 幸福.....	37
9. About Happiness 关于幸福的 12 个有趣真相.....	42
10. A Simple Truth about Happiness 关于幸福的真谛.....	47
11. Happiness is a Choice 幸福是一种选择.....	53

Chapter 2 幸福来临，只等你开门

12. How to Be Happy 人生快乐之道.....	60
---------------------------------	----



13. Fun 快乐	66
14. How to Take Control of Your Happiness 如何掌控你的快乐	71
15. Happiness is Better 幸福快乐就好	76
16. The Secrets to Happiness 通往幸福的秘密	81
17. Nine Steps to Happiness 幸福九部曲	86
18. When Happiness Calls, Will You Answer?	
当幸福来敲门, 你会应答吗?	92
19. Nine Daily Habits That Will Make You Happier	
九个日常习惯让你更快乐	97
20. The Standard of Felicity 幸福的准则	102
21. Choose Optimism 选择乐观	107
22. Get Happier in 28 Days 28天让你更快乐	113
23. Life is Full of Choices 生活充满选择	118
24. In Life We Are Happiest when... 生活中, 我们最幸福时	123
25. Top Characteristics of Happy People 快乐者的典型特质	127
26. Six Components of A Happy Life 幸福生活的六个要素	131

Chapter 3 快乐总是简单的

27. "There" is no Better than "Here" 知足者常乐	138
28. You are Enough 你已经足够好了	143
29. Confessions of A Morning Person 早起者的自白	149
30. I Resolved to Make Our Own Holidays 我决定设立自己的节日	155
31. Simpler Resolutions 更简单的决心	160
32. Check the Cart 检查购物车	166
33. The Happiness Trap 幸福圈套	171
34. 20 Ways That Can Find Yourself Happy	
20个习惯让你成为幸福的人	176
35. The Best Goal He Never Reached 从未实现的最佳目标	182

36. Tips for Happy Life	幸福的要诀	188
37. How to Make Someone Happy	如何让他/她幸福	192
38. Finding A Way to Move on	找到前进的路	197

Chapter 4 活在当下，不畏惧不抱怨

39. Be Grateful to Life	感恩生活	204
40. Seize the Day	及时行乐	209
41. Where is your Happiness? Past, Present, or Future?		
你的幸福在哪里？过去、现在还是将来？		215
42. Happiness is in Our Own Hands	幸福在我们自己手中	220
43. Where do you Find Happiness?	幸福在哪里？	225
44. Happiness First, Money Later	幸福为本，金钱次之	231
45. I Will Greet This Day with Love in My Heart		
我要用全身心的爱来迎接今天		236
46. Life is Like Water	人生如水	242
47. The Rewards of Living a Solitary Life	独居生活的回报	246
48. Your Happiness, Your Responsibility	你的幸福，你的责任	251
49. Happiness is Yours for the Taking	幸福等你争取	256
50. Human Life is A Poem	人生如诗	261
51. Every Day is A Gift	珍惜每一天	266



Chapter 1

幸福来源于何处



1. Which Comes First, Success or Happiness? 先有成功还是先有幸福



带着问题去阅读

1. 你对“先有成功还是先有幸福”这个命题有什么看法?
2. 你现在幸福吗?
3. 你同意“乐观是成功之母”这一观点吗?



美文欣赏

1 We've heard the classic expression, "Which came first, the chicken or the egg?" Chickens hatch from eggs, but eggs are laid by chickens, arousing endless debate over each side of the arguments.

2 I've come up with an equally controversial expression to perturb your mind, "Which comes first, success or happiness?" Before you jump the ropes, I wanted to warn you that arguments could be made to prove which gives rise to the other.¹ Success comes from within, knowing the true worth of our human potential.

3 I have several profound reasons to



译文

1 我们都听过那个经典的命题，“先有鸡还是先有蛋？”鸡生蛋，蛋生鸡，人们常常就这个问题争论不休。

2 我提过一个同样颇具争议而惹人困扰的命题，“先有成功还是先有幸福？”在你还未被绕晕之前，我想提醒你的是这个论点可以用来证明二者的因果相生关系。成功源于内在，且让我们认识到人类潜能的真实价值。

3 我有几个很有说服力



prove that happiness leads to success.

4 Positivity is the mother of success: we all know that positivity leads to attitude and unwavering faith to achieve success. In the history of the human race, no negative person has ever reached the peaks of success; happiness is a virtue of positivity; without happiness, positivity dies a horrible death.

5 It's all in my head: success begins with self-affirmation. It's that staunch belief that when I love what I do, success has to come. When the mood is positive, we produce our self-esteem leading to relentless pursuit of success.

6 I succeed when others succeed: it is a known fact that success comes to those who invest in other people's success. Being happy is a prerequisite to have a pro-social attitude leading to generosity with time and money.

7 I'm happy, so I am healthy: happiness tends to instill positivity towards life goals including a healthy mind and healthy relationships. With the virtue of healthy mind, body and soul, I now focus on achieving success.

8 Be confident: I've noticed that

the theory can be proved, is happiness brought success.

4 乐观是成功之母：我们都知道，乐观能带来实现成功的态度和坚定不移的信念。在人类历史上，没有一个悲观的人曾攀登上成功的顶峰。幸福是乐观的原动力。没有幸福，积极乐观的态度就会胎死腹中。

5 一切都取决于我自己的想法：成功来源于自我肯定。我有着一个坚定的信念，那就是当我热爱我所做的工作时，成功自然而然就来了。乐观开朗的心境有助于产生自尊，而自尊会引发对成功无休止的追求。

6 当其他人成功时我也成功：那些投资他人成功的人自己也会成功，这是一个人所共知的事实。幸福是一种对社会保持正面心态的前提，这种心态会使得人们愿意大方地投入时间和金钱。

7 我幸福，所以我健康：幸福会给生活注入积极乐观，包括健康的头脑和人际关系。有了健康的头脑、身体和灵魂，现在我可以更专注于追求成功了。

8 保持自信：我注意到



staying under sun energizes my mood and willingness to pursue my goals. Similarly, with happiness, I get an abundance of confidence in my skills and in my resilience towards temporary failures to achieve success.

9 Constancy of purpose: Success comes to those who have a definite purpose. Their relentless efforts towards definite purpose come from happiness within to affirm that victory is the only acceptable outcome.

10 Success holds no limits: happiness leads to creative vision that seeks achievement without limits. My success is limited only to the limits I impose on my thoughts. With happiness, I take my self-esteem to unseen heights to achieve success beyond my wildest expectations.

11 In the moment: Enjoying every moment with focus of mind, body and soul leads to happiness that shows in the activity that we engage in.² I tend to be at my best when my mind is neither engaged in the past failures nor in the future fantasies. I am giving all I have to the task at hand with unbound happiness. I am destined to arrive at success.

12 Happiness is when what you think, what you say, and what you do are in harmony. — Mahatma Gandhi (1869—1948)
Preeminent leader of Indian nationalism.

在阳光底下更能激发我的情绪和意愿去追求我的目标。同样地，拥有幸福，我从我的技能和对暂时失败的恢复能力中得到了许多自信来实现成功。

9 恒久的目标：成功只垂青那些有明确目标的人。他们对既定目标所付出的不懈努力来源于内在的幸福感，确信胜利志在必得。

10 成功无界限：幸福感带来充满创造力的视野以及追求无止境的成就感。我的成功只会被我自身的想法所局限。拥有幸福，我便拥有自信去达到从未企及过的超越我想象的高度。

11 活在当下：全身心享受每时每刻带来幸福感，这在我们所参与的活动中将有所体现。当我的思绪既不沉溺在过去的失败中、也不沉浸在对将来的幻想中时，我的状态最佳。我满心愉悦地尽全力做好手边的工作。我注定会成功。

12 幸福就是当你所思、所言、所做都处于和谐的状态。——甘地（1869—1948），印度民族独立运动的伟大领袖。



13 Our profound view towards success and happiness shapes our destiny. You may focus solely on success and sacrifice happiness with the belief that happiness will follow success. That may prove to be wrong; sharing laughter with family, helping others, being personable and establishing social relations are all forms of happiness, essential to the health of you success.

14 You may have arguments from the other side of the fence. If so, I'd love to hear why you think success gives rise to happiness?

13 我们对成功和幸福的深刻见解将会决定我们的命运。你可能会只专注于成功，却牺牲了幸福，你认为幸福会随着成功而来，但那被证明是错误的；和家人分享欢笑、帮助别人、举止优雅、建立良好的社交关系都会带来幸福，而幸福对你的成功至关重要。

14 你可能会有不一样的见解。如果是这样的话，我很想听听为什么你认为幸福来源于成功？



阅读无障碍

- classic ['klæsɪk] *adj.* 经典的
hatch [hætʃ] *v.* 孵化
arouse [ə'raʊz] *v.* 引起
controversial [kɒntrə'vɜ:ʃəl] *adj.* 引起争论的
perturb [pə'tɜ:b] *v.* 使烦恼
profound [prə'faʊnd] *adj.* 意义深远的
unwavering [ʌn'weɪvərɪŋ] *adj.* 坚定的
self-affirmation ['self.æfə'meɪʃən] *n.* 自我肯定
staunch [stɔ:ntʃ] *adj.* 坚定的
relentless [rɪ'lentlɪs] *adj.* 无情的
prerequisite [pri:'rekwɪzɪt] *n.* 先决

条件

- generosity [dʒenə'rɒsəti] *n.* 慷慨
energize ['enədʒaɪz] *v.* 使活跃
resilience [rɪ'zɪliəns] *n.* 适应力；(心理或身体上的) 恢复能力
definite ['defɪnɪt] *adj.* 明确的
impose [ɪm'pəʊz] *v.* 强迫
engage [ɪn'geɪdʒ] *v.* 使参加；占用
unbound [ʌn'baʊnd] *adj.* 无束缚的
nationalism ['næʃənəlɪzəm] *n.* 民族主义
personable ['pɜ:sənəbl] *adj.* 风度翩翩的





极品佳句背诵

1. Being happy is a prerequisite to have a pro-social attitude leading to generosity with time and money.

幸福是一种对社会保持正面心态的前提，这种心态会使得人们愿意大方地投入时间和金钱。

2. Happiness is when what you think, what you say, and what you do are in harmony.

幸福就是当你所思、所言、所做都处于和谐的状态。

3. Sharing laughter with family, helping others, being personable and establishing social relations are all forms of happiness, essential to the health of you success.

和家人分享欢笑、帮助别人、举止优雅、建立良好的社交关系都会带来幸福，对你的成功至关重要。



疑难句轻松解

1. Before you jump the ropes, I wanted to warn you that arguments could be made to prove which gives rise to the other.

【译文】在你还没有被绕晕之前，我想告诉你这个论点可以用来证明二者的因果相生关系。

【解析】在这个句子中，从句中还有从句：首先 that 引导一个宾语从句作为 warn 的直接宾语，也就是 that 后面要说的就是“提醒”的内容；而在这个宾语从句中，还包含了一个 which 所引导的宾语从句，作为 prove 的宾语，也就是“证明”了什么，而“which gives rise to the other”则是指成功和幸福二者，是谁产生了谁。

2. Enjoying every moment with focus of mind, body and soul leads to happiness that shows in the activity that we engage in.

【译文】全身心享受每时每刻带来幸福感，这在我们所参与的活动中将有所体现。

【解析】这个句子中也包含着“从句套从句”，但在这个句子中，第一个 that 引导的是定语从句，其先行词是 happiness，也就是说，第一个 that 后引导的句子是用以修饰这一“幸福感”是怎样的：是在活动中体现的；而后面的 that 引导的也是一个定语从句，其先行词是 activity，也就是第二个 that 后引导的定语从句，则是形容是怎样的活动的：即我们所参与的活动。

2. The Meaning of Success

幸福的意义



带着问题去阅读

1. 你觉得什么是幸福?
2. 金钱和亲情哪个更能给你带来幸福?
3. 你是怎样追求幸福的?



美文欣赏

1 Happiness is something most of us aim for, and how we define it has important implications for how we conduct our lives.¹ To see why, compare these two competing definitions of happiness:

2 1. Happiness is all about minimizing pain and maximizing pleasure.

3 The underlying idea here is that there is a kind of mathematics of happiness. Imagine if in our deathbeds we were able to add up all the moments of pleasure in our lives and then all the moments of pain. The amount by which the



译文

1 我们大多数人都不懈地追求着幸福,因而对于“幸福”的理解也会对我们的生活产生潜移默化的影响。为了弄清其中奥妙,我们来比较一下两种对于“幸福”的不同定义:

2 1. 幸福就是避苦趋乐。

3 这一观点的根本,是将幸福进行了某种数字运算。想象生命垂危之时,将生命中的所有快乐累积成美好回忆,痛楚堆积成遗憾记忆。当美好超过痛楚,说明我们此生是何



pleasures exceeded the pains would tell us how happy we were during our lives.

4 2. Happiness is satisfaction with life as a whole.

5 On the surface this looks like the same idea but actually it's completely different. Consider the case of Clea Koff, a forensic anthropologist who spent nine years working in Rwanda, digging up the remains of people killed in the 1994 genocide. While this was clearly a gruesome task that would have given most people nightmares, afterwards she explained that the work was meaningful, which made it worthwhile.² For Koff, then, happiness was satisfaction that she had done the right thing with her life.

6 Pleasure and pain.

7 The first definition of happiness is perhaps the one most associated with hedonism, and one that is implicitly accepted by many people.

8 But I think the second definition is much better because it makes room for the idea that we give meaning to the things we do.

9 Happiness is not just a headlong charge towards whatever makes us feel pleasure. It is about finding satisfaction in ourselves and in what we have done, even when what we have done has been painful, like Clea Koff's work.

等幸福了。

4 2. 幸福就是对生活的种种感到满足。

5 乍一看，这个定义与前一观点相差无几，但实则不然。来看看克里科夫的经历：作为一位法医学者，她在卢旺达负责挖掘在1994年遭到种族灭绝中遇难者的遗体，在那里她度过了九年的工作生涯。显然，这项令人毛骨悚然的任务足以使大多数人噩梦缠身。但是事后，她辩明，这项工作很有意义，值得去做。对科夫而言，她做了正确的事情，成就感造就了她的幸福。

6 快乐与痛楚。

7 关于“幸福”的第一个定义可能是与享乐主义最接近的了，同时也是普罗大众潜意识中最普遍接受的观点。

8 但就我个人而言，第二个定义更为准确。它给了我们足够的空间去为自己的所作所为赋予新的诠释与意义。

9 幸福并非一味盲目地追寻感官上的愉悦，而是尝试着在自身以及我们所做的事情中探寻满足感。甚至当我们所经历的是场痛苦，哪怕正如克里科夫的工作那样，我们也应如此。



10 Happiness means different things to different people.

11 For example, some people believe that if they have lots of money, they will be happy. They believe that if they are wealthy, they will be able to do anything they want, which means happiness.

12 On the other hand, some people believe that holding a high position in the government is happiness. In this way, you have not only money, but also many other things which can't be bought by money.

13 However, other people believe that having lots of money is not happiness, nor is holding a high position in the government. These people value their beliefs, or their intelligence, or their health.

14 They think these can make them happy. For me, happiness is closely tied to my studies, my work and my family.

15 When I made great progress in my studies, when I made contributions to the society through my work, when all the members in my family live in harmony, sharing good and sad times, I was happy.

16 Although the definition of happiness depends on each individual, my "wealth" of happiness is in my studies, my work, and my family.

10 关于幸福的定义，不同的人有不同的理解。

11 就像有些人认为，如果他们有很多的钱，他们会很高兴。他们认为，如果他们非常富有，他们可以做任何他们想要做的事儿，而这就意味着幸福。

12 另一方面，有些人认为身居庙堂之高就是幸福。这样，你不仅有钱，而且还拥有许多其他无法用金钱买到的东西。

13 然而，另一些人认为，幸福既不是家财万贯，也不是身居要职。这些人珍视他们的信仰，学识或身体健康。

14 他们认为这些可以让他们感到幸福。对我来说，幸福快乐是和我的学业，我的工作，我的家庭密不可分的。

15 当我的学业取得了巨大的进步；当我的工作对社会做出了贡献；当我的所有家人和谐地生活在一起，一同分享喜悦与忧愁，这时的我就是幸福快乐的。

16 尽管“幸福”的定义取决于每个个体，但我的幸福感则存在于我的学业，我的工作，以及我的家庭当中。