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成长励志
系列

世界上最伟大的声音

The Great Voice I

第1辑

阅读提高·知识扩充·文化解读·思维拓展

徜徉于世界文化经典的长河，学习地道英语，感悟别样人生！

[美]Kira Freed 主编

刘慧译

麦格希 中英双语阅读文库



吉林出版集团有限责任公司



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I 前言

英语思想家培根说过：阅读使人深刻。阅读的真正目的是获取信息，开阔视野和陶冶情操。从语言学习的角度来说，学习语言若没有大量阅读就如隔靴搔痒，因为阅读中的语言是最丰富、最灵活、最具表现力、最符合生活情景的，同时读物中的情节、故事引人入胜，进而能充分调动读者的阅读兴趣，培养读者的文学修养，至此，语言的学习水到渠成。

“麦格希中英双语阅读文库”在世界范围内选材，涉及科普、社会文化、文学名著、传奇故事、成长励志等多个系列，充分满足英语学习者课外阅读之所需，在阅读中学习英语、提高能力。

◎难度适中

本套图书充分照顾读者的英语学习阶段和水平，从读者的阅读兴趣出发，以难易适中的英语语言为立足点，选材精心、编排合理。

◎精品荟萃

本套图书注重经典阅读与实用阅读并举。既包含国内外脍炙人口、耳熟能详的美文，又包含科普、人文、故事、励志类等多学科的精彩文章。

◎功能实用

本套图书充分体现了双语阅读的功能和优势，充分考虑到读者课外阅读的方便，超出核心词表的词汇均出现在使其意义明显的语境之中，并标注释义。

鉴于编者水平有限，凡不周之处，谬误之处，皆欢迎批评教正。

我们真心地希望本套图书承载的文化知识和英语阅读的策略对提高读者的英语著作欣赏水平和英语运用能力有所裨益。

丛书编委会

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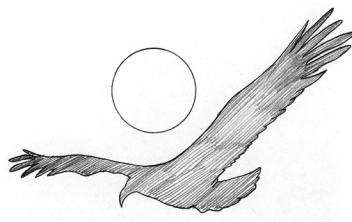
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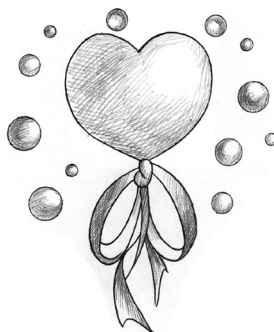
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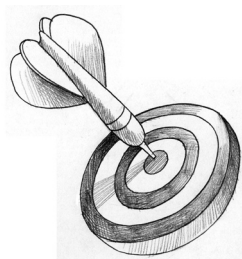


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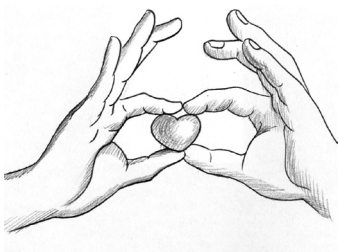
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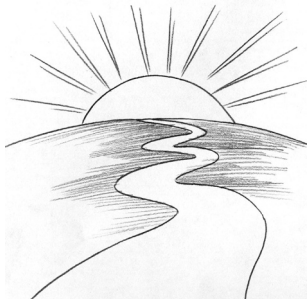
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1

Love Your Life

—Henry David Thoreau

However mean your life is, meet it and live it; do not *shun* it and call it hard names. It is not so bad as you are. It looks poorest when you are richest. The *fault-finder* will find faults in *paradise*. Love your life, poor as it is. You may perhaps have some pleasant, thrilling, glorious hours, even in a poor-house.



热爱生活

——亨利·大卫·梭罗

不论你的生活如何卑贱，直面它，走下去，不要躲闪，更不要怨天尤人。生活远非你想的那么糟糕。富甲一方的生活也会看似贫瘠乏味。吹毛求疵的人就是给他天堂，他也会指指点点。因此即使你生活贫穷，也要热爱生活。即使生活在贫民收容所里，你也可能拥有舒服异常、欢呼雀跃和星光闪耀的时刻。

shun v. 避开；回避；避免
paradise n. 天堂

fault-finder n. 吹毛求疵的人

The setting sun is reflected from the windows of the alms-house as brightly as from the rich man's *abode*; the snow melts before its door as early in the spring. I do not see but a quiet mind may live as contentedly there, and have as cheering thoughts, as in a palace. The town's poor seem to me often to live the most independent lives of any. Maybe they are simply great enough to receive without *misgiving*. Most think that they are above being supported by the town; but it often happens that they are not above supporting themselves by dishonest means, which should be more *disreputable*. Cultivate poverty like a garden herb, like sage. Do not trouble yourself much to get new things, whether clothes or friends. Turn the old, return to them. Things do not change; we change. Sell your clothes and keep your thoughts.

无论是穷家陋室所，还是豪华别墅，窗上所反射的夕阳余晖都一样灿烂夺目；其门前的积雪也同样在早春时节融化。正所谓：知足者常乐，一个心绪宁静的人，无论身处何地都像生活在皇宫中一样快乐。城里的穷人看起来生活得最为潇洒自在，也许只是因为他们选择了接纳生活，而非殚精竭虑，怨天尤人。很多人都认为自己精明能干，从而拒绝城镇援助，然而事实则往往是他们常常眼高手低，不得不靠一些见不得光的手段谋生。因此，像圣人一般，视贫穷如园中之花而将之培育吧！不要刻意地追求新花样，衣服也好，朋友也罢。万物未变，唯有我们在变。衣服可以卖掉，但要保留你的思想。

abode n. 住所

disreputable adj. 不光彩的

misgiving n. 担忧；疑虑

2

How to Be True to Yourself

—by Anonymous

When you know you're right,
you can't back down.

Always give others credit that is rightfully theirs. Don't be afraid of those who might have a better idea or who might even be smarter than you are.

Be honest and open about who you really are. People who lack genuine



如何对自己坦诚

——佚名

当你知道你做得对时，你就要勇往直前。

当别人值得赞扬，就赞扬他们！切莫害怕他人比你更有想法或甚至比你更聪明。

真诚、坦率地展示真实的你。只有缺乏真正核心价值观的人才会为了自我感觉良好而依靠外在因素——相貌或社会地位。他们势必要竭尽所能

core values rely on external factors—their looks or status—in order to feel good about themselves. Inevitably they will do everything they can to preserve this facade, but they will do very little to develop their inner value and personal growth.

So be yourself. Don't engage in a personal *coverup* of areas that are unpleasing in your life. When it's tough, do it tough. In other words, face reality and be adult in your responses to life's challenges.

Self-respect and a clear conscience are powerful components of integrity and are the basis for enriching your relationships with others.

Integrity means you do what you do because it's right and not just fashionable or politically correct. A life of principle, of not *succumbing* to the *seductive sirens* of an easy morality, will always win the day.

来保全这种表面形象，但却很少去培养自己内在的价值和个人修为。

因此，要做自己，不要忙于掩盖生活中令人不快的方方面面。艰难的时刻更要顽强。换言之，要正视现实。面对生活的挑战，要老成持重、应对自如。

自尊和问心无愧是坦诚相待的有力组成部分，也是你拓展人脉的基石。

坦诚意味着你做某事是因为它是正确的，而不仅仅是为了赶时髦或在政治上无过失。坚持做事有原则，不屈于享乐的诱惑，这样的人生将会战无不胜。

coverup n. 掩盖

seductive adj. 有魅力的

succumb v. 屈从

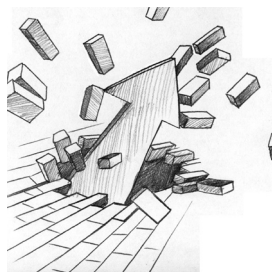
siren n. 迷人的女人；妖妇

3

Adversity

—by Anonymous

There is no better school than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve my performance next time. Never again will I contribute to my downfall by refusing to face the truth and learn from my past mistakes. Because I know: gems cannot shine without polish, and I can not perfect myself without *hardship*.



逆境

——佚名

逆境是最好的一所学校。每一次失败、每一次打击，每一次失去都孕育着成功的萌芽，都教会我如何在下一次困境中表现得更出色。我不会逃避现实，也不会拒绝从往昔的错误中吸取教训，我更不会再因此而使自己一败涂地。因为我深知，玉不磨不成器，没有艰难险阻，就不会完善自我。

hardship *n.* 艰难；困苦

Now I know that there are no times in life when opportunity, the chance to be and do gathers so richly about my soul when it has to suffer cruel adversity. Then everything depends on whether I raise my head or lower it in seeking help. Whenever I am struck down, in the future, by any terrible defeat, I will inquire of myself, after the first pain has passed, how I can turn that adversity into good. What a great opportunity that moment may present... to take the bitter root I am holding and transform it into *fragrant* garden of flowers.

Always will I seek the seed of *triumph* in every adversity.

现在我知道，灵魂备受煎熬的时刻正是生命中选择与机会最富足的时刻。成功与否取决于我在寻求帮助时是昂首挺胸还是垂头丧气。将来无论何时，即使我被可怕的困难击倒，历经最初的苦痛之后，我也会想方设法将逆境变成转机。伟大的机遇就在此刻闪现……这苦涩的根必将换来满园芬芳！

我将在未来的每一次逆境中都探寻成功的萌芽。

4

I Am Powerful!

—by Anonymous

I am very powerful!

Whatever I set my mind on
having, I will have.

Whatever I decide to be, I will be.

The evidence is all around me.

The power of my will has brought
me *precisely* to where I am right now.

I have made the choices. I have
held the thoughts.

**我很强大!**

——佚名

我很强大!

无论我的脑海里想拥有什么，我都将会拥有。

无论我决定将来何去何从，我都将会实现。

在我周围充斥着各种“我很强大”的证据。

意志的力量将我精确地带到了我当前所处之地。

我已经做出了选择，我已经坚持了自己的想法。

precisely adv. 精确地

I have taken the actions to create my current reality.

And I have the power to change it into whatever I want it to be.

With the choices I make, I am *constantly* fulfilling the vision I have for my life.

If that does not seem to be the case—then I am *deceiving* myself about what I really want.

Because what I really, truly want, I will get!

What I truly wanted in the past, I already have.

If I want to build a billion-dollar business, I will take the actions necessary to do it.

If I want to sit comfortably watching TV night after night—

I will take the actions necessary for that.

我已经采取了行动来创造现实。

而且我有能力实现愿望。

随着选择的不断做出，我人生的蓝图也逐渐地清晰。

但如果结果并非如此——那么说明我一直在蒙蔽自己，不知道自己真正想要什么。

因为我真正想要的、真心想要的，我终会得到！

曾经我真正想要的，现在我已经拥有了。

如果我想创立一项10亿美元的生意，我会采取必要的行动来实现它。

如果我想夜复一夜舒舒服服地坐着看电视——我就会那样做！

constantly *adv.* 不断地

deceive *v.* 欺骗