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True Meaning of Life

生命的真谛

采撷平凡的与不俗的花朵，编织美丽的花篮装点生命真谛
捕捉人在旅途的美妙瞬间，开启一场荡气回肠的生命旅行



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True Meaning of Life

生命的真谛

主编：张刚 杜晓冰 主审：赵亚翹

副主编：杨轶殊 韩春梅 王萍

编者：王媛媛 张 聪 王建伟



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这是一道有关生命真谛的英语学习营养盛餐。在人生旅途中，我们不时穿越崇山峻岭般的起起伏伏，时而风吹雨打、困顿难行；时而雨过天晴，鸟语花香。行走于天地间，生活中什么才是重要的？在无数个温暖的记忆里，我们找到了生命的真谛——一路上采撷的平凡的与不平凡的花朵编织成的生命之花篮。

一日之计在于晨。晨晖之中，张口诵读妙文，既可以享用原汁原味的语言素材，领略语言学习的真谛，培养出地道英语的语感，又可以玩转语音，确保字正腔圆。您只需每天早上花上些许时间，仿 mp3 朗读，英语水平就会得到全面提升。

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前言

Preface

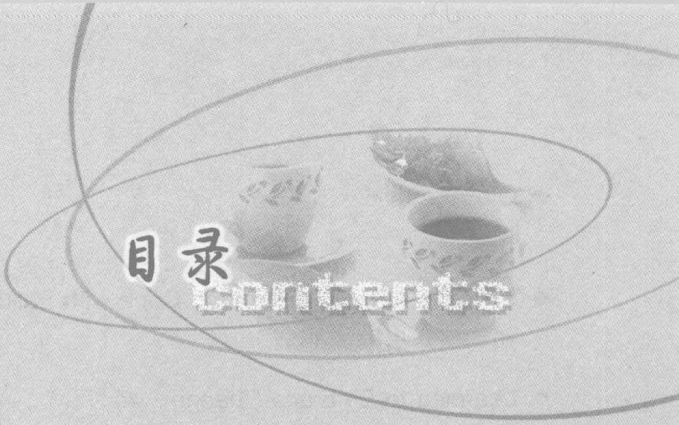
在我们生活的四周，充满了美好，也充满了情意。在我们生命的历程中，充满了生生之机，也充满了洋洋之趣。那是因为优美的、清冽的、情思隽永的文字使一切普通都变为美丽，使我们周围的一切都富于诗意。文章本天成，妙手偶得之。天成与妙手，人间处处有，需要的是迥然的慧眼，在浩瀚书海中，偶然的一瞥，结不解之缘。在你心中的欢乐里，愿你吟唱春日清晨鲜活的喜悦，让欢快流畅的文字带你穿越不朽的时空。

若有广大的心，一片茶叶，也可以跨泰山、越北海，领略千里之外的景色。若有细腻的情，一片茶叶，也能润灵台、破孤寂，与我们最细微的心思相会同行。美好的文字就是那一片片茶叶，一双双美丽的羽翼，带着我们走进生命的无限美好，品茗不可言喻的愉悦，每时每刻。

“激情晨读系列”丛书包括《成功的机遇》、《生命的真谛》、《青春的童话》、《宠物的情缘》以及《大自然的奇迹》。这些闪耀着激励、感动、哲思、欢快、惊喜光辉的文字更像一只只神奇灵动的手拨动着你的心弦，并使你从中呼吸到清新、自然、纯净的英语空气。就英语学习而言，背诵也是一种高效、简捷的学习方法，我们精心为您献上的文字饕餮盛宴是您背诵最好的素材，帮助您口诵琅琅，字正腔圆，锦心绣口，言语循章，行文得法。

本书精选了数十篇精彩美文，一行行富含生命哲理的文字将带您领悟生命的真谛。

编者



目录

contents

前言

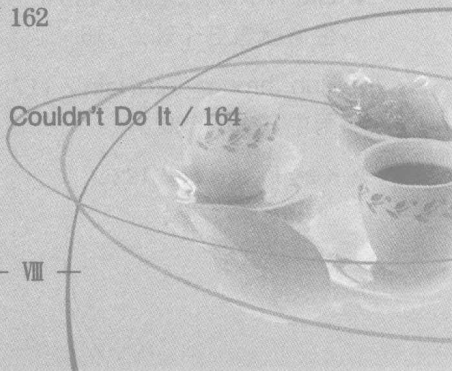
- ◆ Create Your Own Life / 1
创造你自己的生活 / 3
- ◆ You Have Only One Life / 5
生命只有一次 / 7
- ◆ The Wholeness of Life / 9
人生在于完整 / 11
- ◆ Best Time in Life / 13
人生的最佳时期 / 15
- ◆ Just for Today / 16
只为今天 / 18
- ◆ All You Remember / 20
你所记得的一切 / 23
- ◆ The Cracked Pots / 25
化劣势为优势 / 27
- ◆ I Want to Know / 29
我想知道 / 31
- ◆ The Price of Freedom / 33
自由的代价 / 35

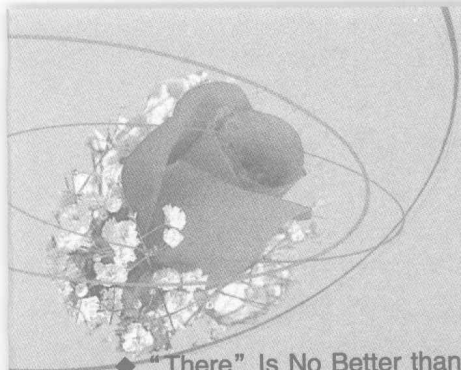
- ◆ Old Age / 36
年老 / 39
- ◆ Success or Failure: How to Cope with Failure / 41
如何面对失败 / 43
- ◆ Learning to Embrace Change / 44
接受改变 / 46
- ◆ Seven Secrets to a Great Life / 48
美丽人生的 7 大秘诀 / 51
- ◆ What Will Matter / 53
何为重要 / 55
- ◆ Condemning Yourself for Past Mistakes / 57
为你所犯的错误谴责自己 / 59
- ◆ Something to Ponder / 61
学会感激 / 63
- ◆ Moving beyond Fear / 64
消除恐惧 / 66
- ◆ Reach Out for Your Dreams / 67
追逐梦想 / 69
- ◆ Attitude Determines Everything / 71
态度决定一切 / 73
- ◆ I've Learned... / 75
我知道…… / 77
- ◆ Discover Your Passion and Purpose / 79
点燃你的激情 / 81



- ◆ Step into Other People's Shoes / 82
换位思考 / 84
- ◆ What We Have Learned in the Kindergarten / 86
三岁看大，七岁看老 / 88
- ◆ If I Were a Boy Again / 89
假如我又回到了童年 / 91
- ◆ Excuses / 93
借口 / 95
- ◆ Abundance Is a Life Style / 96
富足的生活方式 / 98
- ◆ On Motes and Beams / 100
尘埃与栋梁 / 102
- ◆ Releasing the Past / 103
往事如烟 / 105
- ◆ Get a Thorough Understanding of Oneself / 106
悟透“自己” / 108
- ◆ The Management in Life / 110
生活的管理艺术 / 112
- ◆ Life Is like 5 Balls / 113
生命就像五个球 / 115
- ◆ Run through the Rain / 117
雨中狂奔 / 120
- ◆ Kiss in a Box / 122
盒中之吻 / 124

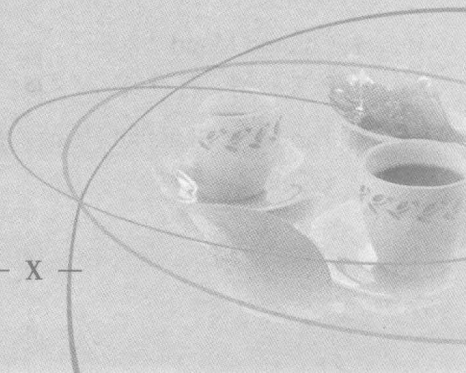
- ◆ The Two Roads / 125
两条路 / 127
- ◆ Weakness or Strength / 129
是弱点还是强项 / 131
- ◆ The Goodness of Life / 133
生命的美好 / 135
- ◆ Packaging a Person / 137
人的包装 / 139
- ◆ “Bricks” in Life / 140
生活中的“砖头” / 142
- ◆ Write Your Own Life / 144
谱写生命的乐章 / 146
- ◆ Love and Time / 148
爱与时间 / 150
- ◆ The 50-Percent Theory of Life / 152
生活理论半对半 / 154
- ◆ Clear Your Mental Space / 155
清理心灵的空间 / 157
- ◆ Wait for Love to Grow in Hearts / 159
让爱在心里成长 / 161
- ◆ You Can Do Anything / 162
你无所不能 / 163
- ◆ We Never Told Him He Couldn't Do It / 164
从不说他做不到 / 166





- ◆ “There” Is No Better than “Here” / 167
彼岸无尽头，知足才常乐 / 170
- ◆ You’ll Never Regret Becoming a Mother / 172
母亲永远不会后悔 / 175
- ◆ Grandpa’s Expectation: Be Happy / 177
爷爷的期望：幸福快乐就好 / 179
- ◆ Be Grateful to Life / 181
感恩生活 / 183
- ◆ The Best Time of My Life / 185
一生中最美好的时光 / 187
- ◆ Feel Your Angel’s Love / 189
孩子的守护天使 / 191
- ◆ The Smile / 193
微笑 / 195
- ◆ The Importance of Being Honest / 197
假如没了诚信，我一天也不会快乐 / 200
- ◆ Today Is a Gift / 202
心窗 / 204
- ◆ Change Mood / 206
改变心情，善待自己 / 208
- ◆ The Most Beautiful Heart / 210
最美的心 / 212

- ◆ Our Trouble / 214
我们的问题 / 216
- ◆ A Glass of Milk / 218
一杯牛奶的温暖 / 220
- ◆ Three Passions I Have / 222
我有三个愿望 / 224
- ◆ Keep Your Fork / 225
拿好你的叉子 / 228





Create Your Own Life

Life is raw material. We are artisans. We can sculpt our existence into something beautiful, or debase it into ugliness. It's in our hands.

— Cathy Better

生活是原料，我们是工匠。我们可以把生活塑造得妙不可言，也可以把它变得兴味索然。生活掌握在我们的手中。

——凯西·贝特

Sometimes people come into your life and you know right away that they were meant to be there, to serve some sort of purpose, to teach you a lesson, or to help you figure out who you are or who you want to become.

You never knew who these people may be — a roommate, a neighbor, a professor, a friend, a lover, or even a complete stranger — but when you lock eyes with them, you know at that very moment they will affect your life in some **profound**^① way.

Sometimes things happen to you that may seem horrible, painful, and unfair at first, but in **reflection**^② you find that without overcoming those **obstacles**^③ you would have never realized your potential, strength, willpower, or heart.

The people you meet who affect your life, and success and downfalls you experience, help to create who you are and who you become. Even the bad experiences can be learned from. In fact, they are probably the most

poignant^④ and important ones.

If someone hurts you, betrays^⑤ you, or breaks your heart, forgive them, for they have helped you learn about trust and the importance of being cautious when you open your heart. If someone loves you, love them back unconditionally, not only because they love you, but because in a way, they are teaching you to love and how to open your heart and eyes to things.

Make every day count. Appreciate every moment and take from those moments everything that you possibly can, for you may never be able to experience it again. Talk to people that you have never talked to before, and actually listen.

Let yourself fall in love, break free, and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be hard for others to believe in you.

You can make of your life anything you wish. Create your own life and live it with absolutely no regrets.

① profound [prə'faund] *a.* 意义深远的

② reflection [ri'flekʃən] *n.* 沉思, 考虑

③ obstacle [ˈɒbstəkl] *n.* 障碍 (物), 故障

④ poignant [ˈpɔɪnənt] *a.* 深刻的, 剧烈的

⑤ betray [bi'trei] *v.* 出卖, 暴露



创造你自己的生活

有的时候，某人进入了你的生活，你立刻就会知道他们的到来是命中注定的。他们会完成某种使命，或谆谆教导，或帮你认清自我、找准方向。

你永远不会知道这些人是谁——他们可能是你的室友、邻居、教授、朋友、爱人，甚至完完全全是一个陌生人——但是当你与他们四目相对的时候，顷刻间你便知道他们将会给你的生活带来深刻的影响。

有时你所经历的事情起初看起来是可怕的、令人痛苦的，甚至是不公正的。但深思后，你会发现没有这些困苦的磨炼，你就不会了解自己的潜能，发现自己的力量、洞察自己的意志力、看清自己的内心。

生命中影响你生活的人，你经历的成功或失败，都会让你看清自己。即使是那些不幸的经历，你也能从中吸取教训。事实上，这些教训是最严酷的，但也可能是最重要的。

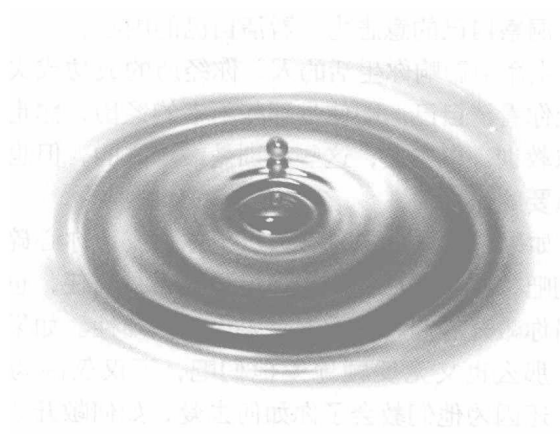
如果有人伤害了你、背叛了你，或让你心碎，原谅他们吧，因为是他们让你懂得了什么是信任，也让你明白当你敞开心扉时仍需保持警惕的重要性。如果有人爱你，那么也义无反顾地爱他们吧，不仅仅因为他们爱你，还因为他们教会了你如何去爱，如何敞开心扉、睁开眼睛去感受世间万物。

让每一天都充满意义吧。享受生命中的每一刻，并尽你所能地从中汲取所需，因为这一刻将一去不复返。去和你从未谈过话的人互相交谈聆听吧。

大胆地去爱吧，冲破樊篱，让自己看得更高更远。

昂起你的头，因为你有权利这样做。相信自己，告诉自己你很了不起，因为如果连你自己都不相信自己，别人又怎能相信你？

按照自己的意愿生活，创造出自己的生活，才能活得无怨无悔。





You Have Only One Life

I have only one life and it's short enough. Why waste it on things I don't want most? — L. D. Brandeis

人只有一次生命，且人生苦短，为什么在最不必要的事情上浪费时间呢？——布兰迪斯

It only takes a minute to get crush on someone, an hour to like someone, and a day to love someone. But it takes a lifetime to forget someone.

Maybe we meet a few wrong people before meeting the right one so that when we finally meet the right person, we will know how to be grateful for that gift.

There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug them for real!

Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

May you have enough happiness to make you sweet, enough **trials**^① to make you strong, enough **sorrow**^② to keep you human, enough hope to make you happy.

Always put yourself in others' shoes. If you feel that it hurts you, it probably hurts the other person, too.

The happiest people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

Happiness lies for those who cry, those who get hurt, those who have searched, and those who have tried, for only they can **appreciate**^③ the importance of people who have touched their lives. Love begins with a smile, grows with a kiss and ends with a tear. The brightest future will always be based on a forgotten past. You can't go on well in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one who is smiling and everyone around you is crying.

Please send this message to those people who mean something to you, to those who have touched your life in one way or another, to those who make you smile when you really need it, to those who make you see the brighter side of things when you are really down, to those who you want to let know that you appreciate their friendship. And if you don't, don't worry. Nothing bad will happen to you. You will just miss out on the **opportunity**^④ to **brighten**^⑤ someone's day with this message.

① trials [ˈtraɪəl] *a.* 实验性的, 暂时性的

② sorrow [ˈsɒrəʊ] *n.* 遗憾, 不幸

③ appreciate [əˈpriːʃieɪt] *v.* 欣赏, 意识到

④ opportunity [ˌɒpəˈtjuːnɪti] *n.* 机会, 良机

⑤ brighten [ˈbraɪn] *v.* 使发光, 使变亮



生命只有一次

也许用一分钟时间你会迷恋上一个人，用一个小时能喜欢上一个人，用一天时间你就会爱上一个人，而忘记一个人则需要一辈子的时间。

也许我们只有在遇到一些不尽如意的人之后才能找到知音，只有这样，我们才能对这份礼物心存感激。

生活中，当你深深地思念某人时，你甚至想将他从梦中带走，真真切切地拥抱他。

做自己想做的梦，去自己想去的的地方，走自己想走的路吧。生命只有一次，机会只有一回。

愿你有欢乐，使自己甜蜜；有考验，使自己坚强；有悲伤，使自己富有人性；有希望，使自己幸福。

要经常换位思考。如果你认为一件事会伤害你，它也有可能伤害别人。

最幸福的人并不一定拥有最好的东西，他们只是能将遇到的所有事情变为最好。

幸福属于那些哭过的人，那些受过伤害的人，那些懂得探索的人，和那些尝试过的人。只有他们才会珍惜他们生活中有重要影响的人。爱情以笑开始，以吻转浓，以泪结束。只有忘记了过去才会有美好的未来。只有让以往的失败和伤心随风而去，你才能过得更好。

当你哭着降临人世时，身边的每个人都在为此欢笑。好好生活吧，这样你就能含笑离开人世，而身边的每个人都在为此哭泣。

请把这些语言送给那些你所关心的人，那些在生活中以不同的方式同自己接触的人，那些在你需要时能给你带