

美丽英文
Beautiful English

第二辑

Simplify Your Life
人生旅途的哲文典藏
触动心弦的名篇佳作

简单生活

方雪梅 编译

简单生活，
虽然节制、降低、放弃了很多，
但你会因舍而得，
得到的是健康、快乐与自由。

简单生活，并不意味着是贫苦、简陋的生活，它是经过深思熟虑后，呈现真实自我，过上目标明确的生活；是一种丰富、健康、和谐、悠闲的生活方式……

这是一本简单生活指南，编者希望通过每一篇文章，每一段文字，每一个字眼，把简单生活的真谛传递给读者。化繁为简，简单就是美，简单就是福。生活简单才能拥有更多的自由，才不会被生活所奴役。过简单生活，虽然放弃了太多，但你会因舍而得，得到的是健康、快乐与自由。

 天津教育出版社
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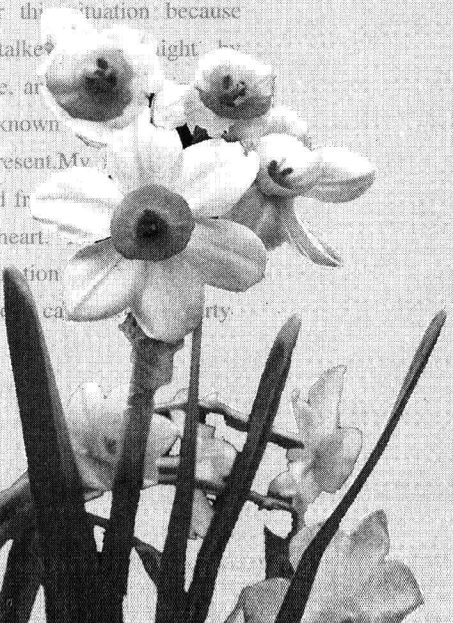
美丽英文
第二辑

许多人沉迷于对未来的幻想中。现在的生活，对他们而言，就像是未来生活的彩排。然而，生活绝非如此。事实上，任何人都不能保证自己明天仍存于世间。此刻是我们拥有的唯一时间，也是唯一能控制的时间。当我们的注意力集中于此刻时，就会将恐惧抛至脑后。

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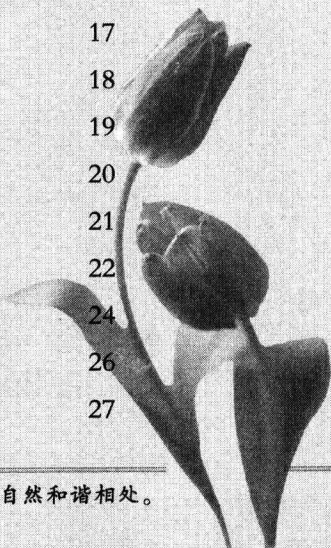
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人生就是要自在逍遥地与自然和谐相处。



多想想你所拥有的,你会懂得心满意足的含义。

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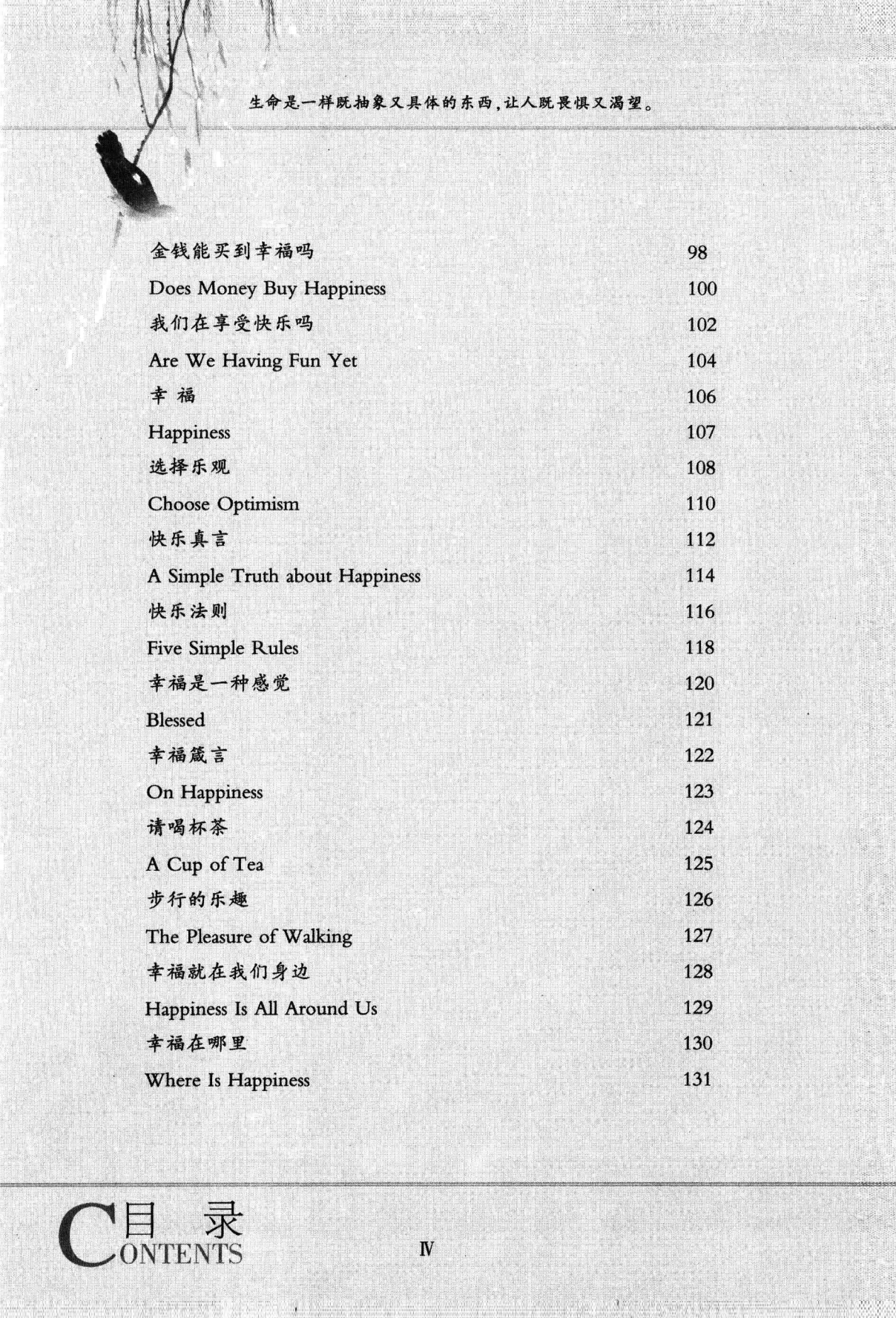
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保持快乐的心境是一种成就,是灵魂与性格的升华。



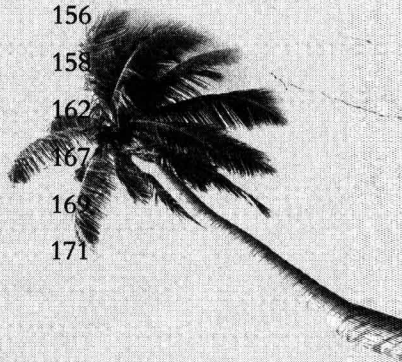
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幸福不是发生在我们周围的事,而是我们如何看待周围发生的事。



只要你选择了触动他人的心灵,这些选择便是生活的全部。


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热爱生活

亨利·大卫·梭罗

无论生活如何卑微,你都应勇敢地面对它,不要躲避它,也不要诅咒它。其实生活并不像你想象的那么糟。你最富有的时候,它反而最贫瘠。吹毛求疵的人,天堂也能被他挑出毛病。即便你的生活是贫穷的,也要热爱它。快活、激动和光荣的时光甚至在济贫院里也享受得到。夕阳照射在贫民居所的窗户上所反射的光同照在富人公寓的窗户上所反射的光一样耀眼夺目,都能使得门前的积雪在早春消融。虽然我没有亲见,但我可以感知到,济贫院里的人们一定是从容地、心满意足地生活着,犹如生活在宫殿中一般幸福快乐。在我看来,小镇上的穷人往往活得最为独立自在。或许是因为他们不必为是否要接受什么而劳神费力吧。不要自找麻烦地去追求新鲜事物,新衣物和新朋友。让旧物常新,回归旧物。万物不变,是我们在变。衣服可以卖掉,但要永存思想。



心灵小语

人们都在为生活忙碌着,很多人都认为生活很艰难,甚至不愿活在这个世上。难道生活真的那么恐怖吗?其实还在于人们对它的看法。不管你的生活多么卑微,勇敢地面对,不可逃避,不可报以恶言。生活并不是可怕的怪兽,我们应该用微笑来面对它。跟它握握手吧,它会欣然接受的!

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**¹. Love your life, poor as it is. You may perhaps have some pleasant, thrilling, glorious hours, even in a poor-house. The setting sun is reflected from the windows of the **alms-house**² as brightly as from the rich man's **abode**³; 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**⁴ lives of any. Maybe they are simply great enough to receive without misgiving. 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.

热词空间

1. paradise ['pærədəiz] *n.* 天堂
2. alms-house *n.* 救济院
3. abode [ə'bəud] *n.* 房屋;居所
4. independent [indi'pendənt] *adj.* 独立自主的;不受约束的

工作和娱乐

温斯顿·伦纳德·斯宾塞·丘吉尔

想要获得真正的幸福与平安,一个人至少应该有两三种业余爱好,而且必须是真正的爱好。到了晚年才开始说“我对什么什么感兴趣”是毫无意义的,这样的尝试只会增加精神上的负担。在与自己日常工作无关的某些领域中,一个人可以获得渊博的知识,但他几乎得不到实在的益处或放松。喜欢干什么就干什么是无益的,你得干一行爱一行。广义而言,人类可以分成三个阶层:劳累而死的人、忧虑而死的人和烦恼而死的人。对于那些体力劳动者来说,在经过一周精疲力竭的工作之后,周六下午给他们提供踢足球或打棒球的机会是没有意义的。对于政界人士、专业人士或商人来说,他们已为棘手的事务操劳或烦恼了六天,在周末再请他们为琐事劳神,同样是毫无意义的。

或者可以这么说,理智的、勤奋的、有用的人可以分为两类:第一类,他们的工作就是工作,娱乐就是娱乐;第二类,他们的工作和娱乐是合二为一的。当然,很大一部分人都属于第一类人。他们可以得到相应的补偿。在办公室或工厂里长时间地工作,带给他们的不仅是维持生计的金钱,还带给他们一种渴求娱乐的强烈欲望,哪怕是最简单、最朴实的娱乐方式。命运的宠儿则属于第二类人。他们的生活自然而和谐。在他们看来,工作时间永远不够多,每一天在他们看来都是假期;而当正常的假期到来时,他们总会抱怨他们正在倾心投入的休假被强行中断了。然而,有一些东西对于这两类人来说是十分必要的,那就是变换一下视角,改变一下氛围,努力做一件别的事情。事实上,每隔一段时间,那些把工作看成娱乐的人们很可能最需要以某种方式把工作驱赶出他们的大脑。



心灵小语

本文将人们对工作和娱乐的看法分为两类,一是界限分明,二是合二为一,我们属于哪类人,应该属于哪类人,或是我们哪类都不应属于!

Work and Pleasure

Winston Leonard Spencer Churchill

To be really happy and really safe, one ought to have at least two or three hobbies, and they must all be real. It is no use starting late in life to say: "I will take an interest in this or that." Such an attempt only aggravates the strain of mental effort. A man may acquire great knowledge of topics unconnected with his daily work, and yet hardly get any benefit or relief. It is no use doing what you like; you have got to like what you do. Broadly speaking, human beings may be divided into three classes: those who are toiled to death, those who are worried to death, and those who are bored to death. It is no use offering the manual labourer, tired out with a hard week's sweat and effort, the chance of playing a game of football or baseball on Saturday afternoon. It is no use inviting the politician or the professional or business man, who has been working or worrying about serious things for six days, to work or worry about trifling things at the weekend.

It may also be said that rational, industrious, useful human beings are divided into two classes: first, those whose work is work and whose pleasure is pleasure; and secondly, those whose work and pleasure are one. Of these the former are the majority. They have their compensations. The long hours in the office or the factory bring with them as their reward, not only the means of sustenance, but a keen appetite for pleasure even in its simplest and most modest forms. But Fortune's favoured children belong to the second class. Their life is a natural harmony. For them the working hours are never long enough. Each day is a holiday, and ordinary holidays when they come are grudged as enforced interruptions in an absorbing vocation. Yet to both classes the need of an alternative outlook, of a change of atmosphere, of a diversion of effort, is essential. Indeed, it may well be that those whose work is their pleasure are those who most need the means of banishing it at intervals from their minds.



想想好事情

佚名

不经意间我们会身处逆境，那么请追忆生命中那些充满快乐与幸福的时光吧！

追忆它如何将快乐赐予你，于是你便勇气倍增，生活中的难题也将迎刃而解。

在重重困难面前举步维艰时，回想你努力奋斗最终取得胜利的时刻。

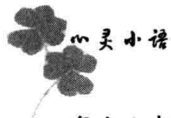
那样，不管生活如何艰难，我们都可坦然而过。

当你觉得身心疲惫时，寻找一个心灵憩息之所，让自己得以片刻休息。

要给自己留点时间去梦想，去充电，以全新的自我迎接未来的一天。

当你感觉心中的弦崩得太紧时，去找点有趣的事做做。如此，你的压力便渐渐消失，而你的想法也渐趋明朗。

当困难接踵而至时，要明白，就生命的整个历程而言，这些困难犹如空气中的尘埃无足轻重——想想好事情。



每个人都会遇到艰难和困苦，担心和恐惧无疑是火上添油，那我们又该怎样面对和解决它呢？“想想好事情”或许会是一个好方法，它会给我们的精神带来巨大的慰藉，使我们能够鼓起勇气并坚定信念。身处逆境时，寻找一个寂静之地，回忆从前美好的种种，使我们的心绪得以解脱，从而轻松地面对一切！



Try to Remember the Good Things

Anonymous

When times become difficult (and you know they sometimes will), remember a moment in your life that was filled with joy and happiness.

Remember how it made you feel, and you will have the strength you need to get through any **trial**¹.

When life throws you one more obstacle than you think you can handle, remember something you achieved through perseverance and by **struggling** to the end.

In doing so, you'll find you have the ability to overcome each **obstacle**² brought your way.

When you find yourself drained and depleted of energy, remember to find a place of **sanctuary**³ and rest.

Take the necessary time in your own life to dream your dreams and renew your energy, so you'll be ready to face each new day.

When you feel tension building, find something fun to do. You'll find that the stress you feel will **dissipate**⁴ and your thoughts will become clearer.

When you're faced with so many negative and draining situations, realize how minuscule problems will seem when you view your life as a whole—and remember the positive things.

热词空间

1. trial ['traɪəl] *n.* 试验; 考验; 审讯; 审判
2. obstacle ['ɒbstəkl] *n.* 障碍; 妨害物
3. sanctuary ['sæŋktjuəri] *n.* 避难所
4. dissipate ['dɪsɪpeɪt] *v.* 驱散; (使)(云、雾、疑虑等)消散; 浪费(金钱或时间)



活出个性

佚名

在浩渺的大千世界中，每个人都仅有一次生存的机会——它是无与伦比，不可挽回的。正如卢梭所说，上帝创造了你，即刻打碎了那个属于你的特定模子。

名誉、财富、知识等仅为身外之物，并且每个人都在为获取它们而努力奋斗着。但你的人生经历和感受却是你的私人财产，无人可与你分享。你死后，也无人能替你再活一次。如果你真正意识到了这一点，你就会懂得，人生在世，活出自己的独特个性和滋味是最重要的。衡量你的人生有意义与否的标准不是外在的成功，而是你对人生意义的独特理解和感悟，从而使个性绽放异彩。

真正做成自己并非一件易事。世间有好多人，你可以通过许多途径去识别他，他的职业，身份，社会地位等，唯独不是通过他的个性去识别。如果一个人总是按别人的意愿生活，没有自己的独立思想，总是忙于身外之物，没有自己的个性生活，那么，说他不是他自己就一点儿都不为过。因为从他的头脑到他的心灵，你确实找不到一样只属于他自己的东西，他只不过是别人的一个影子和办事的机器罢了。



时代在发展，社会在进步，人们的个性也愈加鲜明。一句名言这样说道：世上没有相同的两片叶子。每个人都是这个世上独一无二的，都有着自己独特的优势。“跟风”只会将自己的特别之处埋没。所以，我们要活出个性，做我们自己！