

**触动心底的幸福** 

王亚非 刘晓媛◎编译

Rainbow

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每一个人来到世间,就开始了爱与幸福的 旅程。我们都沐浴在爱的阳光中,或许生活的 忙碌使你并不那么真切地感受到自己所拥有的 那一份独特的幸福,其实真诚与爱就在我们身 边。有这样的故事、散文、诗歌,每当读起它们, 我们就可以获得人生的感悟,领略人生的真谛, 触动我们心底最深处的幸福。

清晨,一天的开始,是您的思维最活跃、 心境最纯洁、语言理解和语言接受能力最强的 时候。晨读,让您的一天沉浸在美好的语言韵 律中,让您刚刚读过的优美文章、精彩句子在 一天中慢慢沉浸、消化、吸收,积累成您自己 的知识。

本书所选故事、散文、诗歌,短小精悍、 滴水藏海、文字隽永,每一篇都闪烁着智慧之光。 每篇短文都含有精彩的译文和重点词汇,对您 的翻译、鉴赏、写作会大有裨益。



语言学习者阅读本书,可以提高文学素养, 开阔视野,陶冶情操。

翻译爱好者阅读本书,可以将经典原文和 优美的译文对比推敲,欣赏佳译。

文学爱好者阅读本书,可以从这本书优美 的文字中感受最真挚、最纯洁的感情,从而思 索生命的意义。

本书配有 MP3 光盘一张, 由外籍教师朗读, 发音纯正。在欣赏美文的同时, 对您的听力和口语也会有着潜移默化的影响。

爱、人生、事业、心灵、亲情、家庭、幸福·····一个个直抵心灵的主题,翻开这本心灵 鸡汤,开启我人人生的智慧吧······

晨光初映,天地之间万物更新,清风徐来,心情豁然开阔,手捧美文或读声朗朗,或冥想 默诵,幸福与爱,涌满心田……

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If you can look at the sunset and smile, then you still have hope.

If you can find beauty in the colors of a small flower, then you still have hope.

If you can find pleasure in the movement of a butterfly, then you still have hope.

If the smile of a child can still warm your heart, then you still have hope.

If you can see the good in other people, then you still have hope.

If the rain breaking on a roof top can still lull you to sleep, then you still have hope.

If the sight of a rainbow still makes you stop and stare in wonder, then you still have hope.

If the soft fur of a favored pet still feels pleasant under your fingertips, then you still have hope.

If you meet new people with a trace of excitement and optimism, then you still have hope.

If you give people the benefit of a doubt, then you still have hope.

If you still offer your hand in friendship to others that have touched your life, then you still have hope. If receiving an unexpected card or letter still brings a pleasant surprise, then you still have hope.

If the suffering of others still fills your with pain and frustration, then you sill have hope.

If you refuse to let a friendship die, or accept that it must end, then you still have hope.

If you look forward to a time or place of quiet and reflection, then you still have hope.

If you still buy the ornaments, put up the Christmas tree or cook the supper, then you still have hope.

If you can look to the past and smile, then you still have hope.

If, when faced with the bad, when told everything is futile, you can still look up and end the conversation with the phrase... "yeah... but...", then you still have hope.

Hope is such a marvelous thing.

It bends, it twists, and it sometimes hides, but rarely does it break.

It sustains us when nothing else can.

It gives us reason to continue and courage to move ahead, when we tell ourselves we'd rather give in.

Hope puts a smile on our face, when the heart cannot manage.

Hope puts our feet on the path, when our eyes cannot see it.

Hope moves us to act, when our souls are confused of the direction.

Hope is a wonderful thing, something to be cherished and nurtured, and something that will refresh us in return.

And it can be found in each of us,
and it can bring light into the darkest of places.

NEVER LOSE HOPE!



如果你看着日落并会心地微笑,那么你仍然有希望。

如果你从一朵花中发现了色彩中所蕴涵的美,那么你 仍然有希望。

如果你看着一只蝴蝶翩翩飞舞,心情便愉悦起来,那 么你仍然有希望。

如果孩子的微笑依然能温暖你的心灵,那么你仍然有 希望。

如果你能发现别人身上的优点,那么你仍然有希望。

如果暴雨倾盆,你仍能安然入睡的话,那么你仍然有 希望。

如果看到彩虹, 你仍会驻足观赏并啧啧称奇的话, 那 么你仍然有希望。

如果抚摸心爱的宠物时,它那柔软的皮毛会使你心情 开朗起来,那么你仍然有希望。

如果结识新朋友会让你感到兴奋和乐观的话,那么你 仍然有希望。

如果你在结果未卜的情况下,将好的一面留给别人, 那么你仍然有希望。

如果你还愿意向在你生命中出现的人伸出友谊之手的

话,那么你仍然有希望。

如果当你意外地收到卡片或信件,依然感到惊喜的话, 那么你仍然有希望。

如果别人的痛苦仍然会使你痛苦难过的话,那么你仍 然有希望。

如果你拒绝让一段友谊逝去,或者坚定地将其结束掉, 那么你仍然有希望。

如果你渴望片刻的宁静与思考,那么你仍然有希望。

如果你仍然会花钱买装饰品来装点圣诞树,或亲自下 厨准备一顿晚餐的话,那么你仍然有希望。

如果你回想过去可以面带微笑的话,那么你仍然有希望。

如果当你面对挫折,并被告知所有的努力都是徒劳的时候,你仍能昂起头回答:"是的……,但是……"那么你仍然有希望。

希望就是这么奇妙。

它可以折起来,可以弯起来,有时还会躲起来,但是它却不会破灭。

当一切都徒劳的时候, 唯有希望可以支撑我们。

当我们想对自己说放弃的时候,是它给了我们继续下 去的理由和勇气。

当我们的心灵无法承受的时候,是希望让我们的脸上 绽开笑容。

当我们看不清前方的道路时,是希望助我们踏上征程。 当我们的心灵迷失方向时,是希望让我们行动起来。 希望是如此之奇妙,

它是如此地值得珍惜与呵护,

它亦使我们变得焕然一新。



我们每个人身上都充满了希望, 它可以照亮哪怕是最黑暗的角落。 永远不要放弃希望!



lull[lAl]v.使之睡frustration[frʌsˈtreiʃən]n.挫折,失败futile[ˈfju:tail,-til]a.无效的,徒劳的

### The Most Important Body Part

## 身体最重要的部分

My mother used to ask me what is the most important part of the body. Through the years I would guess at what I thought was the correct answer.

When I was younger, I thought sound was very important to us as humans. So I said, "My ears, Mommy."

She said, "No. Many people are deaf. But you keep thinking about it and I will ask you again soon."

Several years passed before she asked me again. Since making my first attempt, I had contemplated the correct answer. So this time I told her, "Mommy, sight is very important to everybody, so it must be our eyes."

She looked at me and told me, "You are learning fast, but the answer is not correct because there are many people who are blind"

Over the years, Mother asked me a couple more times and always her answer was, "No, but you are getting smarter every year, my child."

Then last year, my grandpa died. Everybody was hurt. Everybody was crying. My Mom looked at me when it was our turn to say our final goodbye to grandpa. She asked me, "Do you know the most important body part yet, my dear?"

I was shocked when she asked me this now. Always thought this was a game between her and me. She saw the confusion on