

CFFC
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世界上最温馨的英文

没理由 不快乐

金莉 等 编

HAPPY FOR NO REASON

快乐是恬淡的心境 快乐是优雅的姿态

快乐是一种优雅的心态。生活简单而又复杂，但只要你快乐，活着便有价值。

快乐不需要理由，因为快乐无处不在，无时不在。

快乐地打开心灵的窗户，用快乐的心灵看世间万物，让美好的一切萦绕在我们的身边，每一天、每一月、每一年，直至永远。

本书精选数十篇激荡灵魂的美文，将读者引向快乐的甘泉，体味发自内心的快乐。



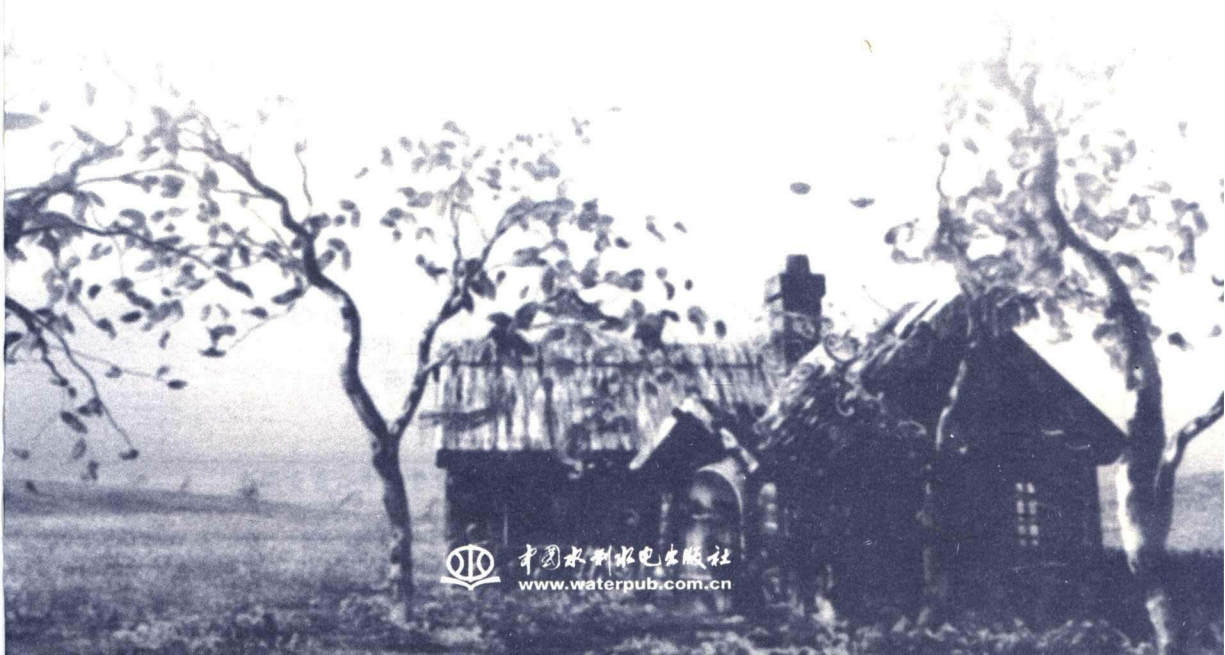
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内 容 提 要

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本书适用于希望提高英语水平的英语爱好者日常学习和休闲阅读。

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世界上最温馨的英文

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没理由

不快乐

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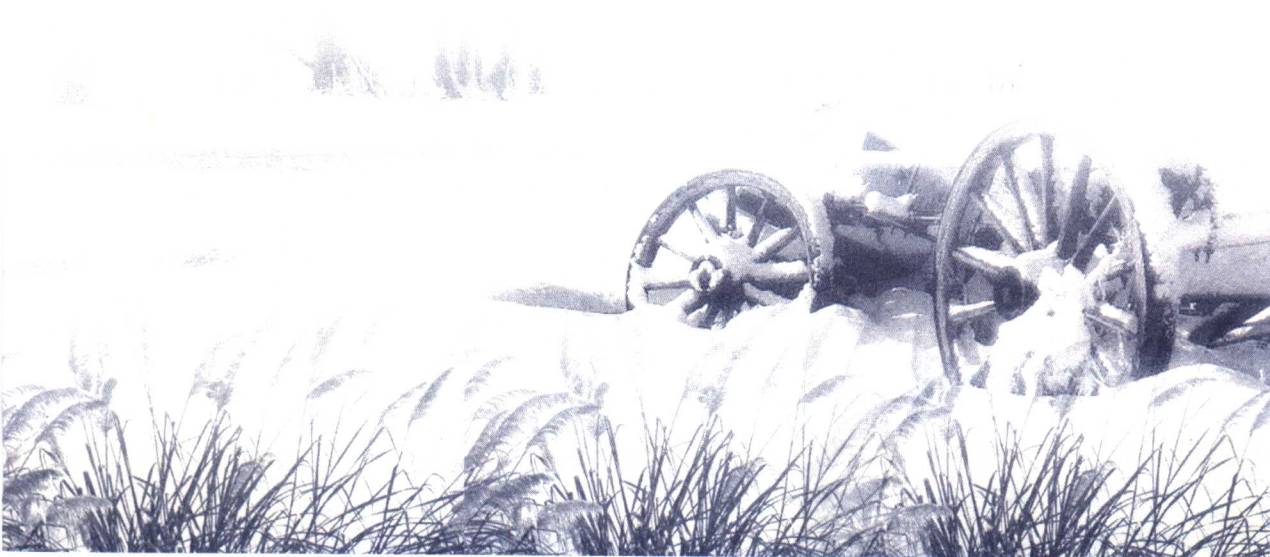


Part I Corner with Miracle

转角遇见的奇迹

The only way to live is to accept each minute as an
unrepeatable miracle.

生活的惟一方法就是把每一分钟当作无法重复的
奇迹。



The Seven Wonders of the World

Junior high school students in Chicago were studying the Seven Wonders of the World. At the end of the lesson, the students were asked to list what they considered to be the Seven Wonders of the World. Though there was some disagreement, the following received the most votes:

1. Egypt's Great Pyramids
2. The Taj Mahal in India
3. The Grand Canyon in Arizona
4. The Panama Canal
5. The Empire State Building
6. St. Peter's Basilica
7. China's Great Wall



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While gathering the votes, the teacher noted that one student, a quiet girl, hadn't turned in her paper yet. So she asked the girl if she was having trouble with her list. The quiet girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many." The teacher said, "Well, tell us what you have, and maybe we can help."

The girl hesitated, then read, "I think the Seven Wonders of the World are:

1. to touch ...
2. to taste ...
3. to see ...
4. to hear ... (She hesitated a little, and then added ...)
5. to feel ...
6. to laugh ...
7. to love ..."

The room was so quiet, you could have heard a pin drop.

May this story serve as a gentle reminder to all of us that the things we overlook as simple and ordinary are often the most wonderful — and we don't have to travel anywhere special to experience them.

Enjoy your gifts!



没理由不快乐

世界之七大奇迹

芝加哥一所初级中学里，学生们正在学习世界七大奇迹。快下课的时候，老师让学生列出他们所认为的世界七大奇迹。尽管有些答案存在分歧，但以下列出的七项得到的票数是最多的：

1. 埃及的金字塔
2. 印度的泰姬陵
3. 美国亚利桑那州的科罗拉多大峡谷
4. 巴拿马运河
5. 美国纽约的帝国大厦
6. 梵蒂冈的圣彼得大教堂
7. 中国的长城

收选票的时候，老师注意到了有一个学生——一个文静的小姑娘，她还没有交小纸条。所以，老师就问小女孩儿是不是在列举七大奇迹的时候遇到了问题。这个文静的小女孩儿答道：“是的，有点儿问题。因为有太多了，所以我一时还不好决定。”老师说：“嗯，那你告诉我们你都有哪些备选项，也许我们可以帮你。”

小女孩儿顿了下，随后读了起来，“我认为世界的七大奇迹是：

1. 触摸……
2. 品尝……
3. 看见……
4. 聆听……（她又犹豫了一小会儿，然后继续补充道……）
5. 感受……
6. 欢笑……

7. 爱……”

教室里鸦雀无声，一根针落地都听得见。

但愿这个故事能够给你一个善意的提醒：那些看似简单而普通的东西常常被我们忽略，而它们却是最美妙的——我们不必到什么特别的地方旅行，以求身临其境地感受它们。

感受生命赋予我们的一切吧！



Chat with God

Sam had a chat with God.

God: Hello. You called me.

Sam: Called you? No, who is this?

God: This is God. I heard your prayers. So, I thought I would chat with you.

Sam: Sure, I pray. Just makes me feel good. Actually, I am busy now. In the midst of something you know.

God: What are you busy with? Ants are busy, too.

Sam: Don't know. But I can't find free time. Life has become hectic. It's rush hour all the time.

God: Sure. Activity gets you busy. But productivity gets you results. Activity consumes time. Productivity frees it.

Sam: But I still can't figure it out. By the way, I was not expecting you to buzz me on instant messaging chat.

God: Well, I wanted to help you resolve your fight for time by giving you some clarity. I wanted to reach you through the medium you are comfortable with.

Sam: Tell me, why has life become so complicated?

God: Stop analyzing life. Just live it. Analysis is what makes it complicated.

Sam: Why are we then constantly unhappy?

God: Your today is the tomorrow that you worried about yesterday. You are worrying because the act of worrying has become a habit. That's why you are not happy.

Sam: But how can we not worry when there is so much uncertainty.

God: Uncertainty is inevitable, but worrying is optional.

Sam: But then, there is so much pain due to uncertainty.

God: Pain is inevitable, but suffering is optional.

Sam: If suffering is optional, why do good people always suffer?

God: Diamonds cannot be polished without friction. Gold cannot be purified without fire. Good people go through trials. With that experience their life becomes better, not bitter.

Sam: You mean to say such experience is useful?

God: Yes. Experience is a hard teacher, though. She gives the test first and the lessons afterwards.

Sam: But still, why should we go through such tests? Why can't we be free from problems?

God: Problems are purposeful roadblocks offering beneficial lessons to enhance mental strength. Inner strength comes from struggle and endurance, not when you are free from problems.

Sam: Frankly in the midst of so many problems, we don't know where we are heading.

God: If you look outside you will not know where you are heading. Look inside. Looking outside, you dream. Looking inside, you awaken. Eyes provide sight, heart provides insight.

Sam: Sometimes not succeeding fast seems to hurt more than moving in the right direction.

God: Success is relative, quantified by others. Satisfaction is absolute, quantified by you. Knowing the road ahead is more satisfying than knowing you

rode ahead.

Sam: Sometimes I ask, who am I, why am I here? I don't know the answers.

God: Seek not to find who you are, but to determine who you want to be. Stop looking for a purpose as to why you are here. Create it. Life is not a process of discovery but a process of creation.

Sam: How can I get the best out of life?

God: Face your past without regret. Handle your present with confidence. Prepare for the future without fear.

Sam: Sometimes my prayers are not answered.

God: There are no unanswered prayers. At times the answer is NO.

Sam: Thank you for this wonderful chat. I'll try to be less fearful.

God: Keep the faith and drop the fear. Life is a mystery to solve, not a problem to resolve. Life is wonderful if you know how to live!

