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世界上最温馨的英文

# 做个信念 赢家

金莉 等 编

FAITH IN THE WINNER'S HEART

点燃信念的火花 让成功傲然绽放

把脸迎向阳光，就不会有阴影；点燃信念的火花，就能夯实强大的心灵；扬起梦想的帆船，就能驶向成功的彼岸。

把信念当作一首壮美的诗歌吟诵吧，让成功在你手中傲然绽放。

本书精选数十篇寓意幽远的励志美文，旨在激发人性潜能中的信念、勇气、热情和希望，

让徜徉于其中的读者明白，人生处处有机遇，人生旅途中我们其实并不孤单。



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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广大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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# 做个信念 赢家

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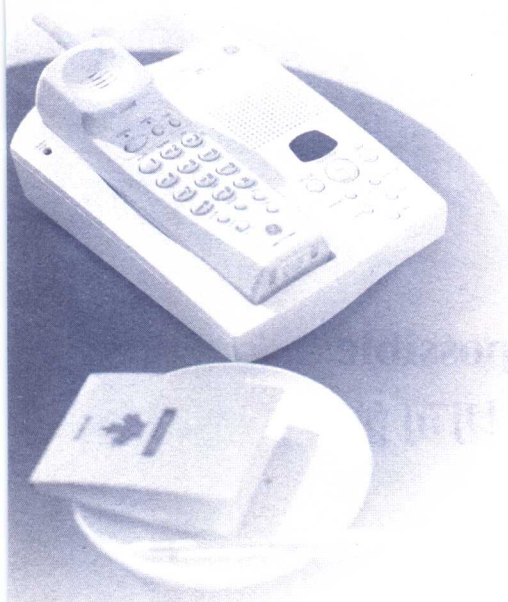
# Part I      Nothing Is Impossible

## 让生命拥有一切可能

Life is so brief and time is fleeting. Grasp it and it will be an opportunity; depict it and it will be a rainbow.

生命如此短暂，光阴飞逝如箭。抓住它，它就是机会；描绘它，它就是彩虹。





## A Wake up Call

*Catherine Pulsifer*

The story below is a true story that happened in September.

During the month of September, a dear friend of mine lost her husband suddenly in an accident. The tragedy was a shock to everyone.

This accident was sudden and certainly unexpected. It drove home the realization that you just don't know when a loved one is no longer going to be with you. We sometimes take our love ones for granted, and we expect that they will be with us forever. However, as we all know, life does not work that way and sometimes we get a wake up call that shocks us and makes us stand back and realize how short life is.

In consoling her, I tried to imagine if I was in her shoes how would I feel. It was impossible to imagine what she was going through. What words do I say to help her?

Sometimes words just can not express our feelings. Sometimes our actions are much more meaningful than words. A hug can sometimes express more than our words will ever express. Sometimes, just being there to listen is more meaningful and helpful to people.

As I was leaving the funeral parlor, I ran into Marilyn. Marilyn has been a true friend to me over the years. She is one of those friends who is with you in the good times and is always by your side in the bad times. She has a





sense of humor that makes everyone laugh and she makes everyone feel at ease. We chatted for a few moments, and then she asked me how my job was. So I started talking and talking and talking (I am sure she wished she had never asked, ha) I was having a stressful week with my job and I was telling her all the issues and how I was feeling. She listened to me as I was raving about my frustrations, then without saying a word, she took her hands and placed them on my face, and said to me,

“But at least you had a day.”

The touch of her hands on my cheeks, the calmness in her voice, and the words she spoke, “BUT AT LEAST YOU HAD A DAY”, hit me like a ton of bricks. All the frustrations, all the stress that was building up inside of me came to a complete stop.

Since that day, when I start feeling stressed, I remind myself of Marilyn's words — but at least I had a day! Things could be a lot worse, the stress of the situation always could be worse, but I am alive and I have a lot to be thankful for — so I shall not waste my days with stress and frustrations — Life is too short!

# 一个叫醒电话

凯瑟林·普斯法尔

下面这个真实的故事发生在9月份。

在9月份的时候，我的一个好友在一场意外事故中失去了丈夫。这场惨剧让每个人都感到很震惊。

这场事故是如此的突然，的确出乎所有人的意料。它使人明白了这样一个现实：你永远都不知道你所爱的人什么时候会永远离开你。我们有时候把自己所爱的亲人当成一种必然，认为他们会永远在我们身边。然而，众所周知，生命并不是按照我们想象的方式进行的。有时候，我们半夜会接到一个令人震惊的电话，它让我们意识到生命是多么地短暂。

在安慰她的时候，我试着去设想如果我是她我会有什么样的感受。我无法想象她所经受的一切。我该说些什么话来安慰她呢？

有时候，语言难以表达出我们的感情。有时候，行动比语言要更有意义得多。有时候，一个拥抱可以表达出比语言丰富得多的意义。有时候，只是倾听于人而言会更有意义，更有用。

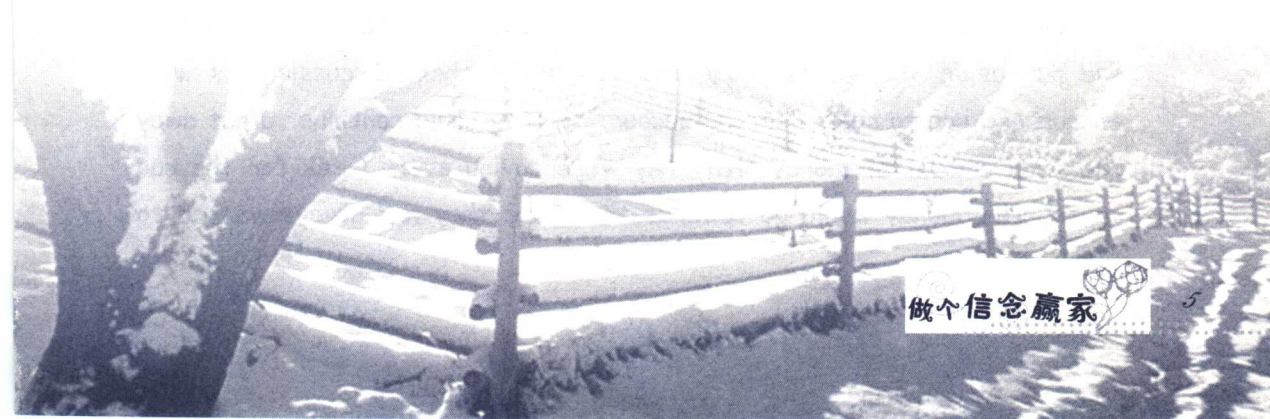
正当我要离开殡仪馆的时候，碰见了玛丽莲。她是我多年的挚友了。她是那种会与你同甘共苦的朋友，她的幽默感令每个人都开怀大笑，让大家感到很轻松。我们聊了一会儿，接着她问我工作如何。然后，我就长篇大论，大谈特谈我这周压力重重的工作（我敢肯定她真希望她从来没有问过这个问题，哈哈）。我告诉了她所有的问题以及我的感受。在我倾诉挫折和困惑的时候，她没有打断我，而是静静地聆听着，把她的手放在我脸上，对我说道：

“但至少你还拥有了一天。”

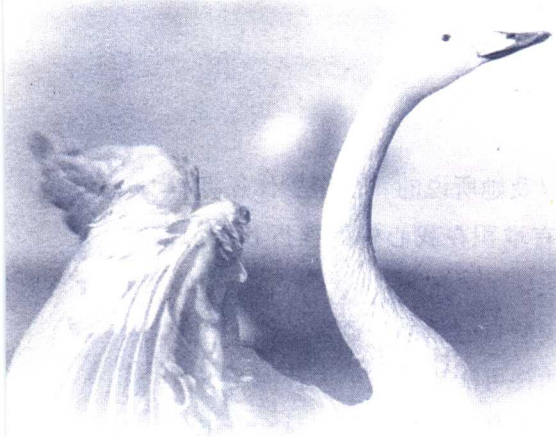


她双手抚过我的脸颊的触感，她嗓音的恬静以及她所说的“但至少你还拥有一天”这句话，像无数的砖头一样撞击着我。所有堆积在我心中的挫折和压力，顿时灰飞烟灭了。

自从那天之后，每当我感到压力时，我就会提醒自己想起玛丽莲的话——但至少我还拥有一天。事情可能远比这更糟，压力始终可能比现在更大，但至少我还活着。我要感谢的很多——所以我不应该因为压力和挫折而荒废时日——生命是如此地短暂！







## A Car Accident ... Then Came Success

*Dean Pennicott*

Have you ever wondered how some of the worst things that happen in your life turn out to be some of the best experiences you've ever had?

Well, a fellow member of my church once told a story about one such experience that changed his life.

For years, he had difficulty saving to buy a house because something would always occur and consume more money than he had expected to spend. Despite his efforts he simply could not go long before spending the extra cash that he had saved.

Then one day a car accident badly damaged the car his wife was driving. Their mechanic estimated the cost of repairs at five thousand dollars. Unfortunately, they were presently in a financial bind and so the car would have to wait. After contemplating the situation he realized that they needed a solution to their financial problems. To remedy the situation he worked long and hard for weeks, saving and managing his money in a way he had never done previously. In a few months he had saved enough funds to have his wife's car repaired.

Once the car was repaired he discussed with his wife how quickly they had put aside the money they needed. During their discussion his wife encouraged him to open a second account so they could continue to put away the same amount of money that they were saving every week for the car repair. This money would go towards the house they had always wanted to



purchase.

He was convinced that if he could save thousands of dollars in a few months he could eventually save enough to buy a house. For many years they had both wanted to buy their dream house but could not seem to come up with the down payment. However, in a little over a year he had saved more than twenty thousand dollars and was able to make the down payment. He had done something in a short while that he had failed to accomplish in his previous attempts to properly handle his finances.

Consequently, this man's experiences gave him a different feeling about money. He and his wife have continued to maintain their second account. This time they have decided to start saving for their retirement, putting away just a little less every week than they did for their house.

One man embraced a new set of traits because he had a goal that was imperative for him to achieve — he made a plan to achieve it and followed through. The experience of a single misfortune taught him a valuable lesson and challenged him to reprogram his saving, and spending habits. In the process he also changed his family's life. He now enjoys the material benefits along with a sense of accomplishment and pride.

The value of making the most of our experiences is that they teach us lessons about life — about failures, successes, and everything in between.

In the midst of our challenges always remember success often comes in disguise.







## 因祸得福

迪安·彭尼考特

你是否曾经想知道生命中那些最糟糕的事情是如何转变成你一生中最美好的经历？

我所在教堂的一个教友曾经给我讲述过这么一个改变了他命运的经历。

多年以来，他一直存不下钱来买房子，因为总会有事情发生，然后会花去超出他预算的钱。尽管他很努力，但是用不了多久，他省吃俭用攒下来的那点钱总会被花个精光。

有一天，一场车祸把他妻子的车撞得很严重。机械师估计要花 5000 美元才能修好。不凑巧的是，他们当时手头拮据，因此修车的事只能再等等。经过冷静思考，他意识到他们需要解决他们的经济问题。为了解决经济上的窘境，他长时间努力地工作了好几个星期，用以前他从未采用过的方式更加努力地省钱。几个月后，他终于赚够了钱给妻子修车。

汽车一修好，他就立即和妻子讨论他们是如何迅速攒够所需的修车钱的。在讨论过程中，妻子鼓励他再开一个账户，这样他们就能像每周攒修车钱一样继续存钱了。而这次存下来的钱就可以去买他们向往已久的房子了。

他确信如果他几个月内就可以攒下几千美元，那么他最终肯定可以攒足够的钱去买座房子。多年来，他们俩一直希望能买下梦想中的房子，但是始终因为预付款而不能如愿。然而，在 1 年多点的时间里，他们已经攒够了 2 万多美元，可以预付房子的定金了。他在短短时间里就做到了他之前屡次尝试而屡次失败的事情，那就是学会了正确处理自己的经济问题。

