美丽的英文

向着太阳前进

Advancing Towards the Rising Sun

当朋友伤害我们时,我们应该把这件事写在沙上,宽恕的风会抹平它;当美好的事情发生时,我们应该把它刻在心灵的记忆之石上,就没有任何风可以抹平它啦!

励志美文 双语欣赏

执云 编译

向着太阳前进

Advancing Towards the Rising Sun

执云 编译

图书在版编目 (CIP) 数据

向着太阳前进:英汉对照 / 执云主编—北京:北京燕山出版社,2008.1

(美丽的英文)

ISBN 978-7-5402-1932-1

I. 向··· II. 执··· III. ①英语─汉语─对照读物②散文─ 作品集─世界 IV.H319.4: I

中国版本图书馆 CIP 数据核字(2007) 第 180105 号

向着太阳前进——励志美文 双语欣赏

编译: 执云 责任编辑: 亦耕

封面设计: 艺平工作室

出版发行: 北京燕山峦版社

社 址: 北京市灯市口大街 100 号 100006

电 话: 86-10-65240236(发行部) 86-10-65240430(总编室)

86-10-65240430(思

经 销: 各地新华书店

印 刷:北京楠萍印刷有限公司

开 本: 1000×720毫米 1/16开本 印 张: 131.25

字 数: 1000 千字

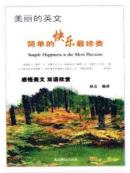
版 次: 2008年1月第1版

2008年1月第1次印刷

书 号: ISBN 978-7-5402-1932-1

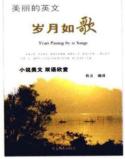
定 价: 298.00元(全十册)

*美丽的杂义



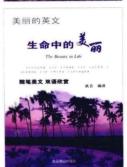


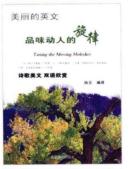
















此为试读,需要完整PDF请访问: www.ertongbook.com

Contents 目录

- A True Story of Courage and Love / 1
 - 关于勇气与爱的故事 / 3
 - The Fence / 5
 - 栅栏/6
 - Mikey's Goal / 7
 - 米奇进球了/9
 - Why Are You My Friend / 11
 - 朋友如是 / 12
 - A Samurai and a Zen Master / 13
 - 武士与禅宗大师 / 15
 - Desire / 16
 - 欲望 / 18
 - Keep Swimming / 20
 - 永不放弃 / 21
 - A Million Dollar Lesson / 22
 - 一堂价值一百万美元的课 / 24
- The Brilliant Lessons of Michelangelo / 26
 - 米开朗基罗的好经验 / 28
 - Everybody Has a Dream / 30
 - 人人都有梦想 / 33
 - Grow Great by Dreams /35
 - 梦想成就伟大/36

- 37 / Keep Your Goals in Sight
- 39 / 时刻记得你的目标
- 41 / Learning to Get Back Up
- 43 / 学会站起来
- 45 / Struggle
- 47 / 奋斗, 奋斗
- 48 / Putting Definiteness of Purpose to Work
- 50 / 将明确目标运用于工作
- 52 / Positive Mental Attitude
- 54 / 积极心态
- 56 / Tact
- 58 / 机智
- 60 / A keen Sense of justice
- 62 / 正义感
- 64 / Control our feelings
- 66 / 情绪和控制
- 68 / Demonstrating the Power of Your Faith
- 72 /展现信心的力量
- 76 / Walk Extra Mile
- 81 / 多付出一点点
- 86 / Build a Positive Mental Attitude
- 93 / 培养积极心态
- 99 / How to Develop Controlled Enthusiasm
- 102 / 如何培养热忱
- 104 / Get Out of the Comfort, Go Higher
- 107 / 摆脱惯性勇攀高峰
- 109 / Ten Tips for Leaders
- 112 / 给领导者的十大忠告

White-Collar Man in a Blue-Collar World / 114

蓝领世界中的白领人 / 117

Women Lead Differently / 119

女性领导的与众不同 / 122

Beating the Blues / 124

战胜抑郁 / 127

Feed Your Mind / 130

充实你的思想 / 132

Consider / 134

试想一下 / 135

Crocus / 136

番红花 / 139

The Importance of Being Honest / 141

假如没了诚信我一天也不会快乐 / 144

Interview God / 146

采访上帝 / 149

A Chance of a lifetime / 152

生命的机遇 / 154

Go to War / 156

开始战斗 / 158

Burning Desire to Achieve a Purpose / 160

成功的强烈欲望 / 161

Be Full of Enthusiasm / 162

充满热情 / 163

Success is Never Ending / 164

成功不会停止 / 165

The \$20 Lesson / 166

20 美元的启示 / 167

- 168 / Reinvent Yourself
- 169/重新发现自己
- 170 / Say "So What"
- 171 / 走适合自己的路
- 172 / Without a Goal is Like a Ship without a Rudder
- 173 / 人没有目标,就像轮船没有舵
- 174 / A Railway Worker and a Railway President
- 175/铁路工人和总裁
- 176 / The "Impossible" Ford V-8 Motor
- 177 / "不可能"的福特 V-8 汽缸引擎
- 178 / A place to stand
- 180 / 一个站的地方
- 182 / Sitting on Your Talent
- 183 / 抑制你的才能
- 184 / Without Fear
- 185 / 无畏
- 186 / Refusing to Accept Failure
- 187 / 拒绝接受失败
- 188 / You Can Dream
- 189 / 如果你有好奇心,你就能梦想
- 190 / No Excuses
- 191 / 不要寻找借口
- 192 / Friendship Beats Money
- 193 / 友谊胜过金钱
- 194 / Happiness
- 195 / 幸福
- 196 / Don't Limit Your Potential
- 197 / 不要限制你的潜能



A True Story of Courage and Love

David, Kuzminsk

Walking down a path through some woods in Georgia, I saw a water puddle ahead on the path. I angled my direction to go around it on the part of the path that wasn't covered by water and mud. As I reached the puddle, I was suddenly attacked! Yet I did nothing for the attack was so unpredictable and from a source so totally unexpected. I was startled as well as unhurt, despite having been struck four or five times already. I backed up a foot and my attacker stopped attacking me. Instead of attacking more, he hovered in the air on graceful but terfly wings in front of me. Had I been hurt I wouldn't have found it amusing, but I was unhurt, it was funny, and I was laughing. After all, I was being attacked by a butterfly!

Having stopped laughing, I took a step forward. My attacker rushed me again. He rammed me in the chest with his head and body, striking me over and over again with all his might, still to no avail. For a second time, I retreated a step while my attacker relented in his attack. Yet again, I tried moving forward. My attacker charged me again. I was rammed in the chest over and over again. I wasn't sure what to do, other than to re treat a third time. After all, it's just not every day that one is attacked by a butterfly. This time, though, I stepped back several paces to look the situation over. My attacker moved back as well to land on the ground. That's when I discovered why my attacker was charging me only moments earlier. He had a mate and she

was dying. She was beside the puddle where he landed.

Sitting close beside her, he opened and closed his wings as if to fan her. I could only admire the love and courage of that butterfly in his concern for his mate. He had taken it upon himself to attack me for his mate's sake, even though she was clearly dying and I was so large. He did so just to give her those extra few precious moments of life, should I have been careless enough to step on her. Now I knew why and what he was fighting for. There was really only one option left for me. I carefully made my way around the puddle to the other side of the path, though it was only inches wide and extremely muddy. His courage in attacking something thousands of times larger and heavier than himself just for his mate's safety justified it. I couldn't do anything other than reward him by walking on the more difficult side of the puddle. He had truly earned those moments to be with her, undisturbed.

I left them in peace for those last few moments, cleaning the mud from my boots when I later reached my Car.

Since then, I've always tried to remember the courage of that butterfly whenever I see huge obstacles facing me. I use that butterfly's courage as an inspiration and to remind myself that good things are worth fighting for.



热词空间

attacker n. 攻击者 relent v. 动怜悯心,减弱 steppe n. 干草原;疏树大平原 puddle n. (雨)水坑,泥潭

关于勇气与爱的故事

戴维·L·库茨明斯基

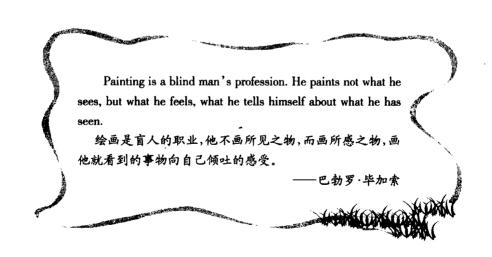
穿过佐治亚州的一片森林,我沿着其中的一条小路走着,忽然看见路的前方有个水坑。于是我转了小弯绕过那个坑从那没有水和泥浆的一侧过去。正当我靠近那个水坑时,突然遭到了攻击。这次攻击难以预料,而且对方完全是出其不意地袭来,这可让我手足无措。尽管我已经受到了四五次的袭击,但我只是受了惊吓,没有受伤。我倒退了一步,袭击者才停止了进攻。他不再进攻了,只是在我面前振着那优美的蝴蝶翅膀在空中盘旋着。要是受了伤,我可不会觉得好玩,可没伤到自己就感到挺有趣的,于是便笑了起来。毕竟,我只是受到了一只蝴蝶的袭击。

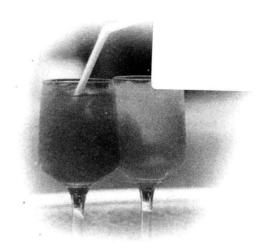
后来我不再笑了,准备继续向前迈步。而那只蝴蝶又冲我飞了过来,他用自己的脑袋和身体向我猛地撞来,拼尽全力一次又一次地向我袭来,可这还是无济于事。我第二次向后退了一步,而那只蝴蝶的攻击似乎越发地乏力了。我又试着往前迈。那只蝴蝶又向我发出了警告。他一而再再而三地撞向我的怀里,我也不知道怎么办,只好第三次后撤。毕竟,受蝴蝶的袭击可不是每天都能遇到的事。不过,这回我后撤了好几步,以便看清局势。而那只蝴蝶也退了回去,落在那块地面上。也就是在此刻,我才弄清了稍早前他向我发出警告的原因。他的伴侣快死了,就躺在那水坑的旁边。

他伏在她的身旁,不断地扇动翅膀,好像要极力唤醒她。我很钦佩这只蝴蝶,为了自己的伴侣所表现出的那份爱与勇气。为了自己的伴侣而毅然决然地向我发起进攻,尽管伴侣显然已经快死了,尽管我是如此的强大。他这么做只是为了让伴侣在生命中这弥留的宝贵时刻驻足,而我却不经心地想践踏她。现在我明白了他与我展开激战的原因了。而留给我的也只有一种选择。于是,我小心翼翼地绕过水坑,从另一侧过去,尽管这一侧的路只有几英寸宽,而且很泥泞。为了伴侣的生命,他义无反顾地向比他大好几千倍的人发起一次次地进攻,他的勇气战胜了一切。为了宽慰他,我所能做的也只是从水坑那边更难走的一侧过去而已。正是凭自己的勇力,他才获得了与她共度最后一刻的机会。

在最后的那几分钟里,我就让他俩静静地呆着。随后我来到车前,抖抖靴子上的泥上了车。

从此以后,每当面临巨大的困难,我总会想起那只有着非凡勇气的蝴蝶。 他的勇气总是激励着我,时时提醒我值得为一切美好的东西而奋斗。



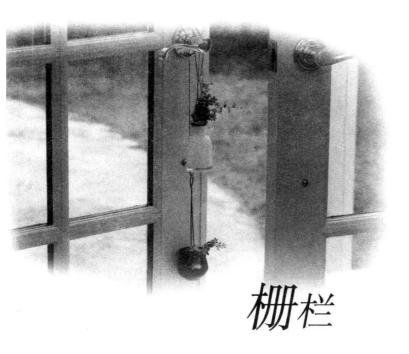


The Fence

There was a little boy with a bad temper. His father gave him a bag of nails and told him, every time he lost his temper, to hammer a nail in the back fence. The first day the boy had driven 37 nails into the fence. Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day when he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. A verbal wound is as bad as a physical one."



有一个小男孩,他脾气不好。于是他的父亲给了他一袋钉子,并且告诉他每发一次脾气就往后面的栅栏上钉上一颗钉子。第一天,小男孩就往那个栅栏上钉了37颗钉子。接下来几天,钉的钉子就逐渐减少了。他发现控制自己不发脾气可要比往栅栏上敲钉子容易得多。

终于有一天,小男孩不再乱发脾气了。他把这件事告诉给他父亲,父亲听了之后,说现在开始如果他以后一天都不发脾气的话,就从栅栏上拔出一颗钉子。过了些天,小男孩又告诉他父亲栅栏上的钉子已经拔光了。

父亲牵着孩子的手,把他带到栅栏前,对他说:"儿子,你干得不错。但是,你看栅栏上的那些洞,这个栅栏永远也无法恢复原样了。当你在气急败坏中对人讲话的时候,其实就像这些栅栏一样,你在别人身上留下了一条条伤痕。你可以在别人身上扎一刀,然后再拔出来。你说了多少次对不起并不重要,但伤口还是在那里。出口伤人与身体伤害一样不好。"

Mikey's Goal

Last night was the last game for my eight-year-old son's soccer team. It was the final quarter. The score was two to one, my son's team in the lead. Parents encircled the field, offering **encouragement**.

With less than ten seconds remaining, the ball rolled in front of my son's teammate, one Mikey O'Donnel. With shouts of "Kick it!" echoing across the field, Mikey reared back and gave it everything he had. All round me the crowd-erupted. O'Donnel had scored!

Then there was silence. Mikey had scored all right, but in the wrong goal, ending the game in a tie. For a moment there was total hush. You see, Mikey has Down's syndrome and for him there is no such thing as a wrong goal. All goals were celebrated by a joyous hug from Mikey. He had even been known to hug the opposing players when they scored.

The silence was finally broken when Mikey, his face filled with joy, grabbed my son, hugged him and yelled, "I scored! Everybody won! Everybody won! "
For a moment I held my breath, not sure how my son would react. I need not have worried. I watched, through tears, as my son threw up his hand in the classic high-five salute and started chanting, "Way to go Mikey! Way to go Mikey! "Within moments

both teams surrounded Mikey, joining in the chant and congratulating him on his goal.

Later that night, when my daughter asked who had won, I smiled as I replied, "It was a tie. Everybody won."

