

英语朗朗诵读系列

第2辑

Prompting in English

牛晓春 王向红 主编

英语美文 诵读



大连理工大学出版社

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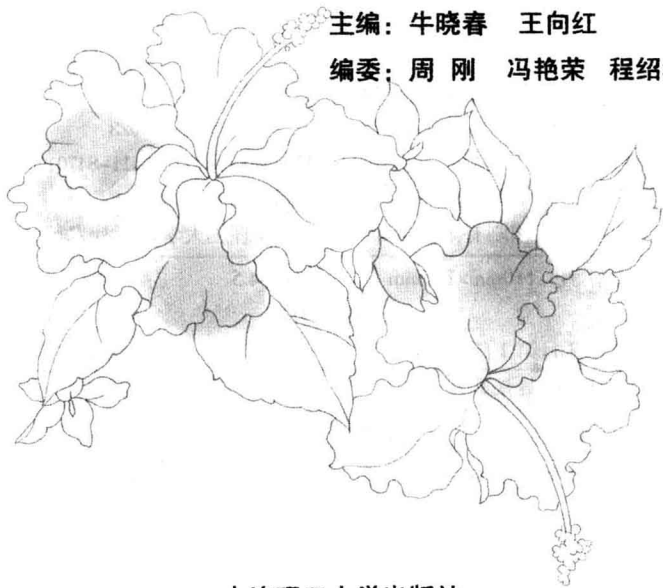
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前

言



快乐原本很容易,积极、乐观向上的生活态度,笑着面对生活,品味生活中的细微,平凡的日子就会增加亮色。

“生活,似乎是一艘在海上行驶的船,有礁、有浪、有滩……不管是活给别人看,还是活给自己看,有时候,你都会觉得难。活给别人看,最大的难处是怎样处心积虑地战胜别人。活给自己看,最大的难处是如何持之以恒地战胜自己。”(蒋金庸)

本书中的英文短文充满人生的哲理和启迪,也是我们励志人生不可缺少的营养和精神支柱,我们为之感动。因此愿意与读者一起分享书中的人生哲理。珍爱生命! 珍爱我们所拥有的一切!

本书具有激励性,趣味性。英文的精彩短文来源于地道的原汁原味的英语,语言优美,用词恰当,题材新颖,视角独特,适合阅读和背诵。内容多样化,包括生活、母爱、热情、成功、态度、幸福、幽默、警示……构成了我们丰富多彩的人生。

我们这本书的目的在于激励读者,从不同的层次和程度诠释人生,并乐观、自信地迎接生活,战胜生活

中的自我障碍,迈向自己的志向。同时,读者能够在欣赏美文时,吸收语言的精髓,提高自己的语言能力,在兴趣和愉悦中得到美的享受。

我们坚信:拥有着积极的人生态度的你,一定会有所成就!

我们特别感谢短文的原作者,由于无法联系到作者,因此在此深表歉意,并致以诚挚的谢意!

编 者

于二零零八年一月

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Passage

1

“You can complain because roses have thorns
or you can rejoice because thorns have roses”

玫瑰有刺，你可以抱怨；你也可以欣喜因为有刺才是玫瑰。

——Ziggy

Notes

- 1 *the impact of attitude on life* 态度对生活的影响
- 2 *giftedness* ['giftidnis] 天赋，天才
- 3 *the remarkable thing* 值得一提的事；显著的事
- 4 *regarding the attitude* 关于态度
- 5 *embrace* [im'breis] 着手；抓住；拥抱
- 6 *inevitable* [in'evitəbl] 不可避免的
- 7 *play on one string* 弹单弦，(喻)能控制，能做



The longer I live, the more I realize the impact of attitude on life¹. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do.

It is more important than appearance, giftedness² or skill. It will make or break a company... a church... a home. The remarkable thing³ is we have a choice every day regarding the attitude⁴ we will embrace⁵ for that day.

We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable⁶. The only thing we can do is play on one string⁷ we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes.

Passage

2

“Great hopes make great man”

伟大的抱负造就伟大的人物。

Notes

- 1 *a history not only of cruelty but also of compassion, sacrifice, courage, kindness* 不仅是残酷的历史,也是充满同情、牺牲、勇气和善良的历史
- 2 *emphasize* ['emfəsaiz] 强调
- 3 *in this complex history* 在这复杂的历史中
- 4 *behave magnificently* 行为高尚
- 5 *spinning top of a world* 世界这个旋转的陀螺
- 6 *grand utopian future* 盛大的乌托邦理想的未来
- 7 *an infinite succession of presents* 无穷的不断的现在
- 8 *in defiance of* 无视,不顾
- 9 *marvelous victory* 了不起的胜利

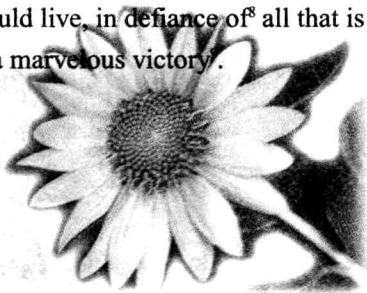
充满希望……

To Be Hopeful

To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty but also of compassion, sacrifice, courage, kindness.¹

What we choose to emphasize² in this complex history³ will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places—and there are so many—where people have behaved magnificently⁴, this gives us the energy to act, and at least the possibility of sending this spinning top⁵ of a world in a different direction.

And if we do act, in however small a way, we don't have to wait for some grand utopian future⁶. The future is an infinite succession of presents⁷, and to live now as we think human beings should live, in defiance of⁸ all that is bad around us, is itself a marvelous victory.



Passage

3

All that I am or hope to be, I owe to my angel mother.

我所成就的一切或我所希望成就的一切，都应归功于我的天使妈妈。

——Abraham Lincoln

Notes

- 1 *blue* [blu:] 忧郁的, 沮丧的
- 2 *hon* [hʌn] [常作 *Hon*] (= [美] *honey*) 宝贝儿
- 3 *say your prayers* 做祈祷
- 4 *alright* [ɔ:l'raɪt] 没问题的, 极好的
- 5 *scare* [skeə] 惊吓, 使恐慌



F 母亲 OR MOMS

Del Abe Jones

She was there at the beginning
When the world was new to you —
She was there to turn to happy times
Those when, you were hurt or blue¹.
She was there to listen to your thoughts
And when you asked, to give advice —
She was there to tell you, “Those don’t match!”
Or, “Hon², you sure look nice.”
She was there with you at night time
To help you say your prayers³ —
She was there to tell you, “It’s alright⁴.”
When you had a dream that scares⁵
She was there at morning time
To get you up and out of bed —
She was there when you didn’t feel good (or did)
To say, “You’d best stay home, instead.”
She was there when you were hungry
And when you had those dirty clothes —
She was there when you needed her
(How she knew? Only heaven knows.)
She was there at the beginning
And she’ll be there your whole life through —
She’ll be there in your mind and heart
Just like a mother is supposed to do.

Passage

4

Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

幸福不单单在于拥有金钱；它来自成就的欢乐和致力创造的努力所带来的兴奋。

—FRANKLIN D. ROOSEVELT

Notes

- 1 *spouse* [spauz] 配偶
- 2 *Hawaii* [ha:'wai:] 夏威夷
- 3 *fall into a trap* 坠入陷阱；陷入困境
- 4 *back off and start over* 回到原处，重新开始
- 5 *focus on ...* 聚焦于……，把重点放在……
- 6 *productive* [prə'dʌktiv] 有成果的，多产的
- 7 *getting a raise* 增加薪水
- 8 *in the habit of* 按（有）某种习惯

想一想你所拥有的而不是你所渴望的
Think of what you have instead of what you want

Luckily, there is a way to be happy. It involves changing the emphasis of our thinking from what we want to what we have. Rather than wishing your spouse¹ was different, try thinking about her wonderful qualities. Instead of complaining about your salary, be grateful that you have a job. Rather than wishing you were able to take a vacation to Hawaii², think of how much fun you have had close to home. The list of possibilities is endless! Each time you notice yourself falling into the “I wish life were different” trap³, back off and start over⁴. Take a breath and remember all that you have to be grateful. When you focus not on what you want, but on what you have, you end up getting more of what you want anyway. If you focus on⁵ the good qualities of your spouse, he’ ll be more loving. If you are grateful for your job rather than complaining about it, you’ ll do a better job, be more productive⁶, and probably end up getting a raise⁷ anyway. If you focus on ways to enjoy yourself around home rather than waiting to enjoy yourself in Hawaii, you’ ll end up having more fun. If you ever do get to Hawaii, you’ ll be in the habit of⁸ enjoying yourself. And, if by some chance you don’ t, you’ ll have a great life anyway.

Passage

5

Nothing great was ever achieved without enthusiasm.

有了热情才能取得了不起的成就。

——Ralph Waldo Emerson

Notes

1 *passionate* ['pæʃənɪt] 充满热情的

2 *thrust* [θrʌst] 推入

3 *zest* [zest] 热情, 热心; 强烈的兴趣

4 *achieve the corporate mission* 共同完成任务

5 *inspire his troops* 激励, 鼓励他的下属

6 *exude* [ɪg'zju:d] 洋溢

7 *charisma* [kə'rizmə] 超凡魅力, 感召力

8 *ferveent* ['fɜ:vənt] 热情的, 强烈的

9 *boost your gusto* 激发兴致

