

双语美文

思想结晶改变人生命运，经典美文提高生活品位

# 我的爱情美文

## 最美不过初相见

英汉对照 词汇解析 语法讲解 励志语录

刘媛媛 编著

读书，让你慢慢成为  
一个有温度、懂情趣、会思考的人



中国纺织出版社

国家一级出版社  
全国百佳图书出版单位

# 我的爱情美文

## 最美不过初相见

英汉对照 词汇解析 语法讲解 励志语录

刘媛媛 编著



中国纺织出版社

## 图书在版编目 ( CIP ) 数据

我的爱情美文：最美不过初相见：英文 / 刘媛媛  
编著. — 北京：中国纺织出版社，2019.4  
ISBN 978-7-5180-5092-5

I . ①我… II . ①刘… III . ①英语—语言读物②散文  
集—世界 IV . ① H319.4: I

中国版本图书馆 CIP 数据核字 (2018) 第 119974 号

---

责任编辑：武洋洋      责任校对：武凤余      责任印制：储志伟

---

中国纺织出版社出版发行

地址：北京市朝阳区百子湾东里A407号楼 邮政编码：100124

销售电话：010—67004422 传真：010—87155801

<http://www.c-textilep.com>

E-mail: [faxing@c-textilep.com](mailto:faxing@c-textilep.com)

中国纺织出版社天猫旗舰店

官方微博<http://www.weibo.com/2119887771>

三河市延风印装有限公司印刷 各地新华书店经销

2019年4月第1版第1次印刷

开本：880 × 1230 1/32 印张：6

字数：200千字 定价：39.80元

---

凡购本书，如有缺页、倒页、脱页，由本社图书营销中心调换

# 前言

思想结晶改变人生命运，经典美文提高生活品位。曾几何时，一个字，触动你的心弦；一句话，让你泪流满面；一篇短文，让你重拾信心，勇敢面对生活给你的考验。这就是语言的魅力。通过阅读优美的英文短文，不仅能够扩大词汇量，掌握单词的用法，了解语法，学习地道的表达，更让你的心灵如沐春风，得到爱的呵护和情感的滋养。

岁月流转，经典永存。针对英语学习爱好者的需要，编者精心选取了难易适中的英语经典美文，为你提供一场丰富多彩的文学盛宴。本书采用中英文对照的形式，便于读者理解。每篇美文后都附有单词解析、语法知识点、经典名句三大版块，让你在欣赏完一篇美文后，还能扩充词汇量、巩固语法知识、斟酌文中好句，并感悟人生。在一篇篇不同题材风格的英语美文中，你总能找到引起你心灵共鸣的一篇。

读一本新书恰似坠入爱河，是场冒险。你得全身心地投入进去。翻开书页之时，从前言直至封底你或许都知之甚少。但谁又不是呢？字里行间的只言片语不总是正确的。

有时候你会发现，人们自我推销时是一种形象，等你在深入了解后，他们就完全变样了。有时故事的叙述流于表面，朴实的语言，平淡的情节，但阅读过半后，你却发觉这本书真是出乎意料的妙不可言，而这种感受只能靠自己去感悟！

阅读之乐，腹有诗书气自华；阅读之美，活水云影共天光。阅读可以放逐百年孤独，阅读可以触摸千年月光。阅读中有眼前的收获，阅读中也有诗和远方。

让我们静下心来感受英语美文的温度，在英语美文中仔细品味似曾相识的细腻情感，感悟生命和人性的力量。

编者

2018年6月

# 目录

01 The Measure of Love Is When You Love Without Measure	
爱的限度就是无限度地去爱 .....	001
02 She Left Her Shoes	
爱的遗鞋 .....	006
03 Love and Time	
爱和时间 .....	012
04 The Love in That Summer	
爱在那个夏天 .....	017
05 Love Grew in Hearts	
爱在心里成长 .....	024
06 Don't Let Scenery Always Be Far from You	
别让风景总在前方 .....	027
07 The Late Letter of Love A	
迟到的情书 A .....	031
08 The Late Letter of Love B	
迟到的情书 B .....	038
09 When Love Beckons to You	
当爱召唤你时 .....	046
10 Loving with an Open Hand	
放爱一条生路 .....	051
11 Letting Go	
放手 .....	056
12 In Giving I Connect with Others	
给予连接你和我 .....	060

13 Damaged Goods	
受损的物品 .....	066
14 Marriage, Love and Freedom	
婚姻、爱与自由 .....	073
15 The Classical Dialogue of <i>Jane Eyre</i>	
《简·爱》经典对白 .....	081
16 Roses from Heaven	
来自天堂的玫瑰 .....	087
17 Blue Love	
蓝色恋情 .....	093
18 Love Between Two Dummies	
两个哑巴的爱情 .....	099
19 Beautiful Love Story A	
美丽的爱情故事 A .....	104
20 Beautiful Love Story B	
美丽的爱情故事 B .....	112
21 Who You Love	
你爱的是谁 .....	122
22 Chance	
偶然 .....	126
23 <i>Discuss Love Written by Bacon</i>	
培根《论爱情》 .....	129
24 Call with Love	
让爱相随 .....	135
25 Living a Life of Love	
让生活充满爱 .....	138
26 Right Beside You	
身边总有你 .....	142
27 Tommy and Sabrina	
汤米和塞布丽娜 .....	148

28 Though Single, I Am Happy A	
我单身, 我快乐 A .....	153
29 Though Single, I Am Happy B	
我单身, 我快乐 B .....	160
30 Unconditional Love	
无条件的爱 .....	169
31 Beauty Within	
心灵之爱 .....	175
32 The Warm of a Cup of Milk	
一杯牛奶的温暖 .....	179



## 01

The Measure of Love Is When You Love  
Without Measure

## 爱的限度就是无限度地去爱

Freda Bright says, “Only in **opera** do people die of love.” It’s true. You really can’t love somebody to death. I’ve known people to die from no love, but I’ve never known anyone to be loved to death. We just can’t love one another enough.

A heart-warming story tells of a woman who finally decided to ask her boss for a raise in salary. All day she felt **nervous** and **apprehensive**. Late in the afternoon she **summoned** the courage to approach her employer. To her delight, the boss agreed to a raise.

The woman arrived home that evening, finding a beautiful table set with best dishes. **Candles** were softly glowing. Her husband had come home early and prepared a **festive** meal. She wondered if someone from the office had **tipped** him off, or... why did he just somehow know that she would not get turned down?

She found him in the kitchen and told him the good news. They embraced and kissed, then sat down to the wonderful meal. Next to her **plate**

弗里达·布赖特说：“只有在歌剧中，人们才会为爱而死。”千真万确。的确，你不会因为爱一个人而死。我知道有人因为缺乏爱而死，可我从来没有听说过谁因被爱而死。爱永远都不会多。

有一个感人的故事，讲的是有个女人终于决定去向老板提出加薪的要求。她一整天都焦虑不安。下午晚些时候，她鼓起勇气向老板提议。让她感到高兴的是，老板同意给她加薪。

当晚，女人回家后，发现漂亮的餐桌上已经摆满了丰盛的菜肴，烛光在轻轻地摇曳着。丈夫提早回家准备了一顿庆祝宴。她心想，会不会是办公室里有人向他通风报信了呢？不然他怎么知道她不会被拒绝？

她在厨房里找到了他，告诉了他这个好消息。他们拥抱亲吻，然后坐下来共享美餐。在她的盘子旁边，女人看到了一张字迹优美的便

the woman found a beautifully lettered note. It read: "Congratulations, darling! I knew you'd get the raise! These things will tell you how much I love you."

After the supper, her husband went into the kitchen to clean up. She noticed that a second card had fallen from his pocket. Picking it off the floor, she read: "Don't worry about not getting the raise! You deserve it anyway! These things will tell you how much I love you."

Someone has said that the measure of love is when you love without measure. What this man feels for his spouse is total acceptance and love, whether she succeeds or fails. His love celebrates her victories and **soothes her wounds**. He stands with her, no matter what life throws in their direction.

Upon receiving the Nobel Peace Prize, Mother Teresa said: "What can you do to promote world peace? Go home and love your family." And love your friends. Love them without measure.

条。上面写着：“祝贺你，亲爱的！我就知道你顺利加薪的。我为你做的这一切会告诉你，我有多么爱你。”

晚餐后，丈夫到厨房洗碗。她注意到又有张卡片从他口袋里掉了出来。她从地板上捡起卡片，念道：“不要因为没加薪而烦恼！你本该值得加薪！我为你做的这一切会告诉你，我有多么爱你。”

有人曾经说过，爱的限度就是无限度地去爱。不管妻子成功还是失败，这个男人都给予她完全的包容和爱。他的爱庆祝她的胜利，也抚平她的创伤。不管生活的道路上遇到什么，他们始终同舟共济。

特蕾莎修女在接受诺贝尔和平奖时说道：“你能为促进世界和平做些什么呢？回家爱你的家人吧。”还要爱你的朋友，毫无限度地爱他们。

## 单词解析 Word Analysis

**opera** ['ɑ:prə] 歌剧；歌剧艺术，歌剧业

**例** He was also learned in classical music with a great love of opera.

他还是个酷爱歌剧的古典音乐家。

**nervous** ['nɜːrvəs] **adj.** 神经质的；紧张不安的；焦虑的

**例** She was apparently a very nervous woman, and that affected her career.

她显然是一个很神经质的女人，这一点影响了她的事业。

**apprehensive** [æprɪ'hensɪv] **adj.** 忧虑的；惶惑的；有理解力的

**例** People are still terribly apprehensive about the future.

人们对于将来仍然非常担心。

**summon** ['sʌmən] **v.** 传唤，召唤；鼓起（勇气）；传讯（出庭）

**例** Howe summoned a doctor and hurried over.

豪叫了医生，然后匆忙赶了过来。

**candle** ['kændl] **n.** 蜡烛；烛光；蜡烛状物 **v.** 对光检查

**例** The bedroom was lit by a single candle.

卧室里只点了一支蜡烛。

**festive** ['festɪv] **adj.** 喜庆的；欢乐的；节日的，过节似的

**例** The factory was due to shut for the festive period.

节日期间工厂将关门。

**tip** [tɪp] **n.** 小费；小窍门；末梢 **v.** 给小费；倾斜，翻倒；装顶端

**例** The sleeves covered his hands to the tips of his fingers.

袖子遮住了他的手，一直盖到指尖。

**plate** [plet] **n.** 盘子，盆；金属板；底片，感光底片 **v.** 镀；覆盖；电镀

**例** The plate broke.

盘子打破了。

**sooth** [suːθ] **n.** 真实 **adj.** 抚慰的；真实的；温柔的；甜蜜的

**例** Soothly to say, I got up late.

说实话，我起来晚了。

**wound** [wund] **n.** 伤口；创伤；伤害 **v.** 伤；伤害

**例** The wound is healing nicely.

伤口愈合得很好。

## 语法知识点 Grammar Points

### ① Freda Bright says, "Only in opera do people die of love."

这个句子中有一个结构“Only...do...”，是一个倒装结构，表示“只有……才会……”，强调opera。

**例** Only in this way can the experiment succeed.

唯有这样做，试验才能成功。

### ② I've known people to die from no love, but I've never known anyone to be loved to death.

这个句子中有一个结构“die from”，表示“死于……”，相当于die of。

**例** The old man died from cancer.

那位老人死于癌症。

### ③ Late in the afternoon she summoned the courage to approach her employer.

这个句子中有一个结构“summon the courage to do sth.”，表示“鼓起勇气做某事”，相当于gather the courage to do sth.。

**例** It took me six months to summon (up) the courage to ask him out for a drink.

我用了半年时间才鼓起勇气邀请他出来喝一杯。

### ④ ...did he just somehow know that she would not get turned down?

这个句子中有一个结构“turn sb. down”，表示“拒绝……”。同义词还有refuse和reject。

**例** Why did he turn me down?

他为什么拒绝了我？

### ⑤ Upon receiving the Nobel Peace Prize, Mother Teresa said: "What can you do to promote world peace? Go home and love your family."

这个句子中有一个结构“upon doing sth.”，表示“一……就……”，相当于on doing sth.。

**例** Upon seeing him, she ran to him happily.

一看到他，她就开心地跑了过去。

## 经典名句 *Famous Classics*

1. Take away love, and our earth is a tomb.  
把爱拿走，我们的地球就变成了一座坟墓。
2. Once you really need love, you will find that it is waiting for you.  
一旦你确实需要爱，你就会发现它正在等待着你。
3. The only great thing about marriage is the only love between two hearts of mutual loyalty.  
婚姻唯一的伟大之处在于唯一的爱情——两颗心的互相忠实。
4. The most important thing in a person's life is to find themselves, and in the marriage is to be found.  
人的一生中最重要的事是发现自己，而在婚姻中则是被人所发现。
5. It is universally acknowledged that you are indispensable to me.  
全世界都知道你是我不可或缺的一个人。

读书笔记



She left her shoes; she took everything else — her toothbrush, her clothes, and even that **stupid** little **silver** vase on the table we kept candy in, just **dumped** it out on the table and took the vase. The tiny apartment we shared seemed different now, her stuff was gone, and it wasn't much really, although now the room seemed like a **jigsaw** puzzle with a few pieces missing, incomplete. The closet seemed empty too; most of it was her stuff anyway. But there they were at the bottom, piled up like they usually were, every single one of them. Why did she leave her shoes? She couldn't have forgotten them, I knew too well that she took great pride in her shoe collection. But there they still were, right down to her favorite pair of **sandals**. They were black with a design etched into the wide band that stretched across the top of them, the soles scuffed and worn; a delicate imprint of where her toes rested was visible in the soft fabric.

It seemed funny to me, she walked out of my life without her shoes, was that irony, or was I thinking of

她把鞋子留在了这里，其他的统统都带走了，包括她的牙刷、她的衣服，甚至我们摆放在桌上装糖果的银色小瓶子。她直接把糖果倒在了桌上，然后把瓶子拿走了。这个二人世界的小蜗居看上去已经和以前大不一样了，虽然原本属于她的东西不是特别多，可都给搬得干干净净，这间房子现在就如同一幅残缺的拼图，不再完整。衣柜也变得空空如也，里面的东西大多都是她的。然而就在柜子的底层，也和往常一样堆积在那里，她的鞋子却留了下来，一只也不少。她为什么要把鞋子留下来呢？绝对不可能是忘了拿。我知道她向来很宝贝她收藏的鞋子。可是，这些鞋子真的就躺在那里，还包括那双黑色的凉鞋，她挚爱的凉鞋。这双鞋有着宽宽的鞋面，上面还镂空有花纹，鞋底已经磨损破旧，她的脚趾印还依稀可见于鞋内软皮上。

这可真让我百思不得其解，她既然选择离开我，却又

something else? In a way I was glad they were still here — she would have to come back for them, right? I mean how could she go on with the rest of her life without her shoes? But she would never come back. I know she wouldn't; she would rather walk barefoot over glass than have to see me again. But Christ she left all of her shoes! All of them, every sneaker, boot and sandal, every high heel and clog, every **flip-flop**... What should I do? Should I leave them here, or bag them up and throw them in the trash? Should I look at them every morning when I get dressed and wonder why she left them? She knew it, she knew what she was doing. I can't throw them out for fear she may return for them someday. I can't be rid of myself of her completely with all her shoes still in my life, can't **dispose** of them or the person that walked in them.

A deep footprint on my heart, I can't sweep her shoes away for they've left. All I can do is staring at them and wondering, staring at their laces and **strapping** their buttons and tread. They still connect me to her though, in some distant bizarre way they do. I can remember the good times we had, what pair she was wearing at that moment in time. They are hers and no else's; she wore down the heels, and

不带走她的鞋? 这是一种讽刺吗? 还是我想歪了? 从某种角度说, 我又暗自高兴——鞋子既然被留了下来, 那么她总有一天会回来拿的, 对吗? 我是说没了这些鞋子, 她以后日子怎么过啊? 可是, 她不会再回来了。我知道她不会的, 她宁愿光脚踩玻璃也不愿意回来再看见我的。可是, 老天! 她怎么就把鞋子给留下来了呢? 所有的鞋, 包括全部的球鞋、靴子、凉鞋、高跟鞋、木屐、人字拖……我该怎么办啊? 任它们放在这儿, 还是打包扔掉呢? 我是不是每天打开衣柜就要看见它们, 然后冥思苦想她留下鞋子的目的呢? 她一定是有意这样做的, 她很清楚自己在做什么。这些鞋子我不能扔, 因为我怕有一天她会回来拿。她的鞋就这样留在我生命里, 彻底摆脱对她的思念是不可能的, 无论是鞋子还是它们的主人我都无法舍弃。

她的鞋子在我心中留下的深印实在难以抹去, 我只能痴痴地看着她的鞋, 看着那些鞋带, 然后傻傻地把鞋扣系好。这些鞋子仍然将我和她联结在一起, 虽然方式是那样滑稽可笑。我能记住和她在一起的快乐时光, 她在哪时哪刻穿着

she scuffed their sides; it's her fragile footprint **imbedded** on the insole. I sat on the floor next to them and wondered how many places had she gone while wearing these shoes, how many miles she walked in them, and what pair was she wearing when she decided to leave me? I picked up a high heel she often wore and absently smelt it. It was not disgusting I thought. It was just the last **tangible** link I have to her; the last bit of reality I have of her. She left her shoes; she took everything else, except her shoes. They remain at the bottom of my closet, a shrine to her memory.

哪双鞋子。鞋子是她的，不是别人的。鞋跟磨短了，鞋边磨破了，鞋内是她纤纤的足印。我席地坐在她的鞋子旁边，想着她穿着这些鞋子到过多少地方？走了多少的路？她最后下定决心要离开我时穿的又是哪双鞋呢？我拿起一只她常穿的高跟鞋，心不在焉地嗅了一下，我一点也不觉得恶心，因为属于她而实实在在能让我拥有的就只剩这气息了，这也是除了回忆以外她留给我的最后一丝真实存在。她把鞋子遗留在这儿，其余一切都带走了。它们躺在衣柜的底层，那个属于她的回忆的神圣角落。

## 单词解析 Word Analysis

**stupid** ['stu:pɪd] **adj.** 愚蠢的；迟钝的；乏味的；眩晕的，昏迷不醒的 **n.** <口>傻子，笨蛋

**例** I'll never do anything so stupid again.

我再也不会做这种傻事了。

**silver** ['sɪlvə(r)] **n.** 银，银器，银币

**例** He and Helen celebrated their silver wedding last year.

他和海伦去年庆祝了他们的银婚。

**dump** [dʌmp] **v.** 倾倒；倾销；丢下；摆脱；突然跌倒或落下 **n.** 垃圾场；仓库；无秩序地累积

**例** We dumped our bags at the nearby Grand Hotel and hurried towards the market.

我们把包扔在附近的格兰德酒店后就匆匆赶往集市。



**jigsaw** ['dʒɪɡsɔː] **n.** 拼图

**例** We've got a new jigsaw puzzle!

我们得到了一个新的七巧板。

**sandal** ['sændl] **n.** 凉鞋, 草带鞋; [植]檀香木 **v.** 使穿上凉鞋

**例** Constant use had fretted sandal strap to the breaking point.

凉鞋由于经常穿, 鞋带快磨断了。

**dispose** [drɪ'spəʊz] **v.** 处理, 布置, 排列; 处置; 决定

**例** Just fold up the nappy and dispose of it in the normal manner.

把尿布叠起来, 像平常扔东西一样扔掉即可。

**strap** [stræp] **v.** 用带捆扎; 用皮带抽打; 拼命工作 **n.** 皮带; 带子; 磨刀皮带; 鞭打

**例** Nancy gripped the strap of her beach bag.

南希抓住了自己沙滩包的带子。

**flip-flop** ['flɪp,flap] **n.** 后滚翻, 噼啪(声) **adv.** 连续啪啪作响地 **v.** 使翻转; 使……突然转变 **adj.** 后手翻的; 突然改变的

**例** He has been criticized for flip-flopping on several key issues.

他因为在几个关键问题上临场变卦而备受批评。

**imbed** [ɪm'bɛd] **v.** 栽种(花等), 埋置, 把……嵌入

**例** The thorn was embedded in her thumb.

荆棘扎入她大拇指里了。

**tangible** ['tændʒəbəl] **adj.** 可触知的; 确实的, 真实的; 实际的; [法]有形的 **n.** 有形资产; 可触知的或具体的某事物

**例** There should be some tangible evidence that the economy is starting to recover.

应该有明显迹象表明经济开始复苏了。