

梦想就像气球，

飘在空中，仿佛触手可及，

又似乎遥不可及。

不如说走就走，

来一段旅行，

在行走中，找寻梦想。



人生是一次未知的旅行

Journey Into The Unknown

每天读点好英文
Everyday English Notes

常青藤语言教学中心 编译

读故事·记单词·学语法
阅读能力·单词强化·语法巩固
美文赏析·翻译提升·内容记忆

3000个必备单词
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**升级版
大全集**

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你的生活，自己决定

清晨，我早早醒来，为自己在午夜的钟声敲响前，将要做的一切激动不已。我有责任让今天过得充实，我很重要。

选择如何度过每一个日子，这是我的工作。

今天下雨了，所以我可以抱怨；但是，草地无需花费力气再去浇灌，所以我还可以感激。

今天没有足够的钱了，所以我可以难过；但这也使我懂得理性消费，引导我远离浪费，所以我也可以欣喜。

今天为自己的健康问题，我可以满腹牢骚；但自己仍然活着，所以我可以欢呼雀跃。

今天因为小时候父母给予的太少，我可以悲叹不已；但是，他们赋予我生命，所以我也可以万分感激。

今天因为玫瑰的刺，我可以呜咽哭泣；但有刺的茎上有玫瑰花，所以我又可以欢心庆贺。

今天因为自己缺少朋友，我可以哀伤悲痛；但我能去发掘新的感情，所以我又兴奋不已。

今天因为不得不上班，我可以抱怨哭诉；但起码我还有工作可以去做，所以我可以高声欢呼。

今天因为不得不做家务，我唉声叹气；但这是上帝赐予我的避风港，我又备感荣耀。

今天伸展在我面前，等着我去塑造，而我正是它的雕刻师，来赋予它某种形状。

今天是什么样，完全由我决定，今天怎样度过，由我来选择！

目录 CONTENTS

CHAPTER 1

做自己想做人

You Will Be Master of Yourself

2 · 生命不需退缩 佚名

Is Life Shy? *Anonymous*

6 · 成功是一种选择 佚名

Success Is a Choice *Anonymous*

10 · 信仰的无穷力量 佚名

The Power of Belief *Anonymous*

16 · 千金难求的一课 佚名

A Million Dollar Lesson *Anonymous*

20 · 恒心与毅力 塞缪尔·斯迈尔斯

Perseverance and Inexhaustible Patience *Samuel Smiles*

27 · 我们拥有美丽的梦想 佚名

The Dreamer *Anonymous*

32 · 做好每件小事 佚名

Do Small Things Well *Anonymous*

35 · 热情可以创造奇迹 奥里森·马登

The Triumphs of Enthusiasm *Orison Marden*

40 · 学会接受自己 佚名

Learning to Accept Yourself *Anonymous*

49 · 你爱自己吗? 佚名

Love of Self *Anonymous*

- 53 · 把他人当做你的另一面 佚名
Others Are Only Mirrors of You *Anonymous*
- 57 · 喜欢你自己 佚名
Accepting Oneself *Anonymous*
- 67 · 学会培养自信 佚名
Developing Self-confidence *Anonymous*
- 72 · 你才是行为和态度的主宰者 佚名
Do You Act Or React *Anonymous*
- 76 · 走自己的路，让别人说去吧！ 佚名
Let Yourself Go *Anonymous*
- 82 · 生活要敢于梦想 佚名
Dare to Dream *Anonymous*
- 87 · 让心中的明灯指引你前行 佚名
Allow Your Own Inner Light to Guide You *Anonymous*
- 91 · 心之所想，行之所依 佚名
To Feel Better, You Need to Think Better *Anonymous*
- 97 · 你是生命的最强音 佚名
You Can Speak Louder than Anything *Anonymous*
- 101 · 我的人生我做主 佚名
What You Make of Your Life Is up to You *Anonymous*

CHAPTER 2

你可以不平凡

You Can Be Uncommon

- 108 · 想到做到 佚名
What You See Is What You Get *Anonymous*
- 112 · 成就和梦想 佚名
On Achievements and Dreams *Anonymous*

- 115 · 天空里最神奇的奥秘 佚名
A Wonder in the Sky *Anonymous*
- 120 · 展现最有魅力的一面 佚名
Communicating a Sense of Personal Power *Anonymous*
- 124 · 活出你的个性 佚名
An Identity of One's Own *Anonymous*
- 127 · 人生路漫漫 威廉·萨默塞特·毛姆
The Road of Life *William Somerset Maugham*
- 130 · 生而为赢 伯特兰·罗素
What I Have Lived for *Bertrand Russell*
- 134 · 我知道我能行 奥里森·马登
I Know I Can *Orison Marden*
- 138 · 放飞你的梦想 佚名
Dream to Fly *Anonymous*
- 143 · 点燃目标的希望之火 布朗·兰登
Firing the Heart—Desire of Your Ideal *Brown Landone*
- 148 · 小女孩的梦想 佚名
A Little Girl's Dream *Anonymous*
- 154 · 梦想与理想的关系 詹姆斯·艾伦
Visions and Ideas *James Allen*
- 160 · 关于抱负的深层含义 佚名
Ambition *Anonymous*
- 164 · 成功从改变自己开始 佚名
Success Starts from Changing Yourself *Anonymous*
- 168 · 增强你的自信心 罗伯特·斯图伯格
Increasing Confidence *Robert Stuber*
- 173 · 年轻人应该拥有远大的理想 佚名
Young People Should Have Ideals *Anonymous*

- 176 · 专注自己，不受外界影响 佚名
Dance Like No One's Watching *Anonymous*
- 181 · 你即你所为 宋美龄
You Are What You Do *Song May-ling*
- 184 · 你真的好美！ 佚名
You're a Beautiful Person *Anonymous*

CHAPTER

3

喜欢镜子里的自己

Like What I See in the Mirror

- 188 · 种子的神奇力量 杰克·伦敦
188 · The Power of Seed *Jack London*
- 192 · 释放你最大的潜能 佚名
Become All You Can Be *Anonymous*
- 196 · 喜欢镜子里的自己 伊丽莎白·切利
Like What I See in the Mirror *Elizabeth Cherry*
- 203 · 天助自助者 塞缪尔·斯迈尔斯
Heaven Helps Those Who Help Themselves *Samuel Smiles*
- 208 · 懂自己，才能想未来 佚名
Get a Thorough Understanding of Oneself *Anonymous*
- 213 · 天生我材必有用 佚名
Equipment *Anonymous*
- 217 · 你具备这些成功的个性吗 佚名
The Success Personality *Anonymous*
- 221 · 人生从跟对人开始 厄尔·南丁格尔
Don't Follow the Follower *Earl Nightingale*
- 226 · 收放有度，松弛自如 佚名
Know When to Hold, Know When to Fold *Anonymous*

- 231 · 准确地表达你自己 佚名
Represent Yourself Professionally *Anonymous*
- 237 · 树立积极的目标才能成功 佚名
Set Positive Goals *Anonymous*
- 243 · 用心书写你的人生 戴维·A. 伯曼
Write Your Own Life *David A. Berman*
- 247 · 按照你的信念来生活 佚名
Live to Your Belief *Anonymous*
- 251 · 坚强有力的支持 佚名
Support *Anonymous*
- 256 · 成功的DNA密码 厄尔·曼
The DNA of Success *Earl Mann*
- 260 · 从不说做不到 佚名
We Never Say We Couldn't Do It *Anonymous*
- 264 · 战胜你内心的敌人 佚名
Facing the Enemies Within *Anonymous*
- 269 · 激发你的人生潜能 奥里森·马登
Getting Aroused *Orison Marden*
- 274 · 从逆境走向胜利 佚名
Adversity to Victory *Anonymous*
- 278 · 学校里无硝烟的战争 佚名
Challenges of School *Anonymous*
- 282 · 警惕你的弱点正在毒害你 奥里森·马登
Guard Your Weak Point *Orison Marden*
- 288 · 有关竞争的论调 亨利·福特
Competition *Henry Ford*
- 294 · 弱点有时给你最大的力量 佚名
Weakness or Strength *Anonymous*

298 · 不要让教训再次重复 佚名

A Lesson Is Repeated until Learned *Anonymous*

304 · 对你有益的错误 戴夫·鲍尔奇

Good Mistakes *Dave Balch*

Chapter 1

做自己想做人

You Will Be Master of Yourself



生命不需退缩

Is Life Shy?

✿ 佚名 / Anonymous

I was painfully shy as a child. In high school I would avoid anticipating in class discussions. I was too afraid to talk to anyone but my closest friends. I would think about being less shy, wanting the courage not only to ask a girl out, but to speak up in class and say what I was thinking. Yet, it never happened. Fears **embodied** themselves in such self-conscious questions as, “What will other people think?” “What if she says no?” I felt a dark presence in my mind holding me back.

This shyness continued into college. One day the question occurred to me: Is life shy?

The thought **startled** me! Think of the leaves bursting out in the springtime, the bird singing at dawn, the sheer number of different forms of life, all expressing the wideness and scope of divine Life. There’s nothing shy about it. This Life is everywhere and attention-

grabbing. So, if my creator isn't shy about all the life that needs expressing, I don't need to be either.

I realized that if I wanted to **overcome** fear and shyness, I would have to put this law of Life into practice. Shyness, fear, and loneliness were hindering me from living my life as Life, God wanted me to live it. I had to refuse to let fear and shyness control me. Instead, I decided to live how Life saw me.

One example: I wrote a note to a girl, asking her out on a date. Even as I was writing it, the fears of **rejection** and unworthiness came to me. This time however, instead of shrinking back and hiding from the fear, I put the note in the campus mail in spite of myself. I thought, whether she says yes or no, it's still right for me not to be shy. I can live with the confidence sent from the source of my life. The girl saw me in class the next day and told me that she would love to go out with me. I shouldn't have been so surprised!

Bit by bit, I was proving that a limited view of myself no longer had control over me. After college, I worked as a newspaper reporter, earned an advanced degree in theater, became a published writer (a lifelong dream), met a special woman whom I married, and even got a job teaching at a major university.



小时候我很害羞。上高中时，我总尽量不参加班级的讨论。除了最要好的朋友，我几乎不敢与其他人说话。我也想胆大起来，想有约会一个女孩的勇气，想把自己的想法在课堂上大声讲出来。但这些都未能实现。我感到很害怕，总担心“其他人会怎么看？”“她要是拒绝怎么办？”——似乎总有挥之不去的阴

影笼罩着我，让我举步维艰。

一直到上大学，我还是很害羞。一天，我突然想到一个问题：生命是害羞的吗？

这一想法令我大为震惊！想想吧，春天萌发的新绿，拂晓吟唱的鸟儿，世间万物无不在展示着神圣生命的浩渺无边。没什么可害羞的！生命无处不在，要勇敢把握！既然造物主都不为生命的自然表达而害羞，我又何必如此呢？

我知道，如果要克服恐惧和害羞，必须将这一生命法则付诸行动。害羞、恐惧和孤独阻碍了我亲近神圣生命赋予的真正生活。我决定顺其自然地生活，绝不让恐惧和害羞掌控我。

举个例子：我给一个女孩写了张纸条，约她出来。写的时候，恐惧和自卑感侵袭着我，但我没退缩，而是亲自将纸条投入了校园信箱。我想，无论她是否答应，对我来说，这已经是很大进步了，因为我不再害羞了。我自信地生活，而这自信正源自我生命的根基。第二天上课时，那个女孩对我说，她愿意赴我的约会。听到这话，我真是无比激动！

慢慢地，我发觉自己不再受狭隘的自我意识控制了。大学毕业后，我做过报社记者，获得了戏剧专业的高级文凭，并出了自己的书——《我的终生梦想》，还邂逅了一位特殊的女子，并娶她为妻，我甚至还在一所大学做了老师。

心灵小语

Something attempted, something done.

—Henry Wadsworth Longfellow

有所尝试，就等于有所作为。

——亨利·沃兹沃思·朗费恩

W 词汇笔记

embody [im'bɒdi] v. 具体表达；使具体化；包含

例 Let your happy life embody in every home detail.
让您的幸福人生体现在家居的每个细节。

startle ['stɑ:tl] v. 吃惊；使……惊愕

例 I hope you see things that startle you.
我希望你们看到让自己眼前一亮的东西。

overcome [ˌəʊvə'kʌm] v. 战胜；克服

例 It is greatly to your credit that you have overcome such difficulties.
你们克服了这么大的困难，值得表扬。

rejection [ri'dʒekʃən] n. 拒绝；被弃；被抛弃的实例

例 The rejection of this measure aroused the people to indignation.
拒绝采取这一措施激起了人民的义愤。

S 小试身手

生命无处不在，要勇敢把握！

译 _____
如果要克服恐惧和害羞，必须将这一生命法则付诸行动。

译 _____
害羞、恐惧和孤独阻碍了我亲近神圣生命赋予的真正生活。

译 _____

P 短语家族

Fears embodied themselves in such self-conscious questions as, "What will other people think?" "What if she says no?" I felt a dark presence in my mind **holding me back**.

hold back: 退缩

造 _____

Think of the leaves **bursting out** in the springtime, the bird singing at dawn, the sheer number of different forms of life, all expressing the wideness and scope of divine Life.

burst out: 闯出；大声叫喊；突然发生

造 _____

成功是一种选择

Success Is a Choice

✿ 佚名 / Anonymous

All of us ought to be able to brace ourselves for the predictable challenges and setbacks that crop up everyday. If we expect that life won't be perfect, we'll be able to avoid that impulse to quit. But even if you are strong enough to persist the **obstacle** course of life and work, sometimes you will **encounter** an adverse event that will completely knock you on your back.

Whether it's a financial loss, the loss of respect of your peers or loved ones, or some other traumatic event in your life, these major setbacks leave you doubting yourself and wondering if things can ever change for the better again.

Adversity happens to all of us, and it happens all the time. Some form of major adversity is either going to be there or it's lying in wait just around the corner. To ignore adversity is to succumb to the ultimate self-delusion.