

英汉对照 原汁原味



心灵阅读 品味人生

About Life



励志英语读物

雷 慧 张利华 主编

——之—— 人生篇

机械工业出版社
CHINA MACHINE PRESS



英汉对照 原汁原味



心灵阅读 品味人生

About Life



励志英语读物

——之—— 人生篇

雷 慧 张利华 主编 侯会冰 范丽娜 吴淑严 门书珍 编著

人生路上，每个人都有自己的奋斗方向和生命坐标。如果奋斗方向错了，应及时调整；如果人生坐标定位错了，就要移动生命的坐标。如果所面对的是无法改变，那我们就先改变自己，只有这样，才能最终改变属于自己的世界。

本书精选了 70 余篇关于人生的佳作，采用中英对照的编排方式。不但从各个层面对人生做了不同程度的诠释，激励我们去珍爱生命，开创自己精彩的人生，而且可帮助读者提升对英文的驾驭能力，增强英语语感。

图书在版编目 (CIP) 数据

励志英语读物之人生篇/雷慧，张利华主编；侯会冰等编著.

—北京：机械工业出版社，2006

ISBN 7-111-19121-8

I. 励… II. ①雷…②张…③侯 III. 英语—语言读物 IV. H319.4

中国版本图书馆 CIP 数据核字 (2006) 第 046582 号

机械工业出版社 (北京市百万庄大街 22 号 邮政编码 100037)

责任编辑：余红 版式设计：张文贵

责任印制：洪汉军

三河市宏达印刷有限公司印刷

2006 年 5 月第 1 版·第 1 次印刷

170mm×223mm，6.625 印张·1 插页·212 千字

0001—5000 册

定价：19.80 元

凡购本书，如有缺页、倒页、脱页，由本社发行部调换

本社购书热线电话 (010) 68326294

编辑热线 (010) 88379703

封面无防伪标均为盗版

丛书序

诚实、能干、友善、忠于职守——所有这些特征，对准备在学业和事业上有作为的年轻人来说，都是不可或缺的，但是更不可或缺的是——志向。

发明家、艺术家、音乐家、诗人、作家、英雄、人类文明的先行者、大企业的创造者——无论他们来自什么种族、什么地区，无论在什么时代——那些引导着人类从野蛮社会走向文明的人们，无不是有远大志向的人。

我们从小就生活在一个教导我们要自谦、自制的环境中，抹杀了个性和斗志。其实，每个人刚开始就像一个个棱角犀利的岩石，但在这种观念中成长，久而久之就成了没有棱角的鹅卵石，失去了斗志，也失去了憧憬，碌碌无为地度过了一生。所以，我们想要成功，首先需要磨砺意志，提高修养。

正如英国作家萨克雷的名言一样：“生活是一面镜子，你对它笑，它就对你笑；你对它哭，它也对你哭。”成功的到来也正如一副对联：“说你行你就行，不行也行；说不行就不行，行也不行”，这幅对联应该有一个画龙点睛的横批，那就是“激励自己”。人，其实都需要时时激励自己，让自己对学习、对工作、对生活都满怀激情，充满憧憬。

为此，我们编写了“励志英语读物”系列丛书。本套书共分三本，分别是《励志英语读物之人生篇》、《励志英语读物之情感篇》及《励志英语读物之工作学习篇》。

《励志英语读物之人生篇》精选了80余篇关于人生的佳作，从各个层面对人生作了不同程度的诠释，激励我们去珍爱生命，开创自己精彩的人生；《励志英语读物之情感篇》精选了80余篇关于情感方面的精彩短文，从亲情、友情、爱情等几个方面来唤醒我们早已有点麻木的心灵，让爱永驻心中；《励志英语读物之工作学习篇》精选了70余篇关于工作和学习方面的励志佳作。内容丰富而实用，从学会如何学习、如何合理利用时间、如何选择老师到尖子生的秘诀、如何缓解工作中的压力到走向成功的秘诀等等，都给读者

提供了在国际文化日益共融的大环境下学习和工作的新理念、新视窗。

我们编这套丛书的目的在于激励读者的志向，让读者以更加积极的态度去面对人生、情感、工作和学习，并自信地去面对生活中的每一天。生活中有很多美好的事物，值得我们去发现，去追求，去体会。同时，若读者在阅读这套丛书的同时，能够提高自己的英语能力，我们将感到莫大的欣慰。阅读和背诵是到达英语学习彼岸的必经之路！多读多背实用、纯正、优美的英文篇章，培养英文思维能力，将其中好的、地道的句子、段落灵活地移植到自己的口语、作文中，真正做到学以致用，出口成章。

“励志英语读物”系列是一套极具价值的人生励志读物，它能迅速提高你对生活的感知，并帮助你确立和提升自己的人生定位。以积极的态度去面对，你就可以达到原本以为无法企及的目标，冲破原本以为难以跨越的藩篱。

那么现在，你是否相信人的一生是靠自己的努力奋斗而获取？

你是否相信再困难的事一定会有解决的方法？

你是否相信只要我要、我肯、我愿意，没有人可以阻止我成功？

你是否相信人的命运是可以改变的？

你是否相信昨天不可以，昨天做不到，不代表今天做不到？

你是否相信只要不断付出，一定能不断收获，世界上无不劳而获，也无劳而不获？

如果你的答案是肯定的，那给自己一个承诺：我一定能成功！

编者

目录... Contents

丛书序

◆ Youth Is a State of Mind / 2

青春是一种心态

◆ Help Others, Help Yourself / 4

助人助己

◆ The Sanit Next Door Could Be You / 6

下一扇伟大的门可能由你开启

◆ In the Long Run, I'll Be the One You Remember / 8

多年以后,你所怀念的会是我

◆ Life Isn't a Dress Rehearsal / 12

人生不是一次彩排

◆ Desire to Brightness / 16

渴望光明

◆ Develop and Fulfill Oneself / 18

发展、完善自我

◆ The Best Years of One's Life / 22

生命的最佳时期

◆ A Non-stop Working Hand / 26

忙针

◆ Suppose Someone Gave You a Life / 30

假如有人给你一次生命

◆ The Meaning of Discovery / 34

“发现”的内涵

◆ Idleness — a Bad Habit / 36

懒散,一种坏习惯

◆ The Trouble Tree / 40

麻烦树



Contents

- ◆ The Value of Money / 42
金钱的价值
- ◆ NOW Is the Best Time to Be Happy / 44
“现在”就是人生中最快乐的时刻
- ◆ Don't Miss Out on Life / 46
不要错过生活
- ◆ Our Accomplishments Need to Be Recognized / 48
我们需要别人赏识我们的成就
- ◆ How to Avoid Disappointment / 50
如何避免失望
- ◆ The Most Important Experience / 54
一生中最重要的教益
- ◆ The Full Range of Life / 56
完满的人生
- ◆ The Important Things in Your Life / 60
人生要义
- ◆ Experience Life / 62
体验生活
- ◆ Go Easy and Enjoy Yourself in Harmony / 66
飘逸而行
- ◆ Seizing Every Minute in Life / 68
把握生命中的分分秒秒
- ◆ The Future Depends on You / 72
未来取决于你
- ◆ The Unique Rhythm of Life / 74
人生的独特节奏



Contents

- ◆ How Powerful Life Is! / 76
生命如此强大!
- ◆ The Real Courage / 80
真正的勇气
- ◆ Feeling Beauty / 82
感触美丽
- ◆ No Need to Play the Comparison Game / 86
没必要玩攀比游戏
- ◆ Touching Your Life / 88
触动生命
- ◆ Learn to Give Up / 90
学会放弃
- ◆ Real Beauty / 92
真正的美丽
- ◆ Time, a Limited Resource / 94
时间, 一种有限的资源
- ◆ Happiness Is a Stimulus / 98
快乐是一种刺激
- ◆ The Two Basic Lessons in Our Life / 100
人生的两门基本课程
- ◆ Smile — a Magic Spell of Happiness / 104
微笑——快乐的魔咒
- ◆ The Difference between the Young and the Old / 106
青年与老年的差异
- ◆ Think More about What You Have / 108
多想想你所拥有的



Contents

- ◆ I'll Have the Plain Ice Cream / 112
我要普通的冰淇淋
- ◆ Good Advice to Help You Live Happily / 114
助你生活幸福的好建议
- ◆ Don't Let Happiness Run Away from Us / 118
别让快乐远离我们
- ◆ I Believe... / 122
我相信……
- ◆ Know Your Place and Keep It / 126
各司其职
- ◆ Quaff the Cup of Life / 128
畅饮生命之杯
- ◆ A Good Measure of Equanimity / 130
平和的心态
- ◆ Don't Wallow in Misery / 132
不要沉湎于痛苦中
- ◆ The Double Faced God, Awakened to the Truth / 134
“双面神”恍然大悟
- ◆ Chase Your Own Happiness / 136
追求自己的幸福
- ◆ Not Being Grateful without Missing / 138
失去后才懂得珍惜
- ◆ Courage / 142
勇敢
- ◆ Shadows Cast by Your Halo / 144
光环下的暗影



Contents

- ◆ Adjust and Change Ourselves / 146
改变、调整自我
- ◆ The Clay Balls / 148
泥球
- ◆ Keep Balance in Your Life / 150
保持人生的平衡
- ◆ Important Instructions Bearing in Mind / 152
铭记于心的重要准则
- ◆ Control Your Attitude / 154
主宰自己的态度
- ◆ Identity / 156
个性
- ◆ See Something in a Different Way / 158
从不同角度看待事物
- ◆ The Excuse to Live / 160
活着的理由
- ◆ Lead Your Life Optimistically / 162
乐观地生活
- ◆ Is My Life Real Bad? / 164
我的生活真的那么糟吗?
- ◆ Make New Friends As Possible As You Can / 168
多结交新朋友
- ◆ It Is Warmer Outside than Inside / 170
室外比室内暖和
- ◆ Unfold the Knot / 172
解“结”



Contents

- ◆ A Carriage Rattles Most Noisily When It Is Empty / 174
马车越空, 噪音就越大
- ◆ Be a Man / 176
做个顶天立地的人
- ◆ Desire for a Wilder Life / 178
渴望桀骜不驯的生活
- ◆ Habit and Change / 180
习惯与改变
- ◆ Shake Dirt Off and Take a Step Up / 184
抖掉身上的垃圾, 踩在脚下
- ◆ The Taste of Life / 186
人生的味道
- ◆ The Story of Frogs / 188
青蛙的故事
- ◆ Act at Once / 190
马上行动
- ◆ A Lesson from Life / 194
人生哲理
- ◆ Right Principle / 196
正确的原则
- ◆ Don't Go through Life So Quickly / 198
人生路上莫匆忙

英汉对照

心灵阅读 品味人生

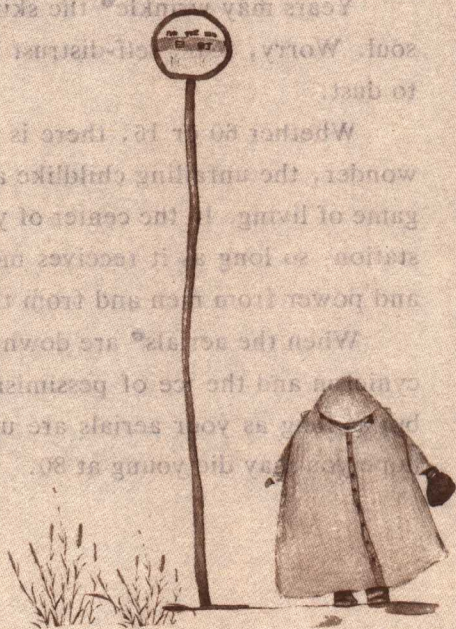
Youth is not a time of life, it is a state of mind. It is not a matter of
rosy cheeks, red lips and supple knees, it is a matter of the will, a quality
of the imagination, a vigor of the emotions. It is the freshness of the
deep springs of life.

Youth means a temperamental predominance of courage over timidity,
of the appetite for adventure over the love of the commonplace. This often exists
in a man of 60 more than a boy of 20. Youth is not a time, it is a state of mind.
We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the
soul. Worry, self-distrust bows the heart and turns the spring back
to dust.

Whether you are 16, there is in every human being's heart the fire of
wonder, the unending childlike appetite of what's next and the joy of the
game of living. In the center of your heart and my heart there is a wireless
station, so long as it receives messengers of beauty, hope, cheer, courage
and power from men and from the infinite, so long are you young.

When the reality is covered with snow of
gray and the ice of pessimism, then you are grown old, even at 20,
but as your reality are up, to catch waves of optimism, there is
no day you are young at 80.



Youth Is a State of Mind
青春是——

青春是一种心态

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor^① of the emotions; it is the freshness of the deep springs of life.

Youth means a temperamental predominance of courage over timidity[®], of the appetite for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old merely by a number of years. We grow old by deserting[®] our ideals.

Years may wrinkle[●] the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spring back to dust.

Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing childlike appetite of what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station: so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long are you young.

When the aerials[●] are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at 20, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at 80.

Have you ever had a day when everything seemed to go wrong, and nothing seemed to go right? Not too long ago I was having one of those days. I was discouraged, weary, and plain sad. My focus

青春不是年华，而是心态；青春不是粉面、红唇、柔膝，而是坚强的意志，恢弘的想象，炙热的恋情；青春是生命深泉的自在奔流。

青春气贯长虹，勇锐盖过怯弱，进取压倒苟安。如此锐气，20岁的后生有之，六旬的男子则更多见。年岁有加，并非垂老；理想丢弃，方堕暮年。

岁月悠悠，衰微只及肌肤；热忱抛却，颓废必至灵魂。忧烦、惶恐、丧失自信，定使心灵扭曲，意气如灰。

无论年届花甲，抑或二八芳龄，心中皆有生命之欢乐，好奇之冲动，孩童般天真久盛不衰。你我心中都有一台天线，只要你从天上人间接受美好、希望、欢乐、勇气和力量的信号，你就会青春永驻，风华常存。

一旦天线落下，锐气便被冰雪覆盖，玩世不恭、自暴自弃油然而生，即使年方20，实则垂垂老矣；然而只要树起天线，捕捉乐观信号，即使80岁高龄，行将告别尘寰，你也会觉得年轻依旧，希望永存。

① vigor /'viga/

n. 体力，活力

② timidity /ti'miditi/

n. 胆小，怯懦

③ desert /di'zɜ:t/

v. 放弃，遗弃

④ wrinkle /'rɪŋkl/

v. 使生皱纹

⑤ aerial /'eəriəl/

n. 天线

助
人



I expressed my downcast[●] state to my mother, hoping for some pity. Instead, she said, "I heard Lily was having a difficult day too. Why don't you make her some cookies and we'll take them to her this afternoon?" I didn't really want to, but decided that I didn't want to go back to my other problems just yet. I made the cookies and arranged them on a little plate. Then I made a card with a sunflower on it and wrote a small note of empathy[●].

That afternoon we dropped by my friend's house. I went to the door and rang the bell. Soon, Lily came to the door and looked at me in surprise for the unexpected visit. Before she could say anything I rushed, "I heard you were having a hard day and decided to bring you something. I hope your day goes better." The look that came over Lily's face was one that I could never put into words. It was as if a darkened sky was suddenly lit with the golden rays of the sun; it was as if in that small act, her day was brightened.

I got back into the car and for some amazing¹ reason, I felt a lot better myself. That day I experienced the truth that James Barrie attempted² to describe. "Those who bring sunshine to the lives of others, cannot keep it from themselves."

你有没有过这样的一天，事事都不如人意，没有一件事让你开心？不久前，我就有过这么一天。我气馁、疲倦，悲伤挥之不去。我的注意力就是自己、自己、自己。毕竟，没有任何人在经历我所遭受的磨难。

我向母亲说出了沮丧的心境，希望得到一点同情。而她开口说的是：“我听说莉莉今天也不大开心。你为什么不做些曲奇饼，下午我们给她送去？”我并不想做曲奇饼，但决定还是暂时别回到自己的问题中去。于是，我做了曲奇饼，并把它们摆放到一个小盘子里。然后我还做了一张卡片，上面画了一朵向日葵，还写了几句安慰的话语。

那天下午我们去了我朋友莉莉的家。我走到门前按响了门铃。不一会，莉莉来开门，惊奇地看着我，没料到我们会到访。没等她开口，我先急急地对她说：“我听说你不开心，决定给你带点东西来。希望你能开心起来。”莉莉脸上浮现的表情是我无法用语言描述的。好像原来乌云密布的天空顷刻间雨过天晴，金光四射；好像就因为这么一个小小的举动，她的这一天就亮堂起来了。

我回到我们的车子里，也不知是什么奇妙的原因，我自己也感觉好多了。那天，我的经历正如同詹姆斯·巴里曾试图描述的：“给他人带去阳光的人，自己也会沐浴在阳光之中。”

① trial /'traɪəl/

n. 考验

② downcast /'daʊn'kɑ:st/

adj. 气馁的，沮丧的

③ empathy /'empəθi/

n. 安慰（话语）

④ amazing /ə'meɪzɪŋ/

adj. 令人惊异的

⑤ attempt /ə'tempt/

vt. 尝试，企图

下一扇伟大的

The seeds of greatness can sprout^⑤ anywhere, through anyone — sometimes in the least likely situation.

It is said that anyone can count the number of seeds in an apple, but only God can count the number of apples in a seed. Actually, there are an infinite number of apples in a seed; how many actually come forth is a result only of cultivation. At this moment there are infinite number of ideas and talents within you, ideas that can change your life as well as that of millions who know, maybe the whole planet.