

世界上最美丽的英文  
THE MOST  
BEAUTIFUL  
ENGLISH

# 心灵鸡汤

全集

张晶◎编著

体味优美清雅的文字 感悟朴素真切的情感

 哈尔滨出版社  
HARBIN PUBLISHING HOUSE

世界上最美丽的英文

THE MOST BEAUTIFUL ENGLISH

# 心灵鸡汤

全集

张晶◎编著

哈尔滨出版社  
HARBIN PUBLISHING HOUSE

图书在版编目(CIP)数据

心灵鸡汤全集 / 张品编著. — 哈尔滨: 哈尔滨出版社, 2010.2

ISBN 978-7-80753-929-2

I. 心… II. 张… 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(2009)第 218204 号

## 书 名: 心灵鸡汤全集

作 者: 张 品 编著

责任编辑: 王 放 张凤涛

责任审校: 陈大霞

装帧设计: 吴 畏 张 婧

出版发行: 哈尔滨出版社(Harbin Publishing House)

社 址: 哈尔滨市香坊区泰山路 82-9 号 邮编: 150090

经 销: 全国新华书店

印 刷: 黑龙江省文化印刷厂

网 址: [www.hrbcbbs.com](http://www.hrbcbbs.com) [www.mifengniao.com](http://www.mifengniao.com)

E-mail: [hrbcbbs@yeah.net](mailto:hrbcbbs@yeah.net)

编辑版权热线: (0451)87900272 87900273

邮购热线: (0451)87900345 87900299 87900220(传真)

或登录蜜蜂鸟网站购买

销售热线: (0451)87900201 87900202 87900203

开 本: 787×1092 1/16 印张: 21 字数: 300 千字

版 次: 2010 年 2 月第 1 版

印 次: 2010 年 2 月第 1 次印刷

书 号: ISBN 978-7-80753-929-2

定 价: 28.00 元

凡购本社图书发现印装错误, 请与本社印制部联系调换。

服务热线: (0451)87900278

# 目录

## CONTENTS

### 第一卷 将爱放飞 令爱常驻

#### *Part1 Let Go Love*

*A Father's Love/3*

父爱/5

*Let Go Love/7*

将爱放飞 令爱常驻/9

*A Brother's Miracle/10*

奇迹的价格/13

*A Good Heart to Lean On/15*

善心可依/18

*The Red Mahogany Piano/20*

一架红木钢琴/24

*The Bus Passenger/27*

巴士上的乘客/31

*Going Home/34*

回家/37

*No Matter What Happens, I'll Always Be There for You! /40*

无论发生什么事,我都会在你身旁!/42

*The Wish of Brother/44*

哥哥的心愿/46

*When a Man Loves a Woman/48*

当男人爱上女人/50

*Unselfishly/52*

无私的爱/54

*The Smile/56*

微笑/59

*Your Idea of a Good Friend/61*

你心目中的好朋友/64

*A Friend/66*

朋友/68

*All the Good/70*

你所有的好处/74

*Compassion of a Great Man/77*

一位伟人的同情心/79

## 第二卷 无论你的生活如何卑微

### *Part2 However Mean Your Life Is*

*Mrs. Thompson's Fifth Grade Class/83*

汤普森夫人的爱心/87

*The Value of Friendship/90*

友谊的价值/93

*Parenthood/95*

为人父母/97

*Let Go/99*

放手/102
<i>If the Dream Is Big Enough/105</i>
为了心中的梦想/107
<i>With One Glass of Milk/109</i>
一杯牛奶的温暖/111
<i>On Pleasure/113</i>
自由如歌的快乐/115
<i>Importance of Being Busy/117</i>
繁忙的重要性/119
<i>The Handsome and Deformed Leg/121</i>
美腿与丑腿/124
<i>However Mean Your Life Is/126</i>
无论你的生活如何卑微/129
<i>The Road to Happiness/131</i>
幸福之路/134
<i>The Whistle/136</i>
哨子/139
<i>I Learned That.../142</i>
我明白了……/144
<i>Think It over.../146</i>
好好想想……/148
<i>Words to Live by/150</i>
生活的忠告/153
<i>The Joys of Writing/156</i>
写作的乐趣/161



## 第三卷 人生不是一次彩排

### *Part3 Life Isn't a Dress Rehearsal*

*Choose Optimism/167*

选择乐观/170

*What Will Matter/172*

学会珍惜/174

*After a While.../176*

很快……/178

*Listen to Your Inner Voice/180*

聆听心灵/182

*A to Z/183*

从A到Z/185

*Be Grateful to Life/187*

感恩生活/189

*Not Being Grateful without Missing/191*

失去后才懂得珍惜/193

*The Four Wives/195*

生命中的四位爱人/198

*Confidence/200*

自信/202

*"There" Is No Better than "Here"/204*

彼岸无尽头,知足才常乐/206

*Life Isn't a Dress Rehearsal/208*

人生不是一次彩排/210

*Books/212*

书籍/215

*I Learned in Kindergarten.../217*

幼儿园里所学的……/219

*How to Grow Old/221*

如何慢慢变老/225

*A Pair of Socks/228*

一双短袜/231

*The Most Important Day in My Life/233*

我生命中最重要的一天/236

*Love of Self/239*

爱自己/241

*If I Were a Boy Again/243*

假如我又回到了童年/245

#### 第四卷 你得到的就是你想要的

#### Part4 What You See Is What You Get

*Ernest Hemingway to His Mother/249*

欧内斯特·海明威致母亲/251

*Ludwig Van Beethoven to His Brothers/253*

贝多芬致兄弟/256

*Karl Marx to Jenny Marx/259*

卡尔·马克思致燕妮·马克思/262

*Love/265*

爱情/267



*Love Is Special/269*

爱是耐人寻味的/272

*Secrets of Strong Families/274*

幸福家庭的秘诀/278

*The Lover and the Beloved/281*

爱与被爱/283

*On Friendship/285*

友谊/287

*Companionship of Books/289*

与书为伴/291

*Seven Secrets to a Great Life/293*

非凡人生的七大秘诀/296

*Be an Optimist/298*

做一个乐观者/300

*The Definition of a Gentleman/302*

绅士的定义/305

*What You See Is What You Get/307*

你得到的就是你想到的/309

*The Road to Happiness/310*

幸福之道/313

*Success/315*

成功之所在/317

*If the World Were a Village of 100 People/318*

如果世界是个100人的村落/321

*What You Make of Your Life is up to You/324*

拥有什么样的人生取决于你自己/327



*Part 1 Let Go Love*

---

## 第一卷 将爱放飞 令爱常驻





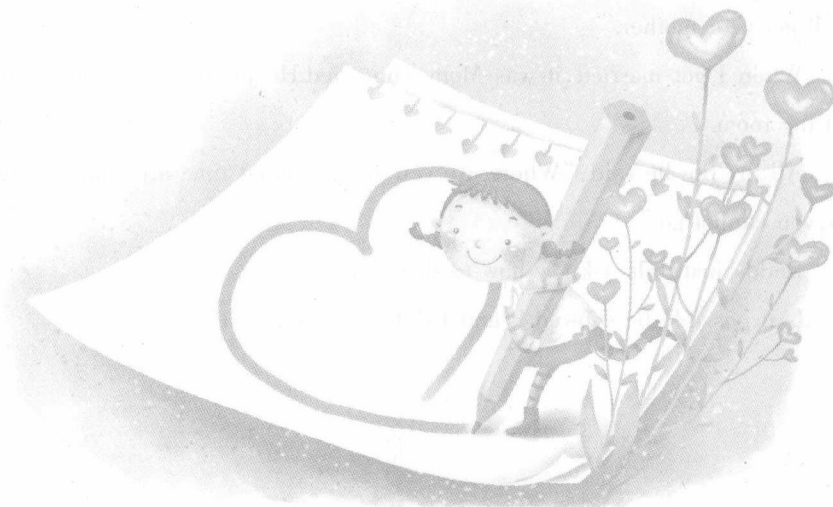
## A Father's Love

*Anonymous*

Daddy just didn't know how to show love. It was Mom who held the family together. He just went to work every day and came home; she'd have a list of sins we'd committed and he'd scold us about them.

Once when I stole a candy of a bar, he made me take it back and tell the man I stole it and that I'd pay for it. But it was Mom who understood I was just a kid.

I broke my leg once on the playground swing and it was Mom who held me in her arms all the way to the hospital. Dad pulled the car right up to the door of the emergency room and when they asked him to move it because that space was re-



served for emergency vehicles,he shouted: "What do you think this is? A tour bus? "

At my birthday parties,Dad always seemed sort of out of place.He just busied himself blowing up balloons,and setting up tables,and running errands.It was Mom who carded in the cake with the candles on it for me to blow out.

When I leaf through picture albums people always ask: "What does your dad look like? " "Who knows? He was always fiddling around with the camera taking everyone else's picture.I must have a zillion pictures of Mom and me smiling together."

I remember when Mom told him to teach me how to ride a bicycle.I told him not to let go,but he said it was time.I fell and Mom ran to pick me up,but he waved her off.I was so mad I showed him.I got right back on that bike and rode it myself.He didn't even feel embarrassed.Just smiled.

When I went to college,Mom did all the writing.He just sent checks and a little note about how great his lawn looked now but I wasn't playing football on it.

Whenever I called home,he acted like he wanted to talk,but he always said: "I'll get your mother."

When I got married,it was Mom who cried.He just blew his nose loudly and left the room.

All my life he said: "Where are you going? What time are you coming home? No,you cannot go."

Daddy just didn't know how to show love,unless...

Is it possible he showed it and I didn't recognize it?



## 父 爱

佚名

爸爸是一个不善于表达爱的人，我们一家人的幸福融洽都是妈妈的功劳。他只知道每天上班下班，而妈妈对我们的顽皮、冒失和过错都了如指掌，爸爸却常会因这些事责怪我们。

有一次，我从商店里偷了一块糖，爸爸让我送回去，向店主认错，并按价赔偿。还是妈妈理解我，说我只不过是个孩子。

我曾在荡秋千时把腿摔断了，去医院的路上，妈妈一直抱着我。爸爸直接把车子开到急救室门口。有人不让他把车子停在那里，说那是救护车停靠的地方，爸爸便大声吼道：“你以为这是什么？是旅游车吗？”

在我的生日宴会上，爸爸忙得不亦乐乎，他吹气球，摆桌子，跑来跑去。妈妈把生日蛋糕拿来，点燃蜡烛，让我吹灭。

当我翻看相册时，有人会问：“你爸爸是个什么样的人？”“哎呀，谁知道呢！他总是摆弄相机，只知道给大伙儿拍照。我和妈妈笑着的合影倒是有好多好多呢。”

我还记得妈妈让爸爸教我骑自行车的情形。我不让爸爸松手，但他只说我能自己骑了。我摔倒后，妈妈跑过来把我扶起，爸爸却挥手让她走开，这使我非常恼火。我再次跨上车子，真的可以自己骑了。爸爸并不感到意外，只是微笑着。

我上大学时，妈妈经常给我写信，而爸爸只知道寄钱，顶多附上一张便条，告诉我，他的草坪现在修整得多么好，而如今我却不能在上面踢球了。

每次往家打电话，爸爸似乎都要和我说话，可又总是说：“我叫你妈妈来接。”

我结婚时，妈妈哭得特别伤心，而爸爸只是大声擤擤鼻子，走出房间。

在我的一生中，爸爸总是问：“你要去哪儿？什么时候回家？不，你不能去。”

爸爸就是不知如何表达爱，只会这样……

其实，爸爸向我们表达了爱，但很难察觉，不是吗？





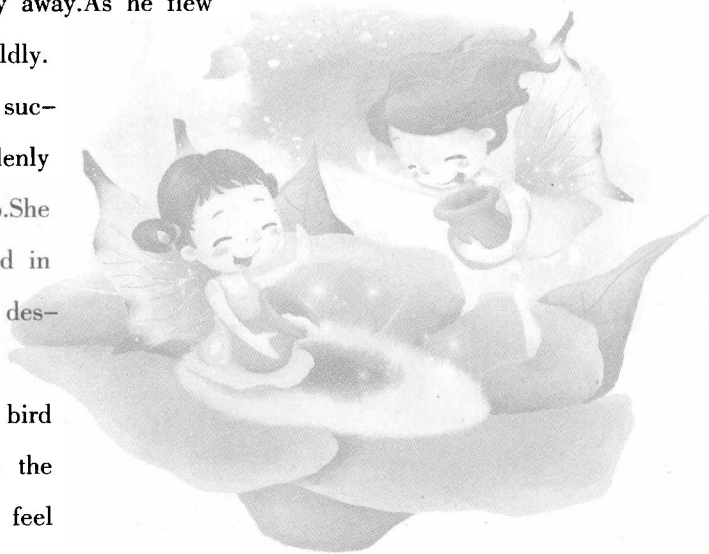
## Let Go Love

*Anonymous*

There was once a lonely girl who longed so much for love. One day while she was walking in the woods she found two starving songbirds. She took them home and put them in a small cage. She cared them with love and the birds grew strong. Every morning they greeted her with a wonderful song. The girl felt great love for the birds.

One day the girl left the door to the cage open. The larger and stronger of the two birds flew from the cage. The girl was so frightened that he would fly away. As he flew close, she grasped him wildly. Her heart felt glad at her success in capturing him. Suddenly she felt the bird go limp. She opened her hand and stared in horror at the dead bird. Her desperate love had killed him.

She noticed the other bird moving back and forth on the edge of the cage. She could feel



his great need for freedom.He needed to soar into the clear,blue sky.She lifted him from the cage and tossed him softly into the air.The bird circled once,twice,three times.

The girl watched delightedly at the bird's enjoyment.Her heart was no longer concerned with her loss.She wanted the bird to be happy.Suddenly the bird flew closer and landed softly on her shoulder.He sang,the sweetest melody that she had ever heard.

The fastest way to lose love is to hold on it too tight;the best way to keep love is to give it WINGS!

