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Everyday English Notes

每天读点好英文

# 创造非比寻常 的每一天

Creating  
Unusual Day

吴文智 主编



海豚出版社

DOLPHIN BOOKS

中国国际出版集团

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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！



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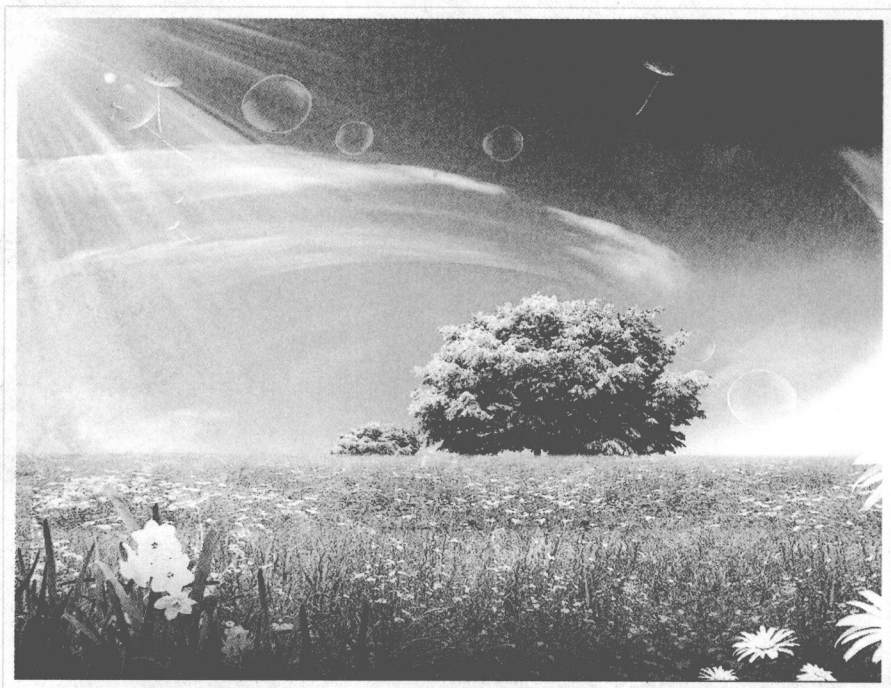
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想想吧，春天萌发的新绿，拂晓吟唱的鸟儿，世间万物无不在展示着神圣生命的浩瀚无边。没什么可害羞的！生命无处不在，要勇敢把握！



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生活是一种无从定义的发明创造，  
总会超越那些束缚它的规章制度，  
因为生活始终处于变化之中。

# 第一卷

## 做自己想做的事

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？”——似乎总有种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淼无边。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的控制了。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。

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

### 词汇笔记

embody [im'bɔ:di] 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:dl] 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 [,əuvə'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。

### 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

### 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

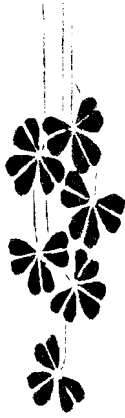
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Think of the leaves **bursting out** in the springtime, the bird singing at dawn, the sheer number of different forms of life, all expressing the wideness and scope of divine Life.

burst out: 闯出(突然……起来; 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.

But you must recognize that history is full of examples