



最美的英文

The most Beautiful English

英汉对照
美文经典

生命，需要激励与鼓舞；心灵，需要温暖与滋补。

However mean your life is, meet it and live it; do not shun it and call it hard names. It is not so bad as you are looking at it. The poorest of you are richest. The fault-finder will find faults in paradise. Love your life, poor as it is. You may perhaps have some pleasant, thrilling, glorious hours, even in a poor-house. The setting sun is reflected from the window of the alms-house as brightly as from the rich man's abode; the snow melts before its door as early in the morning. I do not see but a quiet mind may live as contentedly there, and have as cheering thoughts, as in a palace.

The town's poor seem to me often to live the most independent lives of any. May be they are simply greasy from the work they do; but they are not above being supported by the town; but it often seems to me that the poor are not above supporting themselves by dishonest means, which should be more disreputable. Compare the free life of the garden herb, like sage. Do not trouble yourself much to get new things, whether clothes or friends. Turn the old, return to them. Things do not change; we change. Sell your clothes and keep your thoughts.



心灵鸡汤

Soup for the Soul

全集

幸福是什么滋味？如果你尚未尝过，如果你早已遗忘，请走进本书吧！本书以感人至深的故事为底料，以简单明了的哲思为作料，以生活中鲜活平凡的点滴为主料，为大家精心调制煲煮了一碗浸润心灵的鸡汤。

本书适用于高中生、大学生、英文初学者、英文爱好者、文学爱好者、翻译爱好者以及一切对知识、对生活抱有热望的人们。



梦瑶◎编译

天津科学技术出版社



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However mean your life is, meet it and live it; do not shun it and call it hard names. It is not so bad as you are. It looks poorest when you are richest. The fault-finder will find faults in paradise. Love your life, poor as it is. You may perhaps have some pleasant, thrilling, glorious hours, even in a poor house. The setting sun is reflected from the windows of the almshouse as brightly as from the rich man's abode; the snow melts before its door as early in the spring. I do not see but a quiet mind may live as contentedly there, and have as cheering thoughts, as in a palace.

The town's poor seem to me often to live the most independent lives of any. May be they are simply great enough to receive without misgiving. Most think that they are above being supported by the town; but it often happens that they are not above supporting themselves by dishonest means, which should be more disreputable. Cultivate poverty like a garden herb, like sage. Do not trouble yourself much to get new things, whether clothes or friends. Turn the old, return to them. Things do not change; we change. Sell your clothes and keep your thoughts.

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图书在版编目(CIP)数据

心灵鸡汤全集/梦瑶编译. —天津: 天津科学技术出版社,
2009.8

ISBN 978-7-5308-5266-8

I. 心… II. 梦… III. 人生哲学—通俗读物 IV. B821-49

中国版本图书馆CIP数据核字(2009)第140337号

责任编辑: 刘丽燕 徐洪鹏

责任印制: 白彦生

天津科学技术出版社出版

出版人: 胡振泰

天津市西康路35号 邮编 300051

电话(022) 23332398(事业部) 23332697(发行部)

网址: www.tjkjcs.com.cn

新华书店经销

北京中印联印务有限公司印刷

开本 710×1000 1/16 印张 17 字数 275 000

2009年11月第1版第1次印刷

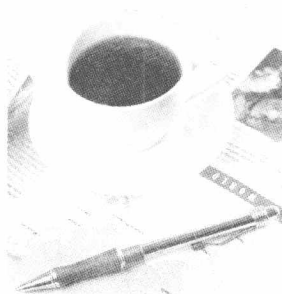
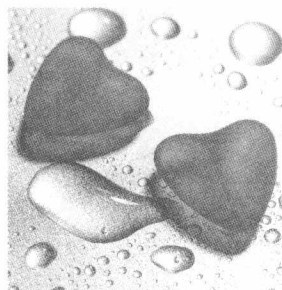
定价: 29.80元

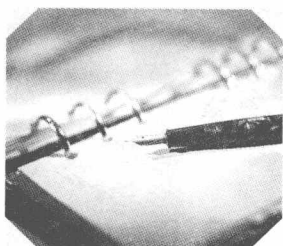
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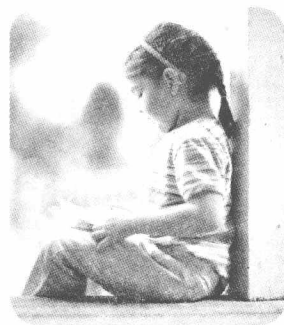
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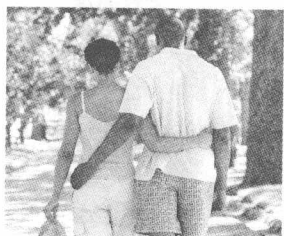
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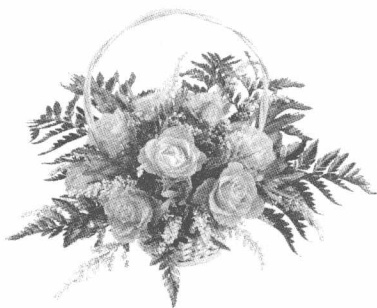
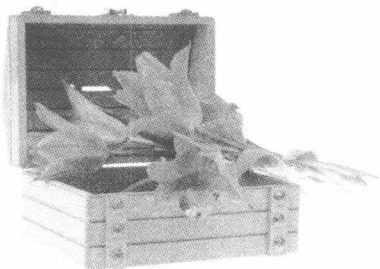
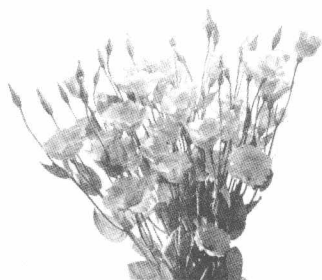
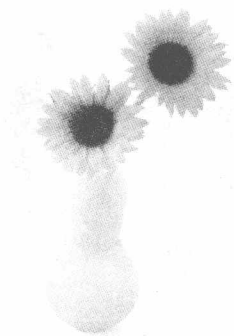
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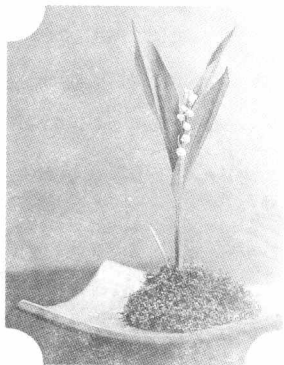
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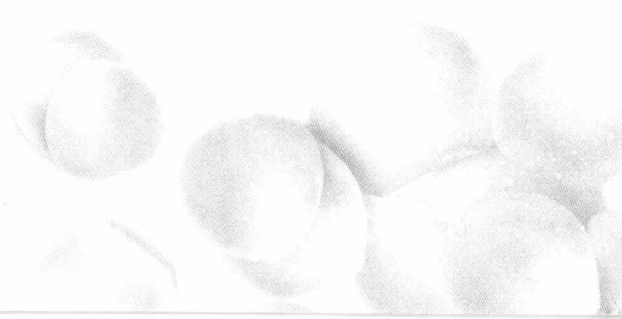
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Part I: Opening the Door of the Heart

第一卷：开启心灵之门



Find the Way by Your Heart

Anonymous

It was a very foggy day in London. The fog was so thick that it was impossible to see more than a foot or so. Buses, cars and taxis were not able to run and were standing by the side of the road. People were trying to find their way about on foot but were losing their way in the fog. Mr. Smith had a very important meeting at the House of Commons and had to get there but no one could take him. He tried to walk there but found he was quite lost. Suddenly he **bumped into**¹ a stranger. The stranger asked if he could help him. Mr. Smith said he wanted to get to the Houses of Parliament. The stranger told him he would take him there. Mr. Smith thanked him and they started to walk there. The fog was getting thicker every minute but the stranger had no difficulty in finding the way. He went along one street, turned down another, crossed a square and at last after about half an hour's walk they arrived at the Houses of Parliament. Mr. Smith couldn't understand how the stranger found his way. "It is wonderful," he said, "How do you find the way in this fog?" "It is no trouble at all to me," said the stranger, "I am blind."

热 词 天 地



1. bump into 碰见；偶然遇见



用心灵识别方向

佚名

这是伦敦的一个大雾天。雾层很厚，几乎伸手不见五指，巴士、汽车和出租车都无法行驶，它们全都停在路的两边。人们步行着，尽力去找寻自己脚下的路，但还是在雾中迷失了方向。史密斯先生要到下议院出席一场非常重要的会议，必须及时赶到，但是没人能载他去。他试图步行前往，但是发现自己完全迷失了方向。突然，他撞见了一个陌生人。那个陌生人问他是否需要帮助。史密斯先生回答，他要去下议院，陌生人说，愿意带他去。史密斯先生谢过了他，他们就结伴向下议院走去。雾每分钟都在变得更浓，但这位陌生人找起路来却毫不费力，他穿过一条街，拐进另一条巷，穿过一个广场，大约走了半个小时，最后他们到达了下议院。史密斯先生想不明白这位陌生人是怎样找路的。“太棒了，”他说，“你是如何在雾中辨识道路的呢？”“于我而言，没有任何困难，”陌生人说，“我是个盲人。”

心灵小语

上帝在给你关上一扇门的时候，肯定为你打开了另一扇窗。





Listen to Your Inner Voice

Anonymous

When you couldn't open your mouth till the first two years on planet earth, inner voice is the one through which you **interpreted**¹ and understood things.

Inner voice is the voice of mouth of the subconscious mind. The subconscious mind is always acting as a secondary reflector of thoughts and ideas in the body. It justifies and rationalizes what is right and what is wrong. When we go against what the inner voice says we get a guilty conscience and are bothered by it throughout our lives.

At times when we are feeling low or those unforgettable moments when we are let down, we seem to need some kind of emotional or mental support. We usually speak to our closest pal or our dearest family member during times of distress to ease the burden. At such times we get over the initial drizzle of emotional anxiety and mental restlessness, because of the pepping up by our empathic listener. We suddenly feel rejuvenated because our inner voice alerts us to get on with things and leave the things of past on the memory books of our brain.

The inner voice is always right most of the times because it knows us better than others and probably even ourselves. It is the dare devil child of the intuitions which we have been having since childhood. It's good to go by intuitions most of the times because it's the response provided due to the synchronism between our mental and physical being.

Whenever you are trying your first cigarette, or whenever you are asked to take sides in an argument, you are always in a sense of dilemma. During these times your inner voice automatically gives its verdict, which might leave us unhappy in the future. It's up to us to either ignore the morale booster inside us or go out to the world and search for spiritual guru's and happiness, when all these things are very much present within us.

热词天地



1. interpret [in'tɜ:pɪt] v. 诠释; 说明



聆听心灵

佚名

当你来到这个世界的前两年还不能开口说话时，你就在用心灵去诠释和领会世间万物。

心灵的声音是人内心下意识的反应。内心的下意识总是扮演着个体思想观点的第二级反应的角色。它用理性评断和诠释着人世间的是非对错。当我们行事逆反了内心的旨意时，我们就会有愧疚感，并将为此烦恼终生。

时常，在我们感情压抑或那些让我们失望的瞬间总是难以忘怀时，我们似乎需要某种情绪和精神上的支撑。通常，当多数悲伤发生时，我们会向最亲密的伙伴或者最亲爱的家人倾诉心声，以减轻我们的压力。因为有了那些感同身受的倾听者，我们就能扫去精神焦虑和情绪紧张而带来的最初的阴霾。我们突然感觉到的精神焕发是因为我们心灵之声警惕我们对万事万物泰然处之，并且将一切过往都遗留在我们大脑的记忆深处！

绝大多数时候，我们的心灵的声音还是正确的，因为它比任何人，甚至比我们自身更了解我们。它是直觉这个胆大恶魔的孩子，从小，它就一直和我们相伴。很多时候凭直觉办事还是有益的，因为它是我们智能和体能同步提供的反应。

无论何时你尝试着抽第一根香烟，或者你不得不站在一场争论的其中一方时，你总会有进退两难的感觉。此时，心灵会自主地作出裁定，毫不夸张地说，它会为我们将来留下不快乐的因素。当这些问题迎面而来时，我们或者忽视内心的士气鼓舞者，或者向这个世界进发，去探寻精神寄托和快乐起源。

心灵小语

心灵之声是人们内心愿望的本能裁定者，是我们面对变故的最初反应。倾听心灵之声可以使我们待人接物更加澄澈，更加完美。



Heart with Sunshine

(American)Orison Marden

"There's the dearest little old gentleman," says American author James Buckram, "who goes into town every morning on the 8:30 train. I don't know his name, and yet I know him better than anybody else in town. He just radiates cheerfulness as far as you can see him. There is always a smile on his face, and I never heard him open his mouth except to say something kind, courteous, or good natured. Everybody bows to him, even strangers, and he bows to everybody, yet never with the slightest hint of presumption or familiarity. If the weather is fine, his jokily compliments make it seem finer; and if it is raining, the merry way in which he speaks of it is as good as a rainbow."

"The inborn geniality of some people," says Whipple, "amounts to genius." There are those whose very presence carries sunshine with them wherever they go; a sunshine which means pity for the poor, sympathy for the suffering, help for the unfortunate, and benignity toward all.

Everybody loves the sunny face. His very face is a passport anywhere. All doors fly open to him. He disarms prejudice and envy, for he bears good will to everybody. He is as welcome in every household as the sunshine.

"He was quiet, cheerful, genial," says Carlyle in his "Reminiscences" concerning Edward Irving's sunny helpfulness. "His soul unfilled, clear as a mirror, honestly loving and loved. Irving's voice was to me one of blessedness and new hope."

And to William Wilberforce the poet Soothey paid this tribute: "I never saw any other man who seemed to enjoy such perpetual serenity and sunshine of spirit."





When Goldsmith was in Flanders he discovered the happiest man he had ever seen. At his toil, from morning till night, he was full of song and laughter. Yet this sunny-hearted being was a slave, maimed, deformed, and wearing a chain. How well he illustrated that saying which bids us, if there is no bright side, to polish up the dark one!

The first prize at a flower-show was taken by a pale, sickly little girl, who lived in a close, dark court in the east of London. The judges asked how she could grow it in such a dingy and sunless place. She replied that a little ray of sunlight came into the court; as soon as it appeared in the morning, she put her flower beneath it, and, as it moved, moved the flower, so that she kept it in the sunlight all day.

"Water, air, and sunshine, the three greatest hygienic agents, are free, and within the reach of all. Twelve years ago," says Walt Whitman, "I came to Camden to die. But every day I went into the country, and bathed in the sunshine, lived with the birds and squirrels, and played in the water with the fishes. I received my health from nature."

"It is the unqualified result of all my experience with the sick," said Florence Nightingale, "that second only to their need of fresh air, is their need of light; that, in a close room, what most hurts them is a dark room; and that it is not only light, but direct sunshine they want."

The sun, making all living things grow, exerts its happiest influence in cheering the mind of man and making his heart glad, and if a man has sunshine in his soul he will see his way **rejoicing**¹; content to look forward if under a cloud, not bating one jot of heart or hope if for a moment cast down; honoring his occupation, whatever it be; rendering even rags spectacles by the way he wears them; and not only happy himself, but giving happiness to others.

热词天地



1. rejoicing [ri'dʒɔɪsɪŋ] n. ①喜悦; 高兴; 欢乐②欢庆; 宴乐



心中充满阳光

(美) 奥里森·马登

美国作家詹姆斯·巴克海姆曾说：“有一位最敬爱的老人，他每天早晨都乘 8 点 30 分的那趟火车去小镇。我不知道他的名字，然而我比镇上任何人都更了解他。一旦你可以看到他，你就可以感受到他所传达的快乐。老人总是面带笑容，除了那些非常友好、谦逊的话语，他从不开口说别的，路过的每一个人都会向这位老人鞠躬致敬，甚至包括陌生人在内，老人也向他们一一回敬，并且从未显现出丝毫的傲慢或不敬之意。如果阳光明媚，他那令人欢快的问候声会使天气愈加晴朗；如果阴雨连绵，他谈论天气时的乐观语气就会像彩虹一样美丽。”

美国医学家惠普尔说：“有些人具有的天生的亲切感是一种财富。”这样的人不管走到哪里，阳光总会伴随在他左右：他的温暖给穷人带去怜悯、给苦难者带去安慰、给不幸者带去帮助并且所有的人都会受益于他的善行。

每个人都喜爱满是灿烂阳光的面庞。他的笑容就是万能护照，所有的大门都会为他敞开；他解除了骄傲和妒忌的武装，因为他对每一个人都心怀善意。因而每个家庭都像迎接阳光一样欢迎他的到来。

英国作家卡莱尔在他自己的回忆录里，提到苏格兰宗教改革运动领袖爱德华·欧文热情乐于助人的性格时，这样写道：“他非常安静、快乐、和蔼可亲；他的灵魂虽不够饱满，但是却像镜子一样光滑、洁净；他真诚地爱别人并受到别人的爱戴；他的话语对我来说就是一种祝福和希望。”

英国诗人骚塞对废奴先驱威廉·威尔伯福斯，曾这样称赞道：“除了他之外，我再没有见到过可以享受到那样永恒的平静和积极乐观的精神的人。”

英国作家戈德史密斯在佛兰德斯发现了一个他所见过的最快乐的人。尽管一天到晚都在辛苦劳作，他却总能不断地欢歌笑语。然而这个乐观积极的人却是一个奴隶，还身有残疾，面部扭曲丑陋，还戴着镣铐。他完美地解释出那句

