

张艳玲◎主编

The Most Eternal Prases in The World

永恒的美文

上册

这些英文，都有共同的特点：经典、优美、百读不厌。既可以陶冶情操，增长知识，给人以快乐的感受，又可激励人们向上。这些美文历经时间的考验而沉淀下来，成为历代传诵不衰的美文。



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第一篇 讴歌生命

别倾心于美貌，因为它具有欺骗性；
也別倾心于财富，它也会消逝，
倾心于那个能带给你微笑的人吧，
因为一个微笑能使漫漫长夜如白昼般
明亮。

做你想做的梦吧，去你想去的地方吧，

成为你想成为的人吧，因为你只有一次生命，

找一个机会去做所有那些你想做的事
吧。



Word Of Wisdom

Author Unknown

I've learned that sometimes all a person needs is
a hand to hold and a heart to understand.

I've learned that the Lord didn't do it all in one
day. What makes me think I can?

I've learned that love, not time, heals all
wounds.

I've learned that everyone you meet deserves to
be greeted with a smile.

I've learned that there's nothing sweeter than
sleeping with your babies and feeling their breath on
your cheeks.

I've learned that no one is perfect until you fall
in love with them.

I've learned that opportunities are never lost;
someone will take the ones you miss.



I've learned that when you harbor bitterness, happiness will dock elsewhere.

I've learned that I wish I could have told my Mom that I love her one more time before she passed away.

I've learned that one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned that a smile is an inexpensive way to improve your looks.

I've learned that I can't choose how I feel, but I can choose what I do about it.

I've learned that everyone wants to stand on top of the mountain, but all the happiness and growth occurs while you're climbing it.

I've learned that it is best to give advice in only two circumstances: when it is requested and when it is a life-threatening situation.

I've learned that the less time I have to work with, the more things I get done.



参考译文

感悟生活

佚名

我知道了，有时一个人想要的只是一只可握的手和一颗理解的心。

我知道了，上帝并非一天之内完成所有的事，我又怎么可能呢？

我知道了，治愈一切伤痛的并非时间，而是爱。

我知道了，每一个与你相遇的人都值得你微笑面对。

我知道了，没有什么比和孩子睡在一起并用脸颊感觉他们的呼吸更甜蜜的。

我知道了，只有当深深陷入爱河才会认为他（她）是完美的。

我知道了，机会从来不会自行消逝；别人会抓住你错失的机会。

我知道了，当你内心痛苦时，幸福就可能停靠到别的港湾去。

我知道了，我本应在母亲去世前再对她说一次我



爱她。

我知道了，一个人应谨慎地许下诺言，因为第二天他可能不得不食言。

我知道了，微笑是改善形象的一种并不昂贵的方式。

我知道了，我无法选择我的感觉，但我可以选择我应该做什么。

我知道了，每个人都想高踞山顶，但所有的幸福和成长皆发生在你攀登的过程中。

我知道了，最好只在两种情况下给人以忠告：别人需求时和性命攸关时。

我知道了，必须提高工作效率，我才可以做更多的事。



1. wound 创伤；伤害
2. harbor 海湾；避风港；庇护
3. dock 码头；使……入船坞
4. inexpensive 花费不多的；价钱低廉的
5. circumstance 情况；环境；境遇



Ten Moving Glance In Life

Author Unknown

It hurts to love someone and not be loved in return. But what is more painful is to love someone and never find the courage to let that person know how you feel.

A sad thing is when you meet someone who means a lot to you, only to find out in the end that it was never meant to be and you just have to let go.

The best kind of friend is the kind you can sit on a porch swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.

It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.

It takes only a minute to get a crush on someone,



an hour to like someone, and a day to love someone—
but it takes a time to forget someone.

Don't go for looks; they can deceive. Don't go
for wealth; even that fades away. Go for someone
who makes you smile because it takes only a smile to
make a dark day seem bright.

Dream what you want to dream; go where you
want to go; be what you want to be, because you
have only one life and life one chance to
do all the things you want to do.

Always put yourself in the other's shoes. If you
feel that it hurts you, it probably hurts the
person too.

A careless word may kindle strife; a cruel word
may wreck a life; a timely word may level; a loving
word may heal and bless.

The happiest of people don't necessarily have the
best of everything they just make the most of every-
thing that comes along their way.

Love begins with a smile, grows with a kiss,
ends with a tear. When you were born, you were cry-



ing and everyone around you was smiling. Live your
so that when you die, you're the one smiling and eve-
ryone around you is crying.

