

英语



床头灯

*To be a lake with great goals and ambitions
your pains of failures and frustrations will
be dissolved and melted instantly like the salt
scattered into the lake*

丛书主编 王洪杰 本书主编 吕楠

审校 【美】Chris Anderson

【英】Joe Vehling



感悟生活

感受生活的美好，
领悟人生的真谛



北京航空航天大学出版社
BEIHANG UNIVERSITY PRESS



附MP3光盘

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前 言

喧嚣的都市，行色匆匆的人群，令人无法喘息的压力……华灯初上，一切归于平静。在我们温馨的小窝里，床头灯光柔柔地撒下，静静地坐下来，享受久违的那一份沉寂，或感悟或顿足，或见识或积累，或惊叹或沉淀……翻开那智慧的篇章，徜徉在优美的文字中，任由一个个小故事轻轻触碰您的心灵，在对人生的感悟和思考中进入梦乡。这应该就是结束这繁忙的一天最恬静的方式了吧？

书中收录的故事均配有精彩优美的“译文参考”与辅助阅读的“词汇点拨”，可以帮助您轻松完成对美文的鉴赏；“脱口秀”则为您提供了最为广泛和丰富的口语表达素材；此外，作者对文章精辟独到的观点提炼更是直抵心灵深处，能带给您情感上的共鸣。

每个人的人生道路都不是一帆风顺的，在人生的旅途中，总存在着许多让人无法预料的困难和诱惑，此时我们需要生活为我们点亮一盏明灯，指引我们朝着正确的方向前进。本书收录的美文，或充满智慧，宛若奔涌而出的清泉，悄然渗入心田；或发人深省，犹如划过晴空的惊雷，让人心灵为之震撼……读者既可以从优美的文字中感受到最真挚纯洁的情感，从而认识生活的美好；也可以从文字背后体味出其中蕴含的深意，从而思索生命的真谛。书中的故事带给您的不只是简简单单的感动，还有可能会在无形中改变您的人生。生活需要感悟，没有感动的生活是枯燥乏味的。所以让我们共同在对本书的品味中去寻找智慧的启迪，去享受感悟带来的愉悦吧！

编 者

2011年夏

目录

Contents

Part 1 发现生活之美

A Small Bright Red Face 红红的小脸蛋	2
Commitment 全心全意	4
The Farmer and His Sons 农夫和他的儿子们	7
A True Instinct for the Beautiful 爱美的天性	10
My Busy Day 繁忙的日子	12
Hope Is the Thing with Feathers 希望是鸟儿	16
Everyday Is a Gift 每一天都是上帝的恩赐	18
Life Is a Bottle of Rocks 生活像一瓶石头	22
Interview God 采访上帝	24
A Lottery Ticket 一张彩票	28

Part 2 换个角度看世界

Weakness or Strength 缺陷还是优势	32
The Clever King 聪明的国王	34
To Be a Lake 做一片湖	37
Precious Hands 宝贵的双手	39
Double Vision 双重视野	42
Problems and Opportunities 难题和机遇	45
The Two Sacks 两个袋子	48

A Car Accident... Then Came Success 一次车祸和随之而来的成功	50
Self-assertion 坚持己见	53
The Stonecutter 石匠	55

Part 3 用心感受生活

You Never Really Lose Your Value 你从没有真正失去自己的价值	60
The Patch of Life 人生的补丁	63
Never Judge by Appearance 不要以貌取人	66
The Donkey and the Sack of Salt 驴和盐袋	69
"There" Is No Better Than "Here" 彼岸无尽头	71
An Ant and a Fly 蚂蚁和苍蝇	74
Flying the First Class 乘坐头等舱飞行	76
A Truly Happy Person 真正快乐的人	78
Who Was Cleverer 谁更聪明	81

Part 4 态度决定一切

The Praise That Changed the Life 改变一生的赞美	86
The Bad Word Box 坏话盒	88
If I Rest, I Rust 如果我休息，我就会生锈	92
Attitude Is Everything 态度决定一切	94
Chopsticks 筷子	98
The People in the Town 小镇上的人	99
Keep the Candles Burning 别让蜡烛熄灭	103
Five Simple Rules to Be Happy 五条简单的快乐法则	105
Put the Glass Down 放下玻璃杯	108
Don't Lose Your Chance 不要错失良机	110

Part 5 助人为快乐之本

A Trick 恶作剧	114
How to Build Your Life 如何打造自己的生活	116
Do Not We All? 我们不都需要帮助吗?	120
Jupiter and the Sheep 朱庇特和绵羊	124
Keep on Singing 别放弃唱歌	126
Compassion Is in the Eyes 眼中的同情	129
Success and a Twig 成功与一截树枝	132
Relying on Ourselves 求人不如求己	134
Dare to Change 勇于改变	137

Part 6 性格决定命运

Trouble Tree 烦恼树	142
My Life Is over 我的人生已逝	144
Clear Your Mental Space 清理心灵空间	146
The Emperor's Seed 皇帝的种子	149
On Peace of Mind 论宁静的心境	153
Healing Tears 疗伤的泪水	155
Always Be... 时常	158
The Spirit of Man 人类的精神	160
The Three Rogues 三个流氓	164
The Angel's Gift 天使的礼物	166

Part 7 爱无止境

Are You God's Wife? 你是上帝的妻子吗?	172
A Humble Gift 谦卑的礼物	174
A Song for the Whole World 为全世界点歌	177
The Significance of Failure 失败的意义	179
Unconditional Love 无怨无悔的爱	182
You Are Wonderful 你太棒了	184
Four-leaf Clover with Red Flower 四叶红花草	186
The King's Highway 国王的公路	189
A Church Built with 57 Cents 57美分建成的教堂	191

Part 1



发现生活之美

他的手在那柔软的面料上抚摸了一会儿，然后砰地关上抽屉，转过身对我说：“千万别珍藏什么东西去等一个特别的机会，人活着的每一天都是一个机会。” 每一天都是美好的。

A Small Bright Red Face

红红的小脸蛋

淘气的孩子并非如大多数人所想，都是些不听话的坏小孩，只要我们充满关爱地正视他们这种天性，就会发现他们是一个小天使……一个个珍贵并拥有奇特个性的小天使，我们决不应该将他们身上的这些美好扼杀掉。

美文悦读

I had offered to watch my 3-year-old daughter, Armanda, so that my wife could go out with a friend. I was getting some work done while Armanda appeared to be having a good time in the other room. No problem I figured. But then it got a little too quiet and I yelled out, "What are you doing, Armanda?" No response. I repeated my question and heard her say, "Oh... nothing." "Nothing? What does 'nothing' mean?" I got up from my desk and ran out into the living room, whereupon I saw her take off down the hall. I chased her up the stairs and watched her as her little behind made a hard left into the bedroom. I was gaining on her! She took off for the bathroom. Bad move. I had her cornered. I told her to turn around. She refused. I pulled out my big, mean authoritative Daddy voice, "Young lady, I said turn around!"

Slowly, she turned toward me. In her hand was what was left of my wife's new lipstick. And every square inch of her face was covered with bright red (except her lips of course)!

As she looked up at me with fearful eyes, lips trembling, I heard every voice that had been shouted to me as a child. "How could you... you should know better than that... how many times have you been told... what a bad thing to do..." It was just a matter of picking out which old message I was going to use on her so that she would know what a bad girl she had been. But before I could let loose, I looked down at the sweatshirt my wife had put on her only an hour before. In big letters it said, "I'M A PERFECT LITTLE ANGEL!" I looked back into her tearful eyes and instead of seeing a bad girl who didn't listen, I saw a child of

God... a perfect little angel full of worth, value and a wonderful spontaneity that I had come dangerously close to slamming out of her.

“Sweetheart, you look beautiful! Let’s take a picture, so Mommy can see how special you look.” I took the picture and thanked God that I didn’t miss the opportunity to reaffirm what a perfect little angel he had given me.

译文参考

我主动提出要照看三岁的女儿阿曼达，这样我的妻子就可以跟她的朋友外出了。我在一个房间忙时，阿曼达在另一个房间玩得很开心。我觉得这样完全没有问题。可是过了一会儿那边变得很安静，我大喊道：“阿曼达，你在干什么？”没有回应，我又问了一次，听到她说：“噢……没什么。”“没什么？‘没什么’是什么意思？”我从桌前站起来，跑到客厅，却看到她跑出了客厅。我追着她上了楼，又看到了她转进卧室的小背影。我要抓到她了！她逃脱后跑进了浴室。糟糕的一步！我把她堵在了“死角”，我让她转过身来，她不肯，我用父亲威严的声音对她说：“小姐，我让你转过来！”

慢慢地，她转向了我。妻子新买的唇膏正被她捏在手中，满脸都涂满了鲜红的唇膏（除了嘴唇）！

她用恐惧的眼神望着我，嘴唇发抖。这时，我耳边响起了各种责骂小孩的声音。“你怎么能……你该知道这样做不对……我告诉你多少次了……简直太糟了……”此时我只需要找出一句常用的话来指责她，让她知道自己刚才的行为是多么恶劣。但在我发火之前，我看到妻子一个小时前刚刚穿在孩子身上的运动衫，上面写着这样几个大字：“我是一个完美的小天使！”看着满眼泪光的她，我眼前看到的并不是一个不听话的坏女孩，而是一个小天使……一个珍贵并拥有奇特个性的小天使，我险些将她身上的这些美好扼杀掉。

“小甜甜，你看起来真美！来，我们照张相，让妈妈看看你的小脸是多么特别。”我给她照了相，感谢上帝，我没有错过这次机会，来重新肯定他赐予我的这位小天使是多么完美。

词汇点拨

yell [jel] *v.* 大叫，叫喊

whereupon [ˌhwɛəɹəˈpɒn] *adv.* 于是，因此

authoritative [ɔːˈθɔːrɪtətɪv] *adj.* 有权威的；当局的

sweatshirt ['swet,ʃɜ:t] *n.* 运动衫; T恤衫

spontaneity [ˌspɒntə'neɪti] *n.* 自发性; 自然发生

reaffirm [ˌri:ə'fə:m] *v.* 再肯定, 重申; 再断言



脱口秀

1. I've heard so much about you from Mr. Karl.

我已经从卡尔先生那里了解了您很多情况。

2. How is the progress? 工作进展如何?

3. How is your last deal? 上次那笔生意怎么样了?

4. It has been quite a while, hasn't it? 很长时间未见了, 不是吗?

5. I'd like to get to the point first. 我宁愿先谈正事儿。

Commitment

全心全意

在人生旅途中我们应该忠于自己。也就是说, 我们应该全心全力地去做身边的人可能不赞同的事情, 不要让任何事情扰乱我们的快乐, 不要让任何事情左右我们的命运, 我们要主宰自己的命运。

美文悦读

I will never forget what my old headmaster told me. Normally when you are only 15 years of age you do not remember most of the things that are preached by your teachers. But, this particular story is one such lesson that I will never forget. Every time I drift off course, I get reminded of this story.

It was a normal Monday morning at an assembly, and he was addressing the students on important things in life and about story went.

An old man lived in a certain part of London, and he would wake up every morning and go to the subway. He would get the train right to central London, and then sit at the street corner and beg. He would do this every single day of his life. He sat at the same street corner and begged for almost 20 years.

His house was filthy, and a stench came out of the house and it smelled horribly. The neighbors could not stand the smell anymore, so they summoned the police officers to clear the place. The officers knocked down the door and cleaned the house. There were small bags of money all over the house that he had collected over the years.

The police counted the money, and they soon realized that the old man was a millionaire. They waited outside his house in anticipation to share the good news with him. When he arrived home that evening, he was met by one of the officers who told him that there was no need for him to beg any more as he was a rich man now, a millionaire.

He said nothing at all; he went into his house and locked the door. The next morning he woke up as usual, went to the subway, got into the train, and sat at the street corner and continued to beg.

We learn nothing from the story other than staying focused on the things we enjoy doing, commitment.

We should remain true to our course; which may mean committing yourselves to things that people around you would normally disapprove. Let nothing distract us from being happy; let nothing else determine our fate, but ourselves.

What makes us happy is what matters in the end, not what we acquire.

译文参考

我永远不会忘记我的老校长告诉我的一个道理。通常在你只有 15 岁的时候，你记不住老师所说的所有大道理。但是，这个特别的故事却是我永远也不会忘记的。每当我在人生的旅途中偏离航向的时候，我就会想起这个故事。

那是在一个很平常的周一早晨的学校例会，校长当时正在给大家讲生命中真正重要的事情是什么时他讲了这样一个故事。

在伦敦的某个地方，住着一个老人。这个老人每天早晨起来之后就直奔地铁站。他乘坐地铁来到伦敦市中心，坐在一个街道拐角处乞讨。他生命的每一天都是这样度过的，他坐在同一个地方乞讨了大约 20 年。

他的房子很脏，一股臭味直往外冲，味道难闻极了。邻居们再也无法忍受了，于是他们找来了警察清理这个地方，警察强行撞开门进去把他家清理了。他们发现在他家里到处都是小小袋一小袋的，他这些年所乞讨来的钱。

警察数了数这些钱，他们很快发现，原来这个老头是个百万富翁。他们在老人家外边等着他回来要告诉他这个好消息。那天晚上，老人到家的时候，一个警察正等着他。警察对他说，既然他已经是个百万富翁了，就没有必要再乞讨了。

他什么都没说，只是进了家门，然后把门锁上了。第二天早上，他像以往一样早早起了床，直奔地铁站，上了地铁，去了那个街道拐角，继续乞讨。

从这个故事中，我们应该学到一点：坚持做自己的事情，并且义无反顾地去做。

在人生旅途中我们应该忠于自己。也就是说，我们应该全心全意地去做身边的人可能不赞同的事情，不要让任何事情扰乱我们的快乐，不要让任何事情左右我们的命运，我们要主宰自己的命运。

让我们快乐的事是那些真正重要的事，而不是我们到底得到了什么。

词汇点拨

preach [pri:tʃ] *v.* 说教；讲道

assembly [ə'sembli] *n.* 集合；装配

horribly ['hɒrəbli] *adv.* 可怕地；非常地

summon ['sʌmən] *v.* 召集；鼓起

anticipation [æn'tisə'peɪʃən] *n.* 希望；预感；预支

distract [dis'trækt] *v.* 转移；分心



脱口秀

1. We will be expecting you at our conference room at three o'clock.
我们3点在本公司的会议室等您。
2. So will you have someone else in charge attend?
所以您能不能叫其他负责的人出席呢?
3. I'd like to make an appointment to meet you at your convenience next week.
我想下星期您方便的时候和您见面。
4. I have some very important business to talk about.
我有重要的生意想谈。
5. I'd like to meet you to talk about your offer for PCs.
我想和您碰面谈您关于个人电脑的订单。
6. Could I visit you sometime this week? I could show you what we have.
我这个星期可以去拜访您吗? 我想给您介绍一下我们的产品。

The Farmer and His Sons

农夫和他的儿子们

聪明的农夫用巧妙的方法告诉自己的孩子——泥土里藏着无尽的宝藏，只要用勤劳的双手去挖掘，一定会有无尽的收获。

美文悦读

There was once a farmer who worked very hard on his orchard. His apple, pear and cherry trees grew big and strong and they bore large, juicy fruit. The farmer made a lot of

money selling the fruit from his orchard and he became a rich man.

Years passed and the farmer grew old. He became too old and weak to work in his orchard. He soon became very sick. As he lay dying, he called his three sons to his bedside.

The farmer's three sons were lazy fellows. They had not helped out in the orchard at all. When their father called for them, they came *eagerly*, thinking that he was going to divide his property among them.

"My dear sons," said the farmer. "I am going to die soon. All I have is in the orchard. Look for the treasure there, I've *buried* it there. It is between two trees."

"Where is it exactly, Father?" asked the eldest son.

"I can't remember the exact place," the old man answered weakly. "All I can remember is that it is somewhere there between two of the trees. But it is not too close to the roots of the trees. Dig deeply around the trees and you are sure to find it."

A few days later, the old farmer *died*. After their father's funeral, the three brothers decided to go and look for the treasure. They set out to the orchard carrying hoes, spades, *ploughs* and shovels. They wanted to search for the treasure at once.

"Remember what Father said about the treasure," The eldest brother said. "It is between two trees but not too close to the roots. So, don't waste time digging close to the trees."

The three sons set to work at once. They each began to dig up the soil between two trees. They did not find any treasure. The next day they went into the orchard again and carried on digging. It took them several months to dig up the whole orchard and they had not found a single gold coin.

However, all that digging had helped to *loosen* the soil. The trees grew well and there was plenty of fruit on all the trees. The apples, pears and cherries were large and juicy.

One day when they were in the orchard, the youngest brother said, "Look at the fruit on the trees. They are all ripe and ready to be plucked."

"Yes, we should get the workers to pluck them at once," added the second brother.

"I'll tell them to do it at once," said the eldest one. "When all the apples, pears and cherries have been plucked, I'll take them to the market to be sold."

"Good idea! At least we can earn some money." the second brother said.

"Father must be mistaken. There is no treasure buried here at all."

The eldest son looked around the orchard. Then he turned to his brothers and said,