

美丽英文系列丛书

生命如花

LIFE IS LIKE A FLOWER

散文，既没有小说那样引人入胜的故事情节，也没有诗歌那样动人的韵律。散文所写的常常是作者平日生活的琐碎见闻，点滴感思，构思不拘一格，行文信笔而书。

励志美文 英汉对照

余平姣◎编著



企业管理出版社

ENTERPRISE MANAGEMENT PUBLISHING HOUSE

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Twenty Dollars

A well-known **speaker** started off his seminar by holding up a \$20 bill. In the room of 200, he asked, “Who would like this \$20 bill?”

Hands started going up. He said, “I am going to give this \$20 to one of you, but first, let me do this.”

He proceeded to **crumple** the 20 dollar note up. He then asked, “Who still wants it?” Still the hands were up in the air.

“Well,” he replied, “what if I do this?” He **dropped** it on the ground and started to grind it into the floor with his shoe. He picked it up, now **crumpled** and **dirty**.

“Now, who still wants it?”

Still the hands went into the air.

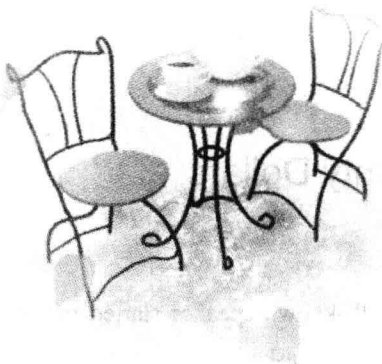
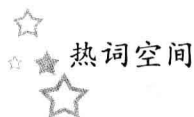
“My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not **decrease** in value. It was still worth \$20.”

“Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless; but no matter what happened or what will happen, you will never lose your value.”

“Dirty or clean, crumpled or finely creased, you are still priceless to those who

love you. The worth of our lives comes, not in what we do or who we know, but by
……WHO WE ARE.”

“You are **special** — don't ever forget it.”



speaker n. 说话人, 讲演者, 发言人, 喇叭, 扬声器

crumple vt. 弄皱, 压皱

vi. 崩溃, 变皱

drop n. 滴, 微量, 落下, 空投

vi. 放下, 掉下, 下降

vt. 使滴下, 放下, 丢失, 遗漏

decrease n. 减少, 减少量

vt. 减少

vi. 减少

crumpled adj. 弄皱了的, 被扭曲的, 弯曲的

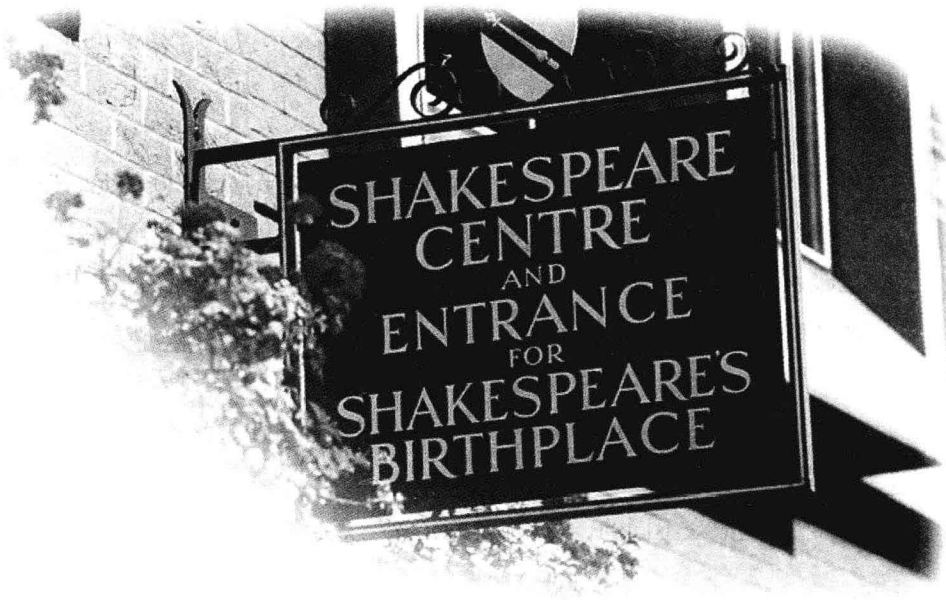
dirty adj. 肮脏的, 卑鄙的

vt. 弄脏

vi. 变脏

special n. 专辑, 专车, 号外, 特别的東西, 负有特别任务的人员

adj. 特别的, 专门的, 特殊的, 额外的, 附加的, 特别亲密的



二十美元的启示

一位有名的演讲家手里拿着一张 20 美元的纸币,开始了讨论会。在 200 人的屋子里,他问道:“谁想要这 20 美元纸币?”

开始有人举手。他说:“我会把这 20 美元纸币给你们中间的一位。但是,先看看我怎么做。”

他开始把这张纸币揉皱,然后他问道:“还有人想要它吗?”仍然有很多只手举在空中。

“好,”他说道,“如果我这样做会怎么样呢?”他把纸币扔到地上,开始用皮鞋使劲踩踏。

然后他拣起又脏又皱的纸币,“现在,还有人要它吗?”空中仍举着很多只手。

“朋友们,刚刚你们已经得出一个非常宝贵的经验。不管我怎么糟蹋这张纸

币,你们仍然想要它,因为它的价值没有降低。它仍然是 20 美元。”

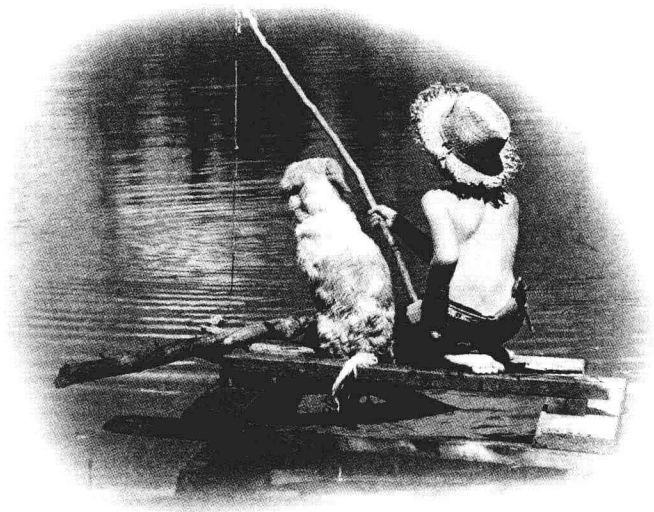
“在生活中,很多次我们被自己制定的决策和身边的环境所抛弃、蹂躏,甚至碾入尘土。我们感到自己一无是处。但是不管发生了什么,或者将要发生什么,你们都永远不会失去自己的价值。”

“无论你肮脏或者干净,皱巴巴的或者被折磨,对周围爱你的人来说你仍然是无可替代的。我们生活的价值不在于我们做了什么,或者我们认识谁,生活的价值在于——我们是谁。”

“你是与众不同的,永远不要忘记这一点!”

Man becomes man only by the intelligence, but
he is man only by the heart.

人只因为智力才成为人,但人要作为人而存在
必须依靠其情感。



A Lesson In Life

Sometimes people come into your life and you know right away that they were meant to be there, they serve some sort of **purpose**, to teach you a lesson or help **figure** out who you are or who you want to become. You never know who these people may be – your roommate, neighbor, professor, long lost friend, lover or even a complete **stranger** who, when you lock eyes with them, you know that very moment that they will affect your life in some profound way.

And sometimes things happen to you and at the time they may seem horrible, **painful** and unfair, but in reflection you realize that without overcoming those obstacles, you would have never realized your **potential**, strength, will power or heart. Everything happens for a reason. Nothing happens by chance or by means of good or bad luck. Illness, injury, love, lost moments of true greatness and sheer stupidity – all occur to test the limits of your soul. Without these small tests, if they be events, illnesses or relationships, life would be like a smoothly paved, straight, flat road to nowhere. Safe and comfortable but dull and utterly pointless.

The people you meet who affect your life and the successes and downfalls you experience, they are the ones who **create** who you are. Even the bad experiences can be learned from. Those lessons are the hardest and probably the most important ones.

If someone hurts you, betrays you or breaks your heart, forgive them for they have helped you learn about trust and the importance of being cautious to whom you

open your heart to. If someone loves you, love them back unconditionally, not only because they love you, but because they are teaching you to love and opening your heart and eyes to things you would have never seen or felt without them.

Make every day count. **Appreciate** every moment and take from it everything that you possibly can, for you may never be able to experience it again.

Talk to people you have never talked to before, and actually listen. Let yourself fall in love, break free and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, no one else will believe in you either. You can make of your life anything you wish. Create your own life and then go out and live it.

People are like tea bags – you have to put them in hot water before you know how strong they are.



purpose n. 目的, 意向, 决心, 用途, 效果, 论题

vt. 意欲, 企图, 计划

figure n. 数字, 价格, 图形, 形状

vt. 描绘, 表示, 演算, 认为

vi. 计算, 出现, 估计

stranger n. 陌生人, 门外汉

painful adj. 痛苦的, 困难的, 令人烦恼的

potential n. 潜在性, 可能性, 潜力, 潜能, 势, 位

adj. 有潜力的, 可能的, 潜在的

create vt. 创造, 建造, 引起, 任命

appreciate vt. 赏识, 鉴别, 为...而感激, 领会, 欣赏

vi. 增值, 涨价

人生物语

有时,一些人一闯入你的生活你便知道他们本就想这么做,其中有着一定的目的——或给你一个教训,或帮助你明白你是谁或你要成为谁。你永远也不知道这些人会是谁,是你的舍友、邻居、教授、久违的朋友、爱人,或者是一个完全的陌生人。当你与他们四目相对,你便知道他们会以某种深远的方式影响你的生活。

有时,一些事情发生了,它们看上去是那么可怕、痛苦和不公;但细想一下你就会明白,如果没有去努力克服这些难题,你将永远也不会知道自己的潜能、力量、意志力和内心。任何事情的发生都是有原因的,没有一件事是偶然发生的或是因为某种好运或厄运发生的。疾病、伤害、爱、真正的伟大的消逝和完全的愚蠢——所有这一切的发生都是对你的精神极限的考验。不管这考验是一些事件、疾病或是某种关系,没有了它们,生活都将只剩下阳光大道,安稳、



舒适,但却单调,没有意义,不会通往任何地方。

你遇到的那些影响你的生活的人和你所经历的成功或失败,都会让你看清自己。即使是不好的经历,也能让你从中得到教训。这些教训是最严酷的,但也可能是最重要的。

如果有人伤害了你、背叛了你、或让你心碎,原谅他们吧。因为他们帮助你懂得了什么是信任,也让你明白了对那些你敞开心扉交往的人保持谨慎的重要性。如果有人爱你,那么也无条件地爱他们吧,不光因为他们爱你,也因为他们教会了你如何去爱,如何打开心扉、张开眼睛去感受那些没有他们,你便不能看到或感受到的世间的种种。

让每一天都过得有意义吧。享受生命中的每一刻,尽你所能从中汲取,因为以后你可能没有机会再有同样经历。

与那些你从没打过招呼的人互相交谈聆听吧,让自己沐浴爱河吧,自由地冲破藩篱,让你的眼界更加高远吧。抬起你的头,因为你有权这样做。相信自己,告诉自己你很了不起,因为如果连你自己都不相信自己,别人又怎能相信你?你能够按自己的意愿生活。去创造属于自己的生活,然后再去享受生活吧。



Wherever you are sincerely pleased, you are nourished.

无论何时只要你感到快乐,你就吸收了营养。

——爱默生



I like subtle feeling

I like the subtle fresh green budding from the branches of the tree ——the herald of spring, ushering in the dawn……

I like the subtle flow of cloud that makes the sky seem even more vast, azure and immense……

I like the subtle wind. In spring, it steals a kiss on my cheek; in autumn, it caresses my face; in summer, it brings in cool sweet smell; in winter, it carries a crisp chilliness……

I like the subtle taste of tea that last long after a sip. The subtle bitter is what it is meant to be……

I like the subtle friendship that does not hold people together. In stead, an occasional greeting spreads our longings far beyond……

I like the subtle longing for a friend, when I sink deeply in a couch, mind wandering in memories of the past……

Love should also be subtle, without enslaving the ones fallen into her arms. Not a bit less nor a bit more……

Subtle friendship is true; subtle greetings are enough; subtle love is tender; subtle longing is deep; subtle wishes come from the bottom of your heart…

喜欢这种感觉

我喜欢看树枝上那淡淡的嫩绿。它是春天的使者，它是一天清晨的开始

.....

我喜欢天空中那淡淡的云。它将天空衬得更高更蓝更宽.....

我喜欢淡淡的风。春风轻吻脸颊，秋风抚面温柔，夏天的风送来凉爽，冬天的风带来凛冽.....

我喜欢喝淡淡的茶。淡淡之中才品出它余味的清香，淡淡的苦才是它原来的味道.....

我喜欢追求淡淡的友谊。彼此之间不需要天天在一起，偶尔一句：你好吗？思念就像发芽一样蔓延开来.....

我喜欢淡淡地思念一个人。静静地将自己窝在沙发里，任思绪在回忆里飘荡.....

爱也要淡淡的。爱，不要成为囚，少是愁，多也是忧.....

淡淡的一点友谊很真，淡淡的一点问候很醇，淡淡的一点依恋很清，淡淡的一点孤独很美，淡淡的一点思念很深，淡淡的一点祝福最真.....