



世界上最畅销的系列读物

青 闰 主 编

心灵鸡汤

英汉双语
全集



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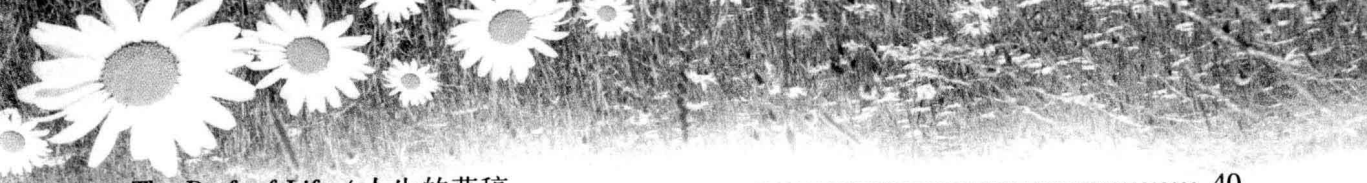
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第一卷 感悟人生

The Patch of Life / 人生的补丁	11
The Rainy Season of Your Life / 人生的雨季	12
Life Is a Process of Making Honey / 人生是酿蜜	13
Life Is a Handful of Candy / 人生是一把糖果	14
The Tent of Life / 人生的帐篷	15
Life Lies in Persistence / 人生在于坚持	16
The Three Boxes of Life / 人生的三只箱子	17
The Philosophy of a Mirror / 一面镜子的人生哲理	18
The Law of Life Grandma Taught Me / 奶奶教给我的人生准则	19
The Best Time of My Life / 我一生中最好的时光	20
A Miracle Changes Life / 奇迹改变人生	21
The Inquiry of Life / 问人生	22
First Change Yourself / 改变人生从自己做起	25
The Dignity of Life / 人生的尊严	26
Life Has the Time to Bloom / 人生都有开花的时间	26
The Ebb and Flow of Life / 人生的涨落	28
The Journey of Life Starts from the Set Goal / 人生之旅从选定目标开始	29
Life Also Has the Crossroad / 人生也有歧路	30
The Clock of Life / 生命的时钟	31
A Promise of Flowers / 鲜花的承诺	32
Life Is the Cookie / 生命就是小甜饼	34
The Best Nourishment of Life / 生命中最好的养料	35
The Worth of Life / 生命的价值	36
The Coordinates of Life / 人生的坐标	37
The Lubricating Oil of Life / 人生的润滑油	38
The Height of Life / 人生的顶点	38
Life Is an Opportunity / 人生是一次机遇	39
The Orientation of Life / 人生的定位	40





The Draft of Life / 人生的草稿	40
The Life in a Child's Eyes / 孩子眼里的人生	41
Look at the Life from a Different Angle / 换个角度看人生	41
The Art of How to Hold Life / 把握人生的艺术	42
Follow the Rainbow of Life / 追寻人生的彩虹	42
Life Is Only a Test / 人生只是一场考试	43
Lower Your Height / 降低人生高度	44
The Addition, Subtraction, Multiplication and Division of Life / 人生的加减乘除	45
The Jigsaw Puzzle of Life / 人生的拼图	46
Position Your Life / 定位你的人生	47
The Punctuation of Life / 人生的标点	48
Life Is a Symphony / 人生是一曲交响乐	49
The Splashes of Life / 人生的波纹	50
Life Is Like a Bird / 人生如飞鸟	51
God's Boxes / 上帝的盒子	52
What Will Matter in Life / 人生重要的是什么	52
A Creed to Live by / 人生的信条	53
The Perfect Life / 完美人生	54
Life Lies in Believing in Yourself / 人生在于相信自己	55

第二卷 感悟幸福



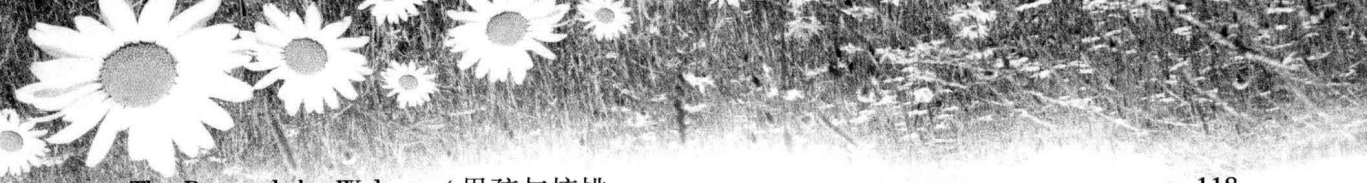
The Direction of Happiness / 幸福的方向	57
The Uncared-for Happiness / 被忽略的快乐	58
The Catalogue of Happiness / 人生幸福的目录	58
Happiness Is a Choice / 幸福是一种选择	59
Don't Keep Happiness away from Us / 别让幸福远离我们	60
The Secret of Happiness / 幸福的秘密	61
The Ways of Happiness / 幸福的方式	63
Happiness Doesn't Need a List / 幸福不需要列单子	64
The Boy Who Cupped the Sunshine in His Hands / 手捧阳光的男孩	65
Where the Sun Always Rises / 太阳总在那里升起	67
Keep Walking in Sunshine / 常常走在阳光里	69
The Sunshine Within / 胸藏阳光	70
The Sunshine in the Dew / 露水里的阳光	71
The Sunshine over Their Heads / 阳光就在自己头顶	73
The Love of a Hunchback / 驼背的爱情	73
Where Is Happiness? / 幸福在哪里?	74
I Choose to Be Cheerful / 我选择快乐	75
The Mystery of Happiness / 幸福的奥秘	76
Make Way for the Others' Happiness / 给别人的幸福让道	77



The Power of a Smile / 微笑的力量	78
What Does Happiness Come from? / 幸福来自什么?	79
Happiness Is a Flow of Air / 快乐是一种流动的空气	80
The Source of Happiness / 幸福之源	80
Happiness is a Feeling / 幸福是一种感觉	81
Bring Happiness Home / 带快乐回家	82
Happiness is a Bowl of Water / 幸福是一碗水	83
The Light of a Smile / 微笑的光芒	84
The Essence of Happiness / 幸福的本质	84
Happiness Is Like the Sunshine / 幸福像阳光一样	85
Happiness is the Scent of Soul / 幸福是灵魂的香味	87
World of Smiles / 微笑的世界	88
The Value of Smile / 微笑的价值	88
The Wooden Gate of Happiness / 幸福的柴门	91
The Law of Happy Life / 幸福生活的定律	92
The Door to Happiness / 幸福之门	93
Happiness Lights Your Life / 幸福点亮人生	94
You Have Only One Life / 你只有一次生命	96
Get a Thorough Understanding of Yourself / 彻悟自己	97

第三卷 感悟自然

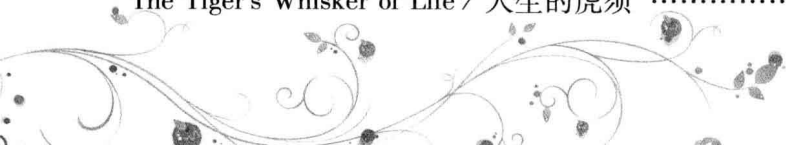
Feathers in the Wind / 风中的羽毛	99
The River and the Rock / 河与岩石	101
When the Wind Blows / 当风起时	101
Talking with a Flower / 与花儿私语	102
The Catch of Lifetime / 一生的收获	104
A Young Apple Tree / 一棵小苹果树	105
The Power of a Bee / 一只蜜蜂的威力	106
The Apple Bitten by God / 上帝咬过的苹果	107
The Pointless Competition / 无谓的竞争	108
Survive as Camels / 像骆驼那样生存	109
The Tree of Life Also Has Fallen Leaves / 生命之树也有落叶	110
The Addition and Subtraction of Life / 生命的加减法	110
The Moral of Life / 生命的寓意	112
A Maple / 一棵枫树	112
The Roses and Thorns / 玫瑰与荆棘	114
When the Moon Follows Me / 月随人走	114
A Big Tree and a Young Tree / 大树和小树	116
The October Sunrise / 十月日出	116
A Narrow Window / 一扇小窗	117



The Boy and the Walnuts / 男孩与核桃	118
First Snow / 第一场雪	118
The Revelation of Lilacs / 紫丁香的启示	120
Brave the Storm / 迎向风雨	121
Mahogany / 桃花心木	122
Beyond the Beautiful / 美丽背后	122
The Boys and the Sticks / 男孩与木棍	123
Movement and Quietude / 动与静	123
Load and You Won't Fall / 负重,才不会跌倒	124
Thank Each Bloom of Flowers / 感谢每一次花开	125
The Sound a Flower Blooms / 花开的声音	125
A Fine Prospect / 一卷美景	126
The Flower - School / 鲜花学校	127
The Everlasting Flowers / 持久的花朵	128
A Flower Expressing Its Potential / 展现自己潜能的花儿	128
Observe the Sky with Salt / 以盐窥天	129
The Sound of Waterfalls / 瀑布的声音	130
Stand in the Proper Position / 站到适合你的位置上	130
The Spring Will Come / 春天一定会来	131
The Mountain Spring and the Gold Sand / 山泉与金砂	131
Success and a Twig / 成功与一截树枝	132
The Golden Window / 金色窗户	133
Two Acorns / 两个橡果	133
The Strength of Success / 成功的力量	134

第四卷 感悟生活

The Only Attitude Is Gratitude / 感激是唯一的态度	135
Look downward and Look upward / 向下看与向上看	136
The Blind Boy / 盲人指路	137
The Secret behind a Painting / 一幅画背后的秘密	138
Please Help Tie It / 请帮忙系上	138
Don't Think Highly of Yourself / 别太把自己当回事	139
The Mahogany Piano / 一架桃花心木钢琴	140
The Boy and the Nail / 男孩和钉子	142
The Next Step to Life / 人生的第二步	143
Good Medicine / 灵丹妙药	145
A Lesson for Living / 人生的教训	146
Don't Quit / 不要停	147
A Wonderful Present / 神奇的礼物	148
The Tiger's Whisker of Life / 人生的虎须	151





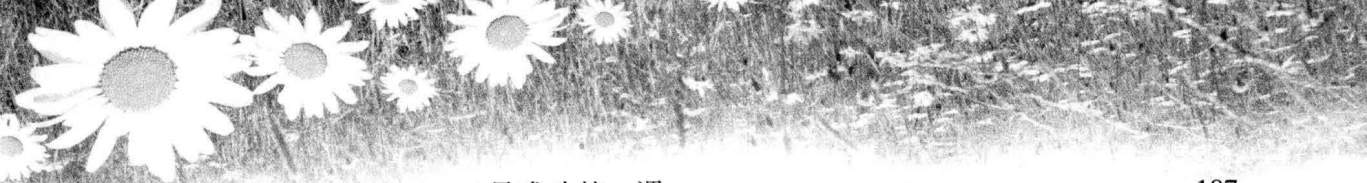
One-dollar Tip / 一美元小费	154
Are You a Carrot, an Egg or Coffee Bean / 你是胡萝卜、鸡蛋还是咖啡豆	155
Please Bury Me Shallowly / 请把我埋得浅一点	156
Life Is Like Water / 人生如水	156
What Is the Best in Life? / 人生最美好的是什么?	158
Thank the Hand of Life / 感谢人生的援手	160
Love of a Lifetime / 一生的爱	160
Give the Defeated Opponent Flowers / 把鲜花送给失败的对手	161
The Flowers That Can Speak / 会说话的花儿	162
The Flowers on the Ruins / 废墟上的花朵	163
Lilies Valley / 百合山谷	164
To Be a Flower's Bosom Friend / 做一朵花的知己	165
The Poor Man's Jasmines / 穷人的茉莉花	166
The Postman Who Planted Flowers / 种花的邮差	167
The Rose Root / 玫瑰花根	168
Flowers and Hope / 鲜花与希望	169
A Young Flower in the Desert / 沙漠里的一朵小花	170
Tolerance Is Gold / 宽容是金	170
To Leave the Grudge Behind / 把怨恨留在身后	171
Sand and Stone / 沙与石	172
The Precious Stone Within / 内心的宝石	173
A Beautiful Prayer / 美丽的祈祷	174
I'm the White Cloud and You're the Blue Sky / 我是白云,你是蓝天	175
Roses Are the Smiling Face of the Earth / 玫瑰是泥土的笑脸	176
The Gold in the Orchard / 果园里的金子	176
The Weight of a Snowflake / 雪花的重量	177
Four Seasons of a Tree / 树的四季	178
The Upwind Fragrance / 逆风飘香	179
The Fate of the Two Trees / 两棵树的命运	180
Life Is Like a Piece of Cake / 生活就像一块蛋糕	181
The Meaning of Life / 人生的意义	181
Human Beings Have Choices / 人生可以选择	182
Life Isn't a Dress Rehearsal / 人生不是一次彩排	182
The Sculpture of Life / 人生的雕塑	183
Enjoy What You Have / 享受自己所有	184
The Grace of Life / 人生的恩惠	184
It Is As You Will / 你来决定	185



第五卷 感悟成功

The Gold Watch in the Barn / 谷仓里的金表	186
---	-----





The Most Successful Lesson / 最成功的一课	187
Think Highly of Yourself / 看重自己	188
Another Secret to Success / 成功的另一个秘诀	188
The Most Severe Punishment / 最严厉的惩罚	189
The Danger of Success / 成功的危险	190
Will Inspired Life / 意志激励人生	191
No Road Is Longer Than Your Feet / 没有比脚更长的路	192
The Secret of Becoming Rich / 致富的秘诀	193
Life Lies in Choosing / 人生在于选择	194
The Teacher Changed His Life / 老师改变了他的一生	195
The Smile Penetrating the Soul / 穿透灵魂的微笑	197
View in the Heart / 心中有景	198
Polish the Stone in Your Heart / 磨平心底的石头	199
No One But Yourself Can Defeat You / 除了你自己,没人能打败你	200
The World Will Make Way for You / 世界会为你让路	202
The Clear Spring of Soul / 灵魂的清泉	203
The Old Man Who Planted Oak Trees / 种橡树的老人	204
The People Standing at the Peak / 站在峰顶的人	204
The Pavilion in the Heart / 心中的亭子	205
The Oasis in the Heart / 心里的绿洲	207
Spring Is Always Within / 春天总在心里	207
To Be a Lake / 做一片湖	210
The Candlewick / 烛芯	211
Courage / 勇气	211
We All Can Become Angels / 给人玫瑰,手留余香	212
The Boy and the Huge Rock / 男孩和巨石	213
A Coin Can Also Make You Succeed / 一枚硬币也能成功	214
A Real One Who Panned the Gold / 真正的淘金人	215
The Seeds of Hope / 希望的种子	216
Wait a Little Longer in Despair / 绝望时再等一下	217
Christmas Morning / 圣诞节的早晨	218
Thank Poverty / 感谢贫穷	220
The Mountain Doesn't Come and I'll Go to It / 山不过来,我就过去	221
Please Focus on Me / 请把焦点对准我	221
Open Your Mind / 敞开心扉	223
Appreciation Is a Kind of Goodness / 欣赏是一种善良	224
He Opened My Mind / 他打开了我的心灵	225
Play it Again, Dad / 再弹一次,爸爸	227
Acres of Diamonds / 钻石宝地	229
Pinkie Victory Over Big Iron Hammer / 以小搏大的成功之道	230
I Will Run to the Goal / 我要跑向终点	230





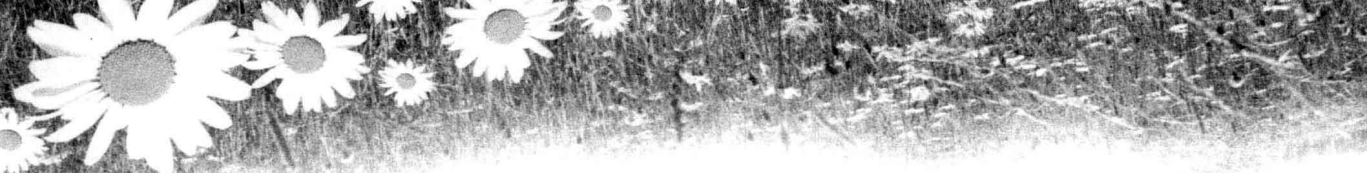
Move Back Is Also a Success / 退一步也是成功	231
The Goal of Life / 人生的目标	232
Perseverance / 持之以恒	233
I Can Make It Happen / 我能做到	233
Without the Excuse to Abandon the Efforts / 一生没有放弃努力的借口	234
Reaching the Summit / 攀登峰顶	235
Attitudes Determine Success / 态度决定成功	236
A Bag of Seeds / 一袋种子	236
Keep Your Direction / 坚持自己的方向	237
Put up a Banner for Yourself / 给自己树一面旗帜	238
The Mystery of Success / 成功的奥秘	239
The Discovery at the Bend / 拐弯处的发现	239
Just Choose One Chair to Sit on / 只坐一把椅子	240
Success Is on the Other Side / 成功就在对面	240
Confidence Is the Key of Success / 自信是成功的钥匙	242

第六卷 感悟母爱

Mother's Hands / 母亲的手	243
Are You Cold, Mother? / 妈妈,你冷吗?	244
A Rose for Her Mother / 送给母亲的玫瑰	245
The Hair in the Box Meal / 午饭盒里的头发	246
Mom Charged Zero Dollar / 妈妈只收零美元	247
Mother's Strength / 母亲的力量	248
The Most Fragrant Smell of Medicine / 最美的药味	249
For the Love of Mother / 献给母亲的爱	249
Mother Love in the Dress / 连衣裙里的母爱	251
Mum Who Wrote Family Letters / 爱写家书的妈妈	252
Mother's Final Gift / 母亲最后的礼物	254
Singing with Mom / 与妈妈同唱	257
A Boy with a Mission / 男孩的使命	259
The Voice of Love / 爱的声音	262
Love Is a Thread / 爱是一根线	263
Squeeze My Hand / 握住我的手	264
The Potential of Love / 爱心的潜能	266
I Think of My Mother Far - off / 我想起远方的母亲	267

第七卷 感悟父爱

Love in Bloom / 爱在盛开	268
A Dance with Dad / 与爸爸共舞	270



A Violin / 一把小提琴	272
A Box of Kisses / 一盒子吻	275
The Most Sunshiny Interpretation / 最阳光的解释	276
The Most Delicious Soaked Noodle / 最美味的泡面	277
Lesson From a Penguin / 爱心企鹅	278
Dad's Kiss / 爸爸的吻	279
My Father's Crocus / 父亲的藏红花	281
Penance after 50 Years / 50 年后的忏悔	282
Love Is a Two-Way Street / 爱是一条双行道	286
Homework of Love / 爱的作业	287
Daddy's Advice / 爸爸的忠告	288
My Father's Music / 父亲的音乐	288
The Unlighted Candle / 点不亮的蜡烛	291
Life is Like the Heart of a Torch / 人生如火炬心	292
Do One Thing Every Day / 每天做好一件事	293

第八卷 感悟真爱

Love Is Understanding / 爱就是谅解	294
The Love in the Telescope / 望远镜里的爱	294
Roses for Paradise / 天堂玫瑰	295
A Gift of Light / 光明的礼物	297
The Red Rose and the White Rose / 红玫瑰与白玫瑰	299
At the Small Café / 相约小咖啡馆	301
I'm Going with You / 跟你一起走	304
Salty Coffee / 咸咖啡	304
Love Wizard / 爱情巫师	306
Words from the Heart / 爱,就要说出来	306
Your Name Was Carved in My Heart / 你的名字刻在我的心上	308
Marriage Doesn't Need the Scorecard / 婚姻不需要记分卡	309
See How Much I Love You / 知道我有多么爱你	311
The Wings of Love / 爱的翅膀	313
100/0 Love / 100 比 0 也是爱	315
The Sign Language of Love / 爱的手语	317
Make the Life Full of Love / 让生活充满爱	318
The Unopened CD / 没有打开的 CD	319
The Shared Love / 同心爱	320
A Letter to Sophie / 写给索菲的信	321





第九卷 感悟亲情

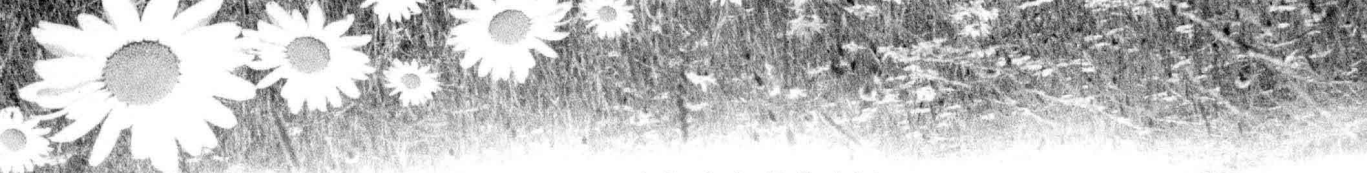
The Supremacy of Love / 爱的最高境界	322
Written in the Stars / 命中吉星	323
The Remembrance of Lilacs / 紫丁香的回忆	325
The Envelope on Christmas Morning / 圣诞节早晨的信封	327
The Heart-Shaped Pillow / 心形枕头	329
The Seed of Love / 爱的种子	330
Dial the Phone Again / 再拨一次电话	332
Tomorrow Shining Ahead / 明天就在眼前	333
The Happy Small Paper Boat / 幸福的小纸船	335
The Weight of Love / 爱的重量	336
Christmas Present / 圣诞礼物	337
The 100th Guest / 第 100 个客人	338
The Miracle of Love / 爱的奇迹	339
I Love the Blue Flowers / 我爱蓝花	341
Grandma's Love Letters / 外婆的情书	342
Tommy's Essay / 汤米的随笔	344
Love Notes / 爱的纸条	345
The Old Man with Flowers / 手持鲜花的老人	346
The Chain of Love / 爱的链条	348
As Long As You Have Love in Your Heart / 只要心中有爱	350
Bobby's Gift / 博比的礼物	351
The Wallet of Love / 爱的钱包	353
Don't Wait Till the Flowers Wilt / 莫等到花儿都谢了	357
The Warmth at This Moment / 温情此刻	358
Walk for Love / 为爱而走	358
The Petals of Love / 爱的花瓣	359
Rudy's Angel / 鲁迪的天使	360



第十卷 阳光心态

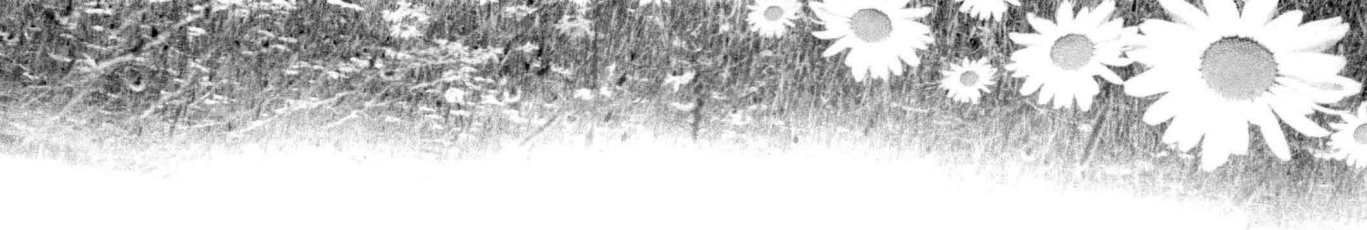
Sunshine on a Rainy Day / 雨天的阳光	362
Push the Sun to Set / 推太阳下山	362
The Star Pillow / 星星枕头	363
When the Sun Rises / 当太阳升起时	363
How to Grow Happiness / 种植幸福	364
Happy Moments / 幸福时光	365
Happiness Is an Attitude / 幸福是一种态度	365
Happiness Will Come Again / 幸福会重来	366





He Who Can Be Moved Will Be Happy / 人能感动,就能幸福	367
Happiness of Saying Thanks / 感谢的快乐	368
Keeping Pleasant / 保持快乐	369
Happiness Comes from within / 幸福来自内心	369
Happiness Is a Pair of Glasses / 快乐是一副眼镜	370
Pleasure Is a Freedom Song / 快乐是一首自由的歌	371
Happiness Is a Clear Spring / 幸福是一泓清泉	372
Smile at Strangers / 对陌生人微笑	373
A Boy and Flowers / 男孩与鲜花	373
The Flower Never Minds / 花儿不会介意	374
The Lily Can Also Bloom in the Cursed Clay / 诅咒的泥土也能开出百合	374
A Bouquet of Flowers at the Door / 放在门口的一束鲜花	375
The Rose Within / 心中的玫瑰	376
Your Mind is a Garden / 心是花园	376
Painting with the Feet / 用脚画画	378
Catch the Morning Star of Your Dreams / 摘取梦想的启明星	378
The Enlightenment of the Four Lights / 四盏灯的启迪	379
The Twelve Smiles / 12 次微笑	379
Spring Is Coming and I Cannot See It / 春天就要来了,我却无法看到	380
Gifts from the Heart / 来自内心的礼物	381
The Moon Still Shines / 月光依然照耀	381
Looking for the Gold / 寻找金子	382
Dig the Clear Spring of Wisdom / 挖掘智慧的清泉	383
Do You Have a Lighthouse in Your Heart? / 你心中有灯塔吗?	383
The Secret of Success / 成功的秘密	384
Success Is a Choice / 成功是一种选择	385
The Boy and a Drop of Dew / 男孩与露珠	385
Wait for Three Days / 等待三天	386
The Praise That Changed the Life / 改变一生的赞美	387
The Power of the Violin / 小提琴的力量	388
The Warm Pebbles / 温暖的鹅卵石	389
Send You a Moon / 送你一轮明月	390
Put down the Parcel and Hurry on / 放下包裹赶路	390
The Miracle of the Spring / 春天的奇迹	391
Bright Heart / 明亮的心	393
The Reason of Einstein's Success / 爱因斯坦成功的原因	395
To Be Your Own Goddess of Mercy / 做自己的观音	396
If You Can See It, You Can Be It / 你能看到,就能做到	397
Dig Three Feet Deeper / 再挖三英尺	397





第一卷 感悟人生

The Patch of Life

Not long ago, my daughter's frosting shoes were scratched by someone's knife. She burst into tears. I took the shoes to the shoemaker to get them repaired.

The young apprentice glanced at the opening and said, "there is nothing I can do but to replace the upper."

His master looked at them and said to me, "If you trust me, I will add more scratches on both of the shoes."

I was confused and asked why.

He explained, "As if the openings were made on purpose for the sake of special style and reuse."

I didn't fully understand him, but I decided to leave the shoes.

Two days later I dropped by from work to fetch the shoes. At the first sight I found they were indeed five or six more scratches on each shoe, but all the openings were patched by soft leather in rust red with edges sewed by thick hemp thread; the stitches were twisted with the appearance of roughness and plainness which was in accordance with the quality of frosting leather, more unique and interesting than ever. I couldn't help making compliments on the master's craftsmanship.

Another time, my wife's sister's white blouse was torn a large opening on the back. My wife took it over and checked carefully, and then said, "Let me take it home and mend it."

Three days later, seeing the blouse again, I was shocked: all the cracks and openings were sewed up by thin and white thread and they took on a look of branches, like the ice crystal on winter's branches in the north. In order to intensify the effect, she attached a fatty snowman and a cabin made of flowery cotton rags on the shirt. I sighed with praise, "It's just as beautiful as a piece of art!"

"I was inspired by that craftsman. Patches are supposed to be a regret, but a skillful craftsman can make it take on a kind of perfection," replied my wife.

Her words inspired me even more: perfection is impossible to achieve in everything; patches are unavoidable, so is human's life, which will appear in the form of injury, disability or disease. Since you can't change the existence of wound, you should not expect people's sympathy by exposing the wound, which reveals nothing meaningful. All you can do and have to do is to suture the wound by patches and try your best to bloom a most beautiful flower on the wound, and that is the significance of life.

人生的补丁

不久前,女儿的磨砂鞋被人用刀子划了几道。她失声痛哭。我把鞋子拿到补鞋店去修。

年轻的学徒看了一眼上面划的口子,说:“除了换鞋帮,我无能为力。”

他的师傅看了看鞋子,对我说:“你要是相信我,我就在两只鞋上再划几道口子。”

我百思不解,问为什么。

他解释说:“这样看起来那些口子仿佛是刻意而为,会显得别具一格,还能再穿。”

我还是不完全理解他的意思,但还是决定把鞋子留下。

两天后,我下班顺便去取鞋。我一眼就发现那双鞋上果然又划了五六道口子,但所有的口子都用铁锈红软皮补缀,四周用粗麻线缝合,针脚歪歪扭扭,显得朴素粗犷,和磨





砂皮的品质协调一致,比先前更独特、更有趣。我禁不住称赞师傅妙手回春。

还有一次,妻妹的白衬衣后背上被挂了一个大口子。妻子接过来,仔细看了看,说:“我拿回去给你补补吧。”

3天后,再见到那件衬衣时,我大吃了一惊,只见所有的裂痕和口子都用细白线缝合,看上去如同树枝,仿佛北方冬天树枝上的冰花。为了增强这种效果,她还用花棉布片拼了一个胖乎乎的雪人和一座小木屋。我连声赞叹道:“这就像艺术品一样漂亮!”

“我是受了那个补鞋师傅的启发。尽管补丁原本是一种遗憾,但能工巧匠却能让它们呈现出一种完美。”妻子回答说。

她的话给了我更大的启发:世间万物不可能十全十美。补丁无法避免,人的生命也一样,会出现伤害、残疾和疾病。既然你无法改变伤口的存在,就不要指望暴露伤口让人同情,那没有任何意义。你能做的和必须做的就是用补丁缝合伤口,尽力在伤口上开出最美丽的花朵,而这正是人生的意义。

The Rainy Season of Your Life

My life suffered a lot in a summer five years ago. My father died of an accident resulted from drinking, leaving my emaciated mother and two younger brothers alone. At that time, I was in a senior high school. After my father's funeral, the whole family was in a worse condition than ever. As the eldest son, I had no choice but to quit school and work in a factory.

Life went on without any wonder. I dare not to ask for more, just hoping to bring up two younger brothers. However, that's not an easy thing, for I can't afford their tuition even if I work from day to night without stopping, and much worse, I must take my sick mother into account. . . The present misery made me want to have another try, but it seems impractical, for I can't lose this job any more.

A thread of hope sparkled in those gloomy days suddenly.

It was a rainy dusk when I put myself in the rain and walked in the street.

Suddenly the rain stopped! To my bewilderment, I raised my head, and found that "the sky" was in fact a dark blue umbrella. Then I heard a deep voice.

"Why not running without an umbrella?" a middle-aged man with one leg on crutch said to me, "If you run, you would get less drenched."

I shook my head, but after a second I thought: Right, why not running without an umbrella?

His words shocked me deeply. Without my father's protection, could I only be a slave to the fate, and my dream in childhood only an illusion?

While walking together in the rain, I knew that he was a promoter from the city, and he received an order and paid much time on it. Facing this guy, I had no sympathy but admiration.

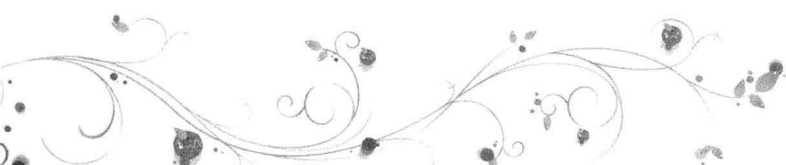
I took the umbrella from his right hand and he told me that he once had dreamed of being a policeman, but an accident ruined his dream. Though his present work was demanding and did not suit for his leg, every outing was a wonderful start to him. He was glad that he didn't lose heart and still "ran" on the road of life. . .

It seems that everything is destined but not always. Enlightened by the man's remarks, I went to a city in the south and became an assurance representative. After two years "running", I got somewhere and my family turned better gradually. I came back to my senior high school for the dream in my childhood. The year before last summer, I eventually succeeded in my entrance to university.

Life is like this: when you are in rainy days in your life, if you couldn't find a way to prevent you from being drenched earlier, you would have been overwhelmed by it, but if you decide to get rid of it, you'll discover that the rainy days last not so long as you imagined.

Everything is so simple: to run without an umbrella!

When you run out of the rainy season of your life, there will be bright sky ahead of you.





人生的雨季



5年前的夏天,我的人生痛苦不堪。父亲因酗酒死于一场事故,撇下了我瘦弱的母亲和两个弟弟。当时,我正上高中。父亲葬礼后,全家人比以前的状态更加糟糕。作为长子,我别无选择,只好退学,到一家工厂打工。

日子就这样平淡无奇地过着。我不敢再有更多的奢求,只希望把两个弟弟抚养成人。然而,那不是轻而易举的事儿,因为即使我每天从早到晚不停工作,也难以支付他们的学费,更何况我必须考虑多病的母亲……眼前的困境使我想再努力一次,但又好像不切实际,因为我不能再丢掉这份工作。

一线希望突然照亮了那些阴暗的日子。

那是一个雨天的黄昏,我置身雨中,走在街上。

雨突然停了!我感到迷惑,就抬起头,发现“天空”其实是一顶深蓝色的伞。随后,我听到一个深沉的声音。

“没有伞,为什么不跑?”一位拄着拐杖的独腿中年人对我说。“如果跑,你就不会这么淋湿了。”

我摇了摇头,却转念又一想:没有伞,为什么不跑呢?

他的话深深地震撼了我。没有了父亲的保护,我就只能做命运的奴隶,童年的梦想就只能是幻想吗?

雨中同行时,我知道了他是城里来的推销员。他接到了一份订单,为此花费了很多时间。面对这个人,我没有怜悯,只有钦佩。

我默默地从他的右手里接过了伞。他告诉我说,他曾想做一名警察,但一次意外事故毁灭了他的梦想。尽管现在的工作非常苛刻,不适合他这腿,但每次出门对他来说都是一个奇妙的开始。他很高兴自己没有丧失勇气,仍然“跑”在人生的道路上……

一切都似乎是命中注定,但又不总是那样。那个人的话让我深受启发,我去了南方的一个城市,成了一名保险代理人。通过两年的“奔跑”,我取得了一些业绩,家境也渐渐好转了。因为童年的梦想,我又回到了高中。前年夏天,我终于考上了大学。

生活就是这样:当你处在人生的雨季时,如果你无法尽快找到防止雨淋的方法,就要被雨水淋透,但如果你决定摆脱,你就会发现,雨季并不像你原来想的那样长。

一切都是那么简单:没有伞,就跑!

跑出人生的雨季,你前面就会是一片晴朗的天空。

Life Is a Process of Making Honey

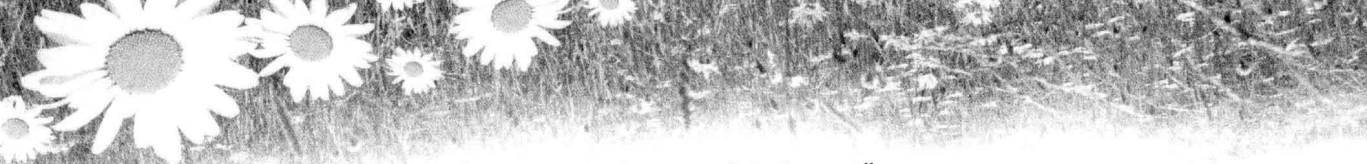
In a harvest season, a beekeeper tried making honey. He had no knowledge of the skills, so he consulted his father. The retired, old beekeeper told his son, "It's okay to make it with the common method. However, on the point of completing it, remember to drop a little bitter medicine into the honey."

On hearing this, he objected, "Why to do so? It is simply to ruin the precious honey." His father just smiled without reply.

Upon this, he made honey as he liked. Until the honey was done, he took a bit to taste. But his honey was not as sweet as his father's.

He was so confused that he had to ask his father. "Excuse me, why did you ask me to add bitter





medicine to the done honey? Won't it ruin the taste of the honey?"

"It is the little bitterness in the honey that excites your tongue and makes the honey sweet."

Yes. Actually, the process of making honey is like that of going from youth to old age. A little tear in life can make the reminiscences sweeter and more beautiful.

人生是酿蜜

在一次收获季节里,养蜂人想要尝试酿蜜。他并不懂得其中的技巧,便请教他的父亲。这位已经年老退休的养蜂人告诉儿子说:“你照着一般的方法做就行了。不过,在即将完成时,记住要在蜂蜜里滴一点苦药。”

他听了不以为然:“为什么要这么做呢?这样简直是糟蹋宝贵的蜂蜜。”他的父亲只是笑了笑,并不回答。于是,他按照自己的意思来酿蜜。等做成蜂蜜后,他取出一点尝了尝,可他做的蜂蜜没有父亲做的甜。

他百思不解,最后只好问父亲:“请问,为什么您告诉我要在酿好的蜂蜜里加苦药呢?这样不会破坏蜂蜜的味道吗?”

“正是因为里边有点苦味,刺激人的舌头,才能显出蜂蜜的香甜。”

是啊,其实酿蜜的过程就像是由青春到老年的过程。人生里的一点泪水可以使回忆变得更加甜美。

Life Is a Handful of Candy

One sunny morning, when Einstein was about to go out of his office, the assistant came to tell him, "Someone wants to invite you to make a speech on the weekend, whose reward is 10,000 dollars."

Einstein didn't hesitate at all and refused, "I have arranged this weekend, so I have no time."

"Can't you cut down tutoring Sophie once?" The assistant knew he would go to tutor math to Sophie who studied in a junior high school.

"No, I'm still thinking of her candy," Einstein said with a smile.

"Is her candy so sweet?" the assistant didn't understand why he was at pains for the young girl he happened to know. You know, Sophie paid the old man who was expert in math only half of her candy.

That day, seeing Einstein come back from Sophie cheerfully, the assistant couldn't help asking him why he was so pleased.

Einstein told him, "Today, Sophie's teacher praised her progress, saying that she had an excellent teacher. The young girl was also so pleased that she awarded me a handful of candy, which makes me particularly happy."

Later, in Einstein's diary, people once again read he thought much of such a trifle. He said Sophie's candy that day made him so sweet in his heart as long as he saw it, bringing him great joy and precious treasure.

It turned out that in the world famous scientist's eyes, the young girl's sunny smile and a handful of common candy were the sweetest spring that nourished his life.

Many years have passed, and many earthshaking events have been forgotten. But that handful of aged candy passes through the vicissitudes of years and keeps wafting wisps of fragrance that still nourishes our hearts.

人生是一把糖果

一个阳光明媚的上午,爱因斯坦刚要走出办公室,助手过来告诉他说:“有人想请你

