作清雅英文》 唯美版有声读物 Audio Books 英汉双语对照

我选择性分,

I Choose to Be Cheerful

学习英文的最佳读本·滋养心灵成长的精神SPA

主编/王正元 马瑞香

美籍专家朗读 高清数码录音





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前言

一本好书,一篇美文,总会让您从中学习到很多东西,犹如游历一样,使人开阔眼界,增长知识。尤其是在阅读原版外国文学的时候,更能帮助我们了解异国风土人情、文化习俗,乃至他们的思想方式、见解观念,以及如何面对现实生活的启示。当然,用中英对照的方式来读,既学内容又学语言,更是一箭双雕。这正是我们编选本套书的一个主要目的。

《清雅英文》丛书是专为大、中学生及英语阅读爱好者而设计的双语心灵读物。一共有五个分册,即《我选择快乐》、《热爱此生》、《梦想的礼物》、《爱是奇迹》、《这些美好不会消逝》。书中尽量做到所收篇目均为经典且可读性极强的英文原文。无论是大地风貌的描绘还是社会生活的写照,无论是时代声音的记录还是人生情感的抒写,可让您获得一些愉悦和美的享受;可让您在一种优美的语言交融中不知不觉地体会到英语水平的提升和长进;可让您的一天沉浸在美好的语言韵律中;可让您刚刚读过的优美篇章、精彩句子在慢慢积累、消化、吸收中,成为自己的知识。

一个故事可以影响一个人的一生,一个哲理可以改变千万人的命运。谨以本套丛 书献给那些深爱家人与朋友,有追求、有梦想、有渴望,对生活有激情,对英语学习有热 情的读者朋友们。

> 编 者 2012年5月

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Part 1

选择丰富人生 Choices Enrich Life





我选择快乐 I Choose to Be Cheerful →

I teach economics at UNLV three times per week. Last Monday, at the beginning of class, I cheerfully asked my students how their weekend had been. One young man said that his weekend had not been so good. He had his wisdom teeth removed. The young man then proceeded to ask me why I always seemed to be so cheerful.

His question reminded me of something I'd read somewhere before: "Every morning when you get up, you have a choice about how you want to approach life that day," I said, "I choose to be cheerful."

"Let me give you an example," I continued, addressing all sixty students in the class. "In addition to teaching here at UNLV, I also teach out at the community college in Henderson, 17 miles down the freeway from where I live. One day a few weeks ago I drove those 17 miles to Henderson. I exited the freeway and turned onto College Drive. I only had to drive another quarter mile down the road to the college. But just then my car died. I tried to start it again, but the engine wouldn't turn over. So I put my flashers¹ on, grabbed my books, and marched down the road to the college."

"As soon as I got there I called AAA and arranged for a tow truck to meet me at my car after class. The secretary in the Provost²'s office asked me what has happened. 'This is my lucky day,' I replied, smilling." " 'Your car breaks down and today is your lucky day?' She

was puzzled, 'What do you mean?'"

"'I live 17 miles from here.' I replied, 'My car could have broken down anywhere along the freeway. It didn't. Instead, it broke down in the perfect place: off the freeway, within walking distance of here. I'm still able to teach my class, and I've been able to arrange for the tow truck to meet me after class. If my car was meant to break down today, it couldn't have been arranged in a more convenient fashion.'"

"The secretary's eyes opened wide, and then she smiled. I smiled back and headed for class." So ended my story.

I scanned the sixty faces in my economics class at UNLV. Despite the early hour, no one seemed to be asleep. Somehow, my story had touched them. Or maybe it wasn't the story at all. In fact, it had all started with a student's observation that I was cheerful.

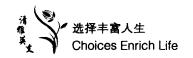
注释 点点点

- 1. flasher ['flæ[ə] n. 闪光灯
- 2. provost ['provest] n. (某些学院的)院长



我在内华达大学拉斯维加斯分校教经济学,每周上三次课。上周一,在刚开始上课的时候,我兴致勃勃地问学生们周末过得怎么样。一个男生说,他的周末不太愉快,因为他的智齿被拔掉了。然后,他又问我为何我总能保持那么快乐的心情。

他的问题使我想起了一句不知出处的话:"每天早上,当你起床的时候,你可以选择如何面对一天的生活,我会对自己说:'我选择快乐。'"



"给你们举个例子吧,"我对着全班六十个学生继续说道,"除了在这 儿上课,我还在汉德森一所社区大学任教,那儿离我家 17 英里。几周前 的一天,我驾车前往汉德森,驶离高速公路后,我转入了校园区。在只差 400 多米就到学校的时候,我的汽车抛锚了。我努力重新发动引擎,但就 是不行。我只好把指示灯打亮,然后抓起课本直奔学校。"

"我一到学校就马上打电话给汽车协会,让他们在我下课后开辆拖车过来。院长办公室的秘书问我发生了什么事。'今天我真走运,'我笑着答道。""'你的车坏了,你还说今天走运?'她一脸的困惑。'你什么意思啊?'"

"我回答到:'我住在离这儿 17 英里的地方。其实我的车有可能在高速公路上的什么地方就坏掉了的,但庆幸的是,没有。相反,汽车是在离开了高速公路后才抛锚,刚好处于步行区内。我还赶得及上课,还能够安排拖车在课后来处理。如果我的汽车是注定了要在今天抛锚的,那我觉得自己已经很走运了。'"

"那个秘书听得目瞪口呆地,然后她笑了。我也冲她笑了一下,便上课去了。"这就是我的故事。

我扫视了一下全班六十张脸。虽然是在大清早,但没有一个学生在 打盹儿。不知道为什么,他们好像被我的故事触动了。也许触动他们的 并不是故事本身。其实,从一开始有学生发现我兴致高昂的时候,他们 便已经被我的快乐感染了。

心灵小语 👞

每天早上,当你起床的时候,你可以选择如何面对新的一天的生活。你会选择快乐,还是别的什么?选择快乐不仅能使自己心情愉悦,而且还可以使别人受到这种快乐的感染。其实,任何事物我们都可以从不同的角度去看待。如果我们保持乐观的精神,保持快乐的心情,那么还有什么会让我们想不开,会让我们烦恼呢?要记住,生活是你自己选择的。

由你选择 ❤️ You Have a Choice ❤️

I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfill today. I am important.

My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finance encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or I can rejoice that I am alive.

Today I can lament³ over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

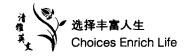
Today I can cry because roses have thorns or I can celebrate that thorns have roses.

Today I can mourn⁴ my lack of friends or I can excitedly embark⁵ upon a quest to discover new relationships.

Today I can whine because I have to go to work or I can shout for joy because I have a job to do.

Today I can murmur⁷ dejectedly⁸ because I have to do housework or I can feel honored because the Lord has provided shelter for my mind, body and soul.

Today stretches^e ahead of me, waiting to be shaped. And here I am,



the sculptor¹⁰ who gets to do the shaping.

What today will be like is up to me. I get to choose what kind of day I will have.

注释 流流,

- 1. grumble ['grʌmbl] vi. 抱怨,发牢骚,咕哝,嘟囔
- 2. rejoice [ri'dʒois] v. 感到高兴,充满喜悦
- 3. lament [le'ment] v. 哀悼, 悔恨, 悲叹
- 4. mourn [mo:n] v. 哀悼, 忧伤, 悲伤
- 5. embark [im'bo:k] v. 着手,从事
- 6. whine [(h)wain] vi. 报怨,哀诉,发牢骚
- 7. murmur ['mə:mə] v. 发低沉连续的声音,发怨言,低声说,低语
- 8. dejectedly [di'dzektidli] adv. 沮丧地, 气馁地
- 9. stretch [stret]] v. 伸展, 伸长
- 10. sculptor ['skʌlptə(r)] n. 雕刻家



今日清晨,我早早醒来,想到午夜钟声敲响前将做的一切,激动不已。我有责任让今日过得充实,我很重要。

我的工作就是选择,选择将如何度过每一日。

今日阴雨连绵,我可以怨天尤人,我也可以大感快慰,因为草地得以 免费浇灌。

今日囊中羞涩,我可以郁闷难过,我也可以高兴快活,因为这使我得以理性消费,从而远离浪费。

今日健康不佳,我可以牢骚满腹,我也可以欢呼雀跃,因为我依然活

在世上。

今日想起成长岁月中父母给予太少,我可以悲叹不已,我也可以感激万分,因为他们赋予了我生命。

今日因玫瑰茎上有刺,我可以呜咽哭泣,我也可以欢心庆贺,因为有刺的茎上也有玫瑰花。

今日因缺朋少友,我可以哀伤悲痛,我也可以兴奋不已,因为我能去发掘新的感情关系。

今日不得不工作,我可以哭诉抱怨,我也可以高声欢呼,因为我起码还有工作可做。

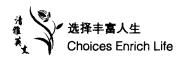
今日不得不做家务,我可以唉声叹气,我也可以倍感荣幸,因为上帝赐予我这个避风港湾,让我休憩身体,慰藉心灵。

今日在我面前展开,等我去塑造。而我正是它的雕刻师,来赋予它某种形状。

今日如何,由我定夺。今日如何度过,由我来选择!

心灵小语 🗸

凡事都有两面性,从一个角度看阴暗,从另一个角度看是光明。我们不一定能改变周遭的环境,但我们却可以决定看待事物的角度和心情,我们可以有不同的选择,高兴或烦恼,全在一念之间。选择了什么样的心情,就选择了什么样的人生。开心也是一天,沮丧也是一天,其实如何过好每一天是再简单不过的选择题。如果我们能够选择,每天都活在开心的世界里,忘掉生活的烦恼,这样的日子难道不正是每个人朝思暮想的吗?今日,由你来选择,今日,由你定夺!



快乐是一种选择 ★ Happiness Is a Choice ★

Every day, it seems, we're flooded with pop-psych advice about happiness. The relentless' message is that there's something we're supposed to do to be happy — make the right choices, or have the right set of beliefs about ourselves. Our Founding Fathers even wrote the pursuit of happiness into The Declaration of Independence.

Coupled with this is the notion that happiness is a permanent condition. If we're not joyful all the time, we conclude there's a problem.

Yet what most people experience is not a permanent state of happiness. It is something more ordinary, a mixture of what essayist Hugh Prather once called "unsolved problems, ambiguous² victories and vague³ defeats — with few moments of clear peace."

Maybe you wouldn't say yesterday was a happy day, because you had a misunderstanding with your boss. But weren't there moments of happiness, moments of clear peace? Now that you think about it, wasn't there a letter from an old friend, or a stranger who asked where you got such a great haircut? You remember having a bad day, yet those good moments occurred.

Happiness is like a visitor, a genial, exotic⁴ Aunt Tilly who turns up when you least expect her, orders an extravagant round of drinks and then disappears, trailing a lingering scent of gardenias. You can't command her appearance; you can only appreciate her when she does show up.

And you can't force happiness to happen — but you can make sure you are aware of it when it does.

While you're walking home with a head full of problems, try to notice the sun set the windows of the city on fire. Listen to the shouts of kids playing basketball in the fading light, and feel your spirits rise, just from having paid attention.

Happiness is an attitude, not a condition. It's cleaning the Venetian blinds⁵ while listening to an aria⁶, or spending a pleasant hour organizing your closet. Happiness is your family assembled at dinner. It's in the present, not in the distant promise of a "someday when..." How much luckier we are — and how much more happiness we experience — if we can fall in love with the life we're living.

Happiness is a choice. Reach out for it at the moment it appears, like a balloon drifting seaward in a bright blue sky.

注释 点面点

- 1. relentless [ri'lentlis] adj. 无情的
- 2. ambiguous [.æm'bigjuəs] adj. 暧昧的, 意思含糊的
- 3. vague [veig] adj. 模糊的,不清楚的,暧昧的
- 4. exotic [ig'zotik] adj. 外来的, 奇异的
- 5. Venetian blind 软百叶窗
- 6. aria ['aːriə] n. 独唱曲,咏叹调