

情感卷

在自己心灵的港湾，稳稳地停靠一会儿。

在自己心灵的驿站，静静地享受一会儿。

心灵鸡汤 全集

张 晶 编译

最美丽的英文

The Most Beautiful English

哈尔滨出版社
HARBIN PUBLISHING HOUSE



情感卷

在自己心灵的港湾，稳稳地停靠一会儿。

在自己心灵的驿站，静静地享受一会儿。

心灵鸡汤全集

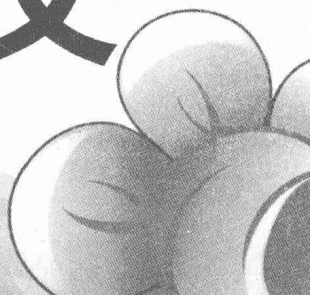
晶 编译

最美丽的英文

The Most Beautiful English



哈尔滨出版社
HARBIN PUBLISHING HOUSE



图书在版编目(CIP)数据

心灵鸡汤全集. 情感卷: 英汉对照/张晶编译. —哈尔滨:
哈尔滨出版社, 2010. 7
ISBN 978-7-5484-0180-3

I. ①心... II. ①张... III. ①英语-汉语-对照读物
②人生哲学-通俗读物 IV. ①H319.4:B

中国版本图书馆 CIP 数据核字(2010)第 092963 号

书 名: 心灵鸡汤全集·情感卷

译 者: 张 晶 编译

责任编辑: 张凤涛 白铁峰

责任审校: 陈大霞

装帧设计: 恒润设计

出版发行: 哈尔滨出版社(Harbin Publishing House)

社 址: 哈尔滨市香坊区泰山路 82-9 号 邮编: 150090

经 销: 全国新华书店

印 刷: 黑龙江省文化印刷厂

网 址: www.hrbchs.com www.mifengniao.com

E-mail: hrbchs@yeah.net

编辑版权热线: (0451)87900272 87900273

邮购热线: (0451)87900345 87900299 87900220(传真) 或登录蜜蜂鸟网站购买

销售热线: (0451)87900201 87900202 87900203

开 本: 787 × 1092 1/16 印张: 20 字数: 300 千字

版 次: 2010 年 7 月第 1 版

印 次: 2010 年 7 月第 1 次印刷

书 号: ISBN 978-7-5484-0180-3

定 价: 28.00 元

凡购本社图书发现印装错误, 请与本社印制部联系调换。 服务热线: (0451)87900278
本社法律顾问: 黑龙江佳鹏律师事务所

目录

CONTENTS

第一卷 失去后才懂得珍惜

Part I Not Being Grateful without Missing

Life Isn't a Dress Rehearsal/3

人生不是一次彩排/5

How to Grow Old/7

如何慢慢变老/11

What Will Matter/14

学会珍惜/16

Be Grateful to Life/18

感恩生活/20

If I Were a Boy Again/22

假如我又回到了童年/24

Books/26

书籍/29

Choose Optimism/31

选择乐观/34

Not Being Grateful without Missing/36

失去后才懂得珍惜/38

After a While.../40

很快……/42

The Most Important Day in My Life/44

我生命中最重要的一天/47

I Learned in Kindergarten.../50

幼儿园里所学的……/52

Love of Self/54

爱自己/56

The Four Wives/58

生命中的四位爱人/61

Listen to Your Inner Voice/63

聆听心灵/65

Confidence/66

自信/68

A Pair of Socks/70

一双短袜/73

A to Z/75

从A到Z/77

"There" Is No Better than "Here"/79

彼岸无尽头,知足才常乐/81

第二卷 爱与被爱

Part2 The Lover and the Beloved

Seven Secrets to a Great Life/85

非凡人生的七大秘诀/88

The Road to Happiness/90

幸福之道/93

Love Is Special/95

爱是耐人寻味的/98

Ernest Hemingway to His Mother/100

欧内斯特·海明威致母亲/102

Ludwig Van Beethoven to His Brothers/104

贝多芬致兄弟/107

Karl Marx to Jenny Marx/110

卡尔·马克思致燕妮·马克思/113

The Definition of a Gentleman/116

绅士的定义/119

Secrets of Strong Families/121

幸福家庭的秘诀/125

Love/128

爱情/130

The Lover and the Beloved/132

爱与被爱/134

What You See Is What You Get/136

你得到的就是你想到的/138

Be an Optimist/139

做一个乐观者/141

On Friendship/143

友谊/145

Companionship of Books/147

与书为伴/149

第三卷 奇迹的价格

Part3 A Brother's Miracle

Going Home/153

回家/156

Your Idea of a Good Friend/159

你心目中的好朋友/162

When a Man Loves a Woman/164

当男人爱上女人/166

Compassion of a Great Man/168

一位伟人的同情心/170

A Father's Love/172

父爱/174

The Red Mahogany Piano/176

一架红木钢琴/180

The Wish of Brother/183

哥哥的心愿/185

Unselfishly/187

无私的爱/189

Let Go Love/191

将爱放飞 令爱常驻/193

A Friend/194

朋友/196

No Matter What Happens, I'll Always Be There for You/198

无论发生什么事,我都会在你身旁/200

The Smile/202

微笑/205

A Brother's Miracle/207

奇迹的价格/210

All the Good/212

你所有的好处/216

The Bus Passenger/219

巴士上的乘客/223

A Good Heart to Lean On/226

善心可依/229

第四卷 自由如歌的快乐

Part4 On Pleasure

Parenthood/233

为人父母/235

The Handsome and Deformed Leg/237

美腿与丑腿/240

The Whistle/242

哨子/245

The Joys of Writing/248

写作的乐趣/253

Mrs. Thompson's Fifth Grade Class/257

汤普森夫人的爱心/261

If the Dream Is Big Enough/264

为了心中的梦想/266

On Pleasure/268

自由如歌的快乐/270

I Learned That.../272

我明白了……/274

With One Glass of Milk/276

一杯牛奶的温暖/278

Words to Live by/280

生活的忠告/283

The Value of Friendship/286

友谊的价值/289

However Mean Your Life Is/291

无论你的生活如何卑微/294

Importance of Being Busy/296

繁忙的重要性/298

Think It over.../299

好好想想……/301

Let Go/303

放手/306

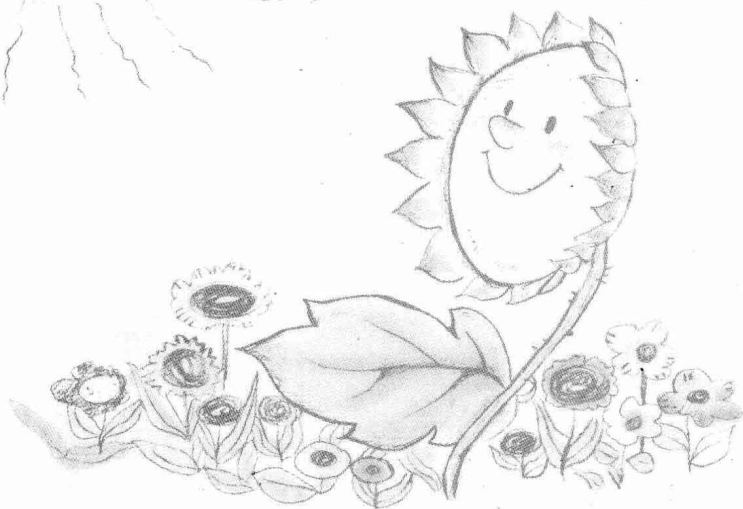
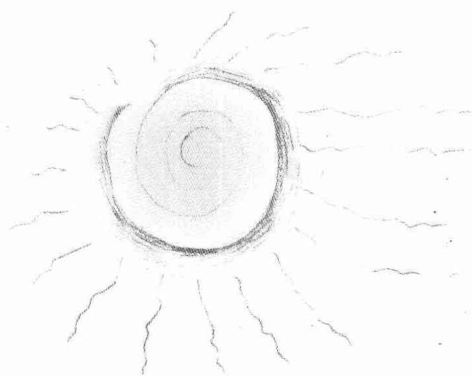
The Road to Happiness/308

幸福之路/311



Part1 Not Being Grateful without Missing

第一卷 失去后才懂得珍惜





Life Isn't a Dress Rehearsal

Anonymous

Get a life. A real life, not a manic pursuit of the next promotion, the bigger paycheck, the larger house.

Get a life in which you are not alone. Find people you love, and who love you. And remember that love is not leisure, it is work. Pick up the phone. Send an E-mail. Write a letter. Get a life in which you are generous.

And realize that life is the best thing ever, and that you have no business taking it for granted.

It is so easy to waste our lives, our days, our hours, our minutes.

It is so easy to take for granted the color of our kids' eyes, the way the melody in a symphony rises and falls and disappears and rises again...

It is so easy to exist instead of to live.

I learned to live many years ago. Something really, really bad happened to me, something that changed my life in ways that, if I had my option, it would never have been changed at all. And what I learned from it is what, today, seems to be the hardest lesson of all:

I learned to love the journey, not the destination.

I learned that it is not a dress rehearsal, and that today is the only guarantee you get.

I learned to look at all the good in the world and try to give some of it back

because I believed in it, completely and utterly. And I tried to do that, in part, by telling others what I had learned.

By telling them this: Consider the lilies of the field. Look at the fuzz on a baby's ear. Read in the backyard with the sun on your face. Learn to be happy.

And think of the life as a terminal illness, because if you do, you will live it with joy and passion as it ought to be lived.





人生不是一次彩排

佚名

要过有意义的生活,真正的生活,并不是狂热地追求晋升、加薪和更大的房子。

不要孤立地活着,找到你爱的人和爱你的人。并要记住:爱不是休闲,而是工作。打个电话,发个邮件,写封信,要活得慷慨、活得大度。

生活是最美好的,我们要加倍珍惜。

虚度生命很容易,一天,一小时,一分钟很快就会过去。





我们易于忽视孩子的想法,不注意交响乐旋律的升降变化。

我们可能会为了活着而活着,而非真正地生活。

多年以前,我就知道了生命的意义。那时,不幸降临到了我身上,改变了我的生活。要是当时我作出了明智的选择,完全可以避免这种不幸的发生。现在看来,那是我此生中一个最大的教训,我从中学会了好多:

我学会了享受过程,而非结果。

我懂得了生活没有彩排,我们能把握的只有现在。

我学会了发现世界上所有事物的真善美,然后奉献出一部分,因为我对真善美深信不疑,并且也在努力去践行,其中一种方式便是告诉他人我所学到的。

我告诉他们:想想田野里的百合花;看看婴儿耳朵上的绒毛;在后院的阳光下读书;开心地活着。

把生命当成某种不治之症的晚期,这样,你就会活得快乐且富有激情,而人就应该这样生活。





How to Grow Old

Russell

In spite of the title, this article will really be on how not to grow old, which, at my time of life, is a much more important subject. My first advice would be to choose your ancestors carefully. Although both my parents died young, I have done well in this respect as regards my other ancestors. My maternal grandfather, it is true, was cut off in the flower of his youth at the age of sixty-seven, but my other three grandparents all lived to be over eighty. Of remoter ancestors I can only discover one who did not live to a great age, and he died of a disease which is now rare, namely, having his head cut off. A great grandmother of mine, who was a friend of Gibbon, lived to the age of ninety-two, and to her last day remained a terror to all her descendants. My maternal grandmother, after having nine children who survived, one who died in infancy, and many miscarriages, as soon as she became a widow, devoted herself to woman's higher education. She was one of the founders of Girton College, and worked hard at opening the medical profession to women. After the age of eighty she found she had some difficulty in getting to sleep, so she habitually spent the hours from midnight to 3 a.m. in reading popular science. I do not believe that she ever had time to notice that she was growing old. This, I think, is proper recipe for remaining young. If you have wide and keen interests and activities in which you can still be effective, you will have no

reason to think about the merely statistical fact of the number of years you have already lived, still less of the probable brevity of your future.

As regards health I have nothing useful to say since I have little experience of illness. I eat and drink whatever I like, and sleep when I cannot keep awake. I never do anything whatever on the ground that it is good for health, though in actual fact the things I like doing are mostly wholesome.

Psychologically there are two dangers to be guarded against in old age. One of these is undue absorption in the past. It does not do to live in memories, in regrets for the good old days, or in sadness about friends who are dead. One's thoughts must be directed to the future and to things about which there is something to be done. This is not always easy: one's own past is gradually increasing weight. It is easy to think to oneself that one's emotions used to be more vivid than they are, and one's mind keener. If this is true it should be forgotten, and if it is

