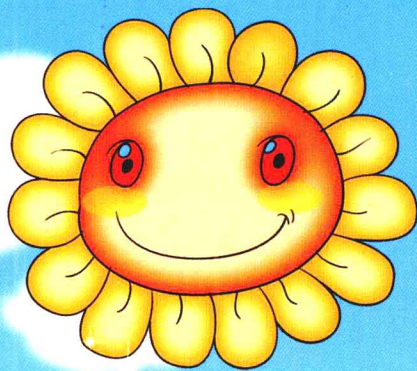


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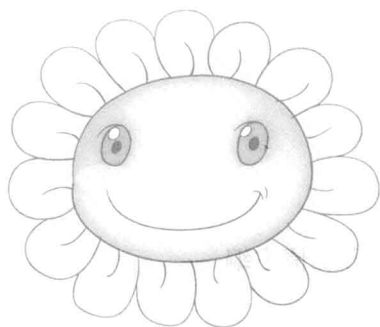
关晓薇 王倩 主编

# 植物与僵尸

*Plants and Zombies*

- ♥ 精选了**50篇**富含人生哲理的短文，英汉对照
- ♥ 展现了**十种**植物的优秀品质
- ♥ 从植物身上，你可以**读到**从人性里渗透出的各种光芒





英汉  
对照

“读”有所得

# 植物与僵尸

*Plants and Zombies*

主 编 关晓薇 王 倩  
副主编 张 博 刘 芳 李 涛  
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## 前言

我们生活在同一个世界，然而每个人的世界又是那么不同。我们改变自己的世界时担当的角色如同大战小僵尸的植物，如果可以坚韧无畏，如果可以耐心平和，那么我们的世界将会从此不同。

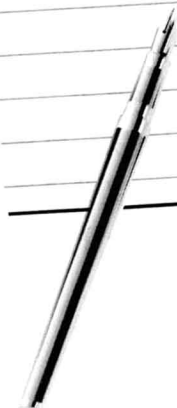
“让你的世界从此不同”，这正是我们编写此套中英双语读本的目的。本系列共分两册：《天使与魔鬼》和《植物与僵尸》。《植物与僵尸》精选了50篇富含人生哲理的短文，展现了十种植物的优秀品质，这些也正是我们在成长过程中需要拥有的品质。从植物身上，你可以读到从人性里渗透出的各种光芒。让我们的故事给在成长中身处困境和迷惘中的你以最大的鼓舞和最深切的共鸣。

在游戏中，僵尸和植物之间，在某天有了难舍难分的关联，他们一个攻一个守，演绎着我们信以为真的故事。我们喜欢初级豌豆的兢兢业业，我们喜欢睡莲的与世无争又踏踏实实，我们更喜欢摇摇摆摆、美滋滋跳着舞的太阳花给生活带来无尽能源……玩罢游戏，现实生活中的我们也像那些可爱的植物，时而坚果般坚忍不拔，时而豌豆般勤勤恳恳，时而太阳花般甘于奉献。只因为我们热爱我们的家园，我们守卫我们的信仰，我们追求美好的生活就要不断努力。

我们希望你赏析美文的同时，提升英文阅读能力；盼望你能思索各色品质的意义，感受生活的魅力与智慧，让你的心灵获得滋养，领悟人生的真谛，在各种历练中慢慢成长。期待你活出不一样的人生！

编者

2012.6

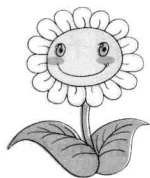




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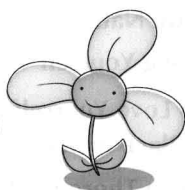
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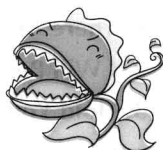
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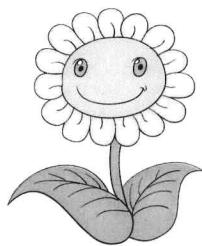






# 主观、自信的 向日葵

1. I Am Nature's Greatest Miracle
2. Being Yourself
3. To Love Yourself Is the Beginning
4. A Place to Stand
5. Get a Thorough Understanding of Oneself



## 向日葵篇

I Am Nature's Greatest Miracle

I will win, for I am unique. I am nature's greatest miracle.

我会成功，因为我举世无双。我是自然界最伟大的奇迹。

Since the beginning of time never has there been another with my mind, my heart, my eyes, my ears, my hands, my hair, my mouth. None that came before, none that live today, and none that come tomorrow can walk and talk and move and think exactly like me. All men are my brothers yet I am different from each. I am a unique (独一无二的) creature.

Although I am of the animal kingdom, animal rewards alone will not satisfy me. Within me burns a flame, which has been passed from generations uncounted and its heat is a constant irritation (刺激; 激励) to my spirit to become better than I am, and I will. I will fan this flame of dissatisfaction and proclaim my uniqueness to the world.

Vain attempts to imitate others no longer will I make. Instead will I place my uniqueness on display in the market place. I will proclaim it, and I will sell it. I will begin now to accent my differences; hide my similarities.

I am a unique creature of nature.

I am rare, and there is value in all rarity; therefore, I am valuable. I am the end product of thousands of years of evolution; therefore, I

am better equipped in both mind and body than all the emperors and wise men who preceded me.

But my skills, my mind, my heart, and my body will stagnate (失去活力), rot, and die lest I put them to good use. I have unlimited potential. Only a small portion of my brain do I employ; only a paltry amount of my muscles do I flex. A hundredfold (百倍) or more can I increase my accomplishments of yesterday and this I will do, beginning today.

Nevermore will I be satisfied with yesterday's accomplishments nor will I indulge, anymore, in self-praise for deeds which in reality are too small to even acknowledge (承认). I can accomplish far more than I have, and I will, for why should the miracle which produced me end with my birth? Why can I not extend that miracle to my deeds of today?

I am not on this earth by chance. I am here for a purpose and that purpose is to grow into a mountain, not to shrink to a grain of sand. Henceforth will I apply all my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy.

I have been given eyes to see and a mind to think and now I know a great secret of life for I perceive, at last, that all my problems, discouragements, and heartaches are, in truth, great opportunities in disguise (伪装). I will no longer be fooled by the garments they wear for my eyes are open. I will look beyond the cloth and I will not be deceived (欺骗).

No beast, no plant, no wind, no rain, no rock, no lake had the same beginning as I, for I was conceived in love and brought forth with a purpose. In the past I have not considered this fact but it will henceforth shape and guide my life.

And nature knows not defeat. Eventually, she emerges victorious

and so will I, and with each victory the next struggle becomes less difficult.

I will win, for I am unique.

I am nature's greatest miracle. (550 words)



(Extracted from "http://www.chinaenglish.com.cn/html/c61/2011-12/44814.html")

### 译文



## 我是自然界最 伟大的奇迹

自从上帝创造了天地万物，没有一个人和我一样，我的头脑、心灵、眼睛、耳朵、双手、头发、嘴唇都是与众不同的。言谈举止和我一模一样的人以前没有，现在没有，以后也不会有。虽然四海之内皆兄弟，然而人人各异。我是独一无二的造化。

我不可能像动物一样容易满足，我心中燃烧着代代相传的火焰，它激励我不断超越自己，我要使这团火烧得更旺，向世界宣布我的与众不同。

我不再徒劳地模仿别人，而要展示自己的个性。我不但要宣扬它，还要推销它。我要强调自己的与众不同，回避人的共性。

我是独一无二的奇迹。

物以稀为贵。我特立独行，因而身价百倍。我是千万年进化的终端产物，头脑和身体都超过以往的帝王与智者。

但是，我的技艺，我的头脑，我的心灵，我的身体，若不善加

利用，都将逐渐迟钝、腐朽，甚至死亡。我的潜力无穷无尽，脑力、体能稍加开发，就能超过以往的任何成就。从今天开始，我就要开发潜力。

我不再因昨日的成绩沾沾自喜，不再为微不足道的成绩自吹自擂。我能做的比已经完成的更好。我的出生并非最后一件奇迹，为什么自己不能再创奇迹呢？

我不是偶然来到这个世上的。我生来应为高山，而非草芥。从今往后，我要竭尽全力成为群峰之巅，将我的潜能发挥到最大限度。

我有双眼，可以观察；我有头脑，可以思考。现在我已洞悉了一个人一生中的伟大奥秘。我发现，一切问题、沮丧、悲伤，都是乔装打扮的机遇之神。我不再被他们的外表所蒙骗，我已睁开双眼，看破了他们的伪装。

飞禽走兽、花草树木、风雨山石、河流湖泊，都没有像我一样的起源，我孕育在爱中，肩负使命而生。过去我忽略了这个事实，但从今往后，它将塑造我的性格，引导我的人生。

自然界不知何谓失败，终以胜利者的姿态出现。我也要如此，因为成功一旦降临，就会再度光顾。

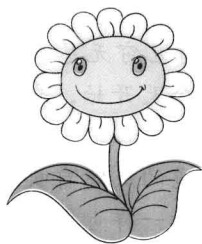
我会成功，因为我举世无双。

我是自然界最伟大的奇迹。



世界创造了一个独一无二的你，再也没有谁是跟你完全一样的了。在这天地之中，你就是你，无可取代！不要让恐惧、自卑像僵尸一样暗中跟随着你，做一棵自立自信的向日葵吧！积极进取，勇于尝试，努力做最好的自己，让生命在磨砺中焕发出熠熠光彩！





## 向日葵篇

### Being Yourself

You made this day a special day just by being yourself.

你让这一天变得很特别，只是因为你做了你自己。

As a youngster, there was nothing I liked better than Sunday afternoons on my grandfather's farm in western Pennsylvania. Surrounded by miles of winding stone walls, the house and barn provided endless hours of fun for a city kid like me.

I can still remember one afternoon when I was eight years old. Since my first visit to the farm, I had wanted more than anything to be allowed to climb the stone walls. My parents would never agree with me. The walls were old. Some stones were missing and others were loose and crumbling (倒塌). Still, my yearning to climb those walls grew so strong that finally, one spring afternoon, I gathered all my courage and entered the living room, where the adults had gathered after the Sunday dinner.

"I, uh...I want to climb the stone walls," I said hesitantly. Everyone looked up. "Can I climb the stone walls?" Suddenly, a chorus (齐声) went up from the women in the room. "Heavens, no!" they cried. "You'll hurt yourself!" I wasn't too disappointed because the response was just as I had expected. But before I could leave the room, I was stopped by my grandfather's loud voice. "Now hold on just one minute," I heard him say. "Let the boy climb the stone walls."

He has to learn to do things for himself.”

“Be careful,” he said to me with a wink (眼色), “and come and see me when you get back.” For the next two and a half hours I climbed those old walls and had the time of my life. Later I met my grandfather to tell him about my adventures. I’d never forget what he said. “Fred,” he said, “you made this day a special day just by being yourself. Always remember, there’s only one person in this whole world like you, and I like you exactly as you are.”

Consider... YOU! In all time before now and in all time to come, there has never been and will never be anyone just like you. You are unique in the entire history and future of the universe. Wow! Stop and think about that. You’re better than one in a million, or a billion, or a gazillion...

You are the only one like you in a sea of infinity (无穷无尽)!

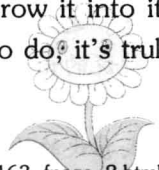
You’re amazing! You’re awesome! And by the way, you’re it. As amazing and awesome as you already are, you can be even more so. Beautiful young people are the whimsy (奇想) of nature, but beautiful old people are true works of art. But you don’t become “beautiful” just by virtue of the aging process.

Real beauty comes from learning, growing, and loving in the ways of life. That is the Art of Life. You can learn slowly, and sometimes painfully, by just waiting for life to happen to you. Or you can choose to accelerate (加速) your growth and intentionally devour (挥霍) life and all it offers. You are the artist that paints your future with the brush of today.

Paint a Masterpiece.

God gives every bird its food, but he doesn’t throw it into its nest. Wherever you want to go, whatever you want to do, it’s truly up to you. (523 words)

(Extracted from “<http://en.cnxianzai.com/read.php?tid=66163-fpage=2.html>”)







## 做你自己

年少时，再也没有什么比星期天下午呆在爷爷在宾夕法尼亚西部的农场更让我喜欢的了。农舍和谷仓四周环绕着延绵数里的石墙，给了我这样一个城里的孩子无尽的欢乐时光。

我仍然记得在我八岁那年的一个下午。自从我第一次来到农场，我最希望的便是得到允许去爬石墙。我的父母不可能答应我。石墙年代久远了，有些地方缺了石头，其他石头也松松垮垮的，都快塌了。尽管如此，我想爬墙的渴望却变得越发强烈。终于，一个春天的下午，我鼓足勇气走进了大人们星期天吃完晚饭后聚会的客厅。

“我，呃……我想爬那石墙，”我吞吞吐吐地说。所有人都抬起了头看着我。“我可以爬石墙吗？”突然，房间里的女人们齐声说：“天哪！不行！”她们喊道，“你会受伤的！”我并不怎么失望，因为我早就预料到会有这种反应了。但是我还没走出房间，就被爷爷洪亮的声音叫住了。“静下来，就一分钟，”我听到他说，“让这孩子去爬石墙吧，他必须学会做他自己想做的事。”

“小心点，”他给我使了一个眼色，“回来后到我这里来。”接下来的两个半小时，我爬上了那些古老的墙，度过了我生命中最快乐的时光。之后，我去爷爷那里告诉他我的冒险经历。我永远不会忘记他所说的话。“弗雷德，”他说，“你让这一天变得很特别，只是因为你做了你自己。要记住：在整个世界上，只有一个像你这样的人，而我喜欢的是这个你。”

试想一下……你！一个空前绝后的你，不论是以往还是将来都不会有一个跟你一模一样的人。你在历史上和宇宙中都是独一无二的。哇！想想吧，你是万里挑一、亿里挑一、兆里挑一的。

在无穷无尽的宇宙中，你是举世无双的。

你是了不起的！你是卓越的！没错，就是你。你已经是了不起的，是卓越的，你还可以更卓越、更了不起。美丽的年轻人是大自然的奇想，而美丽的老人却是艺术的杰作。但你不会因为年龄渐长就自然而然地变得“美丽”。

真正的美丽源于生命里的学习、成长和热爱。这就是生命的艺术。你可以只听天由命，慢慢地学，有时候或许会很痛苦。又或许你可以选择加速自己的成长，故意地挥霍生活及其提供的一切。你就是手握今日的画笔描绘自己未来的艺术家。

画出一幅杰作吧！

上帝给了鸟儿食物，但他没有将食物扔到它们的巢里。不管你想要去哪里，不管你想要做什么，真正做决定的还是你自己。



就像世界上没有两片相同的叶子一样，世间每一个人都是绝无仅有、独一无二的。唯其如此，每个人才都有其存在的价值，都有其不可替代的位置。有时，外界的“压力山大”会像一具僵尸立在你的面前，你是否能够像主观、自强的向日葵那样坚定地做你自己呢？相信自己，你的个性你做主！

