

我最想读的
英文书

爱的华尔兹

The Love Waltz



人生是越过千山万水宁静致远的心情
人生是游走于风轻云淡间沉稳的步履
人生是轻风徐来乐淘淘的怡然神态
人生是润物细无声的温婉情怀
人生是

一种体验，一种心态

美文是守候在宁静夜晚的一盏路灯
明亮、亲切

美文是一棵果实累累的树

任凭四季交替，有幸福也有悲伤

美文是幽静小洞缓缓流淌的溪流

清澈、甘爽

美文是人生不可缺少的一抹风景

美文是

一种涵养，一种境界

思潮英语工作室 编著



天津大学出版社
TIANJIN UNIVERSITY PRESS



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The Love Waltz



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内 容 提 要

本书收录数十篇英文美文，文章内涵丰富，感人的故事、优美的语句无不启迪心灵，令人深思。文章长度适中，难度不大，能增加轻浅阅读的舒适度，旨在激发读者阅读兴趣的同时培养读者的语感，提高读者的英语水平，特别是阅读水平。

本书可供词汇量为 3000~5000 词的读者，包括初、高中学生和英语程度适中的大学专、本科学子，都市白领以及其他英语学习者和爱好者阅读使用。

图书在版编目 (CIP) 数据

爱的华尔兹：英汉对照/思潮英语工作室编著. —
天津：天津大学出版社，2011. 9

(我最想读的英文书)

ISBN 978-7-5618-4065-8

I. ①爱… II. ①思… III. ①英语—汉语—对照读物
②人生哲理—青年读物 IV. ①H319.4: B

中国版本图书馆 CIP 数据核字 (2011) 第 157690 号

出版发行 天津大学出版社

出 版 人 杨欢

地 址 天津市卫津路 92 号天津大学内 (邮编：300072)

电 话 发行部：022-27403647 邮购部：022-27402742

网 址 www.tjup.com

印 刷 天津泰宇印务有限公司

经 销 全国各地新华书店

开 本 170mm×230mm

印 张 11.5

字 数 274 千

版 次 2011 年 9 月第 1 版

印 次 2011 年 9 月第 1 次

定 价 88.00 元 (共四册)

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序

Preface

亲爱的读者朋友，在读了太多应试的英文书后，您是否想读一些有趣味、有哲理、发人深省的美文隽语？“我最想读的英文书”系列丛书就是这样一套好书，它带来的不仅仅是知识，更可以陶冶情操、开阔视野。

“我最想读的英文书”系列丛书是面向广大英语爱好者和学生的中英文双语心灵鸡汤，共四个分册，涉及人生、幸福、心灵、励志四个主题，基本上涵盖了年轻人生活的各个方面。读者朋友可以在赏析美文、陶冶情操的同时，于潜移默化中提升自己的英语阅读与翻译水平。

在本系列丛书中，我们对每篇文章做了细致的剖析，每篇文章由五部分构成：

- 心灵感悟——对文章的主题或哲理进行提炼，启迪您思考；
- 佳篇拾粹——篇篇都是极品之作，让您真正体味最纯正的英语；
- 译林徜徉——精准的用词，传神的翻译，让您在中英文间游刃有余；
- 词海拾贝——囊括大部分生僻词汇，阅读中学会生词；
- 佳句如歌——欣赏精妙之句，提高您的阅读能力。

这样的结构设置可帮助您提升对英文的驾驭能力，增强英语语感。

亲爱的读者朋友，清晨，让读书声唤醒您的大脑，锻炼您的发音，增强您的自信。每天只需短短几分钟，经过短短几天，在您朗读完每本书的数十篇精美文章之后，您会惊讶地发现，您有一种想脱口说英语的冲动。

编者

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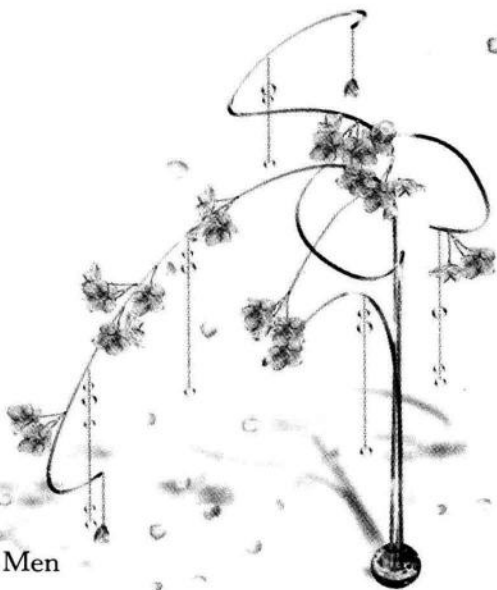
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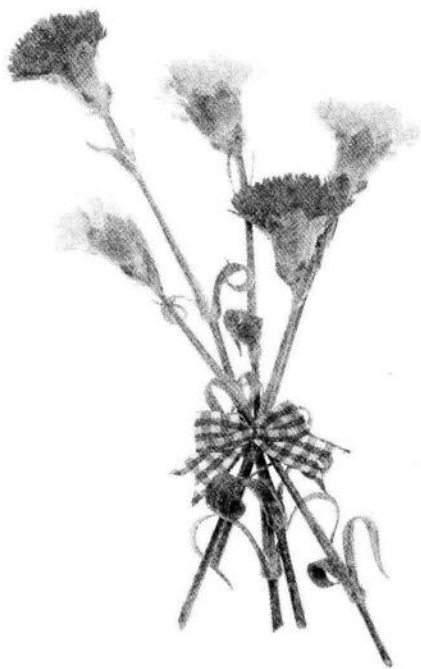
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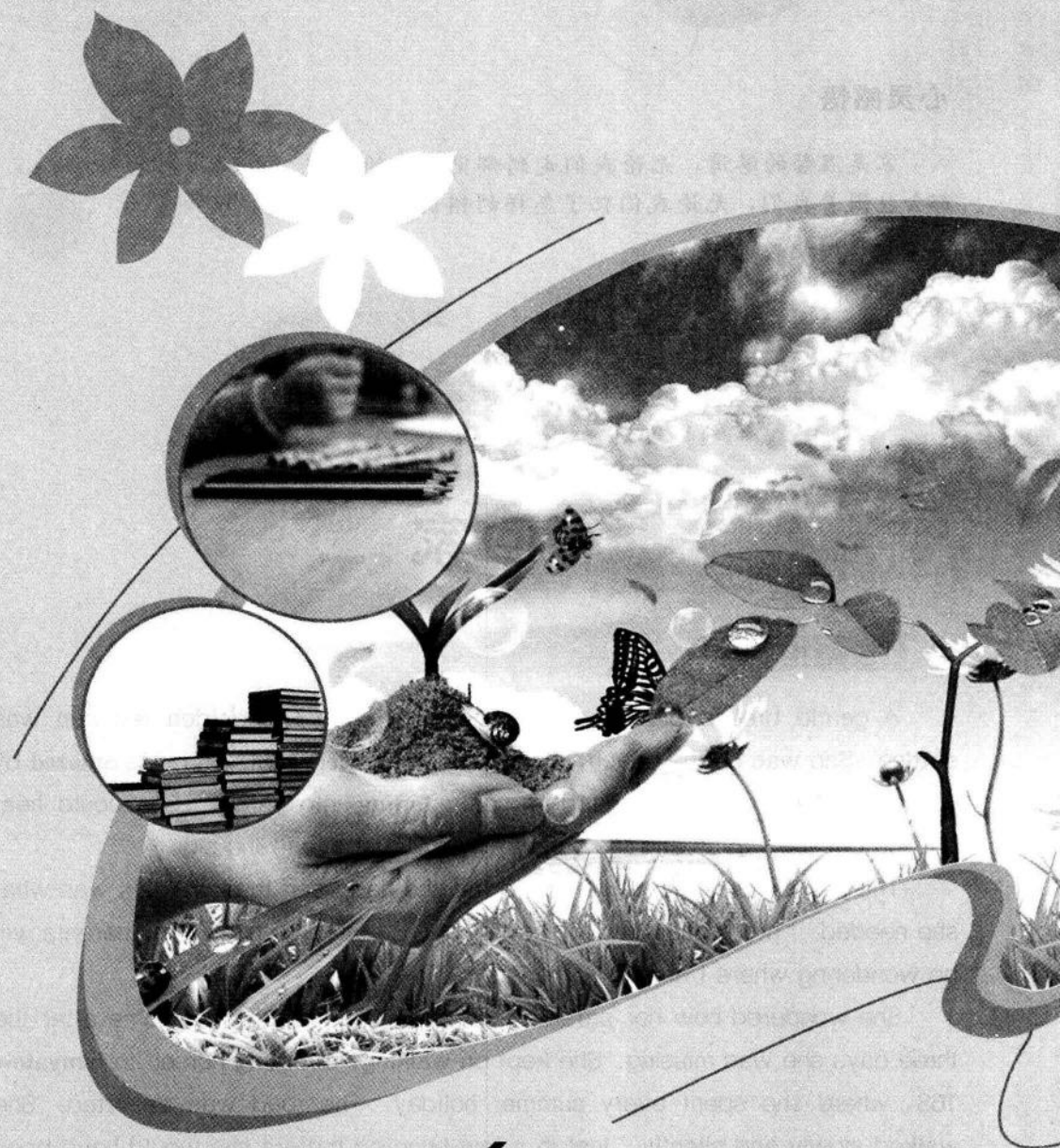
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甜润民心



心灵的甘露



心灵感悟

家是温馨的港湾，无论我们走到哪里家庭的温暖都会包围着我们，无论我们犯了怎样的错误，亲人们都会包容我们。

Back Home 回家

佳篇拾粹

A gentle breeze blew through Jennifer's hair. The golden red sun was setting. She was on the beach, looking up at the **fiery** ball. She was **amazed** by its color, deep red in the middle, softly **fading** into yellow. She could hear nothing but the waves and the **seagulls** flying up above in the sky.

The **atmosphere relaxed** her. After all she had been through, this was what she needed. "It's getting late," she thought, "I must go home; my parents will be wondering where I am."

She wondered how her parents would **react**, when she got home after the three days she was missing. She kept on walking, directing herself to **bungalow** 163, where she spent every summer holiday. The road was deserted. She walked slowly and silently. Just in a few hundred meters she would have been safe in her house.

It was really getting dark now, the sun had set a few minutes before and it was getting cold too. She wished she had her favorite **jumper** on: it kept her really warm. She imagined having it with her. This thought **dissipated** when she finally saw her front door. It seemed different. Nobody had taken care of the outside garden for a few days. She was shocked: her father was usually so



strict about keeping everything clean and tidy, and now... It all seemed deserted. She couldn't understand what was going on.

She entered the house. First, she went into the kitchen where she saw a note written by her father. It said: "Dear Ellen, there is some coffee ready, I went looking." Ellen was her mother but — where was she? On the right side of the hallway was her parents room. She went in. Then she saw her, her mother, lying on the bed, sleeping. Her face looked so tired, as if she hadn't slept for days. She was really pale. Jenny would have wanted to wake her up but she looked too tired to force her. So Jenny just fell asleep beside her. When Jennifer woke up, something was different... she wasn't in her mother's room and she wasn't wearing the old clothes she ran away in. She was in her **cozy** bed in her pajamas.

It felt so good being back home. Suddenly she heard a voice. "Are you feeling better now, dear? You know you got us very, very **scared**."



译林徜徉

一阵微风吹过詹妮弗的头发，金红色的太阳即将落山。海滩上的詹妮弗望着那火红的圆球，不禁惊异于它的颜色：中间是红彤彤的，向外柔柔地变成黄色。她只能听到海浪的声音和在天空中高高飞翔的海鸥的叫声。

眼前的景象使她放松下来，出走几天的经历，让她感受到这才是她所需要的。她想：“天晚了，我该回家了，父母会惦记我在哪里。”

她在猜想自己离家三天才回来，父母会做出什么反应。她一直走着，径直走向 163 号平房，每年暑假，她都是在那儿度过的。一路上寂静无人，她慢慢地、静静地走着，再有几百米就能安全到家了。

天色完全黑暗下来，太阳几分钟前就落山了，外面越来越冷。她真希望自己穿着最喜欢的那件套头衫，那该多暖和啊！她想象着自己正穿着它呢。可是一看见她家的前门，这种想法就烟消云散了。眼前的一切有些异样。外面的花园好几天没人照料了，这让她非常吃惊——她父亲平时严格要求每样东西都要干净整洁，而现在呢……花园好像一片荒地。她不理解发生了什么

事情。

她进了屋，首先到了厨房，看见父亲留的一张字条，上面写着：“亲爱的艾伦，这是煮好的咖啡，我出去找人了。”艾伦就是她的母亲，但是——母亲在哪儿？走廊的右边是她父母的卧室，她走进去就看见了母亲，她躺在床上睡着了。母亲的面色异常苍白，看起来是那样疲惫，好像多日未眠。詹妮真想把她叫醒，但是母亲看起来太累了，真不忍心叫醒她。于是詹妮也躺在她身旁睡了。当詹妮醒过来时，她发现有些异样：她不在母亲的房间里了，穿的也不是离家出走时的旧衣服了，她穿着睡衣躺在自己温暖的床上。

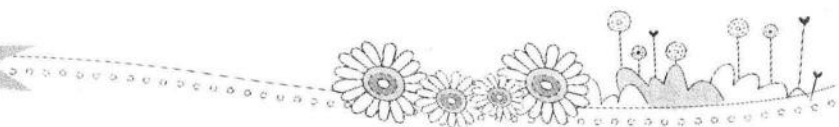
回家的感觉真好啊。忽然她听见一个声音：“亲爱的，你现在感觉好点了吧？你让我们担心死了。”

词海拾贝

- 1 **fiery** /'faɪəri/ *adj.* 燃烧着的，火红的；暴躁的；激烈的
- 2 **amazed** /ə'meɪzd/ *adj.* 吃惊的，惊奇的
- 3 **fade** /feɪd/ *v.* 褪去，（使）褪色；逐渐消失；凋谢
- 4 **seagull** /'si:ɡəl/ *n.* 海鸥
- 5 **atmosphere** /'ætməsfiə/ *n.* 大气，大气层；空气；气氛
- 6 **relax** /ri'læks/ *v.* 放松，缓和，松懈
- 7 **react** /ri'ækt/ *v.* （作出）反应；起化学反应（作用）
- 8 **bungalow** /'bʌŋɡələu/ *n.* （带走廊的）平房
- 9 **jumper** /'dʒʌmpə/ *n.* 跳跃者，跳高运动员，跳跃的动物；妇女穿的套头外衣，海员的上衣，工作服
- 10 **dissipate** /'disipeɪt/ *v.* （使）消散，（使）消失；浪费
- 11 **cozy** /'kəʊzi/ *adj.* （暖和）舒适的；亲切友好的
- 12 **scared** /skeəd/ *adj.* 害怕的，恐惧的



佳句如歌



1. She was on the beach, looking up at the fiery ball. She was amazed by its color, deep red in the middle, softly fading into yellow.

海滩上的詹妮弗望着那火红的圆球，不禁惊异于它的颜色：中间是红彤彤的，向外柔柔地变成黄色。

2. She wondered how her parents would react, when she got home after the three days she was missing.

她在猜想自己离家三天才回来，父母会做出什么反应。





心灵感悟

我们每个人都应该有一颗宽容的心，把别人对自己的好铭记在心，而让仇恨或伤心都随风渐渐地远去。这样，你的真心会感动别人，甚至感染他们也变得宽容。

Generous Wind

宽容的风

佳篇拾粹

The story goes that two friends were walking through the desert. During some point of the journey they had an **argument**, and one friend **slapped** the other one in the face.

The one who got slapped felt hurt, but without saying anything, wrote in the sand: "Today my best friend slapped me in the face."

They kept on walking until they found an **oasis**, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him.

After he recovered from the near drowning, he wrote on a stone: "Today my best friend saved my life."

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now you write on a stone. Why?"

The other friend replied: "When someone hurts us we should write it down in sand where winds of **forgiveness** can **erase** it away. But when someone does something good for us, we must **engrave** it in stone where no wind can ever erase it."

译林徜徉

两个朋友结伴穿越沙漠，旅途中两人突然吵了起来，其中一个掴了对方一记耳光。

被打的人感到自己受了伤害，但什么也没有说，只是在沙地上写下了这样一句话：“今天我最好的朋友掴了我耳光。”

他们继续前行，看见一片绿洲，他们正打算在那里洗澡时，刚才被打的人不小心陷入了泥潭，开始深陷，他的朋友救了他。

等他从几近淹死的边缘苏醒过来后，他在石头上刻下：“今天我最好的朋友救了我的命。”

先打了他又救了他的朋友问：“为什么我伤你之后，你在沙子上写字，现在却把字刻在石头上？”

他回答道：“当有人伤害了我们，我们应该把它写进沙里，宽恕的风会把伤害吹去。而当有人为我们做了好事，我们应当把它刻在石头上，没有风可以将它吹去。”

词海拾贝

- 1 **argument** /'ɑ:gjumənt/ *n.* 辩论，争论；论据，理由
- 2 **slap** /slæp/ *n.* 掴；侮辱；拍击声 *v.* 拍击；对……起诉 *adv.* 正面地，直接地；突然地
- 3 **oasis** /əu'eisis/ *n.* 绿洲
- 4 **forgiveness** /fə'givnis/ *n.* 宽恕，宽仁之心
- 5 **erase** /i'reiz/ *v.* 抹去，擦掉
- 6 **engrave** /in'greiv/ *v.* 雕刻

佳句如歌

When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But when someone does something good for us, we must engrave it in stone where no wind can ever erase it.

当有人伤害了我们，我们应该把它写进沙里，宽恕的风会把伤害吹去。而当有人为我们做了好事，我们应当把它刻在石头上，没有风可以将它吹去。

