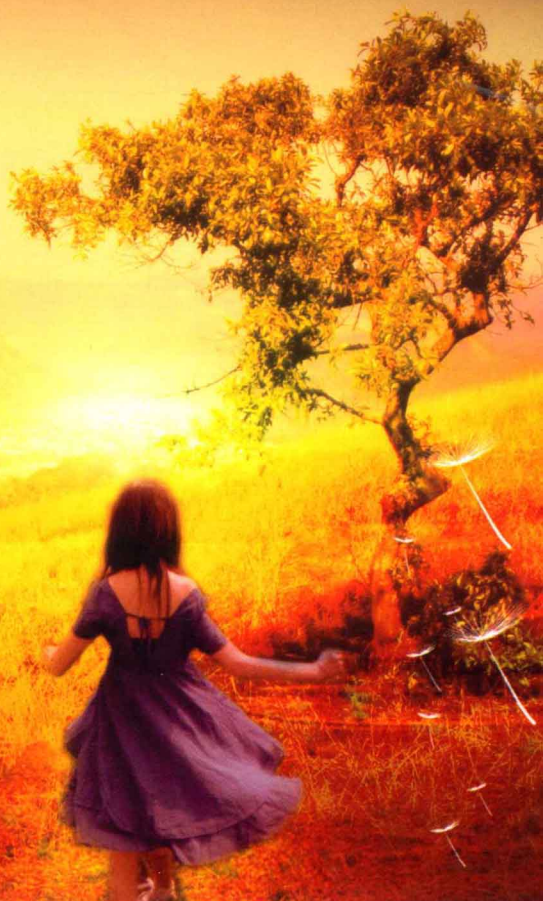


我最想读的  
英文书

# 当幸福来敲门

The Pursuit  
of Happiness



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伐  
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

TIANJI UNIVERSITY PRESS



# 当幸福 来敲门

*The Pursuit  
of Happiness*



思潮英语工作室 编著

## 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、本科学生，都市白领以及其他英语学习者和爱好者阅读使用。

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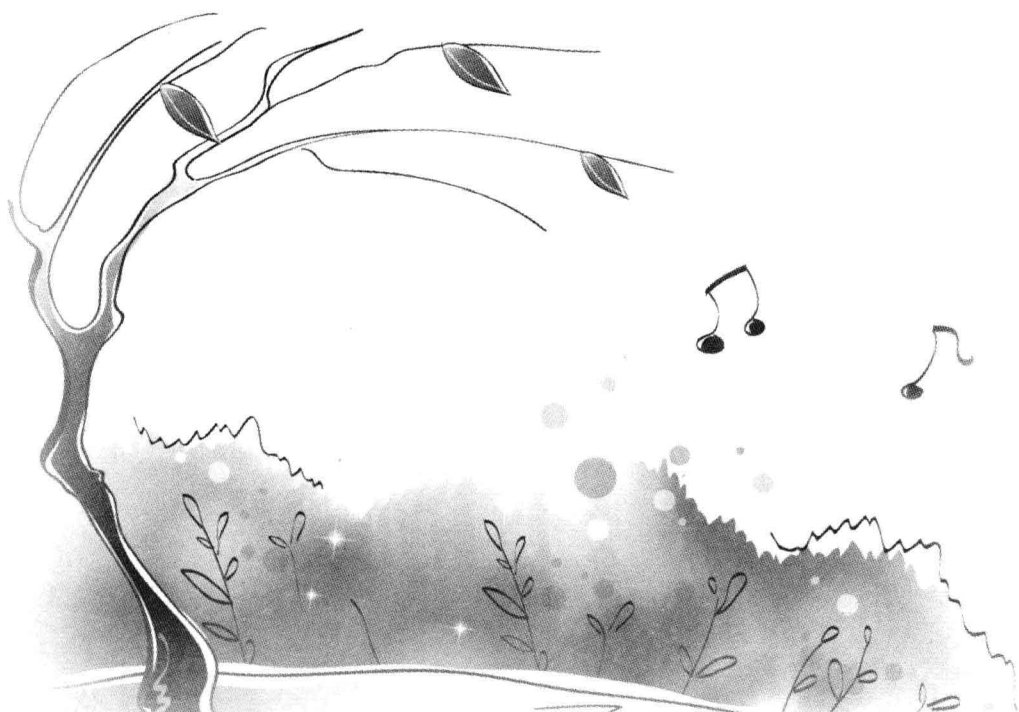
# “我最想读的英文书”丛书

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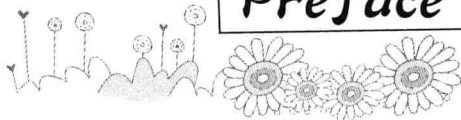
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## 序

## 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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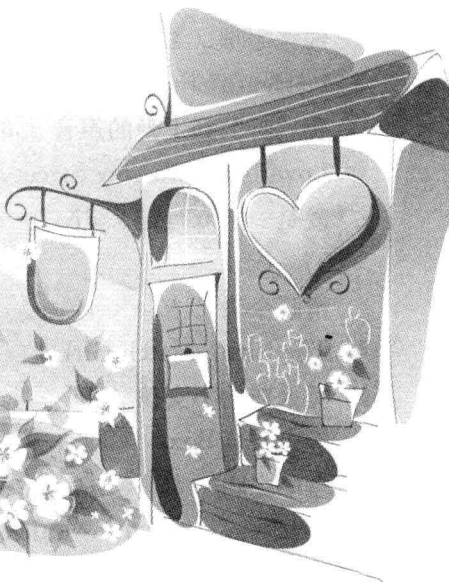
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# 成长的阶梯



## 心灵感悟

做自己想做的梦，去自己想去的地方，过自己想过的人生。生命只有一次，机会只有一回。还犹豫什么，赶快制订好自己的人生计划吧！

# You Have Only One Life

## 你只有一次生命

### 佳篇拾粹

There are moments in life when you miss someone so much that you just want to pick them from your dreams and **hug** them for real!

Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

May you have enough happiness to make you sweet, enough **trials** to make you strong, enough sorrow to keep you human, enough hope to make you happy.

Always put yourself in others' shoes. If you feel that it hurts you, it probably hurts the other person, too.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

Happiness lies for those who cry, those who hurt, those who have searched, and those who have tried, for only they can **appreciate** the importance of people who have touched their lives. Love begins with a smile, grows with a kiss and ends with a tear. The brightest future will always be based on a forgotten past, you can't go on well in life until you let go of your past failures and **heartaches**.

When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one who is smiling and



everyone around you is crying.

Please send this message to those people who mean something to you, to those who have touched your life in one way or another, to those who make you smile when you really need it, to those that make you see the brighter side of things when you are really down, to those who you want to let them know that you appreciate their friendship. And if you don't, don't worry, nothing bad will happen to you, you will just miss out on the opportunity to brighten someone's day with this message.



### 译林徜徉

生活中，有时强烈的思念使我们恨不得把所爱的人从梦中带回现实，实实在在地拥抱他们。

做自己想做的梦，去自己想去的的地方，做自己想做的人。生命只有一次，机会只有一回。

愿你有足够的幸福，使自己甜蜜；有足够的考验，使自己坚强；有足够的悲伤，使自己富有人情味；有足够的希望，使自己幸福。

要经常换位思考。一件事，要是你感到对自己有伤害，就可能对他人也有伤害。

最幸福的人并不是那些拥有最好东西的人，他们只是能够将得到的东西变得最好。

幸福属于那些会哭泣的人，那些受过伤害的人，那些探索的人以及那些尝试过的人。只有他们才懂得对自己生活有影响的人们的重要性。爱以微笑开始，在亲吻中成长，以泪水而终结。光明灿烂的明天建立在忘却的过去之上。只有让过往的失败和伤心随风而去，你才能过得更好。

出生伊始，哭啼的是你，周围的人却在微笑。珍视生活，好好地活着，这样在临死时，让周围的人哭啼，自己却在微笑。

请把这些话送给那些你所关心的人，那些在生活中同你打交道的各式各样的人，那些在你需要时能给你带来微笑的人，那些在你身处逆境时依然能使你看到光明的人，那些你珍视与他们之间友谊的人。即使你没有这样做，也不要紧。没有什么大不了的事情，你只是错过了用这些言语照亮他人生活的机会。

## 词海拾贝

- 1 **hug** /hʌg/ *v. & n.* 紧紧拥抱; 怀抱; 紧抱在一起
- 2 **trial** /'traɪəl/ *n.* 审判(讯); 试用(验); 磨炼
- 3 **appreciate** /ə'pri:ʃieɪt/ *vt.* 欣赏; 感激 *vi.* 增值; 涨价
- 4 **heartache** /'hɑ:teɪk/ *n.* 心痛; 悲叹

## 佳句如歌

- 1 Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

做自己想做的梦, 去自己想去的的地方, 做自己想做的人。生命只有一次, 机会只有一回。

- 2 May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, enough hope to make you happy.

愿你有足够的幸福, 让自己甜蜜; 有足够的考验, 使自己坚强; 有足够的悲伤, 使自己富有人情味; 有足够的希望, 使自己幸福。

- 3 Love begins with a smile, grows with a kiss and ends with a tear.

爱以微笑开始, 在亲昵中成长, 以泪水而终结。

- 4 Please send this message to those people who mean something to you, to those who have touched your life in one way or another, to those who make you smile when you really need it, to those that make you see the brighter side of things when you are really down, to those who you want to let them know that you appreciate their friendship.

请把这些话送给那些你所关心的人, 那些在生活中同你打交道的各式各样的人, 那些在你需要时能给你带来微笑的人, 那些在你身处逆境时依然能使你看到光明的人, 那些你珍视与他们之间友谊的人。



## 心灵感悟

人的一生，与自己打交道的的时间最长。但又有谁真正地了解自己呢？人们往往欠缺的就是对自己的了解和认识。如果了解自己，那么做任何事情都会很轻松，因为你知道自己真正想要的是什么，才会努力地为之而奋斗！

# Get a Thorough Understanding of Oneself 悟透自己

### 佳篇拾粹

In all one's lifetime it is oneself that one spends the most time being with or dealing with. But it is precisely oneself that one has the least understanding of.

When you are going upwards in life you tend to **overestimate** yourself. It seems that everything you seek for is within your reach; luck and opportunities will come your way and you are overjoyed that they **constitute** part of your worth. When you are going downhill you tend to underestimate yourself, mistaking difficulties and adversities for your own **incompetence**. It's likely that you think it wise for yourself to know your place and stay **aloof** from worldly wearing a mask of cowardice, behind which the flow of sap in your life will be retarded.

To get a thorough understanding of oneself is to gain a correct view of oneself and be a **sober** realist — aware of both one's strength and shortage. You may look forward hopefully to the future but be sure not to expect too much, for ideals can never be fully realized. You may be courageous to meet challenges but it should be clear to you where to direct your efforts. That's to say so long as you have a perfect knowledge of yourself there won't be difficulties you can't overcome, nor **obstacles** you can't **surmount**.

To get a thorough understanding of oneself needs **self-appreciation**. Whether you liken yourself to a towering tree or a blade of grass, whether you think you are a high mountain or a small stone, you represent a state of nature that has its own value. If you earnestly admire yourself you'll have a real sense of self-appreciation, which will give you confidence. As soon as you gain full confidence in yourself you'll be enabled to fight and overcome any **adversity**.

To get a thorough understanding of oneself also requires doing oneself a favor when it's needed. In time of anger, do yourself a favor by giving vent to it in a quiet place so that you won't be hurt by its flames; in time of sadness, do yourself a favor by sharing it with your friends so as to change a **gloomy** mood into a cheerful one; in time of tiredness, do yourself a favor by getting a good sleep or taking some tonic. Show yourself loving concern about your health and daily life. As you are aware, what a person physically has is but a human body that's **vulnerable** when exposed to the **elements**. So if you fall ill, it's up to you to take a good care of yourself. Unless you know when and how to do yourself a favor, you won't be confident and ready enough to resist the attack of illness.

To get a thorough understanding of oneself is to get a full control of one's life. Then one will find one's life full of color and **flavor**.

### 译林徜徉

人的一生，和自己相处时间最多，同自己打交道最多，但却往往悟不透“自己”。

人在走上坡路时，往往把自己估计过高，似乎一切所求的东西都能唾手可得，甚至把运气和机遇也沾沾自喜地看做自己的囊中之物。人在失意时，又往往把自己估计过低，把困难和不利因素也看做是自己的无能。还可能将安分守己、与世无争误认为有自知之明，而实际上你是被怯懦的面具窒息了自己鲜活的生命。

悟透自己，就是正确认识自己，也就是说要做一个冷静的现实主义者，既知道自己的优势，也知道自己的不足。我们可以憧憬人生，但不能期望过高。因为在现实中，理想总是会打折扣的。可以迎接挑战，但是必须清楚自



己努力的方向。也就是说，人一旦有了自知之明，也就没有什么克服不了的困难，没有什么过不去的难关。

要悟透自己，就要欣赏自己。无论你是一棵参天大树，还是一棵小草，无论你是一座巍峨的高山，还是一块小小的石头，都是一种自然形态，都有自己存在的价值。只要你认真地欣赏自己，你就会拥有一个真正的自我。只有自我欣赏才会有信心，信心会带给你抵御一切逆境的动力。

要悟透自己，就要心疼自己。在气愤时心疼一下自己，找个僻静处散散心，宣泄宣泄，不要让那些无名之火伤身；忧伤时，要心疼一下自己，找三五五个好友，诉说诉说，让感情的阴天变晴；劳累时，要心疼一下自己，给自己来一番嘘寒问暖，要明白人所拥有的不过是一个血肉之躯，经不住太多的风吹日晒；有病时，要心疼一下自己，唯有知道如何善待自己，才能有足够的勇气去战胜疾病的侵袭。

悟透了自己，才能把握住自己，生活才会有滋有味！

## 词海拾贝

- 1 **overestimate** /ˌəʊvər'estimeɪt/ *v.* 过高评价，对……估计较高
- 2 **constitute** /'kɒnstɪtjʊt/ *v.* 构成，组成；建立，任命
- 3 **incompetence** /ɪn'kɒmpɪtəns/ *n.* 无能，不称职，不胜任
- 4 **aloof** /ə'luːf/ *adj.* 疏远的，冷淡的
- 5 **sober** /'səʊbə/ *adj.* 清醒的，稳重的，冷静的 *v.* 使冷静，使清醒
- 6 **obstacle** /'ɒbstəkl/ *n.* 障碍
- 7 **surmount** /sə:'maʊnt/ *v.* 克服；越过
- 8 **self-appreciation** /'self-ə'priːʃi'eɪʃən/ *n.* 自我欣赏
- 9 **adversity** /əd'vɜːsɪti/ *n.* 不幸，灾难
- 10 **gloomy** /'gluːmi/ *adj.* 阴沉的，忧闷的
- 11 **vulnerable** /'vʌln(ə)rəbl/ *adj.* 易受伤害的；脆弱的，敏感的

12. **element** /'elimənt/ *n.* 成分, 要素, 元素

13. **flavor** /'fleivə/ *n.* 滋味, 风味; 香料

### 佳句如歌

1 It's likely that you think it wise for yourself to know your place and stay aloof from worldly wearing a mask of cowardice, behind which the flow of sap in your life will be retarded.

还可能将安分守己、与世无争误认为有自知之明, 而实际上你是被怯懦的面具窒息了自己鲜活的生命。

2 To get a thorough understanding of oneself is to gain a correct view of oneself and be a sober realist — aware of both one's strength and shortage.

悟透自己, 就是正确认识自己, 也就是说要做一个冷静的现实主义者, 既知道自己的优势, 也知道自己的不足。

3 If you earnestly admire yourself you'll have a real sense of self-appreciation, which will give you confidence.

只要你认真地欣赏自己, 你就会拥有一个真正的自我。只有自我欣赏才会有信心。

4 Unless you know when and how to do yourself a favor, you won't be confident and ready enough to resist the attack of illness.

唯有知道如何善待自己, 才能有足够的勇气去战胜疾病的侵袭。