

LOVE *and* LIFE

英语阅读文选



最爱是谁？

FINDING THE LOVE OF YOUR LIFE



海洋出版社

爱与生命——英语阅读文选

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海洋出版社

2000年·北京

图书在版编目(CIP)数据

最爱是谁?:英文/白秋梅,(美)卡彭特(Carpenter, N.)主编. —北京:海洋出版社,2000.10
(爱与生命:英语阅读文选)

ISBN 7-5027-5095-9

I.最… II.①白… ②卡… III.英语-语言读物
IV.H319.4:B

中国版本图书馆(CIP)数据核字(2000)第 70496 号

海洋出版社 出版发行

(100081 北京市海淀区大慧寺路8号)

北京牛山世兴印刷厂印刷 新华书店发行所经销

2000年10月第1版 2000年10月北京第1次印刷

开本:850×1168 1/32 印张:7

字数:175千字 印数:1~6000册

定价:9.20元

海洋版图书印、装错误可随时退换

前 言

在 21 世纪,不懂英语即为文盲。英语的学习已成为每位青年朋友的必修课程。同时,我们内心也渴望了解自己的人生,知道自己是什么样的人,有着怎样的未来,如何去把握自己的人生。我们为这些既渴望学习英语、了解西方文化,同时又渴望洞察人生的青年朋友编写了这套英语阅读系列丛书——“爱与生命”。

这套丛书的优点有两方面:

一方面,从文章的形式来看有两个特色:首先,文章风格主要为“论述型”、“推理型”,与大学英语四、六级、TOEFL、GRE、PETS 等考试的阅读文章风格基本一致。通过阅读这些文章,可增强英语语感,扩大阅读量,提高阅读速度。其次,阅读是扩充单词量的最佳途径,为了方便同学记忆单词,加深对文章的理解,我们还将较生僻的单词和常用的短语、句型作了注解、分析,使一般的大学生在注解的帮助下都能完全读懂每一篇文章。“熟能生巧”,大量的语篇阅读必定对学生的写作能力和技巧的提高大有裨益。

另一方面,从文章的内容来看,“爱与生命”丛书是专门根据青年朋友的成长需要而设计的一套英语读物。在我们青年人心中,经常问这样的问题:

- * 我为什么活在这个世界上?
- * 我是谁? 我的性格是什么?
- * 生命的目的和意义是什么?
- * 如何得到真正的、永恒的爱情?
- * 友谊如何才能“地久天长”?
- * 婚姻意味着什么?
- * “随心所欲”等于自由和幸福吗?

“爱与生命”英语阅读系列丛书沿着这些问题,深入青年人的内心。不同于以往的“英语文学名著”、“实用英语”或“娱乐英语”的是,她直接谈论青年人最关心的人生观问题,围绕人生的价值、意义和目的,深入探讨个性成长、友谊、恋爱、婚姻、职业、社会道德等严肃主题,并提出与之相应的青年人的责任、义务和使命,使大家对我们的生命以及生命中的爱有更深刻的认识,更有利于培养健康的人格和高尚的品德。

为了使读者学习纯正的英文,编者在选材上尽量避免删节。应当指出,本书有的观点虽然肤浅,甚至是错误的,但全书的主流是积极向上的,希望读者在学习英语的同时,对其观点加以鉴别、分析,取其精华,去其糟粕。

我们喜欢的人可能不止一个,可谁是最适合我的呢?我该跟谁携手共度一生呢?怎样才能找到我生命中的最爱呢?这关系到我们一生的幸福,不能不慎重考虑。

我们恋爱与婚姻失败的大部分原因仅仅是因为我们一开始就找错了人。在婚姻中,选择与谁结婚比结婚后的任何事情都更为重要。你一生的幸福就取决于你是否等到了你一生最爱的人。

最爱是谁?

最爱的人在哪?

本书讲述 10 条原则,帮助你找到一生的伴侣,及如何巩固加强所有人际关系中最重要关系——夫妻关系。

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INTRODUCTION

每一个人都渴求爱情，我们寻求爱情的归宿点就是婚姻。大部分人认为生命的主要目的便是“婚姻幸福”。但当两人共坠爱河，并决定携手相伴终身时，这并不意味着他们将有一个美满的家庭，可能等待他们的是心碎的结局。因此，我们在选择对象时，不能不慎重，不能不三思而后行。

Every person I know yearns^① for love! And the most obvious place to search for it is in marriage. In fact, more than 90 percent of all the people in the United States will marry at least once during their lifetime.

A recent Los Angeles Times poll^② sampled the opinions of more than 2,000 American adults. The overwhelmingly^③ popular answer to the question about “their main goal in life” was “to be happily married”. Marriage involves incredible potential^④ for happiness, but there is also an enormous

① yearn *vt.* 渴望

② poll *n.* 民意测验

③ overwhelmingly *adv.* 压倒性地

④ potential *n.* 潜在力，可能性

risk of failure. When two people fall in love and decide to spend the rest of their lives together, they can create unsurpassed joy for themselves and their children—or unspeakable havoc^① for everyone involved.

Listen to these true stories of love and marriage that turned out so differently:

Jessica's Story

"I married a man who is utterly comfortable with who he is and delights in discovering who I am. I was attracted to John because his life has integrity^②, he's hard working and fun loving, and he loves me completely as I am. Early in our marriage my father said, 'I've never seen you so happy.' My brother commented, 'This is the buoyant^③ sister I remember.' The explanation is simple: For the first time in my life I feel unconditionally and unreservedly loved. John and I are more alike than not^④, but the differences make life more interesting than threatening^⑤. Our commitment is explicitly^⑥ to each other first, believing that a solid relationship enables us to cope with the inevitable challenges from demanding family and work situations."

Barbara's Story

"Gary was impeccably^⑦ dressed and groomed, self-as-

① havoc *n.* 大荒废, 大破坏

② integrity *n.* 完整

③ buoyant *adj.* 轻快的

④ be more alike than not 一点儿也不像

⑤ threatening *adj.* 胁迫的, 危险的

⑥ explicitly *adv.* 明确地

⑦ impeccably *adv.* 无懈可击地

red and confident, traveled and sophisticated^①. He appeared to be wealthy and to know where he was going. He seemed to be everything I thought I was not. I pursued and eventually married the only man I ever really dated. It didn't take long before he dominated my life, demanding that I adopt his world view—his religion, prejudices^② and preferences. It was not worth arguing the merits^③ of my taste in food, fun or ideas. There was only one acceptable way of being—his. Ultimately, I neither trusted nor respected him—after his open adulterous^④ affair, chronic^⑤ unemployment, unethical business deals and outright illegal behavior. Life became one fight after another, one explosion followed by the next. Even then, I would have stayed if he had given any hopeful response to my pleas for a meaningful relationship.”

Choosing a Mate: Life's Single Most Important Challenge

For more than 25 years I have worked with people like Jessica and Barbara—people struggling to make their marriages successful. I have encountered couples with nearly every kind of relationship, and over time I have developed a whole set of conclusions about what determines the degree of

① sophisticated *adj.* 久经世故的

② prejudice *n.* 偏见

③ merit *n.* 价值

④ adulterous *adj.* 通奸的

⑤ chronic *adj.* 长期的

happiness in a marriage.

At the top of my list is this one: Your choice of whom to marry is more crucial^① than everything else combined that you will ever do to make your marriage succeed. If you choose wisely, your life will be significantly easier and infinitely more satisfying. But if you make a serious mistake, your marriage may fail, causing you and perhaps your children immeasurable pain. Most of the failed marriages I have encountered were in trouble the day they began. The two people involved simply chose the wrong person to marry.

Is There Skill Involved in Mate Selection?

Why do some individuals choose their “lifelong” partners so poorly? Because they have received almost no instruction about how to do it well. And how in the world are you supposed to make such a brilliant choice when you have been “coached” so little?

Our society—specifically, television and the movie industry—teaches people to rely almost exclusively on their “natural instincts” when choosing a mate. But romantic feelings, those seemingly trustworthy emotions, offer almost nothing of substance when it comes to making a wise choice about a potential marriage partner. In fact, they frequently get in the way. They literally anesthetize^② you to the critical factors you desperately need to examine.

① crucial *adj.* 决定性

② anesthetize *vt.* 使麻痹

But here's the good news: Choosing a marriage partner successfully is a skill you can develop.

The central theme of this book is that you can make a wise decision about the person you marry. Great marriages are possible if you select a great mate, and this selection is virtually never the consequence of luck or laziness. It is the reward given to those who follow carefully formulated principles. Those who adhere^① to these principles may not always be aware that they are doing so. But if they end up with a marriage partner they can love and live with happily for a lifetime, I guarantee that the concepts in this book played a crucial role. If you know these principles up front and learn to practice them conscientiously^②, you can significantly increase the probability of having a great marriage. But if you count on luck and chance—or passion and romance—there is a better than 50 percent probability that your marriage will be disappointing, if not excruciatingly^③ painful.

Love Can Turn Sour

Each year in the United States, more than 200,000 marriages end prior to the couples' second anniversary. Imagine the collective pain of these 400,000 people!

But as overwhelmingly painful as these breakups are, they may represent far and away the least devastating^④ of all

① *adhere vi.* 遵循, 信奉

② *conscientiously adv.* 自觉地, 有意识地

③ *excruciatingly adv.* 极痛苦地

④ *devastating adj.* 压倒性的

the divorces—if the couple has no children. It is when children become involved that pain begins to multiply^①.

In her 1991 book *When the Bough Breaks*, Sylvia Ann Hewlett explores the massive consequences of the breakdown of the American family. She points to divorce and illegitimacy^② rates that are almost beyond comprehension. According to one estimate, a white child born in the early 1980s will have only a 30 percent chance of living to age 17 with both biological parents at home, and a black child has just a 6 percent chance.

We cannot fail to recognize that such chaos^③ in the fundamental unit of our society is responsible for much of the agony^④ people are experiencing today. When our system of nurturing^⑤ has reached this level of decay^⑥, we can expect all manner of frantic behavior, from gangs and drugs to mental breakdowns and suicide.

Marriage Can Be Magnificent^⑦

There is good news, however. Marriage can be wonderful!

Nothing in life can rival the experience of a man and

-
- ① multiply *vi.* 增加
 - ② illegitimacy *n.* 私生
 - ③ chaos *n.* 无秩序,混沌状态
 - ④ agony *n.* 极大痛苦或烦恼
 - ⑤ nurturing *n.* 养育,教育
 - ⑥ decay *n.* 腐败,衰微
 - ⑦ magnificent *adj.* 华丽的,美好的

woman in love and a family grounded in the commitment of their parents. It's enormously appealing to share life at the deepest levels with someone to whom you are more attracted than anyone else in the world. It is the sense of being in partnership with a person who likes the things you like, thinks the way you think, works as hard to make your marriage succeed as you do, and who, above all else, thoroughly loves you and contributes to your growth and self-esteem. When you find a person like this, your dream of experiencing deep happiness and total fulfillment is well within your grasp.

But it all begins with you and your dedication to making a prudent^① decision. And however gloomy the statistics about marriage seem to be, your choice of a partner can be made more wisely and skillfully than was true for your parents or grandparents. The 10 principles of this book are a distillation^② of the most recent scientific research and the most durable ancient teachings. If you steadfastly^③ follow these principles, you will have a significantly better chance of making a wise decision about the person you marry and forging^④ a lasting and deeply satisfying relationship.

① prudent *adj.* 谨慎的, 细心的

② distillation *n.* 精髓

③ steadfastly *adv.* 坚定地

④ forge *vt.* 锻炼, 锻造

1

ELIMINATE^① THE SEVEN MOST PREVALENT^② CAUSES OF FAULTY MATE SELECTION

爱情容易使人变得狂热冲动,许多年青朋友相识不过数月,随而激动地宣布要“相伴终身”。可实际上他们由于太年轻,缺乏起码的经济独立能力和应有的社会经验,更谈不上承担婚姻所隐含的责任和义务。他们不明白婚姻的基础是什么,所以对婚姻有着不切实际的幻想。危机随处可见。

After spending the weekend in San Diego, some colleagues and I headed back to Los Angeles on the 1 – 5 freeway. A few miles north of San Diego there is a checkpoint where the U.S. Immigration and Naturalization

① eliminate *vt.* 消除,避免

② prevalent *adj.* 盛行的,主要的

Service tries to spot cars hiding illegal aliens^① and transporting them across the border from Mexico to the United States.

Signs along the freeway instruct drivers to stay in their own lane^② and slow down. Thousands of cars comply^③, and the traffic backs up for miles. When you finally come to the checkpoint, there is a uniformed agent in each lane, carefully scanning every car. He waves almost all of the cars through, stopping one to be checked only now and then. Once past this point, drivers speed on down the highway.

When our car reached the agent, he looked us over and waved us on. As we sped^④ toward Los Angeles, we mused about the officer: "What does he look for? What are the clues he has learned to trust? What raises his suspicion? How can he know so quickly whether there is a problem or not?" You can imagine the theories a carload of psychologists came up with!

Later I realized my office is kind of like that checkpoint on the freeway. One young couple after another—all contemplating^⑤ marriage—comes through, and I sometimes "pull them over" and look more closely when I fear their partnership is in real danger.

I am certainly fooled now and then. I met for seven premarital sessions with one couple about four years ago. I felt absolutely sure that they were nearly perfect for one an-

① alien *n.* 外国人

② lane *n.* 车道

③ comply *vi.* 顺从, 应允

④ sped *vi.* (speed 的过去式) 加速

⑤ contemplate *vt.* 预备, 预期

other. A year later, they were separated, and now they are divorced. But I'm not fooled very often. After all these years of working with hundreds of couples and then keeping up with many of them after their marriages, I'm convinced that my accuracy rate is high.

So I asked myself what I look for when it comes to danger signals. I've always known that the strengths of a relationship are far more obvious than the signs of impending^① failure. These latter clues are often as invisible as cancer in a body. They hide and move and make detection difficult.

With couples, it is love that sometimes masks the very defects^② that can kill a marriage as systematically as cancer destroys a body. When malignant^③ cells invade the body of a tanned^④, robust^⑤ young person, how in the world are you supposed to suspect a disease is at work? And when two young people come bouncing into my office, full of romance and excitement, how do I know whether this relationship is likely to experience some serious problems?

Researchers have learned to pick up on these problems so effectively that one recent study indicates marital success or failure can now be predicted before the wedding day with 81 percent accuracy. From this research and my own 25 years of experience, I have formulated^⑥ a seven-point

① impending *adj.* 逼迫的, 悬空的

② defect *n.* 缺陷

③ malignant *adj.* 恶性的

④ tanned *adj.* 被晒成褐色的

⑤ robust *adj.* 健康的

⑥ formulate *vt.* 明确地表达

checklist for faulty mate selection.

1. The Decision to Get Married Is Made Too Quickly

If there is anything that catches my attention, it's two people telling me they have known each other for a couple of months, (and now they're ready to pledge^① themselves to each other for the rest of their lives. I want to say: "What? Do you know what 'the rest of your lives' means?) It means thousands of breakfasts together, going through all kinds of financial crises together, enduring sickness or depression^②, facing heavy disappointments together, maybe even watching each other get old and lose physical control. And you think you're ready to make this kind of decision after only a few days or weeks or months?"

Of course, I'm usually able to keep all this intensity to myself, but they get my point. When a couple is ready to decide on something as all-encompassing as marriage after only a few weeks or months of dating, I assume their decision is long on fantasy and short on reality. (It is an indication to me that the "task" of marriage is being seriously underestimated^③, that the maturity^④ it takes to make a marriage successful year in and year out has not yet been developed.)

① pledge *vt.* 誓约

② depression *n.* 经济萧条

③ underestimate *vt.* 低估; 对……作过低的评价

④ maturity *n.* 成熟