

我们四处追逐幸福，幸福其实就在我们身边。

人生明白要趁早

每天读一点暖心英文

暖小昕 / 编译

Everyday Warm English Notes

汉英对照

读故事 记单词 学语法

Be Sensible Of Life As
Early As Possible

北京联合出版公司
Beijing United Publishing Co., Ltd.

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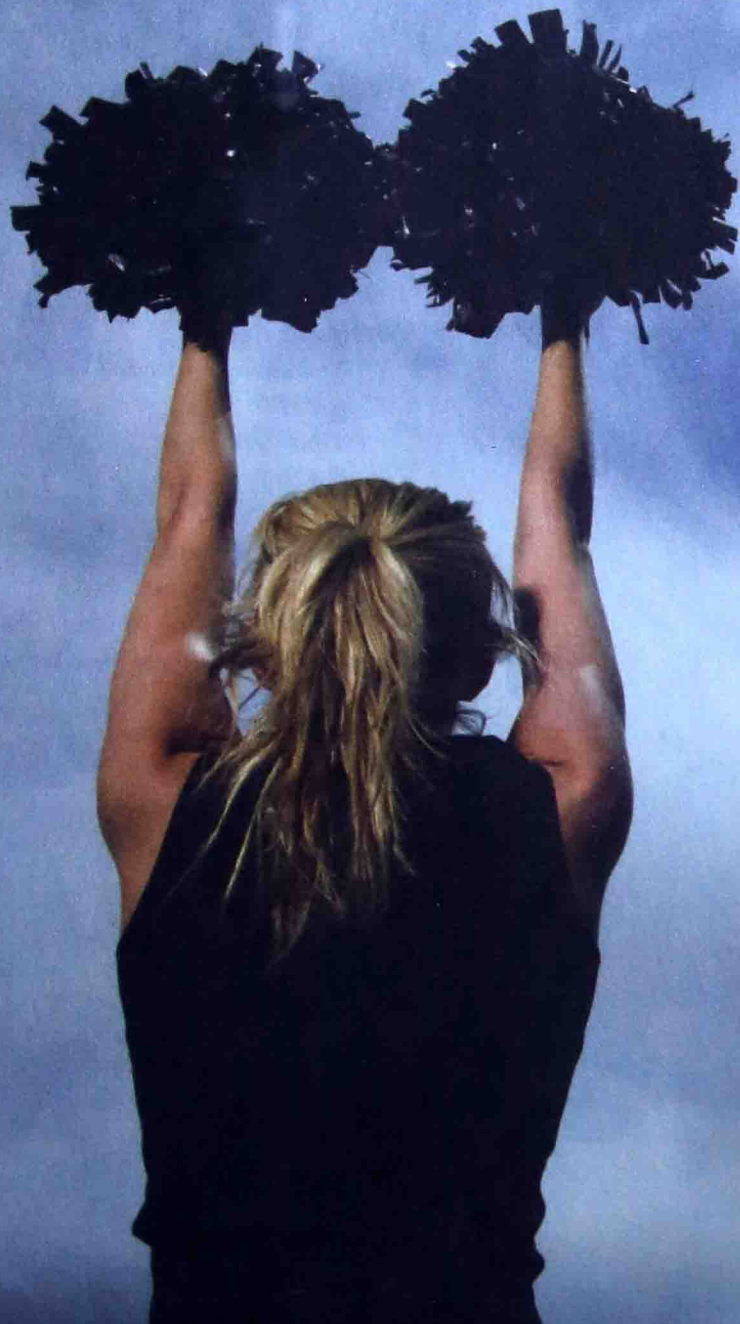
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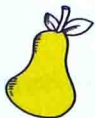
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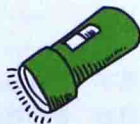
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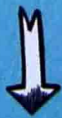


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接受不完
美的人生

The Missing Piece



佚名 / Anonymous

很久以前，一个圆失去了一角。圆想做回完整的自己，于是四处寻找那遗失的一角。但它不再是一个整圆，因此只能慢慢地滚动。它在和煦的阳光下，欣赏着路边鲜艳的花儿，与虫儿聊着天。它遇到了许多不同的角，但都不适合自己，于是将它们扔在路边，继续寻找。最终，它发现了一块最适合自己的角，兴奋不已。现在它是一个完整的圆了，不再残缺不全。它与那一角组合在一起开始滚动。它现在是一个完美的圆，因此能够快速地滚动，快无法再欣赏美丽的花儿，不能与虫儿聊天了。当它明白速度提高之后的世界是多么不同时，它停了下来，将那一角扔在了路旁，缓缓地离开了。

我认为，这个故事告诉我们，从一种不同于以往的意义上来讲，缺憾也是一种完整。拥有一切的人在某些方面却是极度贫穷的。他永远无法知道何为向往与期盼，也不懂得用更好的梦想来滋润他的心灵。

一个人的完整在于他能为自己的极限让步，有足够的勇气放弃超乎现实梦想，且并不因此灰心沮丧。一个男人和一个女人的完整在于他或她能坚强地走过困境，可以在失去亲人后依然能保持完整。

生活不是上帝为了责备我们的失败而设的圈套。生活也不是拼写比赛，无论你答对多少词，只要拼错一个，就丧失了比赛资格。生活更如棒球季候赛，最佳球队也许会输掉比赛三分之一的分数，而最差的球队也会有光辉灿烂的一天。我们的目标就是赢多输少。

接受不完美也是人生的一部分道理，这样我们就能够在人生的道路上滚动前行并欣赏周围的一切，我们可以达到他人只能向往的圆满。我相信，那就是上帝对我们的要求——不是“完美”，也不是“毫无过错”，而是“圆满”。

如果我们勇敢地去爱，接受宽恕，大方地将快乐带给他人，清楚地明白所有的爱都围绕在我们身边，我们就能达到圆满，那是其他生物所无从知晓的。

Once a circle missed a wedge. The circle wanted to be whole, so it went around looking for its missing piece. But because it was incomplete and therefore could roll only very slowly, it admired the flowers along the way. It chatted with worms. It enjoyed the sunshine. It found lots of different pieces, but none of them fit. So it left them all by the side of the road and kept on searching. Then one day the circle found a piece that fit perfectly. It was so happy. Now it could be whole, with nothing missing. It incorporated the missing piece into itself and began to roll. Now that it was a perfect circle, it could roll very fast, too fast to notice the flowers or talking to the worms. When it realized how different the world seemed when it rolled so quickly, it stopped, left its found piece by the side of the road and rolled slowly away.

The lesson of the story, I suggested, was that in some strange sense we are more whole when we are missing something. The man who has everything is in some ways a poor man. He will never know what it feels like to yearn, to hope, to nourish his soul with the dream of something better.

There is a wholeness about the person who has come to terms with his limitations, who has been brave enough to let go of his unrealistic dreams and not feel like a failure for doing so. There is a wholeness about the man or woman who has learned that he or she is strong enough to go through a tragedy and survive, he or she can lose someone and still feel like a complete person.

Life is not a trap set for us by God so that he can condemn us for failing. Life is not a spelling bee, where no matter how many words you've gotten right,

you're disqualified if you make one mistake. Life is more like a baseball season, where even the best team loses one-third of its games and even the worst team has its days of brilliance. Our goal is to win more games than we lose.

When we accept that imperfection is part of being human, and when we can continue rolling through life and appreciate it, we will have achieved a wholeness that others can only aspire to. That, I believe, is what God asks of us—not “Be perfect”, not “Don’t even make a mistake”, but “Be whole”.

If we are brave enough to love, strong enough to forgive, generous enough to rejoice in another’s happiness, and wise enough to know there is enough love to go around for us all, then we can achieve a fulfillment that no other living creature will ever know.

五条法则
与快乐
相遇

佚名 / Anonymous



记住以下五条简单的快乐法则：

- 1.让心灵从憎恨中解脱；
- 2.让情绪从焦虑中解脱；
- 3.简单地生活；
- 4.更多地付出；
- 5.更少地期待。

没有人能回到过去，重新开始，但谁都可以从现在开始，开创一个崭新的未来。

上帝并未承诺我们的日子不会痛苦，没有悲伤只有欢笑，没有雨天只有阳光。但是他给予了我们生活的力量，安慰了我们痛苦的心灵，也照亮了我们前行的方向。

失望就像人生道路上的山丘，它们使你前行的脚步迟缓，但是，一旦越过它们，你便踏上了坦途。不要在山丘上停留太久，继续前进！当你为得不到渴求的东西而沮丧时，请坚持你的渴求，并快乐地等待，因为上帝正在考虑让更好的事降临到你头上。不论发生什么事，不管是好是坏，

思考它的意义吧。生活的目的是教会你如何开心更多，伤心更少。你不能强求他人爱上你，你只能力求做一个值得别人爱的人，剩下就看他人是否认可你的价值了。衡量爱的标准就是爱的时候不去衡量。生活中，遇到你爱的并且爱你的人并不容易。因而，一旦遇到了，请一定要珍惜，这样的机会不可能有第二次。为你所爱的人放弃自己的骄傲，要比为了骄傲而失去你所爱的人好得多。我们花太多的时间寻找真爱，挑剔爱人的缺点。事实上，我们应全身心地为爱付出。

当你真正在乎一个人时，就不会对他吹毛求疵，不会找借口，也不会挑他的过错。相反，你会原谅他的过错，接受他的缺点，忽略他的借口。

不要与老朋友断绝往来，没有人能够替代他。要知道，友谊如酒，越久越醇。

Remember the five simple rules to be happy:

1. Free your heart from hatred;
2. Free your mind from worries;
3. Live simply;
4. Give more;
5. Expect less.

No one can go back and make a brand new start. Anyone can start from now and make a brand new ending.

God don't promise days without pain, laughter without sorrow, sun without rain, but He do promise strength for the day, comfort for the tears and light for the way.

Disappointments are like road humps, they slow you down a bit but you enjoy the smooth road afterwards.

Don't stay on the humps too long. Move on!

When you feel down because you didn't get what you wanted, just sit tight and be happy because God is thinking of something better to give you.

When something happens to you, good or bad, consider what it means. There's a purpose to life's events, to teach you how to laugh more or not to cry too hard.

You can't make someone love you, all you can do is being someone who can be loved, and the rest is up to the person to realize your worth.

The measure of love is when you love without measure.

In life there are very rare chances that you'll meet the person you love and loves you in return. So once you have it don't ever let go, the chance might never come your way again.

It's better to lose your pride to the one you love than to lose the one you love because of pride.

We spend too much time looking for the right person to love or finding fault with those we already love, when instead we should be perfecting the love we give.

When you truly care for someone, you don't look for faults, you don't look for answers, and you don't look for mistakes. Instead, you forgive the mistakes, you accept the faults, and you overlook the excuses.

Never abandon an old friend. You will never find one who can take his place. Friendship is like wine, it gets better as it grows older.



收 集 幸 福

Happiness Is All around Us



佚名 / Anonymous

生活就像一条被鲜花、蝴蝶和鲜果簇拥的曲折小径，我们没有必要绕弯路去别处找寻幸福，幸福就在我们脚下。

我们都期望得到那只“金罐子”，那里承载着全部持久的幸福，我们想用这些去充实自己的生活，却忽视了那些看似无益于实现远大抱负或不能使成功一蹴而就之事。

幸福就在我们身边，只是它总是一点一滴地出现。只要我们收集每一个颗粒，不久便会集满一篮。

此刻，那些围绕在我周围的点点滴滴的幸福又是什么样的呢？