

新东方
名师

宋平明 编译

影响一生的 励志美文

纯正美音版

赏析与学习结合 · 于轻松中掌握词汇语法
语言与文学结合 · 于感动中收获心灵抚慰
经典与时尚结合 · 于悦读中领略世界风采

世界经典双语美文

随书附赠纯正美音朗读光盘

中国铁道出版社
CHINA RAILWAY PUBLISHING HOUSE

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名师导语

寒来暑往，年复一年！

朝霞夕阳，日复一日！

你是否在学习英语的道路上徘徊了许久，但却不见有丝毫进步？

你是否还在苦闷为什么学了这么久的英语，却事到临头张不开口？

你是否还在思考什么样的英语学习方法能让你突飞猛进，快速进步？

你是否还在寻觅什么样的英语学习资料能让你豁然开朗，思绪顿开？

现在，你打开了这套书！

你是幸运的，我是开心的！

你之所以幸运……

是因为你拿到的是一套能够让你滔滔不绝、口若悬河的英文书！

是因为你拿到的是一套能够让你情绪荡漾、百转柔情的英文书！

是因为你拿到的是一套能够让你认识自我、思考人生的英文书！

是因为你拿到的是一套能够让你奋发向上、实现自我的英文书！

在这套书中，笔者精选了 25 篇最能催人上进的励志美文、25 篇最能打动你心扉的情感美文、25 篇最能让你思考的哲理美文以及 25 篇最能给你以智慧的心灵美文，所有美文均配之以精美译文，并根据多年教学经验挑选出长难句进行解析以解决大家的理解问题，且所有美文均配有纯正美音音频供你朗读、模仿与背诵使用！

如果你能准确理解这 100 篇美文，如果你能熟练背诵这 100 篇美文，如果你能将每篇美文的录音用心聆听 10 遍，那么你的英文水平一定突飞猛进，快速提高。你将不再羞于张口，不再苦于没有思路，不再恼于发音不准！

在本套丛书的编写过程中，笔者查询了国内外大量的相关英文资料和文献，搜集整理了这 100 篇文章加以分析和解读，供大家学习和借鉴。由于受到客观条件的限制，笔者无法与部分资料的原作者及时取得联系并告知付酬，在此特别向这些作者表示深深歉意和衷心感谢。相关事宜可与笔者或出版社联系。

最后，祝大家在英文学习的路上更进一步！

宋平明

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Passage 1

Foreword

海伦·亚当斯·凯勒又译为海伦·凯勒,美国女作家,盲聋教育家。她在19个月的时候因为一场高烧,不敢睁眼,不敢面对阳光,这场高烧不仅夺去了她的视力和听力,还使她丧失了语言表达能力。在这黑暗而又寂寞的世界里,导师安妮·莎莉文走近了她的生活,在她的帮助下,海伦用顽强的毅力克服了生理缺陷所造成的精神痛苦。在她导师的悉心教导和盲人学校的教学下,她热爱生活并从中得到许多知识,学会了读书和说话,脾气不再暴躁,甚至开始和亲人以外的人沟通。最终以优异的成绩毕业于哈佛大学拉德克利夫女子学院,成为一位学识渊博,掌握英语、法语、德语、拉丁语、希腊语五种语言的著名的作家和教育家。

Three Days to See

All of us have read **thrilling** stories in which the hero had only a limited and specified time to live. Sometimes it was as long as a year, sometimes as short as 24 hours. But always we were interested in discovering just how the **doomed** hero chose to spend his last days or his last hours. I speak, of course, of free men who have a choice, not condemned criminals whose **sphere** of activities is strictly delimited.

Such stories set us thinking, wondering what we should do under similar circumstances. What events, what experiences, what associations should we **crowd into** those last hours as **mortal** beings, what regrets?

Sometimes I have thought it would be an excellent rule to live each day as if we should die tomorrow. Such an attitude would **emphasize** sharply the values of life. ① We should live each day with gentleness, vigor and a keenness of apprecia-

tion which are often lost when time stretches before us in the constant **panorama** of more days and months and years to come. There are those, of course, who would adopt the Epicurean motto of "Eat, drink, and be merry". But most people would be chastened by the certainty of impending death.

In stories the doomed hero is usually saved at the last minute by some stroke of fortune, but almost always his sense of values is changed. He becomes more appreciative of the meaning of life and its **permanent** spiritual values. ② It has often been noted that those who live, or have lived, in the shadow of death bring a mel-
low sweetness to everything they do.

Most of us, however, **take life for granted**. We know that one day we must die, but usually we picture that day as far in the future. When we are in **buoyant** health, death is all but unimaginable. We seldom think of it. The days **stretch out** in an endless vista. So we go about our petty tasks, hardly aware of our listless attitude toward life.

The same **lethargy**, I am afraid, characterizes the use of all our faculties and senses. Only the deaf appreciate hearing, only the blind realize the **manifold** blessings that lie in sight. Particularly does this observation apply to those who have lost sight and hearing in adult life. But those who have never suffered **im-
pairment** of sight or hearing seldom **make the fullest use of** these blessed faculties. Their eyes and ears take in all sights and sounds **hazily**, without concentration and with little appreciation. It is the same old story of not being grateful for what we have until we lose it, of not being conscious of health until we are ill.

I have often thought it would be a blessing if each human being were stricken blind and deaf for a few days at some time during his early adult life. Darkness would make him more appreciative of sight; silence would teach him the joys of sound.

假如给我三天光明

我们都读过震撼人心的故事,故事中的主人公只能再活一段很有限的时间,有时长达一年,有时却短至一日。但我们总是想要知道,注定要离世的人

如何度过自己最后的时光。当然,我说的是那些有选择权利的自由人,而不是那些活动范围受到严格限定的死囚。

这样的故事让我们思考,在类似的处境下,我们该做些什么?作为终有一死的人,在临终前的几个小时内我们应该做什么事,经历些什么或做哪些联想?回忆往昔,什么使我们开心快乐?什么又使我们悔恨不已?

有时我想,把每天都当作生命中的最后一天来过,也不失为一个极好的生活法则。这种态度会使人格外重视生命的价值。①我们每天都应该以优雅的姿态,充沛的精力,抱着感恩之心来生活。但当时间以无休止的日、月和年在我们面前流逝时,我们却常常没有了这种感觉。当然,也有人奉行“吃,喝,享受”的享乐主义信条,但绝大多数人还是会受到即将到来的死亡的惩罚。

在故事中,将死的主人公通常都在最后一刻因突降的幸运而获救,但他的价值观通常都会改变,他变得更加理解生命的意义及其永恒的精神价值。

②我们常常注意到,那些生活在或曾经生活在死亡阴影下的人无论做什么都会感到幸福。

然而,我们中的大多数人都把生命看成是理所当然的。我们知道有一天我们必将面对死亡,但总认为那一天还在遥远的将来。当我们身强体健之时,死亡简直不可想象,我们很少考虑到它。日子多得好像没有尽头。因此我们一味忙于琐事,几乎意识不到我们对待生活的冷漠态度。

我担心同样的冷漠也存在于我们对自己官能和意识的运用上。只有聋人才理解听力的重要,只有盲人才明白视觉的可贵,这尤其适用于那些成年后才失去视力或听力之苦的人,他们很少充分利用这些宝贵的能力。他们的眼睛和耳朵模糊地感受着周围的景物与声音,心不在焉,也无所欣赏。这正好我们只有在失去后才懂得珍惜一样,我们只有在生病后才意识到健康的可贵。

我经常想,如果每个人在年轻的时候都有几天失明失聪,也不失为一件幸事。黑暗将使他更加欣赏光明,寂静将告诉他声音的愉悦。

☞ 重难点词汇

thrilling [ˈθrɪlɪŋ] *adj.* 令人兴奋的;毛骨悚然的;颤动的

doomed [dʊmd] *adj.* 命中注定的;难逃一死的

sphere [sfɪə(r)] *n.* 球(体);(兴趣或活动的)范围;势力范围

mortal [ˈmɔːtəl] *adj.* 致命的;不共戴天的;终有一死的;*n.* 凡人,人类

emphasize ['emfəsaiz] *vt.* 强调,着重;加强语气;使突出

panorama ['pænə'ra:mə] *n.* 全景画;全景照片;一连串景象或事;概论

permanent ['pə:mənənt] *adj.* 永久(性)的,永恒的;稳定的;常务的

buoyant ['bɔiənt] *adj.* 轻快的;活泼的;有浮力的;(价格等)上涨的

lethargy ['leθədʒi] *n.* 昏睡;没精打采,懒洋洋;嗜眠症

manifold ['mæni'fəʊld] *adj.* 多种多样的;多方面的

impairment [im'peəmənt] *n.* 损害,损伤

hazily ['heizili] *adv.* 有薄雾地;模糊地,朦胧地

👉 重难点词组

crowd into(使)充满某空间;将…强安排进

take sth. for granted 认为某事当然

stretch out 延伸,绵延;伸直;满足需要

make the fullest use of 充分利用

👉 长难句精析

① We should live each day with gentleness, vigor and a keenness of appreciation which are often lost when time stretches before us in the constant panorama of more days and months and years to come.

结构精析:本句是复合句,主句是 We should live each day with gentleness, vigor and a keenness of appreciation, 后面的 which are often lost when time stretches before us... 是 which 引导的定语从句,引导词 which 在定语从句中做 lost 的宾语;when time stretches before us in the constant panorama of more days and months and years to come 是由 when 引导的时间状语从句。

语法重点:定语从句,时间状语从句。

② It has often been noted that those who live, or have lived, in the shadow of death bring a mellow sweetness to everything they do.

结构精析:本句是复合句。It 做形式主语,that those who live, or have lived, in the shadow of death bring a mellow sweetness to everything they do 为真正的主语;who live, or have lived 是由 who 引导的定语从句修饰 those。

语法重点:It 做形式主语,定语从句。

Passage 2

Foreword

一个人生存在这个竞争激烈的社会,无时无刻不面临着被淘汰的危险,我们必须毫不松懈地充实自己,争取使自己能在已拥有的知识、头脑、工作等一切基础上再上一层楼。没有抱负的人,不是一个真正有血有肉的人,因为他没有精神支持,生命没有意义,生活没有精神,活着又有多大价值呢?做人就得有抱负,一种勇往直前、力图进取、奋斗不息的人之精神。

Ambition

It is not difficult to imagine a world short of ambition. It would probably be a kinder world; with out demands, without **abrasions**, without disappointments. People would have time for reflection. Such work as they did would not be for themselves but for the **collectivity**. Competition would never enter in. Conflict would be eliminated, tension become a thing of the past. The stress of creation would be at an end. Art would no longer be troubling, but purely **celebratory** in its functions. **Longevity** would be increased, for fewer people would die of heart attack or stroke caused by **tumultuous** endeavor. Anxiety would be **extinct**. Time would stretch on and on, with ambition long **departed from** the human heart.

Ah, how unrelieved boring life would be!

There is a strong view that holds that success is a myth, and ambition therefore a **sham**. Does this mean that success does not really exist? That achievement is at bottom empty? That the efforts of men and women are of no significance alongside the force of movements and events now not all success, obviously, is worth esteeming, nor all ambition worth cultivating. Which are and which are not is some-

thing one soon enough learns on one's own. ① But even the most **cynical** secretly admit that success exists; that achievement **counts for** a great deal; and that the true myth is that the actions of men and women are useless. To believe otherwise is to take on a point of view that is likely to be deranging. It is, in its implications, to remove all motives for competence, interest in attainment, and regard for posterity.

We do not choose to be born. We do not choose our parents. We do not choose our historical **epoch**, the country of our birth, or the immediate circumstances of our upbringing. We do not, most of us, choose to die; nor do we choose the time or conditions of our death. ② But within all this realm of choicelessness, we do choose how we shall live: courageously or in **cowardice**, honorably or dishonorably, with purpose or in drift. We decide what is important and what is trivial in life. We decide that what makes us significant is either what we do or what we refuse to do. But no matter how indifferent the universe may be to our choices and decisions, these choices and decisions are ours to make. We decide. We choose. And as we decide and choose, so are our lives formed. In the end, forming our own destiny is what ambition is about.

抱负

一个缺乏抱负的世界将会怎样,这不难想象。或许,这将是一个更为友善的世界:没有渴求,没有摩擦,没有失望。人们将有时间进行反思。他们所从事的工作将不是为了他们自身,而是为了整个集体。竞争永远不会介入;冲突将被消除。人们的紧张关系将成为过往云烟。创造的重压将得以终结。艺术将不再惹人费神,其功能将纯粹为了庆典。人的寿命将会更长,因为由激烈拼争引起的心脏病和中风所导致的死亡将越来越少。焦虑将会消失。时光流逝,抱负却早已远离人心。

啊,长此以往人生将变得多么乏味无聊!

有一种盛行的观点认为,成功是一种神话,因此抱负亦属虚幻。这是不是说实际上并非不存在成功?成就本身就是一场空?与诸多运动和事件的

力量相比,男男女女的努力显得微不足道。显然,并非所有的成功都值得景仰,也并非所有的抱负都值得追求。对值得和不值得的选择,一个人自然而然很快就能学会。①但即使是最为愤世嫉俗的人暗地里也承认,成功确实存在,成就的意义举足轻重,而把世上男男女女的所作所为说成是徒劳无功才是真正的无稽之谈。认为成功不存在的观点很可能造成混乱。这种观点的本意是一笔勾销所有提高能力的动机,求取业绩的兴趣和对子孙后代的关注。

我们无法选择出生,无法选择父母,无法选择出生的历史时期与国家,或是成长的周遭环境。我们大多数人都无法选择死亡,无法选择死亡的时间或条件。②但是在这些无法选择之中,我们的确可以选择自己的生活方式:是勇敢无畏还是胆小怯懦,是光明磊落还是厚颜无耻,是目标坚定还是随波逐流。我们决定生活中哪些至关重要,哪些微不足道。我们决定,用以显示我们自身重要性的,不是我们做了什么,就是我们拒绝做些什么。但是不论世界对我们所做的选择和决定有多么漠不关心,这些选择和决定终究是我们自己做出的。我们决定,我们选择。而当我们决定和选择时,我们的生活便得以形成。最终构筑我们命运的就是抱负之所在。

📖 重难点词汇

abrasion [ə'breɪʒən] *n.* 磨损;擦伤处

collectivity [ˌkɒlek'tɪvɪti] *n.* 全体,集体,总体

celebratory [ˌselə'breɪtəri] *adj.* 快乐的,兴高采烈的

longevity [lɒn'dʒevəti] *n.* 长寿;寿命;长期供职

tumultuous [tjuː'mʌltʃuəs] *adj.* 骚乱的,吵闹的;狂暴的;激烈的

extinct [ɪk'stɪŋkt] *adj.* 灭绝的,绝种的;消逝的;破灭的

sham [ʃæm] *n.* 赝品,假冒;骗子

cynical ['sɪnikəl] *adj.* 怀疑的;愤世嫉俗的;冷嘲的;见利忘义的

epoch [ˈi:pɒk] *n.* 纪元,时期;新时代

cowardice ['kauədɪs] *n.* 懦弱,胆怯

📖 重难点词组

depart from 离开…;背离,违背

count for 有价值,有重要性

📖 长难句精析

① But even the most cynical secretly admit that success exists; that achievement counts for a great deal; and that the true myth is that the actions of men and women are useless.

语法精析:本句是复合句。主句是 But even the most cynical secretly admit... 三个由 that 引导的宾语从句 that success exists; that achievement counts for a great deal; and that the true myth is... 均做 admit 的并列宾语从句。第三个宾语从句中的 that the actions of men and women are useless 是 that 引导的表语从句。

语法重点:并列宾语从句,表语从句。

② But within all this realm of choicelessness, we do choose how we shall live; courageously or in cowardice, honorably or dishonorably, with purpose or in drift.

语法精析:本句是复合句。主句是 But within all this realm of choicelessness, we do choose; 从句是由 how 引导的宾语从句, courageously or in cowardice, honorably or dishonorably, with purpose or in drift 分别是由副词和介词短语做状语修饰动词 live。

语法重点:宾语从句,副词或介词短语做状语。