

新东方  
名师

宋平明 编译

# 感动一生的 情感美文

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？

你是否还在思索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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# 目 录

## C O N T E N T S

### **Passage 1** 01

**When Love Beckons to You**

爱的召唤

### **Passage 2** 05

**Beautiful Smile and Love**

美丽的微笑与爱心

### **Passage 3** 10

**A Little Piece of Me**

生命的过客

### **Passage 4** 14

**Angel**

天使

### **Passage 5** 18

**Nathaniel Hawthorne to His Wife**

纳撒尼尔·霍桑致爱妻

### **Passage 6** 21

**Mamma**

母亲

# 目 录

## C O N T E N T S

### Passage 7 25

I "Heard" the Love

我听到了爱的声音

### Passage 8 28

Love Is a Two-way Street

爱是一条双行道

### Passage 9 31

A Glass of Milk

一杯牛奶

### Passage 10 35

Love: the One Creative Force

爱:能够创造奇迹的力量

### Passage 11 38

Love Is Everything

有爱就有了一切

### Passage 12 41

Love Letter from Weng Fan to Yang Zhenning

翁帆致杨振宁

### Passage 13 44

How I've Been Enriched by Beggars

乞丐启示录

# 目 录

## C O N T E N T S

### Passage 14 50

Love Is Just a Thread

爱是一根线

### Passage 15 54

The Small White Envelope

一个信封的故事

### Passage 16 60

Back Home

回家

### Passage 17 64

Love Between Two Dummies

两个哑巴的爱情

### Passage 18 68

A Letter to Dad

一封给爸爸的信

### Passage 19 74

Wonderful Things Before Us

我们眼前的美好

### Passage 20 78

The Gift

情暖今生

# 目 录

<b>Passage 21</b>	84
<b>A Letter to the World from a Mother</b>	
一位母亲写给世界的信	
<b>Passage 22</b>	87
<b>Mother's Hands</b>	
母亲的手	
<b>Passage 23</b>	91
<b>Keep on Singing</b>	
爱的奇迹	
<b>Passage 24</b>	96
<b>The Hardest Work</b>	
最艰难的事	
<b>Passage 25</b>	100
<b>True Heaven</b>	
真正的天堂	

# Passage 1

## Foreword

爱的流露,不需要哗众取宠;爱的表达,也不必大张旗鼓。当爱的脚步走过我们的窗前,当爱的感觉走进我们的心扉,请不要拒绝,大胆地爱吧!爱一个人不是那么容易的,当远方的人把爱悄悄地放进我们的心窝,我们有什么理由拒绝呢?

## When Love Beckons to You

When love **beckons** to you, follow him, though his ways are hard and steep. And when his wings **enfold** you, yield to him, though the sword hidden among his **pinions** may wound you. And when he speaks to you, believe in him, though his voice may **shatter** your dreams as the north wind lays waste the garden.

For even as love crowns you so shall he **crucify** you. Even as he is for your growth so is he for your **pruning**. ① Even as he **ascends to** your height and **caresses** your tenderest branches that **quiver** in the sun, so shall he **descend to** our roots and shake them in their clinging to the earth.

② But if, in your fear, you would seek only love's peace and love's pleasure, then it is better for you that you cover your **nakedness** and pass out of love's threshing-floor, into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears. Love gives **naught** but itself and takes naught but from itself. Love possesses not, nor would it be possessed, for love is **sufficient unto** love.

Love has no other desire but to fulfill itself. But if you love and must have desires, let these be your desires:

To melt and be like a running **brook** that sings its melody to the night.

To know the pain of too much tenderness.

To be wounded by your own understanding of love.

And to bleed willingly and joyfully.

To wake at dawn with a winged heart and give thanks for another day of loving.

To rest at the noon hour and **meditate** love's ecstasy.

To return home at **eventide** with gratitude.

And then to sleep with a prayer for the beloved in your heart and a song of praise upon your lips.

## 爱的召唤

当爱召唤你时,请追随他,尽管爱的道路艰难险峻。当爱的羽翼拥抱你时,请顺从他,尽管隐藏在其羽翼之下的剑可能会伤到你。当爱向你诉说时,请相信他,尽管他的声音可能打破你的梦想,就如同北风吹落花园里所有的花瓣。

爱会给你戴上桂冠,也会将你钉上十字架。爱会助你成长,也会给你修枝。①爱会上升到你的枝头,爱抚你在阳光下颤动的嫩枝,也会下潜至根部,撼动你紧抓泥土的根基。

②但是,如果你在恐惧之中只想寻求爱的平和与快乐,那你就最好掩盖真实的自我,避开爱的考验,进入不分季节的世界,在那里你将欢笑,但并非开怀大笑,你将哭泣,但并非尽情地哭。爱只将自己付出,也只得到自己。爱一无所有,也不会为谁所有,因为爱本身就已自足。

爱除了实现自我别无他求。但是如果你爱而又不得不有所求,那就请期望:

将自己融化并像奔流的溪水一般向夜晚吟唱自己优美的曲调;

明了过多的温柔所带来的苦痛;

被自己对爱的理解所伤害;

心甘情愿承受痛楚;

在黎明带着轻快的心醒来并感谢又一个充溢着爱的日子；  
在正午时分休憩，沉思爱的狂喜；  
在黄昏怀着感恩之心回家；  
然后为内心所爱之人祈祷，吟唱赞美之歌，并带着祷告和歌声入眠。

## 📖 重难点词汇

- beckon [ˈbekən] *vt. & vi.* (用头或手的动作)示意, 召唤  
enfold [enˈfəʊld] *vt.* 围住..., 抱紧...  
pinion [ˈpinjən] *vt.* 抓住、捆住(双臂)  
shatter [ˈʃætə(r)] *vt.* 使破碎, 使碎裂, 砸碎  
crucify [ˈkruːsəˈfaɪ] *vt.* 把(某人)钉死在十字架上; 折磨, 虐待; 抑制  
pruning [ˈpruːniŋ] *n.* 修枝, 剪枝  
caress [kəˈres] *n.* 爱抚, 抚摸; 接吻  
quiver [ˈkwɪvə(r)] *vt. & vi.* 微颤, 抖动  
naked [ˈneɪkɪd] *adj.* 裸体的, 裸露的; 率直的  
naught [nɔːt] *n.* 零; 乌有; 泡影  
brook [brʊk] *vt.* 容忍; 忍受; *n.* 小溪  
meditate [ˈmedɪteɪt] *vi.* 沉思; 打算; *vt.* 深思; 策划  
ecstasy [ˈekstəsi] *n.* 狂喜; 出神, 忘形; 无法自控的情绪  
eventide [ˈiːvntaɪd] *n.* 黄昏, 日暮

## 📖 重难点词组

- ascend to 升至, 追溯(到...时间)  
descend to 屈尊、降低人格去从事某种活动、做某事  
be sufficient unto 充足, 足够

## 📖 长难句精析

① Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to our roots and shake them in their clinging to the earth.

**语法精析:**本句是复合句,主句是 so shall he descend to our roots and shake them in their clinging to the earth, even as 是连词,表示“正如,恰恰在…时候”,相当于 just as/ at the same time as;从句中由 that 引导的定语从句 that quiver in the sun 修饰先行词 branches。

**语法重点:**even as 的用法,定语从句。

② But if, in your fear, you would seek only love's peace and love's pleasure, then it is better for you that you cover your nakedness and pass out of love's threshing-floor, into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears.

**语法精析:**本句是多重复合句。第一重复合句中含有 if 引导的条件状语从句,主句为:it is better for you that you cover your nakedness and pass out of love's threshing-floor... 该句中的 it 做形式主语,真正主语是 that you cover your nakedness and pass out of love's threshing-floor...,其中 where 引导的定语从句 where you shall laugh, but not all of your laughter, and weep, but not all of your tears 修饰先行词 world.

**语法重点:**if 引导的条件状语从句,it 做形式主语,定语从句。

# Passage 2

## Foreword

特蕾莎修女 (Mother Teresa, 1910 ~ 1997), 印度著名的慈善家, 印度天主教仁爱传教会创始人, 在世界范围内建立了一个庞大的慈善机构网, 赢得了国际社会的广泛尊敬。1979 年被授予诺贝尔和平奖。本文所选即她在领取该奖项时的演讲词, 语言简洁质朴但感人至深。诺贝尔奖领奖台上响起的声音往往都是文采飞扬、热烈、激昂的, 而特蕾莎修女的演说却朴实无华, 其所举事例听来似平凡之至, 然而其中所蕴含的伟大而神圣的爱感人至深。平凡中孕育伟大, 真情才能动人。

## Beautiful Smile and Love

The poor are very wonderful people. One evening we went out and we picked up four people from the street. And one of them was in a most terrible condition, and I told the sisters: "You take care of the other three. I take care of this one who looked worse." So I did for her all that my love can do. I put her in bed, and there was such a beautiful smile on her face. She *took hold of* my hand as she said just the words "thank you" and she died. I could not help but examine my *conscience* before her and I asked what would I say if I was in her place. And my answer was very simple. I would have tried to draw a little attention to myself. I would have said I am hungry, that I am dying, I am cold, I am in pain, or something, but she gave me much more—she gave me her grateful love. And she died with a smile on her face. As did that man whom we picked up from the *drain*, half eaten with worms, and we brought him to the home. "I have lived like

an animal in the street, but I am going to die like an angel, loved and cared for. "

① And it was so wonderful to see the greatness of that man who could speak like that, who could die like that without blaming anybody, without **cursing** anybody, without comparing anything. Like an angel—this is the greatness of our people. And that is why we believe what Jesus had said: I was hungry, I was naked, I was homeless, I was unwanted, unloved, uncared for, and you did it to me.

I believe that we are not real social workers. We may be doing social work in the eyes of the people, but we are really **contemplative** in the heart of the world. For we are touching the body of Christ twenty-four hours. . . And I think that in our family we don't need bombs and guns, to destroy, to bring peace, just get together, love one another, bring that peace, that joy, that strength of presence of each other in the home. And we will be able to overcome all the evil that is in the world.

And with this prize that I have received as a Prize of Peace, I am going to try to make the home for many people who have no home. Because ② I believe that love begins at home and if we can create a home for the poor I think that more and more love will spread. And we will be able through this understanding love to bring peace and the good news to the poor. The poor in our own family first, in our country and in the world. To be able to do this, our Sisters, our lives have to be woven with prayer. They have to be woven with Christ to be able to understand, to be able to share. Because **be woven with** Christ is to be able to understand, to be able to share. Because today there is so much suffering. . . When I pick up a person from the street, hungry, I give him a plate of rice, a piece of bread, I have satisfied. I have removed that hunger. But a person who is **shut out**, who feels unwanted, unloved, terrified, the person who has been thrown out from society—that poverty is so full of hurt and so unbearable. . . ③ And so let us always meet each other with a smile, for the smile is the beginning of love, and once we begin to love each other naturally we want to do something.

## 美丽的微笑与爱心

穷人是非常了不起的人。一天晚上,我们外出,从街上带回了四个人,其中一个生命岌岌可危。于是我告诉修女们说:“你们照料其他三个,这个濒危的人就由我来照顾了。”就这样,我为她做了我的爱所能做的一切。我将她放在床上,看到她的脸上绽露出非常美丽的微笑。她握着我的手,只说了句“谢谢您”就死了。我情不自禁地在她面前审视起自己的良知来。我问自己,如果我是她的话,会说些什么呢?答案很简单,我会尽量引起旁人对我的关注,我会说我饥饿难忍,冷得发抖,奄奄一息,痛苦不堪,诸如此类的话。但是她给我的却更多更多——她给了我她的感激之情。她死时脸上却带着微笑。我们从排水道带回的那个男子也是如此。当时,他几乎全身都快被虫子吃掉了,我们把他带回了家。“在街上,我一直像个动物一样地活着,但我将像个天使一样地死去,有人爱,有人关心。”①真是太好了,我看到了他的伟大之处,他竟能说出那样的话。他那样地死去,不责怪任何人,不诅咒任何人,无欲无求。像天使一样——这便是我们的人民的伟大之所在。因此我们相信耶稣所说的话,我饥肠辘辘,我衣不蔽体,我无家可归,我不为人所要,不为人所爱,也不为人所关心,然而,你却为我做了这一切。

我想,我们算不上真正的社会工作者。在人们的眼中,或许我们是在做社会工作,但实际上,我们真的只是在世的修行者。因为,一天24小时,我们都在触摸基督的圣体。我想,在我们的大家庭时,我们不需要枪支和炮弹来破坏和平,或带来和平——我们只需要团结起来,彼此相爱,将和平、欢乐以及每一个家庭成员灵魂的活力都带回世界。这样,我们就能战胜世界上现存的一切邪恶。

我准备以我所获得的诺贝尔和平奖奖金为那些无家可归的人们建立家园。因为②我相信,爱源自家庭,如果我们能为穷人建立家园,我想爱便会传播得更广。而且,我们将通过这种宽容博大的爱带来和平,成为穷人的福音。首先为我们自己家里的穷人,其次为我们国家,为全世界的穷人。为了做到这一点,我们的修女们,就必须将我们的生活与祷告紧紧相连,必须同基督结为一体以便互相体谅,共同分享。因为同基督结为一体就意味着互相体谅,

共同分享。因为,今天的世界上仍有如此多的苦难存在……当我从街上带回一个饥肠辘辘的人时,给他一盘饭,一片面包,我就能使他心满意足了,我就能驱除他的饥饿。但是,如果一个人露宿街头,感到不为人所要,不为人所爱,惶恐不安,被社会抛弃——这样的贫困让人心痛,如此令人无法忍受。③因此,让我们总是微笑相见,因为微笑就是爱的开端,一旦我们开始彼此自然地相爱,我们就会想着有所作为。

## 📖 重难点词汇

conscience [ˈkɒnʃəns] *n.* 良心;道德心

drain [dreɪn] *v.* 排水;*n.* 下水道

curse [kɜːs] *vt. & vi.* 诅咒;咒骂;使苦恼,使困苦

contemplative [kənˈtemplətɪv] *adj.* 沉思、出神的(尤指感觉上帝同在)

## 📖 重难点词组

take hold of 握住;控制住;吸引;对…有影响力

be woven with 编织在一起,融合在一起

shut out 排除,把…关在外边

## 📖 长难句精析

① And it was so wonderful to see the greatness of that man who could speak like that, who could die like that without blaming anybody, without cursing anybody, without comparing anything.

**语法精析:**本句是复合句,主句是 it was so wonderful to see the greatness of that man,从句是由 who 引导的两个并列定语从句 who could speak like that 和 who could die like that without blaming anybody... 均修饰先行词 the man; 其中 without blaming anybody、without cursing anybody、without comparing anything 是介词短语做伴随状语。

**语法重点:**定语从句,介词短语做伴随状语。

② I believe that love begins at home and if we can create a home for the poor I think that more and more love will spread.