



励志名篇 双语阅读

马华◎主编

最美丽的英文

最优美丽的文字,最温馨动人的故事,
最睿智的人生哲理,最经典的英文篇章。

别停下梦想的脚步

Never stop dreaming

读一篇好的散文,如品香茗,留香唇齿,馨香绕怀,
如聆听花开花落,可播百代之芳。

延边人民出版社

经典阅读丛书



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藏书章

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前 言

Preface

愉悦心灵的阅读，在现代人的生活中已成为新的时尚。忙碌的工作学习之余，诵读一篇洋溢着至善至美的真情故事，如澄澈甘甜的泉水滋润着我们的心灵，丰富我们的生活。

《经典阅读丛书》(最美丽的英文)融学习语言和陶冶情操于一体，将优美华丽的文字，温馨动人的故事，滋润心灵的哲理，聪明睿智的启示紧密结合在一起。语言地道新颖，优美流畅，极富时代感。

本套丛书收录的千余个精彩故事，温馨生动，真挚感人。用心去看去领悟，或许某些故事会给读者以智慧的启迪，有的会让你感动落泪，有的会有特别的感受，有的则会让你会心一笑。你会感受本书如同春风轻轻吹拂你，帮你从平凡的生活中找到一份舒畅甜美的心境。书中一个个扣人心弦的故事，深度挖掘平凡小事蕴藏的精神力量 and 人性之美，真率倾诉对生命的全新体验和深刻感悟，字里行间洋溢着爱心、感恩、信念、鼓励 and 希望。

就学英语而言，本套读物的功效已获得莘莘学子乃至英语教学

界的充分肯定。由于语篇的信度、效度符合标准化考试命题的质量要求，全国大学英语四、六级考试、全国成人本科学位考试的阅读理解真题曾采用其中的文章。

本书为双语阅读，每篇文章中英对照，希望通过阅读提高英文能力的同时慰藉您的心灵，在记忆中会永远地留下清香。阅读该书，会给您带来前所未有的喜悦，获得内心的熏陶与升华。



思考对环境的影响 / 1

Effect of Thought on Circumstances / 4

从 A 到 Z / 7

A to Z / 9

最大的钻石矿 / 11

The Most Magnificent Diamond-Mine / 13

给人留下良好印象的简单方法 / 15

A Simple Way to Make a Good First Impression / 18

抓住机遇 / 21

Seize Your Opportunity / 24

阴郁的日子 / 27

The Blue Day / 29

别停下梦想的脚步 / 31

Never stop dreaming / 33

人生哲理 / 35

A Lesson from Life / 36

人尽其才 / 37

Out of Place / 40

月亮的启示 / 43

Lesson from the Moon / 44

我对独断专行产生反感的原因之一 / 45

A Means of Impressing Me Aversion to Arbitrary Power / 47

我懂了…… / 49

I've Learned... / 51





目录 Contents

生活半对半 / 53

The 50—Percent Theory of Life / 55

保持平静小贴士 / 57

Tips for Staying Calm / 60

谈话间的距离之美 / 63

Visitors / 65

旅途中所发生的事 / 67

Particular Descriptions of My Journey / 69

我加入了他们的行列 / 71

I Joined Them / 73

真诚地赞赏他人 / 75

Give Honest and Sincere Appreciation / 77

激发他人的强烈需求 / 79

Arouse in the Other Person an Eager Want / 81

意想不到的事 / 83

An Incident Happened / 85

到处都受欢迎的方法 / 88

Do This and You'll Be Welcome Anywhere / 91

牢记他人的名字 / 94

If You Don't Do This, You Are Headed for Trouble / 97

学会倾听他人讲话 / 100

An Easy Way to Become a Good Conversationalist / 102

生活是一所全日制学校 / 104

A Full-time School Called Life / 106



思考与性格 / 108
Thought and Character / 111
人就是自己 环境的创造者 / 114
Man Is the Causer of His Circumstances / 116
思想规律的作用 / 118
The Action of the Laws of Thought / 120
痛苦是错误思想的结果 / 122
Effect of Wrong Thought Is Suffering / 125
一个悲惨的故事 / 128
A Sad Story / 131
财富就在你脚下 / 134
You Are Over the Wealth / 136
身边的财富 / 139
Push the Wealth Away / 141
贫穷是错误的 / 144
It's All Wrong to Be Poor / 146
做一个堂堂正正的人 / 148
First, Be A Man / 151
我来到了纽约 / 154
I Found Myself in New York / 156
人人都会犯的错误 / 158
A Universally Mistake / 160
万事开头难 / 162
How Did He Begin? / 165





C 目录 Contents

成功的代价 / 168

Will You Pay the Price / 170

迄今为止我始终一帆风顺 / 172

So Far Through Life with a Considerable Share of Felicity / 174

如何获得他人的认同 / 176

Make People Concurrence You Desire / 177

竹子的启示 / 179

The Lesson of the Bamboo Trees / 180

卑微的家族 / 181

This Obscure Family / 183

窗 外 / 185

A Room with a View / 187

放下玻璃杯 / 189

Put the Glass Down / 190

“去做” / 191

Get to do / 193

创造力十大秘诀 / 195

The Top 10 Secrets of Creativity / 197





思考对环境的影响

可以将一个人的头脑比作一个花园，既可以明智地耕种，也可以任其荒芜；但无论是精心照料，还是置之不理，花园内都一定会迸发出新芽。如果没有撒播有用的种子，那么无用的野草的种子将会在其中大量繁殖，并会一直蔓延下去。

就像园丁照料自己的花园一样，他要不停地除草、培育花朵和果实；人也是一样，也要照顾好自己头脑的花园，他要铲除所有错误的、无用的、肮脏的思想，并培育正确的、有用的、纯洁的思想的完美花朵和果实。在这样的过程中，一个人迟早都会发现他就是自己灵魂的优秀园丁，也是自己生活的导演。他也在自身之中发现思想的规律，并且越来越准确地懂得了思考的力量和思想要素，在塑造自己的性格、环境和命运中，起到了怎样的作用。

思想与性格其实是合而为一的，因为性格只能通过外界环境来证明和表现出来，而一个人生活的外部条件则总是与他的内心世界紧密地联系在一起。这并不是说一个人的外部环境在任何时候都能够反映出他全部的性格，而是说那些环境与他的一些重要的思想成分联系得如此密切，以致在一定时期内，环境因素对一个人的性格发展是至关重要的。

每个人所处的状态都是由他存在的规律决定的，是那些根植于他性格深处的思想将他引领至处身的地方；在他的生命安排中，没有任何运气的成分，一切都是由一种没有偏差的规律所形成的结果。这一点不仅适用于



那些对生存环境心满意足的人，也适用于那些感觉与环境“格格不入”的人。

作为一种进步和发展的生命，人会在其所处的每个位置上不断学习，以使自己成长；当他从一种环境中学会了神圣的知识之后，这种环境就会悄然远去，让位给其他的环境。

人如果认为自己是外部环境的创造者，那么他一定会受到环境的打击；但是，当他知道自己就是一种具有创造性的力量，并且他可以主宰自己生存其中的无形的土壤和种子，而外部环境正是在这些土壤和种子中滋生出来的，那时，他就成为了自己真正的主人。

思想衍生环境，每一个曾经进行过自我控制和自我净化的人都知道这一点，因为，他一定发现环境的改变与他内心世界的改变之间存在着非常紧密的联系。因此，当一个人急切地想补救自己性格中的缺陷，并且很快就取得了显著的进展，那么，他一定在极短的时间内不断地体验到喜怒哀乐等各种情绪。

灵魂不仅能吸引它心底所向往和热爱的东西，也能吸引它所惧怕的东西；既能实现它热切追求的理想，也能堕入它的肮脏欲望之中——环境能够影射出灵魂的本质。

每一颗撒播或偶然落入内心的思想的种子，都会生根发芽，开枝散叶，并迟早会开出行动的花朵，结出机遇和环境的果实。高尚的思想能够结出美好的果实，丑陋的思想则只能孕育恶果。

外部世界的环境能够随着内心世界的思想变化来塑造自己的形态；无论是顺利的，还是坎坷的外部环境都是塑造一个人的优良品质所必不可少的因素。作为自己耕耘的土地的收获者，无论痛苦还是欢乐，都是人需要从中学习的。

追随着心底的欲望、梦想和思绪，人就会得到满足（追求胡思乱想的诱惑，或是坚定地探索理想之路），并最终达到生命之中的外部条件的成



熟和完满。成长和自我调节的规律在生活中随处可见。

一个人不会因为命运或环境的强迫而穷困潦倒或身陷囹圄，这样的结局都是由他自己卑贱的思想和低级的欲望所导致的。思想纯洁的人绝不会仅仅因为来自外部的压力而突然堕入犯罪的深渊；罪恶的意念常常都是悄无声息地在心底滋长起来的，并且会在特定的时候发挥出它积聚已久的力量。环境并不能造就一个人，它只是能揭示出人性的本质：如果没有罪恶的意念，人就不会沦入犯罪的深渊，并承受随之而来的痛苦；反之，一个人只要不懈地追求美德，那他就会进入高尚的境地，并享受到完美的幸福。因此，作为思想的统治者与主宰者，人就是自我的创造者，也是环境的塑造者。甚至在人刚出生时，灵魂就已经成型；在游历人世间的每一个足印中，灵魂都在引导着各种外部环境的形成，同时，这些外部环境也是对灵魂的一种写照，它们能够反映出灵魂是纯洁、坚强还是软弱。



Effect of Thought on Circumstances

Man's mind may be likened to a garden, which may he intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed — seeds will fall therein, and will continue to produce their kind.

Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts. By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life. He also reveals, within himself, the laws of thought, and understands, with ever-increasing accuracy, how the thought-forces and mind elements operate in the shaping of his character, circumstances, and destiny.

Thought and character are one, and as character can only manifest and discover itself through environment and circumstance, the outer conditions of a person's life will always be found to be harmoniously related to his inner state. This does not mean that a man's circumstances at any given time are an indication of his entire character, but that those circumstances are so intimately connected with some vital thought-element within himself that, for the time being, they are indispensable to his development.



Every man is where he is by the law of his being; the thoughts which he has built into his character have brought him there, and in the arrangement of his life there is no element of chance, but all is the result of a law which cannot err. This is just as true of those who feel "out of harmony" with their surroundings as of those who are contented with them.

As a progressive and evolving being, man is where he is that he may learn that he may grow; and as he learns the spiritual lesson which any circumstance contains for him, it passes away and gives place to other circumstances.

Man is buffeted by circumstances so long as he believes himself to be the creature of outside conditions, but when he realizes that he is a creative power, and that he may command the hidden soil and seeds of his being out of which circumstances grow, he then becomes the rightful master of himself.

That circumstances grow out of thought every man knows who has for any length of time practiced self-control and self-purification, for he will have noticed that the alteration in his circumstances has been in exact ratio with his altered mental condition. So true is this that when a man earnestly applies himself to remedy the defects in his character, and makes swift and marked progress, he passes rapidly through a succession of vicissitudes.

The soul attracts that which it secretly harbors; that which it loves, and also that which it fears; it reaches the height of its cherished aspirations; it falls to the level of its unchastened desires — and circumstances are the means by which the soul receives its own.

Every thought-seed sown or allowed to fall into the mind, and to take root there, produces its own, blossoming sooner or later into act, and bearing its own fruitage of opportunity and circumstance. Good thoughts bear good fruit, bad thoughts bad fruit.

The outer world of circumstance shapes itself to the inner world of thought, and

both pleasant and unpleasant external conditions are factors, which make for the ultimate good of the individual. As the reaper of his own harvest, man learns both by suffering and bliss.

Following the inmost desires, aspirations, thoughts, by which he allows himself to be dominated, (pursuing the will-o'-the-wisps of impure imaginings or steadfastly walking the highway of strong and high endeavor), a man at last arrives at their fruition and fulfillment in the outer conditions of his life. The laws of growth and adjustment everywhere obtains.

A man does not come to the almshouse or the jail by the tyranny of fate or circumstance, but by the pathway of groveling thoughts and base desires. Nor does a pure-minded man fall suddenly into crime by stress of any mere external force; the criminal thought had long been secretly fostered in the heart, and the hour of opportunity revealed its gathered power. Circumstance does not make the man; it reveals him to himself no such conditions can exist as descending into vice and its attendant sufferings apart from vicious inclinations, or ascending into virtue and its pure happiness without the continued cultivation of virtuous aspirations; and man, therefore, as the lord and master of thought, is the maker of himself the shaper and author of environment. Even at birth the soul comes to its own and through every step of its earthly pilgrimage it attracts those combinations of conditions which reveal itself, which are the reflections of its own purity and, impurity, its strength and weakness.





从 A 到 Z

避开不善之人，远离是非之地，不招惹麻烦，不要养成坏习惯。
相信自己。

周全地考虑问题。

不要放弃，不要屈服。

充实生命中的今天，昨日已成历史，明天无法预知。

家庭和朋友是无形宝藏，全力发掘，并共享这笔财富。

付出更多，不求回报。

艰守梦想。

漠视一切试图让你泄气之人，

放手一搏。

不论多么艰难，努力尝试，它会变得容易。

善待生活，博爱，笑口常开。

让理想变成现实。

决不撒谎、欺瞒或偷盗，坚守公平交易。

打开心灵之窗，看清事物本质。

熟能生巧。

放弃者决不会成功，成功者决不言弃。

处处留心皆学问。

做事要果敢。

把握自己的命运。

了解自己才能更好地了解别人。

充分发挥想像力。

急需的东西最重要。

加倍努力。

独一无二的你，无人能取代。

瞄准目标，勇往直前！

