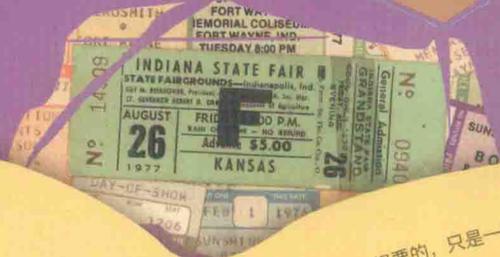
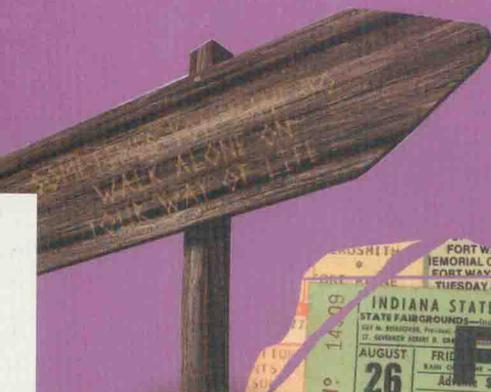
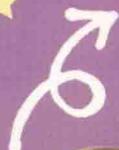


ALONE



我知道有时一个人想要的，只是一只可握的手和一颗可以理解自己的心。

有些路，
只能一个人走

每天读一点暖心英文

暖小听 / 编译

Everyday Warm English Notes

汉英对照

读故事 记单词 学语法

Sometimes
You Have To
Walk Alone On
Your Way Of Life

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

暖小昕 / 编译

**Sometimes You Have
To Walk Alone
On Your Way Of Life**

**有些路，
只能一个人走**

每天读一点暖心英文



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

图书在版编目(CIP)数据

有些路,只能一个人走 / 暖小昕编译. — 北京 :
北京联合出版公司, 2015. 4
(每天读一点暖心英文)
ISBN 978-7-5502-4905-9

I. ①有… II. ①暖… III. ①英语—汉语—对照读物
②散文集—世界 IV. ①H319.4: I

中国版本图书馆CIP数据核字(2015)第057415号

有些路,只能一个人走
编 译: 暖小昕
选题策划: 王 维
责任编辑: 李 伟
封面设计: 马顾本
版式设计: 新兴工作室
责任校对: 王抗抗

北京联合出版公司出版

(北京市西城区德外大街83号楼9层 100088)

北京中科印刷有限公司印刷 新华书店经销

字数100千字 787毫米×1208毫米 1/32 6印张

2015年5月第1版 2015年5月第1次印刷

印数8000

ISBN 978-7-5502-4905-9

定价: 25.00元

未经许可,不得以任何方式复制或抄袭本书部分或全部内容

版权所有,侵权必究

本书若有质量问题,请与本公司图书销售中心联系调换。电话: 010-82605388

目 录

CONTENTS



001 你会懂得
After a While...



005 忙碌的意义
Importance of Being Busy



010 变化激发创造力
Variety Fuels Creativity

014 心灵独白
A Proposal to Myself

018 读懂智慧
Word of Wisdom



022 在不幸中成长
The Lesson of Evil



032 青春常在
On the Feeling of Immortality in Youth

036 思想的守望者
The Watchman at the Gate



042 你有充足时间来阅读
How to Find Time to Read

053 通往幸福的旅途
Our Pursuit of Happiness



061

等待是幸福的反方向

Happiness

064

给心灵配副眼镜

Where Is Happiness

067

财富和幸福

Does Money Buy Happiness

072

生命的韵律美

Human Life Like a Poem

076

婚姻、爱和自由可以并存吗

Marriage, Love and Freedom

083

唠叨的幸福

Blessed

088

轻松精彩的生活

Just in Time, Thoroughly, with Reserve

092

友情永无止境

A Forever Friend

095

朋友是与你共享生命的人

On Friendship

099

青春通往未来的两条路

The Two Roads

104

接受不完美的人生

The Missing Piece

108

韧性的力量

The Lesson of the Bamboo Trees

112

以眼交流

Eyes Can Speak



116 云朵的剧目
Clouds

119 学会掌控自己的情绪
Today I Will Be Master of My Emotions



125 慷慨的乐趣
On Giving

130 成功并不难
The Principle of Success



134 人类的脊梁
Concentrate on Courage

139 非走不可的弯路
The Tortuous Path One Has to Take



144 永不休憩的工作者
A Non-stop Working Hand

148 学会接受
Cooperate with the Inevitable

154 不要忽略那些小想法
Don't Ignore That Little Thought



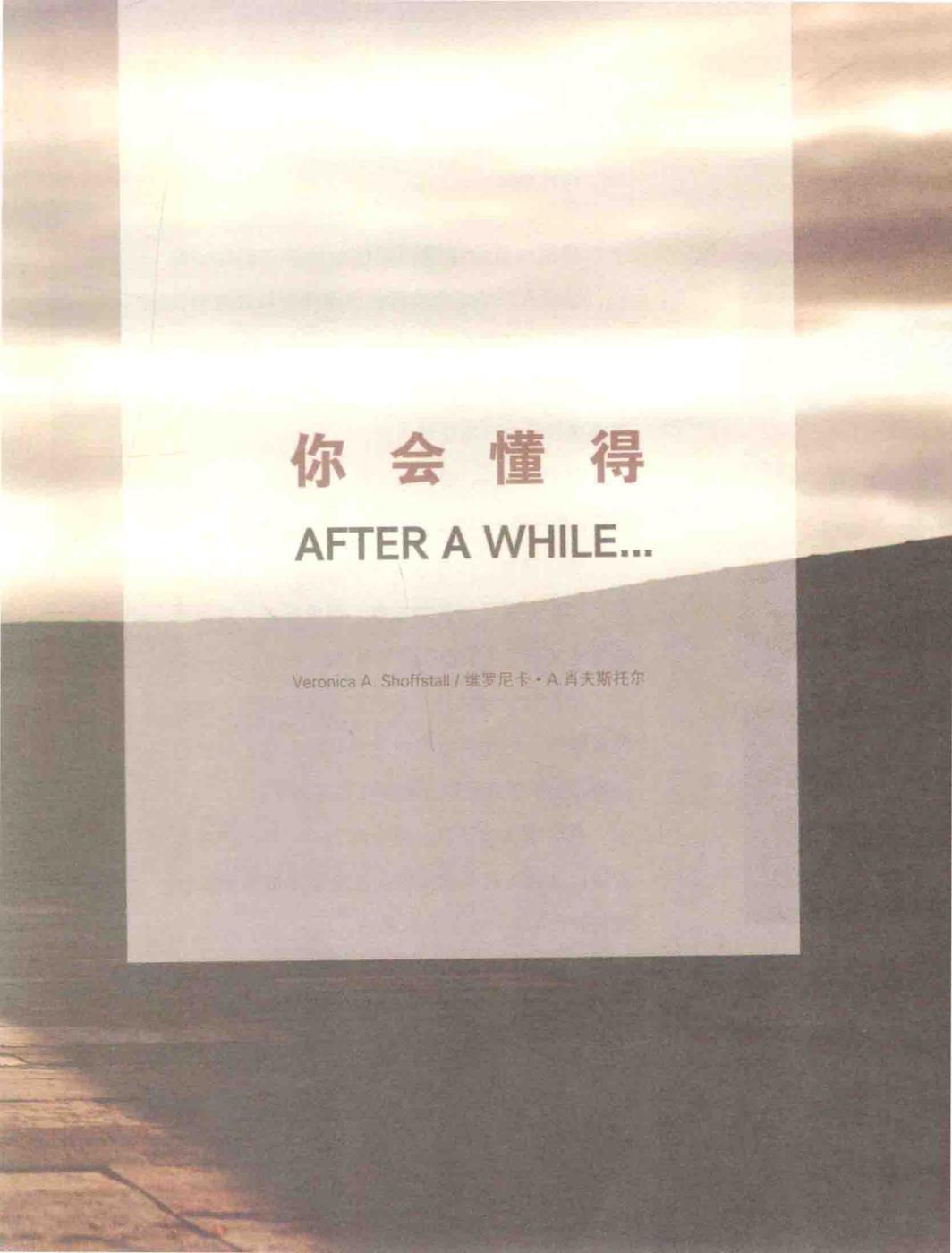
159 打开成功之门的钥匙
Your Key to Certain Success

170 你应知道的智慧箴言
Moving Thoughts



176 爱的两个世界
The Lover and the Beloved

181 凡事有定时
Always Changing



你会懂得
AFTER A WHILE...

Veronica A. Shoffstall / 维罗尼卡·A.肖夫斯托尔



你很快就会懂得，握住一只手与锁住一颗心，之间有着精妙的差异；你懂得爱并非依赖，有陪伴并非就安全。

你会懂得亲吻并非契约，礼物也非承诺；失恋的痛苦你也开始能够承受。

昂起你的头，眼睛向前看，展现你女人的风姿绰约，而非孩子般的忧郁无助。

你该清楚，应该在今天铺设自己所有的路。因为明天充满了太多的变数，很难规划，且未来总会出其不意地出现在我们面前。

你很快就会懂得，若拥有太多的阳光，也会使人灼伤；因此要培植自己的花园，美化自己的心灵，而不要静待别人把鲜花送至你手。

你会懂得自己确实很有耐力……自己的确很坚强，且拥有自身的价值。你会逐渐懂得更多，每次的分手都会令你有所感悟。

After a while you learn
the subtle difference between
holding a hand and chaining a soul
and you learn that love doesn't mean leaning
and company doesn't mean security.

And you begin to learn
that kisses aren't contracts
and presents aren't promises
and you begin to accept your defeats
with your head up and eyes ahead
with the grace of a woman
not the grief of a child.

And you learn
to build all your roads on today
because tomorrow's ground is
too uncertain for plans
and futures have a way of falling down in mid flight.

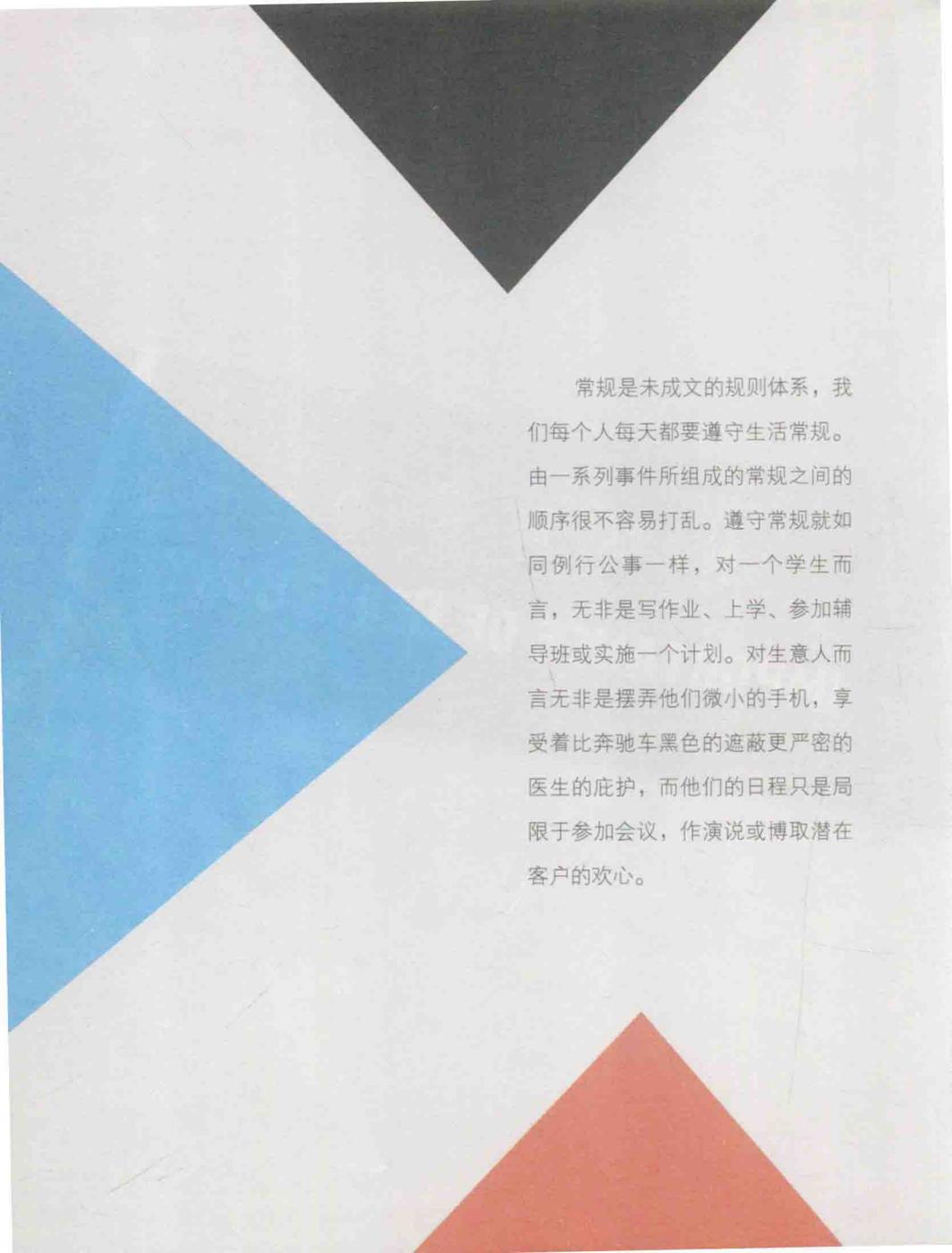
After a while you learn
that even sunshine burns if you get too much
so you plant your own garden
and decorate your own soul
instead of waiting
for someone to bring you flowers.

And you learn
that you really can endure
that you really are strong and you really do have worth
and you learn and learn
with every good bye you learn.

忙碌的意义

IMPORTANCE OF BEING BUSY

佚名 / Anonymous



常规是未成文的规则体系，我们每个人每天都要遵守生活常规。由一系列事件所组成的常规之间的顺序很不容易打乱。遵守常规就如同例行公事一样，对一个学生而言，无非是写作业、上学、参加辅导班或实施一个计划。对生意人而言无非是摆弄他们微小的手机，享受着比奔驰车黑色的遮蔽更严密的医生的庇护，而他们的日程只是局限于参加会议，作演说或博取潜在客户的欢心。

有时生活变得异常忙乱，让你觉得世界只对你一个人残忍，你是世界上比任何人都卖力工作的人。但这是自我反省后得出的结论。虽然别人可能和我们一样会遭受同样的不幸，但我们总觉得别人比自己幸运。确实，我们总会认为叶子的另一面更鲜绿。

困难和繁忙时期的冷静豁达是创造光明和成功人生的关键。因为我们若不随着时间的流逝调整自己的步伐，紧跟领导的最新日程安排，就会掉队。

一个人要做的事情越多，他投入的精力和体力就越多，也就越认识不到自身的问题，因为他把全部心思都放在怎样完成任务上。看不到自身的问题，也就不会烦心了。

我们所做的每件事，都会为我们的人格增加新的深度。它能塑造我们的思想，使我们更有组织性，更富经验，更有学识和创造力。我们每天为完成任务所花的时间和所流的汗水就是构筑我们未来的砖瓦。所以，朋友们，繁忙总比无所事事好。“游手好闲的头脑是魔鬼的作坊。”想必大家都听过这句话吧？每个成功男人的背后是一张规整而紧凑的日程安排，而非女人。

Routines are the unwritten algorithms, followed by each one of us, everyday in life. Routine is a chain of events, which never changes their order, once it is prioritized. Following the routine is a schedule of events. For a student it would be writing assignments, attending school, coaching classes or doing a project. For the businessman brandishing the tiniest mobile phone and shielded by the doctor than black shade of Mercedes, schedule is restricted to attending meetings, presentations and entertaining new prospective clients.

Sometimes life becomes so hectic that you feel as if you are the only person to whom the whole world has been merciless and that you are the only person who is working harder than anyone else. But this is the thought, which comes due to a thorough introspection of us. Even though others will be facing the same shade of destiny like us, still we find others to be very luckier than us. Yes, the other side of the grass is always greener and fresher.

Maintaining your cool, at the times of difficulty and hectic schedules is the key to a bright career and successful life. Because unless we ourselves change the pace, with the change in times and keep ourselves abreast of the latest timetable of our organizer, we will fall behind.

However the more things one has to do or one is into, more is involved in, the greater the involvement in a mental, physical or social way into the things in which he is involved. Due to this his own personal problems are out of sight, because all the time his mind is thinking of completing the undertaken tasks. Problems once that they are out of sight, imply they are out of mind.

Each thing that we do, adds a new dimension to our personality. It shapes our thinking and makes us more organized, experienced, knowledgeable and creative. The time and sweat that we put in everyday into our tasks is the brick and mortar of our future. So friends, it is always better to be busy rather than idle. Now hasn't everyone heard that an idle mind is a devil's workshop? Behind every successful man is a devotedly followed hectic schedule rather than a woman.

变 化 激 发

VARIETY FUELS

[印] 迪帕卡·昌德拉瑟卡瑞思
/ Deepak Chandrasekaran

变化是生存的燃料，它将创造的汁液注入贫瘠的思想。要使事业成功，必须有所变化，并能灵活地适应变化的环境。

没有哪种工作只有一种方法才能完成，你越是探究，越能挖掘出更多不同的、有助于你工作完成的方式和方法。在这些不同的选项中，选取比较好的方式和方法去做某事是合乎逻辑的。革新是你自己发现的一种做事方法，它已经引起人们的注意，并产生

了良好的效果，它就如同创造之墙上的新漆。

革新并非遥不可及。要有自信，并具有正确的价值观，才能将抽象的想法转换成具体的形式，这种特有的能力会使我们出类拔萃。将心中的想法付诸实践需要有冒险的勇气。万事开头难，最初可能没有理解和支持你的人，但要迎着困难继续坚持走下去，这正验证了你有坚定不移的意志和永不言败的决心。

创 造 力

CREATIVITY

对于学生来说，他们可以通过参加多种课外活动丰富自己的生活。学校的必修课是得到一份理想职业和稳定工作的关键，但书本知识并不能使实践中的你更聪明。无论你花费多少时间阅读有关游泳的书，若你不真正下水去实践，所有的阅读都是徒劳。烹饪书也不是一本仅供阅读的书，而是要将书中的理论付诸实践。课外活动能帮助人们学习怎样与人交往，让人们知道并非所有的理论在实际生活中都行得通，要适当地改变个人对不同问

题的看法。参与各种活动，能帮助你更合理地分配时间。谨记，忙人最容易抽出时间，因为他们知道轻重缓急。无论多么繁忙，无论多么琐碎的小事，他们总能抽出时间去完成。

变化是生活的调味剂。正如不同的调料使食物有不同的口感一样，变化使工作有条不紊。创造力的芳香使思维获得新生，开启创造的宝藏。