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学生英语学习辅助读物

英汉对照
插图版

Witticisms and Famous Articles

妙语名篇

幸福的本质

故事 + 单词 + 短语 + 语法 一学就会

尹燕燕 / 主编



· 美国语文拓展阅读系列 ·



妙语名篇

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幸福的本质

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使用说明

心灵成长，素质教育

选文充满哲理，对坚强内心的培养有着积极的意义，于无声处滋养心灵的成长，让人全面倍增正能量。

精美插图，丰富多彩

书中近百幅精美插图，让读者在享受美文阅读的同时，欣赏世界绘画大师的佳作。

经典
名篇

幸福的本质

Great Love 至高无上的爱

There never was a woman like her. She was gentle as a dove and braver as a lioness. The memory of my mother and her teachings were, after all, the only capital I had to start life with, and on that capital I have made my way.

—Andrew Jackson

There is no job more important than parenting. I can find the answer from my mother.

My belief began when I was just a kid. I dreamed of becoming a doctor.

My mother was a domestic. Through her work, she observed that successful people spent a lot more time reading than they did watching television. She announced that my brother and I could only watch two to three pre-selected TV programs during the week. With our free time, we had to read two books each from the Detroit Public Library and submit to her written book reports. She would mark them up with check marks and highlights. Years later we realized her marks were a rose. My mother was illiterate. She had only received a third-grade education.

Although we had no money, between the covers of those books, I could go anywhere, do anything and be anybody.

When I entered high school, I was an A student, but not for long. I wanted the fancy clothes. I wanted to hang out with the guys. I went from being an A student to a B student to a C student, but I didn't care. I was getting the high fives and the low fives and the pats on the back. I was cool.

One night my mother came home from working her multiple jobs and I complained about not having enough Italian knit shirts. She said, "Okay, I'll give you all the money I make this week scrubbing floors and cleaning bathrooms, and you can buy the family food and pay the bills. With everything left over, you can have all the Italian knit shirts you want."

I was very pleased with that arrangement but once I got through allocating money, there was nothing left. I realized my mother was a financial genius to be able to keep a roof over our heads and any kind of food on the table, much less buy clothes. I also realized that immediate gratification wasn't going to get me anywhere. Success required intellectual preparation.

I went back to my studies and became an A student again, and eventually I fulfilled my dream and I became a doctor.

My story is really my mother's story—a woman with little formal education or worldly goods who used her position as a parent to change the lives of many people around the globe. There is no job more important than parenting. This I believe.



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收获的人生
The Path of Love 181

地道英文，原汁原味

本书入选篇目均为英语经典美文，语言准确、地道。

选材丰富，贴近生活

书中收录数十篇与日常生活紧密相关的美文，内容涉及亲情、友情、感恩、信念，成长、改变，哲思、智慧等多个方面。

USER'S GUIDE

名言寄语，经典励志

本书精选西方各领域名人语录五十余则，不仅能让读者领略西方大家们的风采，更主要的是学会很多做人的道理。

妙语名言

幸福的本质

There, in the hospital emergency room, I held her hand and we had a moment together. Because she had taught me that it was important to be able to laugh at any circumstance and at myself. And of course, to always wear clear underwear!

She squeezed my hand and rested.

Everything was going to be all right.

After all, she knew she had on clean underwear.



人是自己幸福的设计师。

——H. D. 福罗

19岁那年的一天下午，父亲打电话给我，说他在医院急救室。他和母亲出了车祸。两人都无大碍，就母亲受了点伤。

我跳上车，冲进了医院。母亲躺在病床上，护士正拿着棉布按在她的额头上。她是从挡风玻璃摔出来的，划断了额上的动脉。母亲的额际处是血，看起来很恐怖，其他部位没什么问题。

她看着我，似乎想寻求安慰。

猛然间，我知道该怎么办了。我俯身贴近她的耳朵，小声说道：“您穿的是干净的内裤吗？”

单词短语，一网打尽

每篇文章后面附有中学生考试必备单词、实战短语，将美文阅读与英语学习相结合。

词汇变化

experience [ɪk'spiəriəns] n. 经历，体验，感受

例：We learn from the past, experience the present and hope for success in the future.

我们从过去学习，体验现在，憧憬未来的成功。

profound [prə'faʊnd] adj. 深奥的，极度的，英文深远的

例：We all have profound admiration and respect for him.

我们都非常钦佩和尊敬他。

responsibility [rɪ'spɒnsə'bɪləti] n. 责任，职责，责任心

例：Our teacher has a high sense of responsibility.

我们老师有高度的责任感。

短语活用

it depends on what you mean

depend on 依靠；依赖

例：

I picked up my little moments of pleasure yesterday.

pick up 捡起

例：

佳句欣赏

对十成年人来说，幸福是复杂的。

译：

幸福不是宽泛的，而是复杂的。

译：

过一种简单安静的生活
To Lead a Quiet Life

47

经典译文，准确流畅

在每篇英语文章之后，都附有汉语译文，帮助读者准确理解文章的内容。

翻译测试，全面提升

每篇文章后面附有翻译测试题，有利于提高读者的翻译和习作水平。

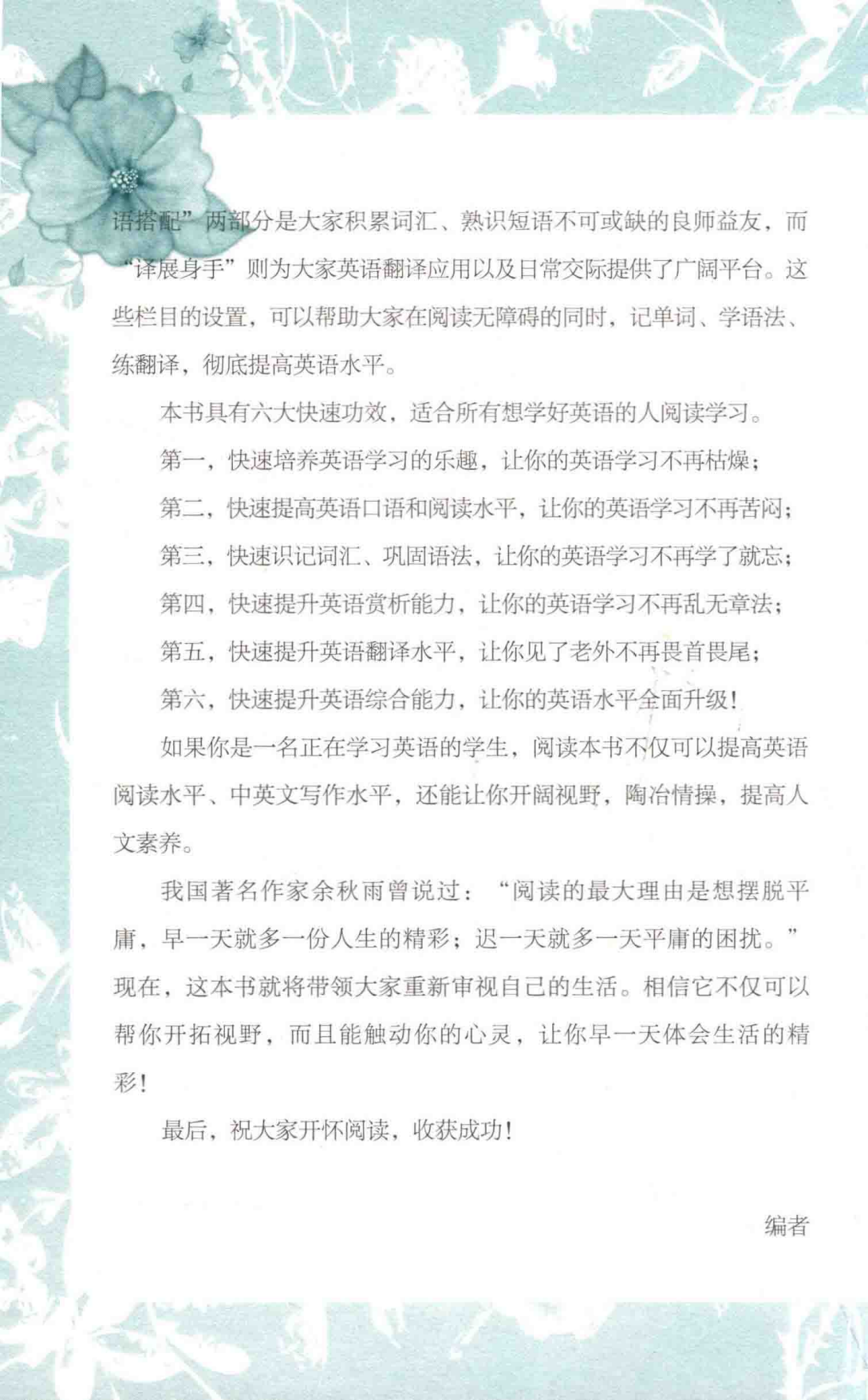
前言 PREFACE

你想学好英语吗？你想了解西方人的生活情趣和内心世界吗？你想避免有朝一日遇见外国人跟你打招呼，却因你英语水平太低而难于启齿的尴尬吗？一连串的问题摆在我们面前，犹如当头棒喝，值得每一个人去思考，尤其是充满理想和抱负的学生们。

可能现在的你正为英语考试而犯愁，一部部经典名著也因你的阅读水平有限而远离你、抛弃你！残酷的现实已直逼每一个想学好英语又不知如何下手之人的心理防线！改变现状，势在必行！

为帮助同学们摆脱困扰，重树英语学习的信心，美国南加州大学英美文学专业研究学者，国内知名英语阅读推广人尹燕燕老师主编了这套“美国语文拓展阅读系列”丛书。该丛书选材丰富，贴近生活，内容涉及亲情、友情，感恩、信念，成长、改变，哲思、智慧等多个方面，包含各种激励人生前进的理念和生存智慧，而这些题材也是中小学作文中常常出现的话题。本书不仅为中英文写作提供了较好的范例和素材积累，而且可以让大家在充满快乐和温情的阅读中唤醒心灵，启迪人生。

书中的每篇文章除英中对照的主体内容外，还精选了世界名人的经典语录，简单的话语如春风拂面，耐人寻味；“词汇识记”和“短



语搭配”两部分是大家积累词汇、熟识短语不可或缺的良好益友，而“译展身手”则为大家英语翻译应用以及日常交际提供了广阔平台。这些栏目的设置，可以帮助大家在阅读无障碍的同时，记单词、学语法、练翻译，彻底提高英语水平。

本书具有六大快速功效，适合所有想学好英语的人阅读学习。

第一，快速培养英语学习的乐趣，让你的英语学习不再枯燥；

第二，快速提高英语口语和阅读水平，让你的英语学习不再苦闷；

第三，快速识记词汇、巩固语法，让你的英语学习不再学了就忘；

第四，快速提升英语赏析能力，让你的英语学习不再乱无章法；

第五，快速提升英语翻译水平，让你见了老外不再畏首畏尾；

第六，快速提升英语综合能力，让你的英语水平全面升级！

如果你是一名正在学习英语的学生，阅读本书不仅可以提高英语阅读水平、中英文写作水平，还能让你开阔视野，陶冶情操，提高人文素养。

我国著名作家余秋雨曾说过：“阅读的最大理由是想摆脱平庸，早一天就多一份人生的精彩；迟一天就多一天平庸的困扰。”现在，这本书就将带领大家重新审视自己的生活。相信它不仅可以帮助你开拓视野，而且能触动你的心灵，让你早一天体会生活的精彩！

最后，祝大家开怀阅读，收获成功！

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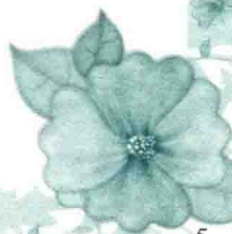
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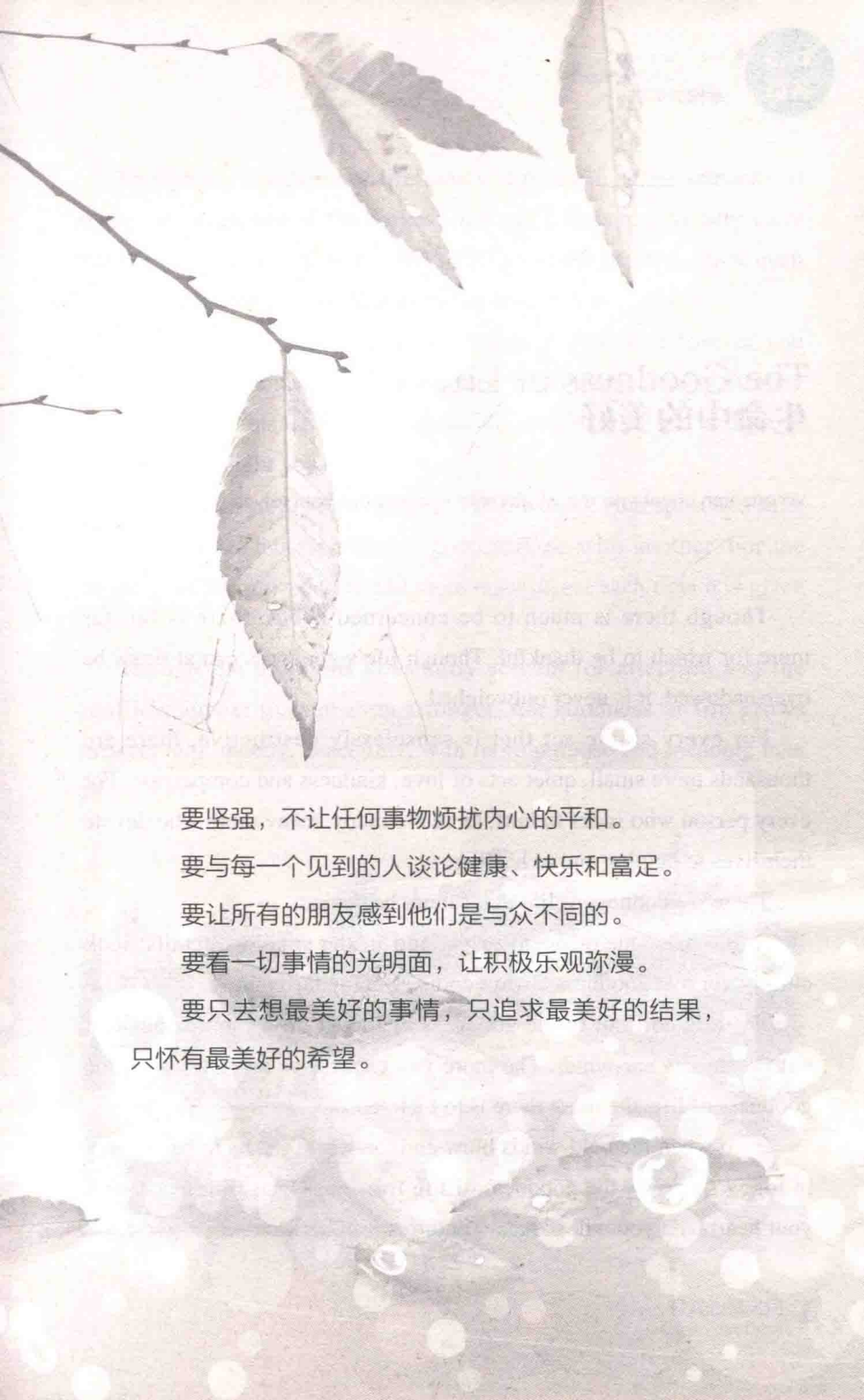
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开启心灵之门
Open the Door

生活要勇敢，要乐观，要积极；
给自己一份承诺，让自己更加坚定。



要坚强，不让任何事物烦扰内心的平和。

要与每一个见到的人谈论健康、快乐和富足。

要让所有的朋友感到他们是与众不同的。

要看一切事情的光明面，让积极乐观弥漫。

要只去想最美好的事情，只追求最美好的结果，
只怀有最美好的希望。



The Goodness of Life 生命中的美好

No one can cheat you out of ultimate success but yourselves.

—Emerson

Though there is much to be concerned about, there is far, far more for which to be thankful. Though life's goodness can at times be overshadowed, it is never outweighed.

For every single act that is senselessly destructive, there are thousands more small, quiet acts of love, kindness and compassion. For every person who seeks to hurt, there are many, many more who devote their lives to helping and to healing.

There is goodness of life that cannot be denied.

In the most magnificent vistas and in the smallest details, look closely, for that goodness always comes shining through.

There is no limit to the goodness of life. It grows more abundant with each new encounter. The more you experience and appreciate the goodness of life, the more there is to be lived.

Even when the cold winds blow and the world seems to be covered in foggy shadows, the goodness of life lives on. Open your eyes, open your heart, and you will see that goodness is everywhere.

Though the goodness of life seems at times to suffer setbacks, it always endures. For in the darkest moment it becomes vividly clear that life is a priceless treasure. And so the goodness of life is made even stronger by the very things that would oppose it.

Time and time again when you feared it was gone forever you found that the goodness of life was really only a moment away. Around the next corner, inside every moment, the goodness of life is there to surprise and delight you.

Take a moment to let the goodness of life touch your spirit and calm your thoughts. Then, share your good fortune with another. For the goodness of life grows more and more magnificent each time it is given away.

Though the problems constantly scream for attention and the conflicts appear to rage even stronger, the goodness of life grows stronger still, quietly, peacefully, with more purpose and meaning than ever before.

