



*The Most Eternal
Poems in The World*

永恒的美文

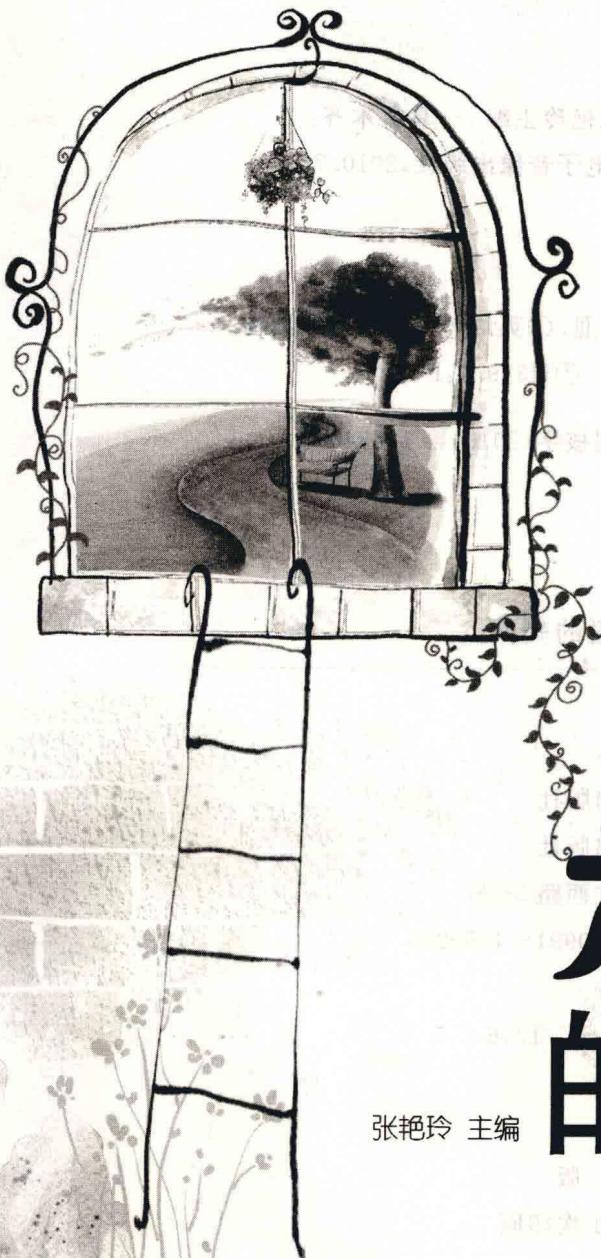
张艳玲 主编

新疆美术摄影出版社
新疆电子音像出版社



快乐英语
Happy English

英汉对照



The Most Eternal
Proses in The World

永恒的美文

张艳玲 主编

新疆美术摄影出版社
新疆电子音像出版社

图书在版编目(CIP)数据

永恒的美文:英汉对照/张艳玲主编. —乌鲁木齐:
新疆美术摄影出版社,新疆电子音像出版社,2010. 7

(快乐英语系列丛书)

ISBN 978-7-5469-0859-5

I . ①永… II . ①张… III . ①英语—汉语—对照读物
②散文—作品集—世界 IV . ①H319. 4 : I

中国版本图书馆 CIP 数据核字(2010)第 126340 号

快乐英语系列丛书 永恒的美文

主 编 张艳玲

责任编辑 轩辕文慧

出 版 新疆美术摄影出版社

新疆电子音像出版社

地 址 乌鲁木齐市西虹西路 36 号

邮 编 830000 电话 0991—4550976

发 行 新华书店

开 本 710mm×1000mm 1/16

字 数 160 千字

印 张 13

版 次 2010 年 7 月第 1 版

2010 年 7 月第 1 次印刷

印 刷 三河市宏兴印刷厂

书 号 ISBN 978-7-5469-0859-5

定 价 25.80 元

永恒的美文
The Most Eternal Proses



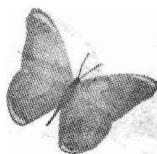
目 录

第一篇 讴歌生命

Word Of Wisdom	2
感悟生活	4
Ten Moving Glance In Life	6
生命的感动	8
Word To Live By	10
生活的忠告	13
Of Youth And Age	16
论青年与老年	18
Think More About What You Have	20
好好想想你所拥有的	22
The Art Of Living	24
生活的艺术	27
Run Through The Rain	30
雨中奔跑	33

第二篇 赞美自然

Night	36
夜	38



永恒的美文

The Most Eternal Proses

Autumn Sunset	40
秋日夕阳	41
The Trees Outsides My Window	42
窗外的树	44
The Song Of The River	46
河之歌	48
Westminster Abbey	50
威斯敏斯特大教堂	60
Down The Valley	69
沿着山谷	74
Late Summer	78
晚夏	80
Man and Nature	82
人与自然	84
Fog	86
雾	88

第三篇 读书乐趣

Companionship Of Books	92
与书为伴	94
Of Study	96
论读书	98
Suit Is Best	100
适合的才是最好的	102
The Joys Of Writing	104
写作的快乐	109



第四篇 品味人生

The Human Story	114
人类的故事	116
The Spirit Of Man	118
人类的精神	119
On Peace Of Mind	121
论宁静的心境	123
Home	125
家	126
Success Is A Choice	127
成功是一种选择	129

第五篇 提升自我

Try To Remember The Good Things	132
试着想想好事情	133
How To Grow Happiness	134
怎样种植幸福	135
Multiply My Value	137
提升自我价值	139
Five Simple Rules	141
五项简单的法则	143
If The World Were A Village Of 100 People	145
如果世界是个 100 人的村庄	148
Of Boldness	151
论胆量	153
Of Wisdom For A Man's Self	155



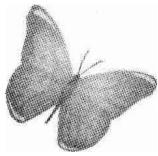
永恒的美文

The Most Eternal Proses

论自私者的聪明	157
What Will Matter	159
什么是最要紧的	161
An Identity Of One's Own	163
活出个性	165
A Drop Of Honey	167
一滴蜂蜜	173
The Man On The Ground	178
躺在地上的人	181
Youth	184
青春	185
True Nobility	187
真正的高贵	188
Learn To Live In The Present Moment	189
学会生活在此时此刻	191
Our Family Creed	193
家族的信条	195
If	197
如果	199

第一篇 赞歌生命

别倾心于美貌，因为它具有欺骗性；
也别倾心于财富，它也会消逝，
倾心于那个能带给你微笑的人吧，
因为一个微笑能使漫漫长夜如白昼般
明亮。
做你想做的梦吧，去你想去的地
方吧，
成为你想成为的人吧，因为你只有一
次生命，
找一个机会去做所有那些你想做
吧。



永恒的美文

The Most Eternal Proses

Word Of Wisdom

Author Unknown

I've learned that sometimes all a person needs is a hand to hold and a heart to understand.

I've learned that the Lord didn't do it all in one day. What makes me think I can?

I've learned that love , not time , heals all wounds.

I've learned that everyone you meet deserves to be greeted with a smile.

I've learned that there's nothing sweeter than sleeping with your babies and feeling their breath on your cheeks.

I've learned that no one is perfect until you fall in love with them.

I've learned that opportunities are never lost ; someone will take the ones you miss.

I've learned that when you harbor bitterness , happiness will dock elsewhere.

I've learned that I wish I could have told my Mom that I love her one more time before she passed away.

I've learned that one should keep his words both soft and tender , because tomorrow he may have to eat them.

I've learned that a smile is an inexpensive way to improve your looks.

I've learned that I can't choose how I feel , but I can choose what

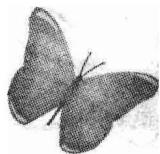


I do about it.

I've learned that everyone wants to stand on top of the mountain, but all the happiness and growth occurs while you're climbing it.

I've learned that it is best to give advice in only two circumstances: when it is requested and when it is a life - threatening situation.

I've learned that the less time I have to work with, the more things I get done.



感悟生活

佚名

我知道了，有时一个人想要的只是一只可握的手和一颗理解的心。

我知道了，上帝并非一天之内完成所有的事，我又怎么可能呢？

我知道了，治愈一切伤痛的并非时间，而是爱。

我知道了，每一个与你相遇的人都值得你微笑面对。

我知道了，没有什么比和孩子睡在一起并用脸颊感觉他们的呼吸更甜蜜的。

我知道了，只有当深深陷入爱河才会认为他（她）是完美的。

我知道了，机会从来不会自行消逝；别人会抓住你错失的机会。

我知道了，当你内心痛苦时，幸福就可能停靠到别的港湾去。

我知道了，我本应在母亲去世前再对她说一次我爱她。

我知道了，一个人应谨慎地许下诺言，因为第二天他可能不得不食言。

我知道了，微笑是改善形象的一种并不昂贵的方式。

我知道了，我无法选择我的感觉，但我可以选择我应该做什么。



永恒的美文

The Most Eternal Proses

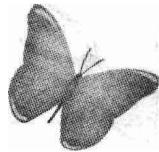
我知道了，每个人都想高踞山顶，但所有的幸福和成长皆发生在你攀登的过程中。

我知道了，最好只在两种情况下给人以忠告：别人需求时和性命攸关时。

我知道了，必须提高工作效率，我才可以做更多的事。



1. wound 创伤；伤害
2. harbor 海湾；避风港；庇护
3. dock 码头；使……入船坞
4. inexpensive 花费不多的；价钱低廉的
5. circumstance 情况；环境；境遇



Ten Moving Glance In Life

Author Unknown

It hurts to love someone and not be loved in return. But what is more painful is to love someone and never find the courage to let that person know how you feel.

A sad thing is when you meet someone who means a lot to you, only to find out in the end that it was never meant to be and you just have to let go.

The best kind of friend is the kind you can sit on a porch swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.

It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.

It takes only a minute to get a crush on someone, an hour to like someone, and a day to love someone – but it takes a time to forget someone.

Don't go for looks; they can deceive. Don't go for wealth; even that fades away. Go for someone who makes you smile because it takes only a smile to make a dark day seem bright.

Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and life one chance to do all the things you want to do.

Always put yourself in the other's shoes. If you feel that it hurts



you, it probably hurts the person too.

A careless word may kindle strife; a cruel word may wreck a life;
a timely word may level; a loving word may heal and bless.

The happiest of people don't necessarily have the best of everything they just make the most of everything that comes along their way.

Love begins with a smile, grows with a kiss, ends with a tear.
When you were born, you were crying and everyone around you was smiling. Live your so that when you die, you're the one smiling and everyone around you is crying.



生命的感动

佚名

爱一个人却没有得到回报是痛苦的，但比这更痛苦的是爱一个人却没有勇气让他（她）知道你是怎样的爱他（她）。

生命中令人悲伤的一件事是你遇到了一个对你来说很重要的人，但却最终发现你们有缘无分，因此你不得不放手。

最好的朋友就是那种能和你促膝而坐，彼此不说只言片语，分别时却感到这是你所经历过的最好的一次沟通。

的确，只有当我们失去时才知道我们曾经拥有，同样，只有当我们拥有的那一天才明白失去了什么。

迷上一个人只需一分钟，喜欢上一个人需要一小时，爱上一个人则要一天。然而，忘记一个人却要用一辈子的时间。

别倾心于美貌，因为它具有欺骗性；也别倾心于财富，它也会消逝。倾心于那个能带给你微笑的人吧，因为一个微笑能使漫漫长夜如白昼般明亮。

做你想做的梦吧，去你想去的地方吧，成为你想成为的人吧，因为生命只有一次，找一个机会去做所有那些你想做的事吧。

要设身处地的为别人考虑，就像一双鞋如果你穿着夹脚，别人的感觉可能也一样。

粗心快语可能引发争执，无情之词可能催折生命，适时温语可能消减压力，而关爱之声可能治愈心灵的伤痛。

永恒的英文
The Most Eternal Proses

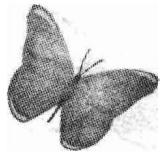


幸福之人并非拥有一切，只是尽力享受生活所赐予。

爱情以笑开始，以吻转浓，以泪结束。当你哭着降临人世时，身边的每个人都在为此欢庆，好好生活吧，这样你就能含笑离开人世，而身边的每个人都在为你哭泣。



1. painful 疼痛的；恼人的；麻烦的
2. porch 走廊；人口处
3. swing 摆摆；转变；悬空
4. conversation 会谈；谈话
5. bless 为……祝福；感激
6. cruel 残忍的；令人痛苦的



永恒的美文

The Most Eternal Proses

Word To Live By

Author Unknown

Eat more roughage;
Do more than others expect you to do and do it pains;
Remember what life tells you;
Don't take to heart everything you hear. Don't spend all that you have. Don't sleep as long as you want;
Whenever you say "I love you" , please say it honestly;
Whenever you say " I'm sorry" , please look into the other person's eyes;
Fall in love at first sight;
Don't neglect dreams;
Love deeply and ardently , even if there is pain , but this is the way to make your life complete;
Find a way to settle , not to dispute;
Never judge people by their appearance;
Speak slowly , but think quickly;
When someone asks you a question you don't want to answer , smile and say , "Why do you want to know?"
Remember that the man who can shoulder the most risk will gain the deepest love and the supreme accomplishment;
Call your mother on the phone. If you can't , you may think of her in your heart;