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《海外英语》
诵读经典

心灵捕手

道理——亘古不变的真理

一杯盛满美丽英文的清茶

习俗惯，丰富多彩的异国生活

爱之真谛

难能可贵的爱情，难舍难分的亲情，值得珍藏的友情

印象生活

一丝悸动，一丝感动，一丝触动

赵琳 刘中飞 孙文龙 编

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谨以此书
献 给
多年来给予《海外英语》
支持和帮助的
朋友们！

编者的话

《海外英语》从创立之初,本着为读者提供最美丽的英文、最实用的知识、最到位的翻译的原则,收录了数千篇精彩的短文,有的抒情浪漫,有的低调伤感,有的触景生情,有的轻松幽默……《心灵捕手》就是在这个土壤中孕育而生的,是《海外英语》杂志这几年刊登过的精品短文的集萃。

本书精心挑选杂志上刊登的文章,以短小精悍、语言优美、寓意深刻、主题鲜明为特色,重新整合,分为五类——

“哲理人生”教给我们生命的意义,“小故事,大道理”用极短小的文章阐述看似简单却值得思考的哲理,让我们对自己的人生、为人处事等各方面反思,领悟亘古不变的真理;

“领悟人生”讲述淡淡人生,奉上一杯盛满美丽英文的清茶,供我们细细品尝,感悟人生中的点点滴滴,每一个小细节都是那么闪亮,令我们回味无穷;

“城市采风”展现来自遥远国度、我们所不知的异域风情,让我们身临其境,了解不一样的风俗习惯,感知丰富多彩的生活;

“爱之真谛”传递给我们爱的讯息,讲述美丽动人的故事,蕴含难能可贵的爱情、难舍难分的亲情、值得珍藏的友情,等等,

多年之后回忆起来,仍然栩栩如生;

“印象生活”描绘丰富多彩的生活,把我们没有注意到的小细节娓娓道来,带着一丝悸动、一丝感动、一丝触动,全方位地展现生活。

生活中,处处有感动,如果我们够细心就会注意到,但是很多细节我们都忽略了。《心灵捕手》帮我们采集收纳,用优美地道的英语和精致到位的译文向我们展现英语语言的诱人魅力!

编者

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第一章 哲理小品

有时，看似很简单的故事里却蕴藏着丰富的哲理，所谓“小故事，大智慧”——在这里，朴实无华的故事将您引入值得考究的哲理世界。

A Perfect Life

健全的人生

Author Unknown

【引言】 不要“完美”，不要“无过”，但要“完整人生”。



2

哲理小品

Once a circle missed a wedge. The circle wanted to be whole, so it went around looking for its missing piece. But because it was incomplete and therefore could roll only very slowly, it admired the flowers along the way. It chatted with worms. It enjoyed the sunshine. It found lots of different pieces, but none of them fit. So it left them all by the side of the road and kept on searching. Then one day the circle found a piece that fit perfectly. It was so happy. Now it could be whole, with nothing missing. It incorporated the missing piece into itself and began to roll. Now that it was a perfect circle, it could roll very fast, too fast to notice flowers or talk to the worms. When it realized how different the world seemed when it rolled so quickly, it stopped, left its found piece by the side of the road and rolled slowly

从前，一个圆圈缺了一个楔子。它想保持完整，便四处寻找那块楔子。由于不完整，所以它只能慢慢地滚动。一路上，它对花儿露出羡慕之色；它与蠕虫谈天说地；它还欣赏到了阳光之美。圆圈找到了许多不同的楔子，但没有一个与它相配。所以，它将它们统统弃置路旁，继续寻觅。终于有一天，它找到了一个完美的配件。圆圈是那样的高兴，现在它可以说是完美无缺了。它装好配件，并开始滚动起来。现在它已成了一个完美的圆圈，所以滚动得非常快，以至于难以欣赏花儿，也无暇与蠕虫倾诉心声。当圆圈意识到因快奔疾驰而失去了原有的世界时，它不禁停了下来，将找到的配件弃置路旁，又开始慢慢

away.

The lesson of the story, I suggested, was that in some strange sense we are more whole when we are missing something. The man who has everything is in some ways a poor man. He will never know what it feels like to yearn, to hope, to nourish his soul with the dream of something better. He will never know the experience of having someone who loves him give him something he has always wanted or never had.

There is a wholeness about the person who has come to terms with his limitations, who has been brave enough to let go of his unrealistic dreams and not feel like a failure for doing so. There is a wholeness about the man or woman who has learned that he or she is strong enough to go through a tragedy and survive, he or she can lose someone and still feel like a complete person.

Life is not a trap set for us by God so that he can condemn us for failing. Life is not a spelling puzzle, where no matter how many words you've gotten right, you're disqualified if you make one mistake. Life is more like a baseball season, where even the best team loses one

地滚动。

我觉得这个故事告诉我们,从某种奇妙的意义上讲,当我们失去了一些东西时反而更加完美。一个拥有一切的人其实在某个方面是个穷人。他永远也体会不到什么是渴望、期待及如何用美好梦想滋养自己的灵魂。他也永远不会有这样一种体验:一个爱他的人送给他某种他梦寐以求的或者从未拥有过的东西意味着什么。

人生的完整性在于知道如何面对缺陷,如何勇敢地摒弃不现实的幻想而又不以此为缺憾;人生的完整性还在于学会勇敢面对人生悲剧而继续生存,能够在失去亲人后依然表现出完整的个人风范。

人生不是上帝为谴责我们的缺陷而给我们布下的陷阱。人生也不是一场拼字游戏比赛,不管你拼出多少单词,一旦出现了一个错误,你便前功尽弃。人生更像是一个棒球赛季,即使最好的球队也会输掉1/3的



third of its games and even the worst team has its days of brilliance. Our goal is to win more games than we lose.

When we accept that imperfection is part of human, and when we can continue rolling through life and appreciate it, we will have achieved a wholeness that others can only aspire to. That, I believe, is what God asks of us—not “Be perfect”, not “Don’t even make a mistake”, but “Be whole”.

If we are brave enough to love, strong enough to forgive, generous enough to rejoice in another’s happiness, and wise enough to know there is enough love to go around for us all, then we can achieve a fulfillment that no other living creature will ever know.

比赛,而最差的球队也有春风得意的日子。我们的目标就是多赢球、少输球。

当我们接受不完整性是人类本性的一部分,当我们不断地进行人生滚动并能欣赏其价值时,我们就会获得其他人仅能渴望的完整人生。我相信这就是上帝对我们的要求:不求“完美”,不求“无过”,但求“完整”人生。

如果我们能够勇敢地去爱,坚强地去宽容,大度地去为别人的快乐而高兴,明智地理解身边充满爱,那么我们就取得别的生物所不能取得的成就。

(李向阳)

Where There Is Hope

希 望

Author Unknown

【引言】 希望之所在，生命之所在。

You're never defeated, never beaten down as long as you have hope. Keep this thought in mind always as difficulties, sorrow, sickness and trouble come upon you. Have you heard that old saying that where there is life, there is hope? I suggest you turn it around: Where there is hope, there is life. Form a picture in your mind, not of lack or denial or frustration or illness, but of prosperity, abundance, attainment, health. You will receive as a result of prayer exactly what you think, not what you say.

Therefore, practice believing even as you pray that you will receive God's boundless blessings—that they are already on their way to

只要你心存希望，你就不会被失败击倒。当一切阻碍、悲伤、痛苦、烦恼向你袭来时，你要将此铭记在心。难道你不曾听说过吗？有句古话叫做“生之所在，希望之所在”。但是我建议你这句话颠倒过来：“希望之所在，生之所在。”在你的心中勾画一幅蓝图，记住它绝对不是一幅满是缺憾、否定、失落和痛苦的蓝图，而是一幅写满繁荣、富足、成功和健康的画卷。将这幅蓝图放在心里，并按照你所计划的去做，最终你会达到你想要的目标，但你要知道，这一切缘于你的思想，而不是口舌之劳。

所以，试着努力去相信，相信在自己的努力之下，一切希望都可以实现——其实它们就在前方



you. When you live with hope in your heart, in your mind and in your spirit, you have discovered one of life's most powerful secrets.

等着你。只有当你满怀希望地生活,你才会发现生活中最大的“秘密”其实就是希望本身。



The Sweetness of Mind

在心里种花

Author Unknown

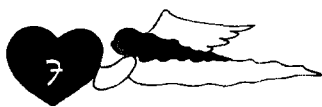
【引言】 虽然看不到自己亲手种的花,但盲人一定能听到它的芳香。

On the outskirts of a town in England nestles a nice cottage with a large garden where there lives an old and aged man. The old man is seen pruning, watering or fertilizing his flowers all the time. The garden where bees and butterflies dance and gorgeous flowers mass all year around is so well-tended that every passer-by cannot but halt for a glance.

One day a young painter went by the old man's garden. He gazed at the splendid garden and the special cottage, totally lost in admiration at the beauty of these sceneries, picturing how happy he could be if he lived in such a beautiful place. Then, suddenly he found the old gardener was blind. Shocked, the painter approached that old man, asking "why are you busy tending these flowers every day

在英国一座小镇的郊外,有一个别致的小木屋,屋子里住着一个孤独的老人,他有一个很大的花园。人们每天都能看到他在园子里忙忙碌碌,他给它们修剪枝叶,浇水施肥,把花园侍弄得非常好,一年四季,蜂飞蝶舞,姹紫嫣红,引得不少人在此驻步流连。

有一天,一位年轻的画家路过这里,他非常欣赏地看着这个美丽的花园和木屋。他想,要是自己住在这样一个美丽的地方该有多好!这时他看到了那位老园丁,更令他惊奇的是,老园丁是个盲人。这让画家感到十分意外,于是他走近老园丁,不解地问:"你每天都在不知疲倦地忙碌,而你却根本看不见这些美丽的花





which you can't see as a matter of fact?" The blind gardener smiled an answer that "I can tell you four reasons. First, I was a gardener when I was young, and I really like this job. Second, although I can't see these flowers, yet I can touch them. Third, I can smell the sweetness of them. As to the last one, that's you."

"Me? But you don't know me." responder the painter, perplexed still.

"Yeah, it's true that I don't know you. But I know flowers are earthly angels which everyone knows and would never turn them down. I know many a people who show animation in life would stop by and the beauty of my garden will get them into a good mood. In the meantime, it also extends a chance to me to have a word with you here and to enjoy the happiness these flowers have brought us."

The old man's words astounded me a great deal with pleasure. The blind man grows flowers and serves them as a link of minds so as to make everybody enjoy the glorious sunshine in spring. He can't see the beauty he's created, however, this delightful prospect has had our eyes

朵,你这样做为什么?"盲人笑了,他说:"我可以告诉你4个理由:第一,我年轻的时候是个园丁,我热爱园艺工作;第二,我的眼睛虽然看不见,但我有双手可以抚摸我的花;第三,我住在花园里,可以闻见它们的芬芳;至于第四个原因嘛,则是因为你。"

"我?但是,你根本就不认识我呀。"画家有些惊奇。

老人接着说:"是的,我是不认识你,但我知道花是人间仙子,所有人都认识花,都不会拒绝花的邀请。我知道不少像你这样热爱生活的人在此经过,都会因为看到我花园的美丽而驻足,从而心情愉快。我也因此有机会和你在这里聊天,一起分享花带来的快乐。"

老人的话让我的心为之一颤:盲人种花,以花为媒,架起彼此心灵间的桥梁,让人们共同享受春天的阳光。老人虽然看不见自己种下的美丽,可是他种下的美丽,却滋养了他人的眼睛,美化了我们的环境,愉