

英汉对照

Zhenglish
To Be No. 1

如果没有如果

我要做的

就是让每一个闪亮的日子

快乐 幸福 ……



主编◎方振宇
编者◎胡变霞 李然

当幸福来敲门

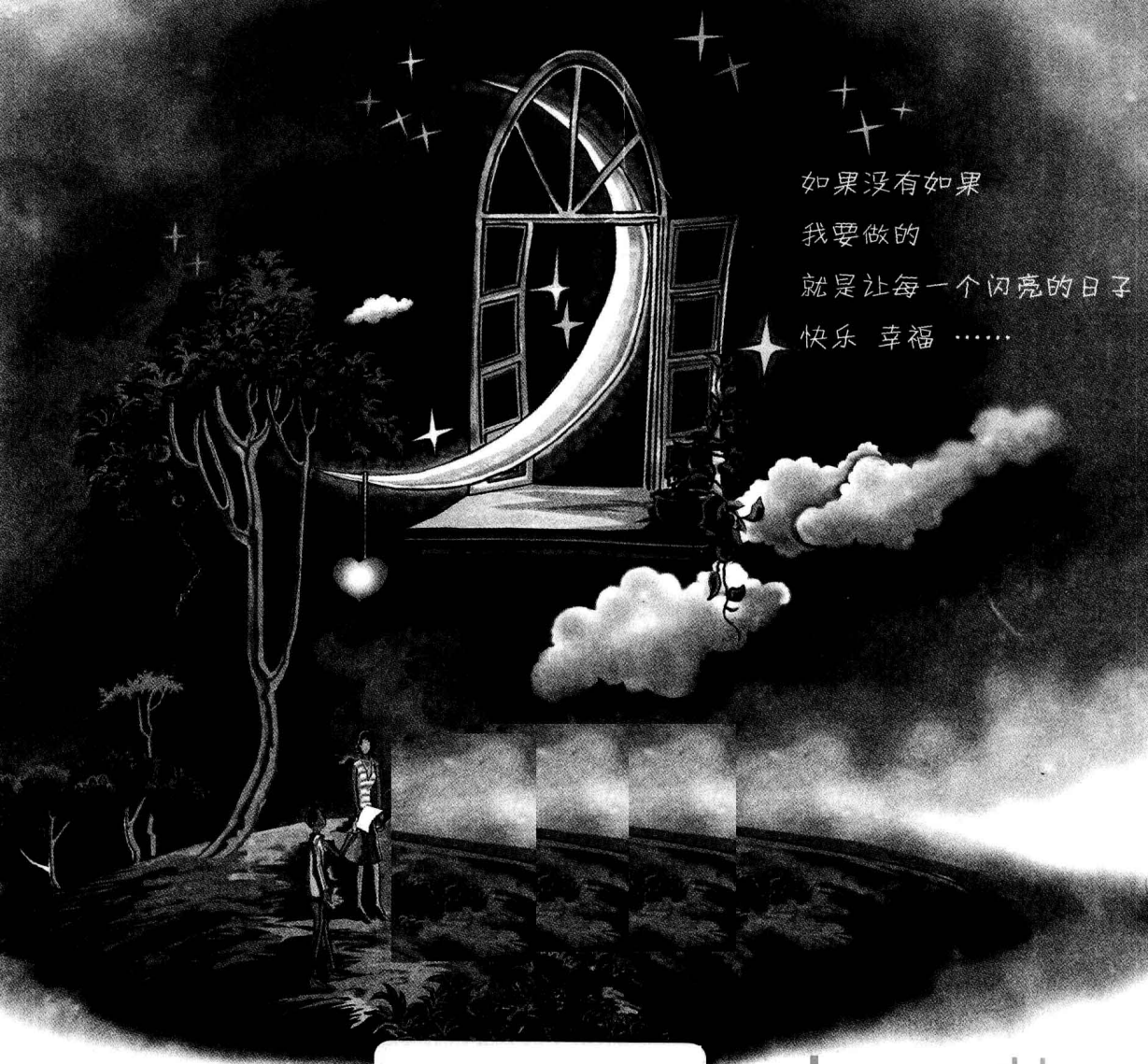
心灭鸡汤精选

幸福亿万心灵的神奇密码
唯美版本



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当幸福来敲门

静静地，读几行温暖的文字，让疲惫的灵魂有片刻的独处。黑夜给了我黑色的眼睛，我用它来寻找幸福。这个夜晚过滤幸福的片段，我想起威尔·史密斯，想起曾流着泪感受温暖的电影《当幸福来敲门》。

那好像是 2006 年，我还在意大利奔赴荷兰阿姆斯特丹的大巴上，我的一位美国朋友同我谈起这部英文名为 *The Pursuit of Happiness* 的电影，那也是第一次知道威尔·史密斯这个了不起的黑人演员。

回国后第一时间看完电影，含着泪微笑着告诉自己，明天我们也会幸福的，就像他一样，只要我们努力，我们会打开幸福之门。

出版这本书，用了《当幸福来敲门》作为书名，是为了向 4 年前的这部电影致敬，更是为了向所有不懈努力寻觅幸福和守候幸福的人们致敬。“只要你愿意，你就能幸福”，这是电影的灵魂，也是我们编写这本书的初衷。

原本想把这本书放在春天出版，突然想起老艾略特说“四月是最残忍的一个月，荒地上，长着丁香，把回忆和欲望，糅合在一起，又让春雨，催促那些迟钝的根芽。”我怕幸福的韵味掺杂着伤感的元素。我毅然将此书放在冬天出版，是因为幸福的寻觅终究要穿越严寒的浓雾才能迎接温暖的晨曦。我们在寻觅幸福和守候幸福的路上，眺望那最感动最诱人的季节，义无反顾地去选择自己灵魂的家园和幸福的归宿。

实际上，生命就像太阳，我们以为它陨落了，而它正在酝酿另一个更辉煌的升起。所以，才有了陨落的明净和诞生的神圣。因此，不管我们现在身处何方，在何种处境中穿越生命的腹地，请你相信：即使身处绝境，也能看



到美丽的星光，只要你朝着幸福的方向勇往直前。

生活没有捷径，幸福没有捷径。生活的路需要我们带着梦想、信念、勤奋和坚持穿越阳光下汗水的光芒，只有这样，你才会明白幸福就在你身边。

什么是幸福？如同人活着的意义是什么？这是一个永恒的哲学命题。我翻阅了西方哲学大师的经典，也回顾了自己读研究生时满满的用英文写完的哲学笔记，没有找到答案。真正的幸福似乎难以描写，它只能体会，体会越深就更加难以描写，因为真正的幸福不是一些事实的汇集，而是一种状态的持续。这种状态它了然于心。

我看到一个学生摘录的关于“幸福”的文字：幸福是什么？幸福，是偎依在妈妈温暖怀抱里的温馨；幸福，是依靠在恋人宽阔肩膀上的甜蜜；幸福，是抚摸儿女细嫩皮肤的慈爱；幸福，是注视父母沧桑面庞的敬意。也有聪明人说：“如果非要给幸福下个定论，我觉得无非有三点：一是和你相爱的人在一起；二是做你自己最喜欢做的事情；三是帮助需要帮助的人。”

无论怎么样去定义幸福，只要用心去体会它，说明我们离幸福已经不远了。细细品味这本书里的文字，字里行间透着蓬勃向上的力量，我又仿佛看到春日的暖阳透过窗棂打在我的键盘上噼噼作响，告诉我幸福的方向。

当紫丁香沁入心脾的时候，我看见父母沧桑的脸、慈爱的眼睛、关切的神情定格成一座爱的大山；当天使扇动着可爱的翅膀从眼前飞过，当朋友的情谊增添了岁月的色彩使得冬天不再沉闷，我们有理由相信：我们自己就是幸福的天使；当汗水引领跑道，当奋斗的号角吹响，我们带快乐回家；当艳阳再次冉冉升起，当“春暖花开，面朝大海”的诗句弥漫，我们嗅出了幸福的味道；当“生活中，我们幸福时……”，我们谙晓幸福是段旅程，所有等待的日子都是值得的。

兰斯顿·休斯说：“生活是你创造的，就要把它创造得美丽荡漾。”某年某月的某一天，某时某刻的某个地点，我期待与你一起畅吟下面的诗句：



我已经赢得了我永恒的幸福
幸福的魔力即将呈现
一起幸福吧
享受爱情，喝着小酒，伴着歌声
抓住这美妙的时光
在生命的熠熠闪光中
每时每刻我都感到了幸福

我期待我们一起幸福；我希望我们一起分享幸福。带着一颗善良的心，带着内心澄澈的自己，我们一起向幸福出发。

期待那个时刻，祈祷那个时刻，幸福“砰砰”敲响自己的门。当幸福来敲门，请为自己鼓掌！点着蜡烛，闪着泪光……



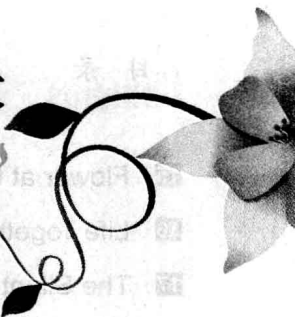
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紫丁香 的 回 忆

Mamma you gave life to me
Mamma you gave love to me
Turned a baby into a lady
You'll always be there every time I fall
You take my weakness and you make me strong,
And mamma all you had to offer was a promise of a lifetime of love
Now I know there is no other love like a mother's love for her child
And it hurts so that something so strong someday'll be gone
Must say goodbye
But the love you give will always live
And I will always love you till forever comes

妈妈，你赐予我生命

妈妈，你赐予我真爱

从宝宝蜕变成淑女

我跌倒时，你总会扶持着我

我脆弱时，你让我坚强

妈妈，真爱一生是你唯一的承诺

如今，我知道，世间没有什么爱能比得上一个母亲对她孩子的爱

母爱如此浓烈却也有散去的一天，真是让人心痛

终须说一声再见

但是，你付出的爱将会生生不息

我会永远爱你，直到永恒

1. The Best Nourishment of Life

爱是生命最好的养料，任何干枯的生命之树都可以通过爱的浇灌来重新获得生机。父母对子女的爱是孩子成长最好的养料。做父母的要懂得这一点，尽力给孩子提供需要的养分；做子女的更要珍惜这一点，不辜负父母对自己的期望。

A little boy almost thought of himself as the most unfortunate child in the world because poliomyelitis^① made his leg lame and his teeth uneven and protrudent^②. He seldom played with his classmates and when the teacher asked him to answer questions, he always lowered his head without a word.

One spring, the boy's father asked for some saplings^③ from the neighbor. He wanted to plant them in the front of the house. He told his children to plant a sapling each person. The father said to the children, "Whose seedling grows best, I will buy him or her a favorite gift." The boy also wanted to get his father's gift. But seeing his brothers and sisters carrying water to water the trees bouncily^④, anyhow, he hit upon an idea: he hoped the tree he planted would die soon. So after watering it once or twice, he never attended to it.

A few days later, when the little boy went to see his tree again, he was surprised to find it not only didn't wilt^⑤, but also grew some fresh leaves, and compared with the trees of his brothers and sisters, his tree appeared greener and more vital. His father kept his promise, bought the little boy his favorite gift and said to him: from the tree he planted, he would become an outstanding botanist^⑥ when he grew up.

Since then, the little boy slowly became optimistic. One night, the little boy lay on the bed but couldn't sleep. Looking at the bright moonlight outside the window, he suddenly recalled what the biology teacher once said, plants generally grow at night. Why not go to see the tree? When he came to the courtyard on tiptoe, he found his



生命中最好的养料

一个小男孩认为自己几乎是世界上最不幸的人，因为身患小儿麻痹症以致腿瘸，牙齿也因此变得参差不齐。他很少和同学们一块儿玩。老师叫他回答问题时，他也总是默默地低下头。

某年春天，男孩的父亲从邻居家讨来些树苗。他想把它们栽在房前，他让孩子们每人栽一棵。父亲对孩子们说，谁栽的树苗长得最好，就给谁买一件最喜欢的礼物。小男孩也想得到父亲的礼物，但看到兄妹们快活地端着水去浇树，他莫名地生出一个念头：他希望自己栽的那棵树苗快点死去。因此他给树苗浇过一、两次水后，就再也没去打理它了。

几天后，小男孩再去看他种的那棵树时，惊奇地发现它不仅没有枯萎，而且还长出新叶，与兄妹们栽的树相比，显得更嫩绿，更有生机。父亲兑现了他的诺言，为小男孩买了一件他最喜欢的礼物，并对他说，从他栽的树来看，他长大后一定能成为一名植物学家。

从那以后，小男孩慢慢变得乐观起来。一天晚上，小男孩躺在床上睡不着。他望着窗外那皎洁的月光，忽然想起生物老师说过植物一般都在晚上生长。为何不去看看自己种的那棵树呢？他蹑手蹑脚地来到院子里，却发现父亲正用勺子在自己栽的那棵树下泼洒着什么。他一下子明白了，



关键词宝典

- ① poliomyelitis
[ˌpɒliəʊˌmaɪəˈlaɪtɪs] *n.*
小儿麻痹症
- ② protrudent
[prəʊˈtruːdənt] *adj.* 凸出的
- ③ sapling ['sæplɪŋ] *n.* 树苗
- ④ bouncily ['baʊnsɪli] *adv.* 快活地
- ⑤ wilt [wɪlt] *vi.* 枯萎
- ⑥ botanist ['bɒtənɪst] *n.* 植物学家
- ⑦ splash [splæʃ] *vt.* 泼洒
- ⑧ ladle ['leɪdl] *n.* 勺
- ⑨ inconspicuous
[ˌɪnkənˈspɪkjʊəs] *adj.*
不显眼的





当幸福来敲门——心灵鸡汤精选

father was splashing⁷ something under his tree with a ladle⁸. All of a sudden, he understood: his father had been secretly fertilizing his small tree! He returned to his room, tears running without restraint.

Decades passed. The little boy didn't become a botanist, but he was elected President of the United States. His name was Franklin Roosevelt.

Love is the best nourishment of life; even if it is just one ladleful of clear water, it can make the tree of life thrive. Maybe that tree is inconspicuous⁹; perhaps that the tree is so thin, and even some withered, but as long as there is nourishment of love, it can grow flourish and even grow into towering trees.





原来父亲一直在为自己栽种的那棵小树偷偷地施肥！他返回房间，泪水止不住喷涌而出。

几十年过去了，那小男孩并没有成为一名植物学家，却成为了美国总统，他的名字叫富兰克林·罗斯福。

爱是生命中最好的养料，哪怕它只是一勺清水，它都能使生命之树苗茁壮成长。也许那树是那样的不起眼；也许那树是如此的瘦小，甚至还有点枯萎，但只要有爱的养料浇灌，它就能长得枝繁叶茂，甚至长成参天大树。

一D气背诵极品句

Love is the best nourishment of life; even if it is just one ladleful of clear water, it can make the tree of life thrive. Maybe that tree is inconspicuous; perhaps that the tree is so thin, and even some withered, but as long as there is nourishment of love, it can grow flourish and even grow into towering trees.

难句小 CASE

Looking at the bright moonlight outside the window, he suddenly recalled what the biology teacher once said, plants generally grow at night.

【译文再现】他望着窗外那皎洁的月光，忽然想起生物老师说过植物一般都在晚上生长。

【指点迷津】looking... window 是现在分词作伴随状语；what... said 作 recalled 的宾语，plants... night 作 what 的同位语，起解释说明的作用。



2. A Good Heart to Lean on

我们都希望别人能善待我们，这就需要我们自己首先付出真诚的喜心。喜心是评价一个人的基本依据。一个人无论有多么姣好的外表，如果没有一颗喜心，那么他就不会得到别人的尊重和爱戴。身患残疾并不可怕，心灵残疾才是致命的。

When I was growing up, I was embarrassed to be seen with my father. He was severely crippled¹ and very short, and when we would walk together, his hand on my arm for balance, people would stare. I would inwardly squirm at² the unwanted attention. If he ever noticed or was bothered, he never let on³.

It was difficult to coordinate our steps — his halting, mine impatient — and because of that, we didn't say much as we went along. But as we started out, he always said, "You set the pace. I will try to adjust to you."

Our usual walk was to or from the subway on which he traveled to work. He went to work sick, and despite nasty⁴ weather. He almost never missed a day, and would make it to the office even if others could not. A matter of pride.

When snow or ice was on the ground, it was impossible for him to walk, even with help. At such times my sisters or I would pull him through the streets of Brooklyn, N.Y., on a child's sleigh⁵ to the subway entrance. Once there, he would cling to the handrail⁶ until he reached the lower steps that the warmer tunnel air kept free of ice. In Manhattan the subway station was the basement of his office building, and he would not have to go outside again until we met him in Brooklyn on his way home.

When I think of it now, I marvel at⁷ how much courage it must have taken for a grown man to subject himself to such indignity and stress. And at how he did it — without bitterness or complaint.

He never talked about himself as an object of pity, nor did he show any envy of the more fortunate or able. What he looked for in others was a "good heart", and if he found one, the owner was good enough for him.

