

美丽 | 英文

送你一朵爱的花

A Flower for Love

历久弥新的岁月积淀 感动世人的真挚情感

天地间弥漫着爱，但要给爱下一个定义却很难，情感如涓涓细流，唯有细细品味才能知晓。本书收录了百则有关爱的经典故事，每一则都如一把灵动的钥匙，开启一扇情感之门。爱如花之芳香，能温暖孤寂的灵魂。读完这些故事，请与家人和朋友一起分享，你得到的将更多……

Beautiful English

🌻 英汉典藏版 🌻

🌻 本书适用对象：高中生、大学生及对知识仍抱有热望的人们

艾柯 李远毅 编译



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幸福生活的 50 个建议

50 Things That Really Do Matter

In my opinion, these things matter...

在我看来，幸福的生活是……

- 1 Listening enough to care and caring enough to listen.
学会倾听，因为倾听是关爱的一种方式。
- 2 Being a dreamer but not living in a dream world.
有所梦想，但不要沉溺于梦境。
- 3 Saying "It doesn't matter" and meaning it.
说句“没关系”，并使其有真正意义。
- 4 Being a positive influence in any way possible, to as many as possible, for as long as I possibly can.
尽可能使更多的事物产生积极影响。
- 5 Balancing justice with mercy and fairness with commonsense.
以仁慈评判正义，以常理评判公正。
- 6 Being patient and patiently enduring.
不急不躁，永不言弃。
- 7 Earning credibility instead of demanding compliance.
努力赢得别人的信任而非更多地服从。

- 8 Valuing the wisdom of discernment, the danger of pleasure without restraint, and the joy of victory with integrity.

重视培养洞察力，不冒险纵情欢娱，懂得适可而止，以平和的心态面对胜利的喜悦。

- 9 Being worthy of trust and trusting what's worthwhile.

懂得信任的价值并信赖一切值得信赖的事物。

- 10 Enjoying all things small and beautiful.

善于欣赏所有小而美的东西。

- 11 Words that heal.

以言语安慰他人。

- 12 Words that help.

以言语帮助他人。

- 13 And words that encourage.

以言语鼓励他人。

- 14 Forgiving myself for what I've done and others for what they haven't.

宽恕自己之已所为，原谅他人之不知之为。

- 15 Gaining what I desire without losing what I should gain.

以不失去应得之物为前提获得所想之物。

- 16 Maintaining the passion of purpose while avoiding the pitfalls of making hasty decisions with little or no discernment.

永往直前，永葆激情，不鲁莽武断，凡事深思熟虑。



- 17 Watching "You've Got Mail" one more time.

不断地重温“已收邮件”。

- 18 Enjoying life for all it holds instead of holding out for all it has yet to become.

享受生活所能给予的一切，而不将生活的一切据为己有。



- 
- 
- 19 Giving praise without demands and encouragement without expectations.
赞美他人而无所求，鼓励他人而无所图。
- 20 Hugs.
热爱生活。
- 21 Healing wounds.
修复伤痛。
- 22 And helping people realize their dreams.
帮助他人实现其梦想。
- 23 Knowing when I can, can't and shouldn't.
懂得什么时候能，什么时候不能，什么时候不应该。
- 24 Laughter for the sake of laughter.
该笑则笑。
- 25 Leading while not forgetting how to follow.
好为人师，但不忘以人为师。
- 26 Honoring the honorable and avoiding the painful errors of the disgraceful.
崇尚光荣，避免因耻辱而抱憾终生。
- 27 Knowing the power of commitment, the rewards of self-discipline and the meaning of faith in myself and others.
明白承诺的分量，自律的回报，以及相互信任的意义。
- 28 Smiles — lots of them.
多一分笑容。
- 29 Learning as much as I can for as long as I can.
尽其所能，博览广识。
- 30 Standing for what's right when everything's wrong, and saying "I'm wrong" when something's not right.
当一切成为谬误时，坚持真理，并勇于承认自己所犯之错。

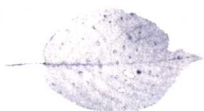
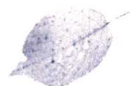


- 31 Letting the music play.
用音乐陶冶自己。
- 32 Knowing I can and seeking help when I can't.
做自己能做的，不能做时，要寻求他人的帮助。
- 33 Just doing nothing at just the right time.
适当地放松自己。
- 34 Filling my mind with all that is excellent, truthful, full of hope, and
worthy of thinking about again.
让优秀、真理、希望、有价值的思想充溢头脑。
- 35 Kisses that say "I love you" more than "I need you."
不因需要他而亲吻他，而因爱他亲吻他。
- 36 Treasuring ideas for their untapped potential.
珍视尚未开发的潜能。
- 37 Caring.
懂得关爱。
- 38 Giving.
懂得付出。
- 39 And having fun.
学会寻找乐趣。
- 40 Refusing to believe lies about myself or others regardless of the
source — including what I hear from within.
拒绝相信自己或他人的任何谎言——包括道听途说之言。





- 41 Trusting enough to see good in people without blindly trusting in the goodness of all people.
不盲目相信所有人的善良，但相信人性本善。
- 42 Success without self-absorption.
珍惜成功，而不只顾自己的利益。
- 43 Showing I know the difference between keeping the rules and listening with understanding.
懂得遵守规则与用善解人意的心去倾听之间的区别。
- 44 Winning with dignity.
以人格取胜。
- 45 Losing with grace.
败不失雅。
- 46 And learning from both.
从失败和胜利中吸取教训。
- 47 Believing in all my possibilities — and yours too!
相信自己能行，别人也能行！
- 48 Appreciating the wisdom of maturity and the beauty of childhood.
欣赏智者的成熟之美与孩子般的天真之美。
- 49 Avoiding the bondage of bitterness, the deceit of wealth without character, and the vanity of pride without gratefulness.
切勿被苦难所束缚，切勿被毫无来由的财富所蒙蔽，切勿目空一切。
- 50 Loving for all I'm worth because in the end it's worth it all.
爱值得爱的，因为最终它可以带来丰厚的回报。



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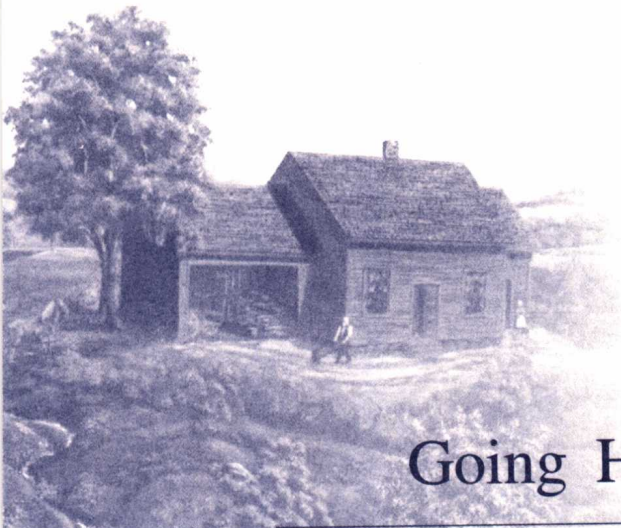
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天堂的玫瑰

第一卷



爱是什么？这是所有人心底一个永恒的问题。爱，是永恒的寻觅。爱一旦被找到，它也将变为永恒。但是我们真的找到过爱吗？你是怎样对待每天给予你的爱的呢？有多少次由于害怕被拒绝，我们未能向他人表达爱意？在每次拒绝爱的表白之时，难道我们不是在拒绝造物主的恩赐吗？如果某天早上，当你醒来，发觉这个世界只剩下你一人，你当如何应对？你去爱谁？我们为何要等如此长的时间，才在终点重新开始新的旅程？这是一次无边无尽、无从定义的爱之旅。



回 Going Home 家

They were going to Fort Lauderdale—three boys and three girls—and when they boarded the bus, they were carrying sandwiches and wine in paper bags, dreaming of golden beaches and sea tides as the gray cold of New York vanished behind them.

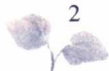
As the bus passed through New Jersey, they began to notice Vingo. He sat in front of them, dressed in a plain, ill-fitting suit, never moving, his dusty face masking his age. He chewed the inside of his lip a lot, frozen into some personal cocoon^① of silence.

Deep into the night, outside Washington, the bus pulled into a Howard Johnson's, and everybody got off except Vingo. He sat rooted in his seat, and the young people began to wonder about him, trying to imagine his life: perhaps he was a sea captain, a runaway from his wife, an old soldier going home. When they went back to the bus, one of the girls sat beside him and introduced herself.

"We're going to Florida," she said brightly, "I hear it's beautiful."

"It is," he said quietly, as if remembering something he had tried to forget.

"Want some wine?" she said. He smiled and took a swig. He thanked her and retreated again into his silence. After a while, she went back to the others, and Vingo nodded in sleep.



In the morning, they awoke outside another Howard Johnson's, and this time Vingo went in. The girl insisted that he join them. He seemed very shy, and ordered black coffee and smoked nervously as the young people chattered about sleeping on beaches. When they returned to the bus, the girl sat

三个男孩和三个女孩打算乘长途汽车去佛罗里达游玩，他们用纸袋带了三明治和葡萄酒，眼前浮现出梦想中的金色沙滩和海浪，昏暗寒冷的纽约城渐渐隐退在他们身后。

当汽车经过新泽西时，他们注意到了温哥。他一动不动地坐在他们前排，身穿简朴而不合时宜的衣服，蓬头垢面，让人简直难以判断出他的真实年龄。他不时地咬着嘴唇，默不做声，似封冻于蚕茧中。


夜幕降临，长途汽车驶至华盛顿郊外，在 Howard Johnson 饭馆的门口停下了，所有人都起身下车，只有温哥仍坐在那里一动不动，像是在座位上生了根。年轻人都好奇地猜想他：他或许是名船长，一个抛家弃妻的外乡人，或是解甲归田的士兵。当他们回到车上时，其中一个女孩坐到了他身旁，主动搭讪，作了自我介绍。

“我们要去佛罗里达，”她爽朗地说道，“听说那儿是个景色宜人的好地方。”

“没错。”他面无表情地答道，好像这个话题勾起了他想忘却的某些往事。

“来点儿葡萄酒吗？”她说。温哥微笑着接过酒，畅饮起来，然后谢过女孩，又不做声了。过了一会儿，女孩回到她的同伴中间，温哥低头打起了盹。

早上大家醒来时，车已经开到了另一家 Howard Johnson 饭馆，这次，温哥跟大家进来了。女孩坚持要他加入他们当中。但他看上去很不自在，只要了杯清咖啡，年轻人畅谈着露宿沙滩的趣事，他却紧张地吸着烟。他们回到车上后，那个女孩又坐到了温哥的旁边。坐了一会儿，温哥慢吞吞地将自己辛酸的故事讲给女孩听。他



with Vingo again, and after a while, slowly and painfully, he told his story. He had been in jail in New York for the past four years, and now he was going home.

"Are you married?"

"I don't know."

"You don't know?" she said.

"Well, when I was in the can I wrote to my wife," he said, "I told her that I was going to be away a long time, and that if she couldn't stand it, if the kids kept askin' questions, if it hurt too much, well, she could just forget me. I'd understand. Get a new guy, I said — she's a wonderful woman, really something — and forget about me. I told her she didn't have to write me or nothing. And she didn't. Not for three and a half years."

"And you're going home now, not knowing?"

"Yeah," he said shyly, "Well, last week, when I was sure the parole² was coming through, I wrote her again. We used to live in Brunswick, just before Jacksonville, and there's a big oak tree just as you come into town. I told her that if she'd take me back, she should put a yellow handkerchief on the tree, and I'd get off and come home. If she didn't want me, forget it — no handkerchief and I'd go on through."

"Wow," the girl said, "Wow."

She told the others, and soon all of them were in it, caught up in the approach of Brunswick, looking at the picture Vingo showed them of his wife and three children — the woman handsome in a plain way, the children still unformed in the cracked, much-handled snapshots³.

Now they were 20 miles from Brunswick, and the young people took over window seats on the right side, waiting for the approach of the great oak tree. The bus acquired a dark, hushed mood, full of the silence of absence and lost years. Vingo stopped looking, tightening his face into the ex-con's mask, as if fortifying himself against still another disappointment.

在纽约的监狱度过了四年的时光，现在要回家了。

“你有太太吗？”

“我不知道。”

“不知道？”她说。

“噢，是这样的，在监狱时，我曾写信给她，”他说，“我告诉她，我要离开一段时间，如果她不能等我，如果她厌烦孩子总问东问西，如果她心里承受不了这样的伤害，那么，她可以忘记我，我会理解她。我让她再找一个男人——她是一位好女人——她应该把我忘记，去过新的生活。我让她不必回信给我。她真的没回。三年半了，竟杳无音信。”

“你现在要回家了，还不知道什么情形吗？”

“是啊，”他腼腆地说，“哦，就在上周，我得知自己可以获释了，我又写了封信给她。她住在不伦瑞克，就在 Jacksonville 的下一站，镇口有棵大橡树。我告诉她，如果她还希望我回来，就在树上挂一块黄手帕，我就会下车回家。如果她不想让我回去，就不必了——看不到手帕，我就不下车了，继续坐下去。”

“噢，”女孩唏嘘不已，“这样啊！”

女孩把这个故事讲给了其他人，很快，大家都知道了。汽车越来越接近温哥的家乡不伦瑞克，温哥拿出妻子和孩子的照片给大家看——照片上的女人朴实而美丽，孩子们都尚在稚龄。由于摸得次数太多，照片已布满裂痕。

现在距离不伦瑞克还有 20 英里，年轻人都聚集到车右边靠窗子的座位，等着大橡树的出现。紧张的气氛顿时笼罩了整个车厢。温哥没有勇气望窗外，紧绷着脸，尽量掩饰自己内心的不安，他像惊弓之鸟一样，做好了失望的心理准备。