

美丽 | 英文

在生命的拐弯处

At the Turning of Life

简短的文字，让心情平静下来 深刻的道理，令生活为之改变

许多人为领悟人生哲理费尽心机，殊不知一滴水里蕴藏着浩瀚的大海，一则短小的文章中孕育着博大的智慧。本书收录的百则经典哲理美文，其内容涉及人生的方方面面，它们有的睿智凝练，让心灵为之震撼；有的灵气十足，宛如一线罅隙中奔涌而出的清泉，悄然渗入心田……

Beautiful English

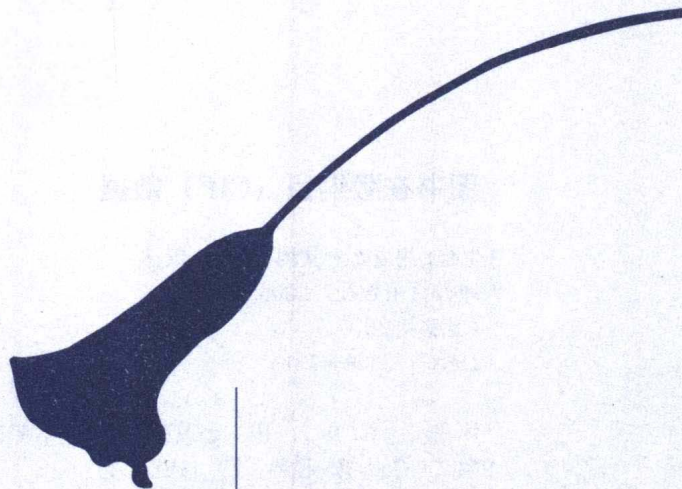
英汉典藏版

本书适用对象：高中生、大学生及对知识仍抱有热望的人们

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在生命的拐弯处

At the Turning of Life

切勿淡漠心灵深处的东西。珍视它们，如同生命；
反之，生活将空洞黯然。切勿以真爱难求为由而紧闭心
扉。给予爱，才能得到爱；紧抓住爱，只会失去爱；赋
予爱一双翅膀，才会令爱长驻。切勿做生命的匆匆过
客，将自己源自何方以及去往何处抛至脑后。

——《人生的5个球》

Words to Live By 生活的忠告



I'll give you some advice about life:

给你一些生活的忠告：

Eat more roughage;

多吃些粗粮食品；

Do more than others expect you to do and do it pains;

尽心尽力做事，付出比他人所期待的更多；

Remember what life tells you;

谨记生活的教训；

Don't take to heart everything you hear. Don't spend all that you have. Don't sleep as long as you want;

不要听信一切；不要挥霍所有；不要随心所欲。

Whenever you say "I love you", please say it honestly;

无论何时说“我爱你”，请真心诚意；

Whenever you say "I'm sorry", please look into the other person's eyes;

无论何时表达“对不起”，请直视对方的眼睛；

Fall in love at first sight;

相信一见钟情；

Don't neglect dreams;

切勿忽视自己的梦想；



Love deeply and ardently, even if there is pain, but this is the way to
make your life complete;

即使痛苦，也要深沉挚热地去爱，这样你的生命才会完整；

Find a way to settle, not to dispute;

解决问题，不要争论问题；

Never judge people by their appearance;

切勿以貌取人；

Speak slowly, but think quickly;

表达应迟缓，但思维要敏捷；

When someone asks you a question you don't want to answer, smile
and say, "Why do you want to know?"

当别人问及你忌讳的问题时，微笑着说“你为何想知道呢？”

Remember that the man who can shoulder the most risk will gain the
deepest love and the supreme accomplishment;

切记：勇于冒险的人才会得到最深切的爱，并取得最大的成就；

Call you mother on the phone. If you can't, you may think of her in
your heart;

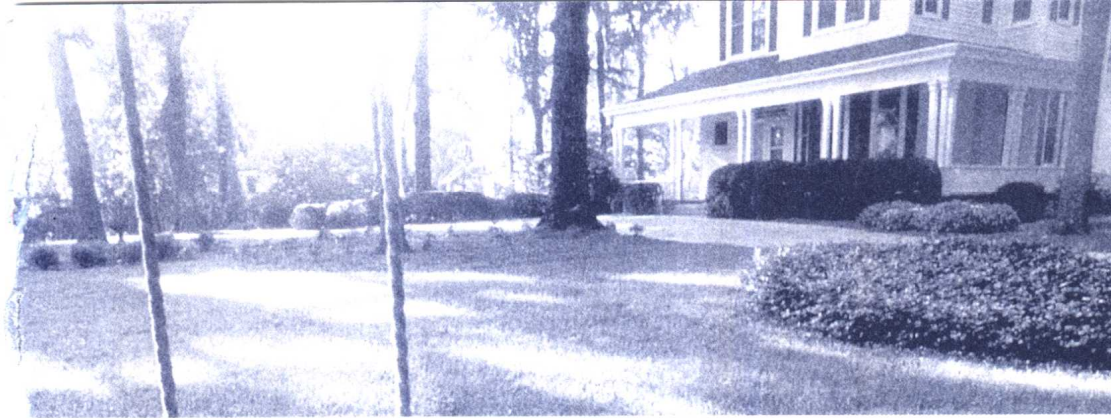
常给母亲打电话，如果不能，至少在心里想着她；

When someone sneezes say, "God bless you";

别人打喷嚏时，送上一句“愿上帝保佑你。”

If you fail, don't forget to learn your lesson;

失败了，莫忘吸取教训；



Remember the three "respects". Respect yourself, respect others, stand on dignity and pay attention to your behavior;

谨记“三尊原则”：尊重自己，尊重他人，保持尊严，注意自己的行为举止；

Don't let a little dispute break up a great friendship;

别让细微的争端破坏伟大的友谊；

Whenever you find your wrongdoing, be quick with reparation!

一旦发现自己做错了事，要尽快采取补救措施；

Whenever you make a phone call smile when you pick up the phone, because someone feels it;

拿起电话时请面带微笑，因为对方能感觉到；

Marry a person who likes talking; because when you get old, you'll find that chatting to be a great advantage;

跟与你有共同话题的人结婚，因为当你年岁已高时，就会发现聊天是最大的乐趣；

Find time for yourself;

留点时间给自己；

Life will change what you are but not who you are;

生活能改变你的身份，却不能改变你自身；

Remember that silence is golden;

切记：沉默是金；

Read more books and watch less television;

多读书，少看电视；



Live a noble and honest life. Reviving past times in your old age will help you to enjoy your life again;

让你的生命高贵正直。这样，当你年老回首往事时，便会再次享受到生活的乐趣；

Trust God, but don't forget to lock the door;

相信上帝，但也别忘记锁好门；

The harmonizing atmosphere of a family is valuable;

和谐的家庭氛围很珍贵；

Try your best to let family harmony flow smoothly;

竭尽所能，让家庭融洽和睦；

When you quarrel with a close friend, talk about the main dish, don't quibble over the appetizers;

与好朋友争吵时，要就事论事，不要在小事上纠缠不休；

You cannot hold onto yesterday;

不要沉浸在过去；

Figure out the meaning of someone's words;

要留心他人的言外之意；

Share your knowledge to continue a timeless tradition;

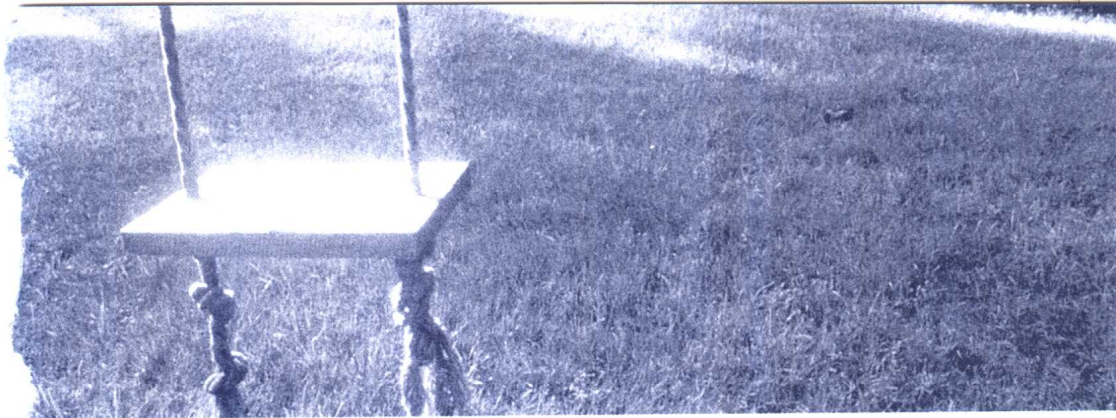
分享知识，保持亘古不变的传统；

Treat our earth in a friendly way, don't fool around with mother nature;

善待地球，不要愚弄大自然母亲；

Do the thing you should do;

要好自己的本职工作；



Don't trust a lover who kisses you without closing their eyes;

千万别相信接吻时不闭眼的情人；

Go to a place you've never been to every year;

每年去一个你从未到过的地方；

If you earn much money, the best way to spend it is on charitable deeds while you are alive;

赚了足够的钱，在有生之年多做点善事吧，这是最好的花钱方式；

Remember, not all the best harvest is luck;

切记：不是所有的大丰收都靠运气；

Understand rules completely and change them reasonably;

深刻全面地理解规则，并适度地改变它们；

Remember, the best love is to love others unconditionally rather than make demands on them;

至爱是无条件地付出，而不是对其有所求；

Comment on the success you have attained by looking in the past at the target you wanted to achieve most;

回望过去你最想达到的目标，再来评价你现在所取得的成就；

In love and cooking, you must give 100% effort...but expect little appreciation.

爱情和烹饪，都需要你付出百分之百的努力，但不要奢望得到他人的赞赏。

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Secrets to a Great Life

非凡人生的秘诀

A great life doesn't happen by accident. A great life is the result of allocating your time, energy, thoughts, and hard work towards what you want your life to be.

Stop setting yourself up for stress and failure, and start setting up your life to support success and ease. A great life is the result of using the 24/7 you get in a creative and thoughtful way, instead of just what comes next. Customize these "secrets" to fit your own needs and style, and start creating your own great life today!

非凡的人生不是无根之木，无源之水。

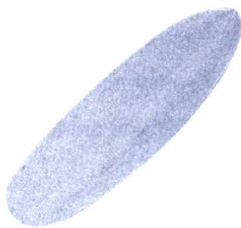
它需要合理分配自己的时间、精力、心思，

为实现自己的生活目标而努力。走出忧虑和失败，

全身心地迎接成功和安逸。不要得过且过，

创造性地好好利用生命中的分分秒秒吧！让我们从今天开始，


根据下面的“秘诀”和自身情况，创建属于自己的非凡人生。



第

一

卷



Good Thoughts to Keep in Mind

人生的5个球

■ Bryan Dyson / 布莱恩·戴森

Imagine life as a game in which you are juggling some five balls in the air. You name them: Work, Family, Health, Friends, Spirit. And you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce^① back. But the other four balls — family, health, friends and spirit are made of glass. If you drop one of these, it will be irrevocably scuffed^②, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.

How?

Don't undermine your worth by comparing yourself to others. It is because we are different that each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you.

Don't take for granted the things closest to your heart. Cling to them as you would to your life, for without them, life is meaningless.

Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live all the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile^③ thread that binds us each together.

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