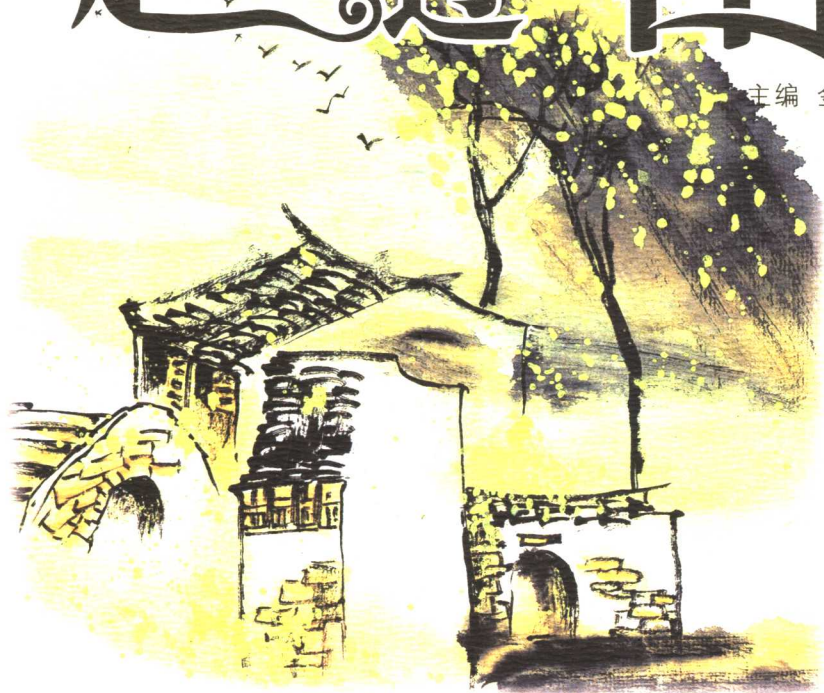


中英对照版

一起走过的日子

主编 金莉



Friends like Us

炫彩
人生
双语
读物



机械工业出版社
CHINA MACHINE PRESS

炫彩人生双语读物

一起走过的日子



主编 金莉
编者 何静 刘轶 张建中

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“炫彩人生双语读物”系列是面向大中学生的中英文对照版的“心灵鸡汤”，共七个分册，分别以赤、橙、黄、绿、青、蓝、紫七种颜色为基调。根据色彩不同的含义并结合本套丛书的需要，七种颜色分别代表爱情、亲情、友情、自然、人生初体验、智慧哲思和优雅人生，基本上涵盖了年轻人生活的各个方面。丛书收录的三百余篇纯正地道的英文心灵小品文，篇篇精彩；所附译文语言优美，精准传神。读者可以在赏析美文、陶冶情操的同时，于潜移默化中提升自己的英语阅读与翻译水平。

本书收录了四十余篇中英文对照的精美短文，这些美文仔细品读起来就像阳光下盛开的向日葵，让你想起情投意合、肝胆相照的老友，想起你们一起走过的日子。

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Friends like Us

阅读是获取精神养料的最好途径之一

- 如果你是一名大中学生，阅读本套书可以开拓视野，陶冶情操，提升英文修养，培养英语语感。
- 如果你是一名英语爱好者，阅读本套书可以让你在赏析优秀英语原文的同时畅游大好河山，随书中的作者一同欢笑悲伤，感悟人生。
- 如果你是一名文学爱好者，阅读本套书，宛如向沉思的哲人问道求学，点一盏明灯照亮心灵之路；又宛如与知己好友把酒畅谈，感受两颗心的同频跳动。

Friends like Us

还记得那个在雨中为你撑伞，
在危难中向你伸出援手，
在你气馁时给你鼓励，
在你伤心时听你倾诉的那个人吗？
看看书中的故事吧，
想想那些你们一起走过的日子……



策 划：

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前言

本套丛书是面向大中学生及英语爱好者的中英文对照版的“心灵鸡汤”，共七个分册，分别以赤、橙、黄、绿、青、蓝、紫七种颜色为基调。根据色彩不同的含义并结合本套丛书的需要，七种颜色分别代表爱情、亲情、友情、自然、人生初体验、智慧哲思和优雅人生，基本上涵盖了年轻人生活的各个方面。丛书收录的三百余篇纯正地道的英文心灵小品文，篇篇精彩；所附译文语言优美，精准传神。读者可以在赏析美文、陶冶情操的同时，于潜移默化中提升自己的英语阅读与翻译水平。

七个分册，七种情怀。别样的思绪、别样的感动，幸福的、浪漫的、甜蜜的、叹惋的、朴实的、隽永的……所有你不期而遇的情缘，在这里都可以找到共鸣。

《生命因你灿如繁花》（赤）讲述爱情故事中的相遇相知、相守相依抑或相思别离，历经所有的甜蜜与悲凄，尽数爱中缠绵与悱恻。《你是我的港湾》（橙）记录了家人温馨甜蜜、感人肺腑的一幕一幕，时间在流逝，变化的是容颜，改变不了的是那一份血浓于水的亲情。《一起走过的日子》（黄）好像阳光下盛开的向日葵，让你想起臭味相投、肝胆相照的老友，想起你



们一起走过的那些美好的青春岁月。《随着风儿去旅行》(绿)让你足不出户便能身临其境地徜徉在塞纳河边，品尝真正的法式大餐，或者置身于科罗拉多幽深河谷，让那巨浪排空、波涛咆哮的壮丽景象把你折服，抑或真切体验极限运动所带来的刺激超凡的感受。《人生初体验》(青)讲述那些单纯、快乐又青涩的年少青春事。对于学习、工作抑或生活，你总有迷茫、懵懂、不知所措的时候，就让书中的故事为你指引航程吧！《青春无悔》(蓝)所收录的故事短小隽永，蕴藏着悠远的哲思，让你在阅读之余获得诸多启发和教益。《时光的味道》(紫)宛如一位长者，向你娓娓道出生活中那些令人着迷的点点滴滴，令你的人生更添一分体会。

生命中有太多的故事，太多的感动，也许你曾经错过，也许你已经遗忘。在下一个稍纵即逝的瞬间，翻开这本书，纵容自己深陷于这浓稠得化不开的青春回忆中，慢慢经受心灵的洗礼，好好品味这精彩纷呈的人生吧。翻开书页的那一刻，你定会被一种心与心的默契所感动，任由它轻轻触动你的心弦。

用心去生活，你会发现每一天都很精彩。

谨以此书献给那些深爱家人与朋友、有梦想、有期待、对生活充满激情、对英语学习饱含热情的人们。

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青春记事簿

— Bernice Ellen

I am a rose, you are my thorns,
Clutching to me and protecting me.
I am the sun, you are my rays,
Helping me to shine and to be all that I can.
I am a lake, you are my water,
Filling me with ideas, dreams, and hopes for the future.
I am a tree, you are my leaves,
Sharing who and what I am.
And becoming an important part of my life.
I am a heart, you are my beat,
Beating rhythmically to my happiness,
My fear, my sadness, my excitement.
I am me and you are with me,
To share all that I am,
To share life, love, and happiness.





A Gift from God

来自上帝的礼物

One day, when I was a freshman in high school, I saw a kid from my class was walking home from school. His name was Kyle. It looked like he was carrying all of his books. I thought to myself, "Why would anyone bring home all his books on a Friday? He must really be a nerd^①."

I had quite a weekend planned (parties and a football game with my friends in tomorrow afternoon), so I shrugged^② my shoulders and went on.

As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping^③ him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes. My heart went out to him. So, I jogged^④ over to him. As he crawled around looking for his glasses, I saw a tear in his eye.

As I handed him his glasses, I said, "Those guys are jerks^⑤. They really should get lives."

① **nerd** /nɜ:d/

n. 讨厌的人, 卑微的人

② **shrug** /ʃrʌg/

v. 耸肩

③ **trip** /trip/

vt. 使跌倒

④ **jog** /dʒɔ:g/

v. 轻推或轻碰某人

⑤ **jerk** /dʒɜ:k/

n. [美俚] 笨蛋, 傻瓜

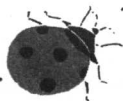
在我上高一的时候, 一天, 我看到我班里的一个孩子正从学校往家走, 他的名字叫凯尔。他好像提着所有的书本。我自忖道: “为什么有人会在周五把书都带回家呢? 他一定是个白痴。”

我的周末都已经安排好了(聚会, 明天下午同朋友们的足球赛), 于是我耸了耸肩, 继续往前走。

正走着的时候, 我看到一群孩子向他跑去。他们朝他冲过去, 将他怀里的书都撞撒了, 还把他绊倒在满是尘土的地上。他的眼镜飞了出去, 我看到眼镜落在大约距他十英尺远的草丛里。他抬起头来, 我看到了他眼睛里那令人震惊的凄楚。我的心为他揪了一下, 于是就跑过去。当他在地上摸索眼镜的时候, 我看到了他眼中的泪花。

我把眼镜递给他, 说: “那些蠢货, 他们真该受惩

罚”



He looked at me and said, "Hey, thanks!" There was a big smile on his face.

It was one of those smiles that showed real gratitude[●]. I helped him pick up his books, and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now. I would have never hung out with a private school kid before.

We talked all the way home, and I carried his books. He turned out to be a pretty cool kid. I asked him if he wanted to play football on Saturday with me and my friends. He said yes.

We hung around all weekend and the more I got to know Kyle, the more I liked him. And my friends thought the same of him. Monday morning came, and there was Kyle with the huge stack[●] of books again. I stopped him and said, "Boy, you are going to really build some serious muscles with this pile of books everyday!" He just laughed and handed me half the books.

Over the next four years, Kyle and I became best friends. When we were seniors, we began to think about college. Kyle decided on Georgetown, and I was going to Duke. I knew that we would always be friends, that the miles would never be a problem. He was going to be a doctor, and I was going for business on a football scholarship.

⑥ **gratitude** /'grætitjʊd/

n. 感谢的心情

⑦ **stack** /stæk/

n. 堆，一堆

他抬头望着我，说：“嗨，谢谢你！”脸上露出灿烂的笑容。

正是这微笑显示了他发自内心的谢意。我帮他捡起书本，并询问他的住处。原来我们住得很近，于是我就问为什么以前从没见过他，他说此前他上私立学校。在他之前我从没同私立学校的孩子一起玩过。

我帮他提着他的书，俩人谈了一路，原来他是一个相当不错的孩子。我问他周六是否想和我以及我的朋友们一起踢球，他欣然同意。

整个周末我们都呆在一起，而且我越了解凯尔，就越喜欢他。我的朋友对他的评价也是一样。周一早上，我又看到了凯尔，他还是抱着那一摞书。我叫他，并问道：“你这家伙，真想每天搬这么一摞书来锻炼，希望长几块肌肉吗？”他只是笑笑，递给了我半摞。

在其后的四年里，凯尔和我成了最好的朋友。将近毕业的时候，我们开始考虑上大学的事情。凯尔打算上乔治敦大学，而我准备进杜克大学。我知道我们一直都是朋友，距离并不是问题。他打算当一名医生，而我将靠足球奖学金读商学院。

Kyle was valedictorian[●] of our class. I teased[●] him all the time about being a nerd. He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak.

Graduation day, I saw Kyle. He looked great. He was one of those guys that really found him during high school. He filled out and actually looked good in glasses. He had more dates than me and all the girls loved him!

Boy, sometimes I was jealous. Today was one of those days. I could see that he was nervous about his speech. So, I smacked him on the back and said, "Hey, big guy, you'll be great!" He looked at me with one of those looks (the really grateful one) and smiled. "Thanks," he said.

As he started his speech, he cleared his throat, and began. "Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings[●], maybe a coach... but mostly are your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story."

I just looked at my friend with disbelief as he told the story of the first day we met. He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his mom wouldn't have to do it later and was carrying his stuff home. He looked hard at me and gave me a little smile,

⑧ **valedictorian**

/ˈvælɪdɪk'tɔːriən/

n. 致告别辞的毕业生代表

⑨ **tease** /tiːz/

vt. 取笑, 奚落

⑩ **sibling** /ˈsɪblɪŋ/

n. 兄弟, 姐妹

凯尔是我们班的告别演说者。我一直取笑他扮演这个傻乎乎的角色。他必须为毕业演讲作准备。我由衷地庆幸站在那里演讲的人不是我。

毕业那天, 我看到了凯尔, 他看上去棒极了。他是在高中才真正发现了自己实际才能的那些学生中的一个。他长大了, 现在戴着眼镜也很帅。他比我的约会多, 女孩子都喜欢他!

不错, 有些时候我也会嫉妒他, 今天就是一例。我发觉他有些紧张, 于是我轻轻拍了拍他的背, 说: “嘿, 老兄, 你会很棒的!” 他望着我, 还是曾经的那种眼神(真正感激的那种), 然后笑了。“多谢了。”他说。

该他演讲了, 他清了清嗓子: “毕业是表达谢意的时候, 感谢那些帮助你走过艰难日子的人。你的父母, 你的老师, 你的兄弟姐妹, 可能还有你的教练……但最重要的是要感谢你的朋友。在此我告诉大家, 做一个朋友是你能给对方的最好的礼物。我要给你们讲一个故事。”

他讲述我们第一次相遇的故事时, 我满腹怀疑地望着他。他说他已经计划在那个周末自杀。他说那时他已经把储物柜清理干净了, 省得他妈妈以后再整理, 然

“Thankfully, I was saved. My friend saved me from doing the unspeakable.”

I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his mom and dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth.

Never underestimate the power of your actions. With one small gesture you can change a person's life. For better or for worse. God puts us all in each other's lives to impact one another in some way. Look for God in others.

Each day is a gift from God! Don't forget to say, “Thank you!”

妙语

☆ My heart went out to him.

我的心为他揪了一下。

☆ We hung around all weekend and the more I got to know Kyle, the more I liked him.

整个周末我们都呆在一起，而且我越了解凯尔，就越喜欢他。

☆ My friend saved me from doing the unspeakable.

在我就要做傻事的时候，我的朋友救了我。

☆ For better or for worse.

或好或坏。