

# 最美丽的英文

# The most Beautiful English

人人受益的心灵智慧书，学习英文的最佳课外书。

# 心灵鸡汤

*Soup For the Soul*

## 全集

郭冰 编译

优美华丽的文字，温馨动人的故事，滋润心灵的哲理，聪明睿智的启示。本书融学习语言和陶冶情操于一体，让广大读者在学习英文的过程中，感受到生命中时时刻刻都存在着美，就如品饮一碗心灵鸡汤，滋润着人们的心田……

哈尔滨出版社  
HARBIN PUBLISHING HOUSE

M1319.4:I  
309

最美丽的英文

人人受益的心灵智慧书，学习英文的最佳课外书。

# 心灵鸡汤

## 全集



哈尔滨出版社  
HARBIN PUBLISHING HOUSE

图书在版编目(CIP)数据

心灵鸡汤全集:英汉对照/郭冰编译. —哈尔滨:哈尔滨出版社,2007.6

ISBN 978-7-80699-962-2

I. 心... II. 郭... III. ①英语-汉语-对照读物 ②散文-作品集-世界 IV. H319.4:1

中国版本图书馆 CIP 数据核字(2007)第 059345 号

责任编辑:李毅男 孟 飞

装帧设计:飞鸟工作室

心灵鸡汤全集

郭冰 编译

哈尔滨出版社出版发行

哈尔滨市动力区文政街 6 号

邮政编码:150040 电话:0451-82159787

E-mail:hrbcbs@yeah.net

网址:www.hrbcbs.com

全国新华书店经销

北京市通州兴龙印刷厂

开本 720×980 毫米 1/16 印张 22.25 字数 300 千字

2007 年 7 月第 1 版 2008 年 1 月第 3 次印刷

ISBN 978-7-80699-962-2

定价:26.80 元

版权所有,侵权必究。举报电话:0451-82129292

本社常年法律顾问:黑龙江大公律师事务所徐桂元 徐学滨



## 第一卷 默默真情隽永

### *Part 1 Meaningful True Feelings*

*Unselfishly / 2*

无私的爱 / 3

*Love Can Last Forever / 4*

爱能持续到永远 / 6

*Just Two for Breakfast / 8*

两个人的早餐 / 10

*Love is Difficult / 12*

爱是艰难的 / 13

*Mother's Love / 14*

母爱 / 17

*A Father's Love / 19*

父爱 / 21

*The Difference a Teacher Can Make / 22*

老师改变了男孩的人生 / 25

*A Doll for Great-grandmother / 28*

给曾祖母的玩具娃娃 / 31

*Families Must Strive for Ideals / 34*

理想的家庭生活 / 36

*To Be a Better Friend / 37*

做个更好的朋友 / 39

*True Love / 41*

真爱 / 42





*What My Daughter Taught Me About Love / 43*

女儿的午餐袋 / 46

*Letter to His Son / 49*

给儿子的信 / 51

*The Value of Friendship / 53*

友谊的价值 / 55

*Parenthood / 57*

为人父母 / 59

*Let Go / 61*

放手 / 64

*Home / 66*

家 / 67

*The Lover and the Beloved / 68*

爱与被爱 / 70

*The Best Teacher I Ever Had / 71*

我最好的老师 / 73

*The Gift of Love / 75*

爱的颂歌 / 76

*Looking at Life through the Eyes of Children / 77*

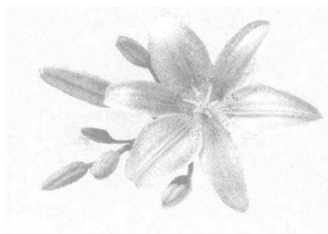
孩子眼里的人生 / 78

*Memos from a Child / 79*

来自孩子的备忘录 / 81

*The Best Kind of Love / 82*

天底下最真挚的爱情 / 85





*Growing Roots / 87*

成长的树根 / 89

*Let Go Love / 91*

将爱放飞 令爱常驻 / 92

## 第二卷 驿动心弦

### *Part 2 Little Beating Heart*

*On Beauty / 94*

谈美 / 96

*The Real Courage / 98*

真正的勇气 / 99

*Jelly Hearts / 100*

果冻心 / 103

*Mystery of the White Gardenia / 105*

洁白的栀子花 / 107

*Those Strangers We Know / 109*

熟悉的陌生人 / 111

*Life's Little Wonders / 113*

生活中的小小惊喜 / 114

*Christmas Morning / 115*

另一种快乐 / 118

*Is Packing Important to You / 120*

错过的祝福 / 122



*How to Find True Love / 123*

如何发现真爱 / 127

*A Little Piece of Me / 130*

生命的过客 / 132

*If the Dream is Big Enough / 133*

为了心中的梦想 / 135

*With One Glass of Milk / 137*

一杯牛奶的温暖 / 139

*The Doll and a White Rose / 140*

玩具娃娃和白色玫瑰 / 142

*Feeling Beauty / 144*

感触美丽 / 145

*The Lesson of Bamboo Trees / 146*

竹子的启示 / 147

*Catch of a Lifetime / 148*

一生的收获 / 150

*Food for Thought / 152*

凡人智慧 / 153

*The Splashes of Life / 154*

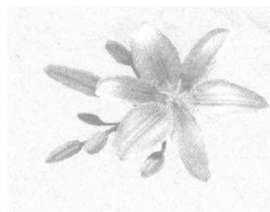
生命的波纹 / 155

*The Mirror / 156*

镜子的人生哲理 / 158

*Two Words from the Heart / 159*

心声 / 161





*Caught by Her Smile / 163*

令人心醉的微笑 / 165

*A Brother's Miracle / 166*

奇迹的价格 / 168

*Flowers on the Bus / 170*

溢满鲜花的巴士 / 172

*Love is Just Like a Broken Arm / 174*

爱如断臂 / 176

*Bobby's Gift / 178*

博比的礼物 / 181

### 第三卷 洋红色的风铃

#### *Part 3 Carmine Wind Bells*



*A Good Heart to Lean On / 184*

善心可依 / 186

*A Kindness Returned / 188*

友好的报答 / 190

*Beyond Fear / 192*

超越恐惧 / 194

*I Forgive You / 196*

宽恕 / 199

*On Peace of Mind / 201*

论宁静的心境 / 203





*On Pleasure / 204*

自由如歌的快乐 / 206

*Beliefs / 208*

信念 / 209

*Perseverance / 210*

论毅力 / 211

*Courage / 212*

勇气 / 213

*Trust / 214*

信任 / 215



*Confidence / 216*

自信 / 218

*On Happiness / 219*

幸福箴言 / 220

*Life / 221*

生活 / 223

*Growth / 225*

成长 / 226

*Promises Kept / 227*

恪守诺言 / 230

*A Lesson I Have Learned / 232*

一次教训 / 234

*"There" is No Better than "Here" / 236*

彼岸无尽头,知足才常乐 / 238



*If I Rest, I Rust* / 239

如果我休息,我就生锈 / 240

*"The Brick" in Life* / 241

生命中的“砖头” / 243

*The Spirit of Man* / 244

人类的精神 / 245

*Words from a Father* / 246

爱在无语时 / 249

*If Only I Had Known...* / 252

假如当初我知道…… / 254

*Broken Promises* / 255

不守诺言 / 258

*We Never Told Him He Couldn't Do It* / 260

从不说他做不到 / 261

*Life isn't a Dress Rehearsal* / 262

人生不是一次彩排 / 263



## 第四卷 足音

### *Part 4 Tones for Trace*

*Double Vision* / 266

双重视野 / 268

*The Smile* / 270

微笑 / 272



*Last Dance... Last Chance...* / 274

最后的舞蹈……最后的机会…… / 277

*Miracle, Your Life!* / 279

你的生命是个奇迹! / 284

*Books* / 287

书籍 / 289

*Do You Accept Challenges?* / 291

你接受挑战吗? / 292

*A Non-stop Working Hand* / 293

永不休憩的工作者 / 294

*Love is not Like Merchandise* / 295

爱情不是商品 / 296

*I Learned in Kindergarten...* / 297

幼儿园里所学的…… / 298

*The Prime Time in Life* / 299

生命的最佳时期 / 301

*What will Matter* / 302

学会珍惜 / 303

*For Success in Life* / 304

人生之道 / 305

*Importance of Being Busy* / 306

繁忙的重要性 / 308

*On Achieving Success* / 309

关于成功 / 310





*A Lesson for Life / 311*

生活的启示 / 313

*Test of True Love / 315*

真爱的考验 / 317

*Attitude is Everything / 319*

态度最重要 / 321

*The Strenuous Life / 323*

积极的人生 / 324

*The Human Story / 325*

人类的故事 / 326

*The Handsome and Deformed Leg / 327*

美腿与丑腿 / 329

*Be Happy! / 331*

快乐吧! / 332

*My Life is Over / 333*

我的人生已逝 / 334

*Different Strokes of Our Duties / 335*

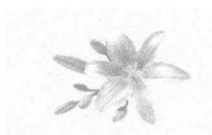
关于责任的几笔 / 336

*The Story of Life / 337*

生活小悟 / 339

*A Little Girl's Dream / 340*

小女孩的梦想 / 342

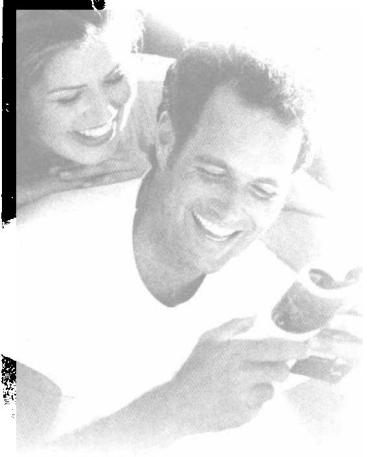




## 第一卷 默默真情隽永

### Part 1 Meaningful True Feelings





# Unselfishly

*Anonymous*

She is so very beautiful, her love is from within. How can I praise this special woman? Where do I begin? She always knows just what to say and what I need to hear, and when I need that special someone she is always near.

She always knows just what to do when I am feeling lost. Her kindness and compassion comes without a hidden cost. Unselfishly she shares her love and asks none in return. Love that's unconditional from her is what I've learned.

She stands so tall and elegant a goddess in my eyes. The older I get it seems the more I realize how very wise and understanding she has always been. And now I understand that she has been my dearest friend.

She always gives and never asks to receive in return. And many times I thought the way I acted just might ruin the bond we have created or the closeness that has grown, but she is always there for me, I am never alone.

There are some times we've disagreed and I felt we would part, but always she was waiting for me with a loving heart, forgiving all my attitudes and loving me for me, looking way beyond the things that other people see.

Even when I make mistakes I know that she will say, gone are yesterday's mistakes, this is a brand-new day. No matter if I still rebel or her advice I spurn, she says experience is not the only way to learn.

• When I am up and all is great she shares my happiness, but when my world comes crashing down she also shares in this. She always has a word to say about: What I should do, but right or wrong she never says the dreaded, "I told you."

I understand the force behind her love on Mother's Day. Advice that she has given me has helped me find my way. I try with all my heart to love unselfishly like my mother. But on this day she needs to know how much I really love her.

# 无私的爱

佚名

她是如此美丽,她的爱发自肺腑。我该如何赞美这位特殊的女人呢?从哪里说起呢?她永远知道该说什么,知道我需要听什么。当我需要这位特殊且重要的人时,她总会陪伴在我身边。

她永远知道如何安慰迷茫时的我;她的善良和同情,总是不惜一切代价地付出着;她无私地让我们共享她的爱,不求回报。我从她那里学到了,无条件付出的爱。

在我眼里,她是一位高贵典雅的女神。随着年龄的增长,我更强烈地意识到,她总是那么充满智慧,善解人意。现在,我明白了,她始终是我最近的朋友。

她总是奉献,不求回报。多少次,由我们创造的且日久弥新的纽带,曾被我的所作所为毁灭。但她永远为我守候,我从未因此感到过孤独。

我们偶尔会有分歧,我觉得我们会彼此疏远,但是,她总是全心全意地等我回头,原谅了我所有的态度,爱我。她总是有着独特的判断。

如果我犯了错,我知道她会说,昨天的过错已随风而逝,今天又是一个崭新的日子。不论我是否还要叛逆,或不顾她的忠告,她都会说,经验不是学习的唯一途径。

当我意气风发、万事如意时,她会分享我的喜悦;当我跌入谷底时,她也会分担我的愁苦。她总会对我该做什么提出建议,但无论最终我做得对错与否,她绝不说那句可怕的话——“我早就告诉过你了”。

值此母亲节,我懂得了她的爱背后的力量。她给我的忠告帮我找到了属于自己的方向,我努力像母亲那样,无私地去爱。但是,在这个日子,我想让她知道,我真的很爱她。

# Love Can Last Forever

*Anonymous*

I can honestly say it was the best of time and the worst of time. I was joyfully expecting my first child, at the same time that my once-energetic, zestful mother was losing her battle with a brain tumor.

For ten years, my fiercely independent and courageous mother had fought, but none of the surgeries or treatments had been successful. Still, she never lost her ability to smile. But now, finally, at only fifty-five, she became totally disabled—unable to speak, walk, eat or dress on her own.

As she grew closer and closer to death, my baby grew closer and closer to life inside me. My biggest fear was that their lives would never connect. I grieved not only for the upcoming loss of my mother, but also that she and my baby would never know each other.

My fear seemed well-founded. A few weeks before my due date, mother lapsed into a deep coma. Her doctors did not hold any hope. They told us her time was up. It was useless to put in a feeding tube, they said. She would never awaken.

We brought mother home to her own bed in her own house, and we insisted on care to keep her comfortable. As often as I could, I sat beside her and talked to her about the baby moving inside me. I hoped that somehow deep inside, she knew.

On February 3rd, 1989, at about the same time my labor started, mother opened her eyes. When they told me this at the hospital, I called her home and asked for the phone to be put to mom's ear.

"Mom-Mom-listen. The baby is coming! You're going to have a new grandchild. Do you understand?"



“Yes! ”

What a wonderful word! The first clear word she'd spoken in months!

When I called again an hour later, the nurse at her house told me the impossible:

Mom was sitting up, her oxygen tubes removed. She was smiling!

“Mom, it's a boy! You have a new grandson! ”

“Yes! Yes! I know! ”

Four words. Four beautiful words.

By the time I brought Jacob home, Mom was sitting in her chair, dressed and ready to welcome him. Tears of joy blocked my vision as I laid my son in her arms and she clucked at him. They stared at each other.

They knew.

For two more weeks, mother clucked, smiled and held Jacob. For two weeks she spoke to my father, her children and grandchildren in complete sentences. For two miracle weeks, she gave us joy.

Then she quietly slipped back into a coma and, after the visits from all her children, was finally free of the pains and confines of a body that no longer did her will.

Memories of my son's birth will always be bittersweet for me, but it was at this time that I learned an important truth about living. For while both joy and sorrow are fleeting, and often intertwined, love has the power to overcome both. And love can last forever.