

英语美文诵读

把握

今天



不管昨天曾经发生什么，不管明天可能发生什么，
今天才是生命之光的完美绽放……

Seize the Day

司炳月 主编



大连理工大学出版社



Seize the Day

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Forewords

前言

细雨湿衣看不见，闲花落地听无声。不知不觉间，我们的眉梢，已印上岁月的雕琢。当我们感伤夕阳西下的黄昏，当我们独处灯火阑珊的夜晚，当我们吟诵喷薄而出的朝阳，我们会有一种幡然的感悟——不管昨天曾经发生什么，不管明天可能发生什么，今天才是生命之光的完美绽现。

当一切已成过往，绝望的挣扎，欲裂的伤痛，万分的欣喜，至纯的爱恋，所有的这一切如同玲珑的叶片，记忆随着叶脉传递，在生命的年轮里永存。当一切还未到来——闪现的昙花，邂逅的美丽，热切的渴望，虔诚的祈祷——所有的这一切如同如灿烂烟花，梦想随着花香飘散。而今天，也只有今天之花才能在玫瑰岁月灿烂绽放。

今天我们感悟了：人生是缘，聚散离合；人生如海，潮起潮落；人生是山，峰峦叠嶂；人生如酒，苦辣酸甜；人生是歌，跌宕起伏；人生如泉，滴水藏海。今天我们知道了：余音袅袅，是音律之美；杨柳依依，是神态之美；彩蝶翩翩，是舞动之美。众生芸芸，才是生命之澄澈彩虹。今天我们体会了：生命中没有什么恒久不变的风景，只要你的心永远朝着太阳，每一个清晨都会向你展现一番美景，等着你去欣赏——



Forewords

前言

这个世界总会带给你新的希望。

本书选材范围甚广,包括隽永清新的散文,发人深省的时文,经典名著的名篇,圣人智者的名言,寄以展现世态万象,阐释生活哲理,演绎精彩人生。就让我们一起在这些经典的文章中品味今天中的春华秋实,今天的璀璨夺目,今天的沧海巅峰吧!

编 者

2009年5月



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One thing I know for sure, to be good in my business I could simply meet the expectations of my passengers. But, to be GR& (T in my business, I have to EXCEED the customers' expectations!

有一件事我深信不疑,想在这个行当中做得好,只要满足乘客的期望就行了。而想要出类拔萃,我就必须超出顾客的期望!

A Million Dollar Lesson

Years ago, a cab driver taught me a million dollar lesson on customer satisfaction and expectation. If a great motivational¹ lecturer makes such a speech, he will charge thousands of dollars. I mean his speech is only to impart² his kind of training to corporate³ executives and staff. While at that time the taxi driver's lesson only cost me a \$12 taxi ride.

I had flown into Dallas for the sole purpose of calling on a client. Time was of the essence⁴ and my plan included a quick turnaround trip from and back to the airport. A spotless cab pulled up.

The driver rushed to open the passenger door for me and made sure I was comfortably seated before he closed the door. As he got in the driver's seat, he mentioned that the neatly folded Wall Street Journal next to me was for my use. He then showed me several tapes and asked me what

type of music I would enjoy.

Well! I looked around for “Candid Camera”⁵! Wouldn’t you? I could not believe the service I was receiving in the world! I took the opportunity to say, “Obviously you take great pride in your work. You must have a story to tell.”

“You bet,” he replied, “I used to be in Corporate America. But I got tired of thinking my best would never be good enough. I decided to find my niche⁶ in life where I could feel proud of being the best I could be.”

“I knew I would never be a rocket scientist, but I love driving cars, being of service and feeling like I have done a full day’s work and done it well. I evaluated⁷ my personal assets⁸ and... wham! I became a cab driver.”

“One thing I know for sure, to be good in my business I could simply meet the expectations of my passengers. But, to be GREAT in my business, I have to EXCEED the customers’ expectations! I like not only the sound but also the return of being ‘great’ better than just getting by on ‘average’.”

一课千金

几年前，一位出租车司机给我上了一堂价值百万美元的课——关于顾客的满意度与期望值。如果一位优秀的励志演说家给公司的高层和员工做一次这样的培训，他会收取成千上万美元的费用，而我仅仅支付了12美元的出租车费。

我飞来达拉斯只是为了拜访一位客户。时间就是生命，我计划拜访他之后急速返回机场。这时一辆一尘不染的出租车停了下来。

司机迅速下车为我打开客座车门，待我舒服地坐好后才把车门关上。在驾驶座上坐定之后，他告诉我，放在我旁边的那份叠得整齐的《华尔街日报》是供我翻阅的。然后，他让我看几盒磁带，问我喜欢什

么样的音乐。

噢！我环顾四周，看看有什么玄机！难道你不会这样做吗？我简直不敢相信天底下有这等服务！我趁机说：“看得出你为自己的工作感到非常自豪，这其中一定有故事吧。”

“没错，”他回答道，“我以前曾在美国一家大公司上班，但是无论怎么努力也达不到别人的要求，我厌倦了这种生活。于是，我决定为我的人生开创属于自己的一片新天地，在那里我能做到最好，并为此感到自豪。”

“我知道我永远也成不了火箭专家，但我喜欢开车，喜欢为他人服务，喜欢完成了一天的工作并且干得出色的那种感觉。我算了下我手里的钱……嗯，然后，我开上了出租车。”

“有一件事我深信不疑：想在这个行当中做得好，只要满足乘客的期望就行了；而想要在这个行当中做得出类拔萃，我就必须提供超出顾客期望的服务！我不满足于仅仅以一般服务打发日子，我喜欢顾客对我优质服务的赞誉和因此得到的回报。”

.....

1. motivational [ˌməʊti'veiʃənəl] a. 激发性的，促进性的

2. impart [im'pɑ:t] v. 传授，告知

3. corporate ['kɔ:pərit] a. 法人的；公司的

4. essence ['esns] n. 本质，精髓

5. candid camera 用来偷拍的袖珍照相机

6. niche [nitʃ] n. 壁橱，适当的位置，舒适或称心的工作

7. evaluate [i'veəlju:et] v. 评估，评价

8. asset ['æset] n. 资产，财产

Questions:

1. What was the author's reaction when he received such an unexpected service in the taxi?
2. What can you learn from the story?

Our circumstances are only bad compared to something better. But others have been through much worse. I've read enough history to know you and I are lucky to be where we are, when we are, no matter how bad it seems to us compared to our fantasies.

不幸都是相对而言的。有些人比我们更不幸。不管现实和理想相距多远,纵观历史,我们应该为现在所处的时代和境况感到幸运。

Adrift¹

In 1982 Steven Callahan was crossing the Atlantic alone in his sailboat when it struck something and sank. He was out of the shipping lanes and floating in a life raft², alone. His supplies were few. His chances were small. Yet when three fishermen found him seventy-six days later (the longest anyone has survived a shipwreck on a life raft alone), he was alive, much skinnier³ than he was when he started, but alive.

His account⁴ of how he survived is fascinating. How he ingeniously⁵ managed to catch fish, how he fixed his solar still, which evaporates seawater to make fresh water, is very interesting.

But the thing that caught my eye was how he managed to keep himself going when all hope seemed lost, when there seemed no point in continuing the struggle, when he was suffering greatly, when his life raft was punctured⁶ and after more than a week struggling with his weak body to fix it, it was still leaking air and wearing him out to keep pumping it up. He was starved. He was desperately dehydrated⁷. He was thoroughly exhausted. Giving up would have seemed the only sane⁸ option.

When people survive these kinds of circumstances, they do something with their minds that gives them the courage to keep going. Many people in similarly desperate circumstances give in or go mad. Something the survivors do with their thoughts helps them find the guts to carry on in spite of overwhelming odds.

“I tell myself I can handle it,” wrote Callahan in his narrative. “Compared to what others have been through, I’m fortunate. I tell myself these things over and over, building up fortitude⁹...”

I wrote that down after I read it. It struck me as something important. And I’ve told myself the same thing when my own goals seemed far off or when my problems seemed too overwhelming. And every time I’ve said it, I have always come back to my senses.

The fact is, our circumstances are only bad compared to something better. But others have been through much worse. I’ve read enough history to know you and I are lucky to be where we are, when we are, no matter how bad it seems to us compared to our fantasies. It’s a sane thought and worth thinking.

So here, coming to us from the extreme edge of survival, are words that can give us strength. Whatever you’re suffering, tell yourself you can handle it. Compared to what others have been through, you’re lucky.

Tell this to yourself again and again, and it will help you get through the rough spots with a little more fortitude.

漂流者箴言

1982年史蒂文·卡拉汉独自驾驶着帆船横渡大西洋,途中帆船触礁沉没。他在救生艇里孤独地漂浮着,远离了航道。当时他身上的食物所剩无几,生存机会非常渺茫。但76天后,三个渔民发现了他,他还活着(他是世界上遭遇海难,在救生艇上存活时间最长的人。),他当时瘦骨嶙峋,与出航前相比简直判若两人,然而他还活着。

他大难不死的故事让人惊叹。其中他是如何巧妙地抓鱼,如何固定太阳蒸馏器蒸发海水来提取淡水的事情都非常有趣。

但我最感兴趣的还是在他感到彻底绝望的时候,当一切抗争都似乎已经毫无意义的时候,当灾难苦苦折磨着他的时候,他是如何支撑着活下来的?救生艇穿了洞,他强撑着虚弱的躯体,花了一周多的时间去修理,可救生艇仍然漏气,于是他又得耗尽所有的力气去给救生艇打气。他饥肠辘辘的并且极度脱水,精疲力竭,就算放弃也完全在情理之中。

如果人们能够在这种情况下生存下来,那么他们的脑海中一定有什么信念支撑着他们。许多人在遭遇类似的绝境时会选择放弃或精神失常,但幸存下来的人靠的就是心中的信念,是信念让他们最终找到了战胜一切恶劣状况的勇气和决心。

“我跟自己说我一定可以挺过去的,”卡拉汉在他的叙述中写到。“跟别人的遭遇相比,我已经算是幸运的。我自始至终都这样鼓励自己,在自己心中建立起永不放弃的信念。”

读完这几句,我就把它们抄了下来,并深深地为之震撼。当我觉得自己的目标似乎遥不可及或者我遇到了似乎无法解决的问题的时候,



我就用它们来勉励自己。而每每念及它们,我总能有所感悟。

事实上,不幸都是相对而言的,有些人比我们更不幸。不管现实和理想相距多远,纵观历史,我们应该为现在所处的时代和境况感到幸运。这样的想法是明智的,而且也值得思考。

因此,从这个大难不死的故事中,我们学到了能给予我们力量的是话语。无论你遭遇了什么,你都要对自己说:你一定能挺过去的,和其他人的不幸相比,你已经算幸运了。要一遍一遍地用这些话鼓励自己,这个信念将会使你更有决心去度过每一个难关。

.....

1. adrift[ə'drift] ad.& a. 漂流地,漂泊的
2. raft[rɑ:ft] n. 筏,救生艇,橡皮艇
3. skinny['skini] a. 皮包骨头的(skinier为比较级)
4. account[ə'kaunt] n. 纪录,报告,叙述
5. ingeniously[in'dʒi:niəsli] ad. 巧妙地,有才能地
6. puncture['pʌŋktʃə] v. 刺穿
7. dehydrated[di:'haɪdreɪtɪd] a. 脱水的
8. sane[seɪn] a. 明智的,理智的
9. fortitude['fɔ:tɪtju:d] n. 刚毅,坚毅,不屈不挠

Questions:

1. How many days had passed before Steven Callahan was rescued from the shipwreck on a life raft alone?
2. How did Callahan manage to keep himself going when all hope seemed lost?
3. Have you ever been in similarly desperate circumstances? How did you react?

*So, maybe, shall break upon us that eternal morning, when
crag and chasm shall be no more, neither hill and valley, nor
great ocean; when glory shall not scare happiness, neither
happiness envy glory; but all things will arise, and shine in the
light of the Father's countenance, because itself is rising.*

也许,那永恒的晨光就会这样降临人间,那时不再有险崖沟壑,不再有峰峦山谷,也不再有浩瀚无际的海洋。那时荣耀不会吓走幸福,幸福也不会嫉妒荣耀。万物都将雀跃升腾,在造物主慈爱的光芒中生辉,因为太阳已经升起。

An October Sunrise

The next morning I got up before the October sunrise, and walked away through the wild and the woodland. The rising of the October sun, I could say, was noble in the cold and warmth of it peeping down the spread of light; he raised his head heavily over the edge of grey mountain and wavered¹ length of upland. Beneath his gaze the dew-fogs dipped, and crept to the hollow places, then stole away in line and column, holding skirts and clinging subtly² at the sheltering corners where rock hung over grassland, while the brave lines of the hills came forth, one beyond other gliding.

The woods arose in folds, like drapery³ of awakened mountains, stately with a depth of awe, and memory of the tempests. Autumn's mellow hand was upon them, as they owned already, touched with gold and red and olive, and their joy towards the sun was less to a bridegroom⁴