

英语美文诵读

用智慧

经营自己



在生活的舞台上，我们可以选择自己成为什么样的人，  
在于怎样用智慧经营自己……

Build Yourself with Wisdom

司炳月 主编



大连理工大学出版社

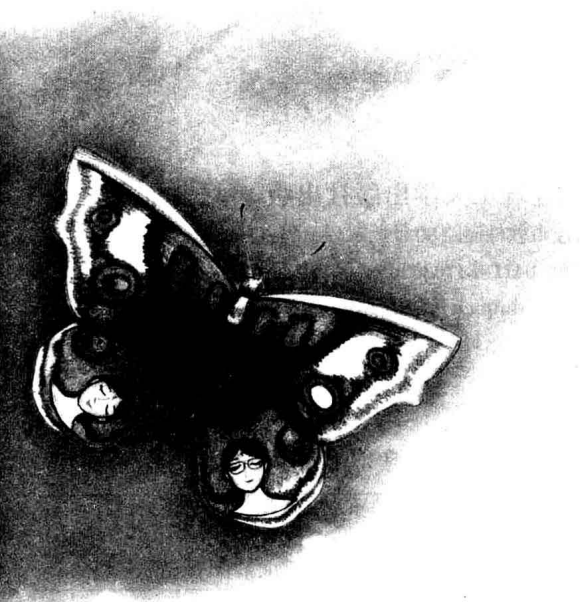


# Build Yourself with Wisdom

主编 司炳月

副主编 (按照姓氏笔画)

于芳 王晓华 乔国红 邵林 曹麟



英语美文诵读  
用智慧

经营自己

大连理工大学出版社

## 图书在版编目(CIP)数据

用智慧经营自己:英汉对照 / 司炳月主编. — 大连:大连理工大学出版社, 2009.6

(英语美文诵读)

ISBN 978-7-5611-4884-6

I. 用… II. 司… III. ①英语—汉语—对照读物 ②散文—作品集—世界 IV. H319.9

中国版本图书馆CIP数据核字(2009)第085813号

大连理工大学出版社出版

地址:大连市软件园路80号 邮政编码:116023

发行:0411-84708842 邮购:0411-84703636 传真:0411-84701466

E-mail: dutp@dutp.cn URL: <http://www.dutp.cn>

大连天正华延彩色印刷有限公司印刷 大连理工大学出版社发行

---

幅面尺寸:125mm×180mm

印张:5.25

字数:131千字

附件:MP3 光盘一张

印数:1~5000

2009年6月第1版

2009年6月第1次印刷

---

责任编辑:庄晓红

责任校对:郭媛媛

封面设计:孙宝福

封面插图:杨婧姝

---

ISBN 978-7-5611-4884-6

定价:18.00元



# Forewords

前

言

有时候生活是一座迷宫,并不是笔直通畅的走廊。我们走的路,有风雨,有冰霜,有悲欢,有离合。我们时常会陷入迷茫,我们曾因为“懒惰”而懊恼不止;我们曾因为无法实现“梦想”而手足无措;我们曾因为“往事”而耿耿于怀;我们曾因为“个性”而备受冷遇……但我们始终深信不疑,总会有一扇智慧之门向我们打开,向我们展示绚丽的朝霞,斑斓的风光,成功的殿堂,美丽的人生。

本书的英文哲理文章,会把我们带到一个智慧无穷的世界。告诉我们:智慧是灯,驱散寂寥;智慧是茶,留香唇齿;智慧是网,过滤浮躁,沉淀宁静;智慧是水,投以点滴,报以涌泉。这里有历经岁月的理性思考,有幽默诙谐的人生感悟,有激情澎湃的名人演讲,还有蕴涵哲理的寓言故事。

阅读这些原汁原味的英语美文,可以有效地提高我们的英语阅读能力,掌握地道的英语,提高我们的英语水平。此外,阅读这本书,我们更可以净化心



# Forewords

## 前言

灵,陶冶情操,启迪智慧。

相信吧,生活的旅程刚刚开始,风筝有风,海豚有海,山木有山,禅机有禅,我们的辉煌存在这些文字之间,我们的梦想超越极限之外!

编 者

2009年5月



# 目 录 CONTENTS

24 Life Experiences .....	1
24 条生活经验	
10 Golden Lessons .....	4
10 条哲理箴言	
A Little Bit of Kindness .....	9
善小而为之	
A Little Inspiration .....	12
小小感悟	
About Laziness .....	14
论懒惰	
Act at Once .....	17
马上行动	
Allow Your Own Inner Light to Guide You .....	21
让内心的灯指引你	
Always Be .....	24
时常.....	
An Identity of One's Own .....	27
活出个性	
As I See it .....	30
我眼中的战争	
Be with People When You Are Sad .....	33
伤心时不必独处	



# 目 录 CONTENTS

Belive in Yourself ..... 35

相信自己

Catch the Star That Holds Your Destiny ..... 38

抓住那颗掌控你命运的星

Choose Optimism ..... 40

选择乐观

Companionship of Books ..... 44

书为友

Don't Look Back ..... 47

告别过去

Don't Be a Troublemaker..... 50

不要挑拨是非

Dream—A Passion within You ..... 52

梦想——你心中永远的激情

Flatters ..... 54

谄媚

I Want to Know..... 56

我想知道

Take the Challenges(excerpt) ..... 60

迎接挑战(节选)

If ..... 65

如果



# 目 录 CONTENTS

If I had My Life to Live over .....	69
如果生命可以重来	
I've Learned .....	73
我懂得了	
Lead Your Life Optimistically .....	77
乐观地生活	
Make New Friends as Possible as You Can .....	80
多结交新朋友	
Mom's Wisdom .....	83
妈妈的生活智慧	
My Resignation .....	86
我的辞职信	
On Failure .....	89
论失败	
On Pleasure .....	92
论快乐	
Outlook on life .....	96
人生观	
Read for Life .....	99
一辈子读书	
Reading Makes a Full Man .....	101
读书使人充实	





# 目 录 CONTENTS

Releasing the Past .....	104
往事如烟	
Rules Every Achiever Knows .....	107
成功者的规则	
Secrets of Great Life .....	112
非凡人生的秘诀	
Self-Esteem .....	116
自尊	
Splashes of Life .....	119
生命的波纹	
The College Experience .....	121
大学经历	
The Differences between Men and Women .....	124
男人和女人的差别	
The Excuse to Live .....	126
活着的理由	
The Gettysburg Address .....	129
葛底斯堡演讲	
The Object of Work .....	132
工作的目的	
The Purpose of Life .....	135
人生的目标	



# 目 录 CONTENTS

The Taste of Life .....	139
人生的味道	
Three Attitudes to Life .....	142
对待人生的三种态度	
Unfold the Knot .....	145
解“结”	
We are on a Journey .....	148
人在旅途	
We Are Just Beginning .....	150
一切刚刚开始	
Women .....	153
女人	



*Love has nothing to do with looks but everything to do with time, trust, and interest.*

爱与外表无关,但与时间、信任、兴趣息息相关。

## 24 Life Experiences

1. Being an adult can be fun when you are acting like a child.
2. Love has nothing to do with looks but everything to do with time, trust, and interest.
3. Laughing, crying, joy and anger... All are vital<sup>1</sup>. All make us human.
4. The greatest truths in life are uncovered with simple, steady awareness.
5. Greed will bury even the lucky eventually.
6. Bad things do happen to good people.
7. Uncertainty is caused by a lack of knowledge. Hesitation is the product of fear.
8. Time heals all wounds, regardless of how you feel right now.
9. Most of the time what you are looking for is right in front of you.
10. Your health is your life.
11. Chance is a gift, so act on chance when given the opportunity.
12. Kindness and hard work will take you further than intelligence.
13. People deserve<sup>2</sup> a second chance, but not a third.

14. Marry your best friend.
15. Take lots of pictures. Someday you'll be really glad you did.
16. Carelessness is the root of failure.
17. Your actions now create memories you will reminisce<sup>4</sup> and talk about in your elder years.
18. Stepping outside of your comfort zone will put things into perspective<sup>4</sup> from an angle you can't grasp now.
19. Motivation<sup>5</sup> comes in short bursts. Act while it's hot.
20. Purposely ignoring the obvious is like walking backwards toward the enemy.
21. Taking ownership of failure builds the foundation<sup>6</sup> for success.
22. First impressions are completely worthless 50% of the time.
23. Personal glory<sup>7</sup> lasts forever.
24. If you never act, you will never know for sure.

## 24 条生活经验

1. 虽为成人,有时做出小孩子的举动也是很有趣的。
2. 爱与外表无关,但与时间、信任、兴趣息息相关。
3. 喜怒哀乐,这些都是不可或缺的。所有的这些都使我们更具人性。
4. 生活中最真实的东西是简单和稳固的认知。
5. 贪婪将毁灭一切,包括幸运儿。
6. 好人也会碰上倒霉事。
7. 怀疑出于无知;犹豫源于恐惧。
8. 无论你现在感觉如何,时间将抚平任何伤口。
9. 大多数时候你所寻找的就在你的面前。
10. 健康是生活的基础。
11. 机遇是份礼物,当得到好的机会时一定要有所行动。
12. 与智商相比,仁慈与努力的工作将会回报你更多。


13. 人们可以得到第二次机会,但永远不会有第三次。
14. 同你最好的朋友结婚。
15. 多照些相片,终有一天你会为此感到高兴的。
16. 粗心是失败的根源。
17. 你今日的作为将成为你以后回忆的对象和中年谈论的话题。
18. 走出安逸的环境,这会让你站在你从未想过的角度来看问题。
19. 动力以短暂爆发的形式出现。趁热打铁,赶快行动。
20. 有意忽略显而易见的事如同倒退着走向敌人。
21. 失败是成功之母。
22. 一半情况下,第一印象是一文不值的。
23. 个人荣誉将永载史册。
24. 如果永不行动,你将注定无知。

.....

1. vital ['vaitl] a. 重要的
2. deserve [di'zə:v] vt. 该得到, 值得
3. reminisce [,remi'nis] vt. 追忆
4. perspective [pə'spektiv] n. (观察问题的)视角
5. motivation [,məuti'veiʃən] n. 动机
6. foundation [faun'deiʃən] n. 基础
7. glory ['glɔ:ri] n. 荣誉, 荣耀

### Questions:

1. Are joy and anger important? Why?
2. What is the root of failure?
3. What are your own life experiences?



*The value of a man should be seen in what he gives but not in what he is able to receive. Try not to become a man of success, but rather try to become a man of value. If you think of all the top people in the world, they would have added something of value to the world. You must give in order to take.*

人的价值不在于他能获取什么,而在于他能奉献什么。不要试图做成功的人,而要努力做有价值的人。想想世界上所有伟大的人都曾经给这个世界创造过某些价值。只有付出,才有资格获取。

## 10 Golden Lessons

Here is a list of 10 things out of the numerous<sup>1</sup> wonderful things Albert Einstein had said; 10 golden lessons that you can put to use in your everyday life.

1. **A person who never makes a mistake never tries anything new.** Most people don't try new things because of their fear of failure. Failing is not something to be afraid of. It is often the losers who learn more about winning than the winners. Our mistakes always give us opportunities to learn and grow.
2. **Education is what remains after one has forgotten what one has learned in school.** 30 years from now, you won't possibly

remember what chapters you had in your science book; you'd only remember what you learn on your way. Life lessons stay with you forever. Real education starts from within.

3. **Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.** When you reflect on how far we humans have come from the prehistoric<sup>2</sup> caves to mind-blowing technological advancements, you would feel the power of imagination. What we have now was built from the imagination of our forefathers<sup>3</sup>. What we will have in future will be built from our imagination.
4. **The secret to creativity is to know how to hide your sources.** Creativity and uniqueness often depends on how well you hide your sources. You can get inspired and influenced by other great people; but when you are on stage with the whole world watching, you must become a unique, individual force that learnt different values from different people.
5. **The value of a man should be seen in what he gives and not in what he is able to receive. Try not to become a man of success, but rather try to become a man of value.** If you think of all the top people in the world, they would have added something of value to the world. You must give in order to take. When your purpose<sup>4</sup> is contributing or adding value to the world, you will be elevated<sup>5</sup> to a higher level of living.
6. **There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle.** When nothing is a miracle, you gain the power of doing anything you want and you

have no limits. And when everything is a miracle, you stop by to appreciate even the smallest of beautiful things in the world. Thinking both ways will give you a productive and happy life.

7. **The gift of fantasy has meant more to you than any talent for abstract, positive thinking.** Dreaming about all the great things that you can achieve is the key to a life filled with positivism. Let your imagination run amuck and create the world that you would wish to be in.
8. **In order to be an immaculate<sup>6</sup> member of a flock of sheep, one must above all be a sheep oneself.** If you want to become a very successful entrepreneur<sup>7</sup>, you must start a business right away. Wishing to become one, but fearing the consequences will not help. The same applies to everything – in order to win a game, one must above all play the game.
9. **You have to learn the rules of the game. And then you have to play better than anyone else.** Learn the rules of your game and start playing it best. Keep competing like your life depended on it. And after a while you will have no one else but you to compete against. At that point, better your best.
10. **The important thing is not to stop questioning. Curiosity has its own reason for existing.** Intelligent<sup>11</sup> people ask. Keep questioning yourself and others to find solutions. This will help gain knowledge and analyze your growth in all walks of life.





## 10条哲理箴言

这里有10句话是从阿尔伯特·爱因斯坦以前所说的无数精彩的话语中提取出来的,这是你能用在日常生活中的10条哲理箴言。

1. 不曾犯错的人从不曾尝试新事物。大部分人不想尝试新事物,因为他们害怕失败。失败并不可怕,通常失败者往往比胜利者更能认识到胜利的含义。失误总能为我们提供学习和成长的机会。
2. 教育是一个人把学校所学的忘掉之后所剩的东西。毕业30年以后,你不可能记得曾在教科书中学过哪些章节;你只会记得在过程中你学到什么。生活的经验和教训将伴你终生。真正的教育是从自身内部开始。
3. 想象比知识更重要。知识是有限的,而想象力却能畅游整个世界。想象的力量贯穿于人类从史前穴居到知识爆炸的现代。你会感受想象的力量。我们所有的一切都是建立在前人想象的基础之上。我们在未来可能拥有的一切建立在我们想象的基础之上。
4. 创造的秘诀是博采众长。创造和独特性体现在如何让人看不出你思想的源泉。你可以受到其他伟人的启发或者影响,但是当你面对整个世界时,你要在博采众长的基础上成为一个独特的、特有的力量。
5. 人的价值不在于他能获取什么,而在于他能奉献什么。不要试图做成功的人,而要努力做有价值的人。想想世界上所有伟大的人都曾经给这个世界创造过某些价值。你只有付出,才有资格获取。只有以奉献或创造价值为目的,你的人生价值才会高人一等。
6. 有两种生活方式:你可以认为世界上没有奇迹,也可以认为世界上充满奇迹。如果认为世界上没有奇迹,那么你会尽心竭力,突破极限;如果认为世界上充满奇迹,你会驻足欣赏到生活中无所不在的美。这两种思考方式都会带给你丰富而幸福的生活。