

晨读诵典

向着太阳飞行



王烨 刘红艳 等 编

清晨，让读书声唤醒你的大脑，
锻炼你的发音，增强你的自信。

每天只需短短几分钟，经过短短几天，
在你朗读完本书的数篇精美文章之后，
你会惊讶地发现，
你有一种想把英语脱口而出的冲动。



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编 著 王 辉 刘 红 艳 等 编



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内 容 提 要

清晨,让读书声唤醒你的大脑,锻炼你的发音,增强你的自信。

晨读可以培养语感,晨读可以训练思维,晨读可以体会音韵,晨读可以让你在一种优美的语言交融中不知不觉地体会到英语水平的提升。曾经难以记忆的单词,如今在文章注解中得以诠释;难以翻译理解的长句,在赏析中得到点拨,难以把握的全文中心思想,在揭示中获得灵感。

每天只需短短几分钟,经过短短几天,在你朗读完本书的数篇精美文章之后,你会惊讶地发现,你有一种想把英语脱口而出的冲动。

本书适用于希望提高英语水平的广大英语爱好者。

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前言

清晨，让读书声唤醒你的大脑，锻炼你的发音，增强你的自信。

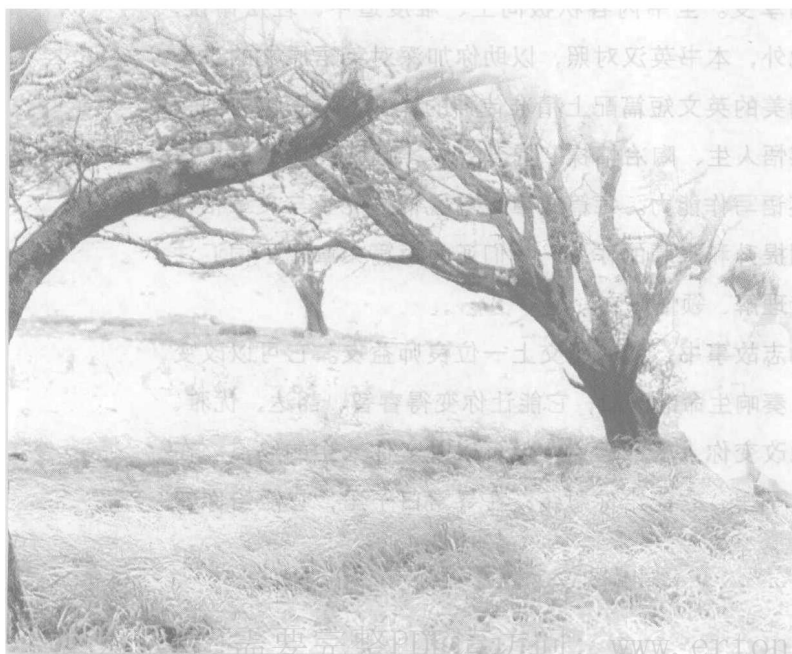
每天只需短短几分钟，经过短短几天，在你朗读完本书的数篇精美文章之后，你会惊讶地发现，你有一种想把英语脱口而出的冲动。它是提高你学习英语的兴趣与热情，激发你冲出逆境、战胜自我的最佳精神读本。这无以伦比的阅读精品将给你或许是沉闷的生活带来清新的空气、和煦的阳光和新的希望，甚至会从此改变你的人生。

本书精选了 50 篇英文励志美文，短小精悍、滴水藏海，将许多人生哲理以最简单、最质朴的方式呈现给读者，寓情于理、催人上进，给人以美的享受。全书内容积极向上、难度适中、轻松愉悦，诵读性极强；此外，本书英汉对照，以助你加深对英语原文的进一步理解。短小精美的英文短篇配上精准传神的译文，便于你在阅读诵记的同时，感悟人生、陶冶情操、提升品位，增强英语语感，提高欣赏水平和英语写作能力。每篇文章之前我们选配了与文章相符的箴言，以达到提升和点睛的作用；我们还为每篇文章配了词汇注释，以帮助读者理解、领悟原文。

翻开这本励志故事书，就如同交上一位良师益友。它可以改变你人生的坐标，奏响生命的乐章；它能让你变得睿智、豁达、优雅、美丽；它虽不能改变你人生的起点，但可以改变你人生的终点。在悲伤和寂寞的日子里，它能给你慰藉；在寻常日子里，它能给你智

慧和快乐；最重要的是它能帮助你清理心灵的灰尘，释放心中的重负。萤火虫发出的光虽然微弱，但它敢于在黑夜中闪亮；胡杨虽然没有风姿绰约的枝叶，但它却是沙漠中顽强的斗士。人生需要坚定的信念，让我们勇敢地面对生活，藐视所有的困难，在奋斗与搏击中体会生命的意义！

晨读是一个充实而快乐的过程，只要用心去揣摩，语言的奥妙就会不断给你带来惊喜；只要用心去体会，英文的魅力就会展现在你面前。





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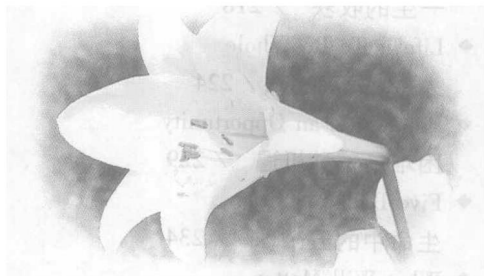
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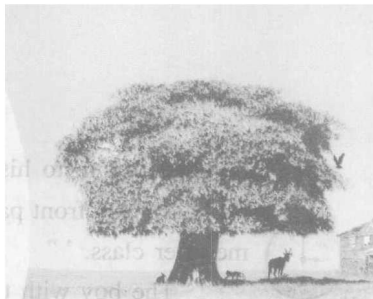




Fantastic world
Heading for a fantastic world!

激情畅想

如果说梦想是一片纯净湛蓝的天空，那么坚持便是指向这片天空的利箭。要想实现梦想，就需要利箭不懈向前。逼近一点点，再逼近一点点。只要坚持到底，最终看到的，不仅仅是彩虹的美丽，更是一种生命的奇迹！



Follow Your Dream

追随梦想

精选文摘

I have a friend named Monty Roberts who owns a horse ranch in San Ysidro. He has let me use his house to put on fund raising events to raise money for youth at risk programs.

The last time I was there he introduced me by saying, "I want to tell you why I let Jack use my house. It all goes back to a story about a young man who was the son of an itinerant horse trainer who would go from stable to stable, race track to race track, farm to farm and ranch to ranch, training horses. As a result, the boy's high school career was continually interrupted. When he was a senior, he was asked to write a paper about what he wanted to be and do when he grew up."

"That night he wrote a seven-page paper describing his goal of someday owning a horse ranch. He wrote about his dream in great detail and he even drew a diagram of a 200-acre ranch, showing the location of all the buildings, the stables and the track. Then he drew a detailed floor plan for a 4,000-square-foot house that would sit on a 200-acre dream ranch."

"He put a great deal of his heart into the project and the next day



he handed it in to his teacher. Two days later he received his paper back. On the front page was a large red F with a note that read, 'See me after class. ' "

"The boy with the dream went to see the teacher after class and asked, 'Why did I receive an F?' "

"The teacher said, 'This is an unrealistic dream for a young boy like you. You have no money. You come from an itinerant family. You have no resources. Owning a horse ranch requires a lot of money. You have to buy the land. You have to pay for the original breeding stock and later you'll have to pay large stud fees. There's no way you could ever do it. ' Then the teacher added, 'If you will rewrite this paper with a more realistic goal, I will reconsider your grade. ' "

"The boy went home and thought about it long and hard. He asked his father what he should do. His father said, 'Look, son, you have to make up your own mind on this. However, I think it is a very important decision for you. ' "

"Finally, after sitting with it for a week, the boy turned in the same paper, making no changes at all. He stated, 'You can keep the F and I'll keep my dream. ' "

Monty then turned to the assembled group and said, "I tell you this story because you are sitting in my 4,000-square-foot house in the middle of my 200-acre horse ranch. I still have that school paper framed over the fireplace." He added, "The best part of the story is that two summers ago that same schoolteacher brought 30 kids to camp out on my ranch for a week." When the teacher was leaving, he said, 'Look, Monty, I can tell you this now. When I was your teacher, I was something of a dream stealer. During those years I stole a lot of kids' dreams. Fortunately you had enough gumption not to give up on yours. ' "

Don't let anyone steal your dreams. Follow your heart, no matter what.

精美译文

我有个朋友叫蒙提·罗伯兹，他在圣思多罗（San Ysidro）有座牧马场。我常借用他宽敞的住宅举办募款活动，以便为帮助青少年的计划筹备基金。

上次活动时，他在致辞中提到：“我让杰克借用住宅是有原因的。这故事跟一个小男孩有关，他的父亲是位马术师，他从小就必须跟着父亲东奔西波，男孩的求学过程并不顺利。初中时，有次老师叫全班同学写报告，题目是《长大后的志愿》。”

“那晚他洋洋洒洒写了7张纸，描述他的伟大志愿，那就是拥有一座属于自己的牧马农场。并且他仔细画了一张200亩农场的设计图，上面标有马厩、跑道等的位置，然后在这一大片农场中央，还要建造一栋占地4000平方英尺的巨宅。”

“他花了好大心血把报告完成，第二天交给了老师。两天后他拿回了报告，第一页上打了一个又红又大的F，旁边还写了一行字：下课后来见我。”

“脑中充满幻想的他下课后带着报告去找老师：‘为什么给我不及格？’”

“老师回答道：‘你年纪轻轻，不要老做白日梦。你没钱，没家庭背景，什么都没有。盖座农场可是个花钱的大工程；你要花钱买地、花钱买纯种马匹、花钱照顾它们。你别太好高骛远了。’他接着又说：‘如果你肯重写一个比较不离谱的志愿，我会重打你的分数。’”

“男孩回家后反复思量了好几次，然后征询父亲的意见。父亲只是告诉他：‘儿子，这是非常重要的决定，你必须自己拿定主意。’”

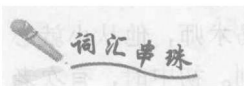
“再三考虑好几天后，他决定原稿交回，一个字都不改。他告诉老师：‘即使拿个大红字，我也不愿放弃梦想。’”

蒙提此时向众人表示：“我提起这个故事，是因为各位现在就坐在200亩农场内、占地4000平方英尺的豪华住宅里。初中时写的那份报告我至今还留着。”他顿了一下又说：“有意思的是，两年前的



夏天，那位老师带了 30 个学生来我的农场露营一星期。离开之前，他对我说：‘蒙提，说来有些惭愧。你读初中时，我曾泼过你冷水。这些年来，我也对不少学生说过相同的话。幸亏你有这个毅力坚持自己的梦想。’”

不论做什么事，相信你自己，别让别人的一句话将你击倒。



1 ranch [ˈræntʃ, rɑːntʃ] *n.* 牧场

例句 It's about 50 kilometers from here to my ranch.

从这儿到我的牧场约有 50 公里。

2 fund raising 资金筹措

例句 The chairman poured cold water onto all our suggestions for fund raising.

董事长对我们筹集资金的所有建议都泼冷水。

3 itinerant [iˈtinərənt] *adj.* 巡回的，流动的 *n.* 巡回者

例句 One who walks from place to place is an itinerant.

巡回者是指一个人从一处到另一处步行。

4 race track 赛马场，跑道

例句 The new race track is nearly six miles in extent.

这条新跑道将近 6 英里长。

5 continually [kənˈtinjuəli] *adv.* 不断地，频繁地

例句 Languages develop continually through usage.

语言在使用中不断发展。

6 detail [ˈdiːteɪl, diˈteɪl] *n.* 细节，详情 *v.* 详述，详细说明

例句 The full details of the agreement haven't been made public.

协议的细节尚未公布。

7 diagram [ˈdaɪəgræm] *n.* 图解，图表 *v.* 用图解法表示

例句 I'll have to alter the diagram. I've made a mistake.

我得修改图表，我出了点儿错。

8 **location** [ləu'keɪʃən] *n.* 地点, 位置

例句 He indicated the location of the Persian Gulf with a pen on the map.

他用一支笔在地图上标出了波斯湾的位置。

9 **unrealistic** [ˈʌnrɪə'lɪstɪk] *adj.* 不切实际的, 不实在的

例句 The most unrealistic thing about romantic fiction is that the heroine always marries Mr. Right and the hero always marries Miss Right.

浪漫小说中最不真实的事情就是: 女主角总是嫁给了意中人, 男主角总是娶到了心上人。

10 **resource** [rɪ'sɔːs] *n.* 资源

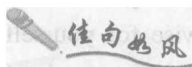
例句 He has no inner resources and hates being alone.

他没有内在的精神寄托, 因而害怕孤独。

11 **gumption** [ˈɡʌmpʃən] *n.* 魄力, 进取心; 精力, 精明

例句 He's a nice enough lad, but he doesn't seem to have much gumption.

他是个不错的小伙子, 但好像没有什么进取心。



- 1** It all goes back to a story about a young man who was the son of an itinerant horse trainer who would go from stable to stable, race track to race track, farm to farm and ranch to ranch, training horses.

这故事跟一个小男孩有关, 他的父亲是位马术师, 他从小就必须跟着父亲东奔西波。

- 2** Finally, after sitting with it for a week, the boy turned in the same paper, making no changes at all.

再三考虑好几天后, 他决定原稿交回, 一个字都不改。

人生在世，不可能一直春风得意，事事顺心。面对挫折能够虚怀若谷、大智若愚，保持一种恬淡平和的心境，是彻悟人生的大度。彻悟了自己，你才能把握自己的生命，你的人生才会丰富多彩、有滋有味！



Get a Thorough Understanding of Oneself 彻悟自我

精选文摘

In all one's lifetime it is oneself that one spends the most time being with or dealing with. But it is **precisely** oneself that one has the least understanding of. When you are going upwards in life you tend to **overestimate** yourself. When you are going downhill you tend to **underestimate** yourself. It's likely that you think it wise for yourself to know your place and stay aloof from worldly wearing a mask of cowardice, behind which the flow of sap in your life will be **retarded**.

To get a thorough understanding of oneself is to gain a correct view of oneself and be a sober realist-aware of both one's strength and shortage. You may look forward hopefully to the future but be sure not to expect too much, for ideals can never be fully realized. You may be courageous to meet challenges but it should be clear to you where to direct your efforts.

To get a thorough understanding of oneself needs self-appreciation. Whether you like yourself to a towering tree or a blade of grass, whether you think you are a high mountain or a small stone,