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梦飞扬

“零”
生词畅读
5000词

OPEN IT WITH PLEASURE
AND CLOSE IT WITH BENEFIT!

解肱一 张宝丹 / 主编

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外文出版社
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图书在版编目(CIP)数据

梦飞扬: 英汉对照/解肱一等编译.

-北京: 外文出版社, 2009 (“零”生词畅读)

ISBN 978-7-119-05690-6

I. 梦… II. 解… III. ①英语-汉语-对照读物 ②故事-作品集-世界 IV. H319.4: I

中国版本图书馆CIP数据核字(2009)第057522号

零生词畅读

梦 飞 扬

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责任编辑 曹 芸 陈 鹏

插 图 赵 珍

封面设计 柏拉图+创意机构

印制监制 冯 浩

© 外文出版社

出版发行 外文出版社

地 址 中国北京西城区百万庄大街24号 邮政编码 100037

网 址 <http://www.flp.com.cn>

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(010)68995844/68995852(发行部/门市邮购)

(010)68320579/68996067(总编室)

电子信箱 info@flp.com.cn / sales@flp.com.cn

印 刷 保定市新华印刷厂

经 销 新华书店 / 外文书店

开 本 小 16K 印 张 10

装 别 平 字 数 81千字

版 次 2009年6月第1版第1次印刷

书 号 ISBN 978-7-119-05690-6

定 价 19.80元

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编辑推荐序

读书是一种必须，也是一种乐趣！

“零生词”这个理念，我们酝酿了很久。

从学生时代开始，对于英语阅读总是忘文生怯，一个又一个生词、让人晕头转向的复杂句，等理清这些障碍之后，任何美文带来的阅读享受消失殆尽，既达不到学习的目的，也得不到阅读的快乐。读英文，成为学生时代最具压力的一件事情。

我们，深感于此。

读书是一种必须，也是一种乐趣。秉持这样的理念，我们开始了长时间的市场调查。从主题的选择到词句的把关，从插画人物设计到版式的轻松化运用……我们都做了新的尝试。无疑，我们带着学生时代的阅读情愫，运用编辑手法，正在使您的英文阅读变成一件乐事！

“零生词”畅读系列，这就是我们最终呈现给大家的。

畅读，最终“乐读”！哪怕享受到一篇故事的感动或欢愉，我们也将欣慰之至！

编 辑





作者序

将“畅”读进行到底！

“零生词”畅读系列丛书在编辑的精心构思策划下以及作者历经长时间的素材收集、整理、语料精选、编译、趣味问题设计等环节的共同努力下，今天终于与大家见面了！

“零生词”畅读系列丛书紧紧抓住青年读者喜爱的三大故事主题“青春、探险、奇幻”循序渐进展开，每篇故事短小易读，英文句式结构简单，情节引人入胜，用最少的单词诠释最精彩的主题故事，激励大家热爱生活、用心去体验美好的青春。

本系列丛书分别是《那些青春，那些事》、《爱的模样》、《梦飞扬》、《快乐小猪威伯尔》、《勇敢者的游戏》、《魔幻蓝洞》共计六册。英语畅读词汇量分别由 3000 词、3500 词、4000 词、4500 词、5000 词、5500 词构成，阶梯式分级阅读，令大家的选择更加贴近阅读的需求，一步步到达快乐畅读的目标。

我们在编写过程中，对每个单词的难易程度严格把握，对每个句式反复揣摩，以期呈现给大家的故事，能够做到“易读、有趣、有益”！

对大家而言，通畅地读英文故事的意义在于，没有生词及复杂句式的



PREFACE

阅读阻碍，流畅的阅读一篇小说，这对建立阅读的信心和积累语感至关重要。目前，英语读物市场中英对译、中文注释的方式虽然在一定程度上减少了阅读的障碍，但是对大家而言，阅读的质量与效果则大打折扣。

光看中文，不愿看英文，只了解了故事的大意，对英文的提高没有帮助；或者边看注释边读文章，思路走走停停，阅读效率低下影响了大家读下去的耐心。这些在阅读过程中经常遇到的状况，都将使简单的“英文阅读”成为需要付出极大耐心才能完成的工程。

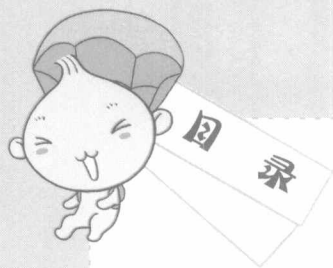
在我们策划的这套畅读丛中，作者与编辑苦苦追求的是：力图对整体的构思主要显现在对故事的精选，以及对语句难易程度的严格把握上。情节起伏跌宕的故事、简单干练的词汇、轻松易读的句式，将成为这套书的最大特色与亮点。

相信大家通过这个系列的丛书能够开心畅读，淋漓的畅读。这不仅能增进大家对社会、世界奇闻趣事方面的了解，扩大知识的视野，更主要地是帮助朋友们能在轻松自如、无障碍畅读心境下，不知不觉提升英语的阅读水平。

本系列的读者对象建议是：具有初步英文基础的社会白领，青年读者；想通过课外青春趣味阅读，轻轻松松，在愉快的状态下提升英语阅读能力的大、中学校在校生朋友们。

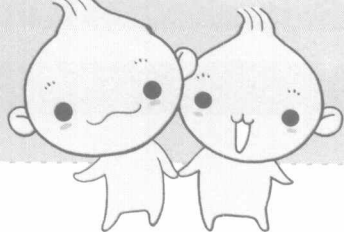
张宝丹、林学明





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RUN, PATTI, RUN

 At a young and tender age, Patti Wilson was told by her doctor that she was an epileptic. Her father, Jim Wilson, is a morning jogger. One day she said to her father “Daddy what I’d really love to do is run with you every day, but I’m afraid I’ll have a seizure.”

Her father told her, “If you do, I know how to handle it, so let’s start running!”

That’s just what they did every day. It was a wonderful experience for them to share and there were no seizures at all while she was running. After a few weeks, she told her father, “Daddy, what I’d really love to do is break the world’s long-distance running record for women.”

Her father checked the *Guinness Book of World Records* and found that the farthest any woman had run was 80 miles. “In my first year of high school”, Patti announced, “I’m going to run from Orange County up to San Francisco.” (A distance of 400

 epileptic [ˌepɪˈleptɪk] *n.* 癫痫患者

seizure [ˈsiːʒə] *n.* (疾病) 突然发作





miles.) “In my second year,” she went on, “I’m going to run to Portland, Oregon.” (Over 1500 miles.) “My third year, I’ll run to St. Louis.” (About 2000 miles) “Before graduation, I’ll run to the White House.” (Over 3000 miles away.)

In view of her handicap, Patti was as ambitious as she was enthusiastic, but she said she looked at the handicap of being an epileptic as simply “an inconvenience.” She focused not on what she had lost, but on what she had left.

That year, she completed her run to San Francisco wearing a T-shirt that read, “I Love Epileptics.” Her dad ran every mile at her side, and her mom, a nurse, followed in a motor home behind them in case anything went wrong.



In her sophomore year, Patti's classmates got behind her. They built a giant poster that read, "Run, Patti, Run!" (This has since become her motto and the title of a book she has written.) On her second marathon, on the way to Portland, she broke a bone in her foot. A doctor told her she had to stop her run. He said, "I've got to put a cast on your ankle so that you don't sustain permanent damage."

"Doc, you don't understand," she said. "This isn't just a fancy of mine, it's a magnificent dream! I'm not just doing it for me, I'm doing it to break the chains on the brains that limit so many others. Isn't there a way I can keep running?" He gave her one option. He could wrap it up instead of putting it in a cast. He warned her that it would be incredibly painful, and he told her, "It will blister." She told the doctor to wrap it up.

She finished the run to Portland, completing her last mile with the governor of Oregon. You may have seen the headlines: "Super Runner, Patti Wilson Ends Marathon for Epilepsy on Her 17th Birthday."

After four months of almost continuous running from West Coast to the East Coast, Patti arrived in Washington and shook the hand of the President of United States. She told him, "I wanted people to know that epileptics are normal human beings with normal lives."

I told this story at one of my meetings not long ago, and afterward a big

blister ['blɪstə] v. 使水肿



teary-eyed man came up to me, stuck out his big meaty hand and said, "Mark, my name is Jim Wilson. You were talking about my daughter, Patti." Because of her noble efforts, he told me, enough money had been raised to open up 19 multi-million-dollar epileptic centers around the country.

If Patti Wilson can do so much with so little, what can you do to outperform yourself in a state of total wellness?



outperform [ˌaʊtpə'fɔ:m] v. 胜过





奔跑不息的帕蒂

在 帕蒂·威尔逊幼小的时候，她的医生告诉她，她是一个癫痫病患者。她的父亲吉母·威尔逊喜欢在早晨慢跑。一天，她对父亲说：“爸爸，我多想每天早晨和您一起跑步啊，可是我担心我的病会突然发作。”

父亲告诉她说：“如果你的病真的发作了，我知道如何应对。来，我们一起开始跑步吧！”

于是，跑步成了他们每天早晨必做的事，也成为一段他们共同分享的美好经历。帕蒂的病竟然从未在她跑步的时候发作过。几个星期以后，她告诉她的父亲：“爸爸，我很想打破世界女子长跑赛的世界记录。”

她的父亲查了吉尼斯世界记录，发现至今女子所跑的最远距离是 80 英里。“作为高中一年级的学生，”帕蒂郑重声明：“我将从橘子县跑到旧金山（400 英里的距离）。二年级时，我要跑到俄勒冈州的波特兰（大约 1500 英里）。高三时，我将会跑到圣·路易斯（大约 2000 英里）。高中毕业前，我将跑到白宫（3000 多英里远）。”

作为一个癫痫病人，帕蒂似乎野心太大而又过于热情，但是帕蒂却将



她的癫痫病看做一件很平常的事，“一个小麻烦而已”她说。她所在乎的不是失去了什么，而是放弃了什么。

那一年，她穿着一件上面写有“我爱癫痫病”字样的T恤衫成功地跑到了旧金山。她的父亲陪伴着她跑过了每一英里，她的母亲和一个护士驾驶着房车跟着他们，以防意外。

二年级时，帕蒂的同学们跟在她的后面跑。他们制作了一张巨幅海报，上面写着“跑吧，帕蒂，跑吧！”（从那以后这成为了帕蒂的座右铭，也是她所写的一本书的书名）。跑第二次的马拉松长时，在去波特兰的途中，她脚上的一根骨头折断了。医生告诉她必须停止，并说：“我得在你的脚踝上面打上石膏，这样才能保证你不至于遭受永久性的损伤。”“医生，你不明白，”她说，“‘长跑’不是我一时兴起，而是一个我美妙的梦想！我这么做不仅是为了自己，也是为了打破那困扰着许多人的思想禁锢。难道没有一个方法能让我继续跑下去吗？”医生给了她选择：如果不打石膏，他可以把她的脚踝用绷带裹起来。但是他警告她，那将是难以忍受的疼痛，而且告诉她：“你的脚将会水肿。”但她选择让医生将她的脚包起来。

她完成了到波特兰的长跑，而且在俄勒冈州州长的陪同下完成了最后的一英里。你可能已经看到了报纸的头条新闻：“超级长跑女，帕蒂·威尔逊，为她17岁的生日完成了癫痫病人的马拉松长跑。”

从西海岸跑向东海岸，帕蒂几乎没有停歇地奔跑。四个月後，她抵达华盛顿，和美国总统握了手。帕蒂告诉总统：“我想让人们知道，癫痫病人是过着正常生活的正常人。”

不久前我在我的一个研讨会上讲述了这个故事，一位满眼泪水的男人



朝我走过来，颤抖着伸出他厚厚的手掌，说：“马克，我就是吉母·威尔逊，你在讲述的是我女儿帕蒂。”他告诉我，由于她高贵的努力，人们捐助的钱已足以在全国建造 19 座价值数百万美元的癫痫病治疗中心。

如果帕蒂可以以她弱小的力量做出如此伟大的业迹，那么，健康的你将做什么来超越自我呢？

Exercise

1. Questions and answers:

- 1) Who was Patti Wilson? How did she start her running?
- 2) What was the longest journey of women according to the *Guinness Book of World Records* before Patti Wilson? What was Patti's record?
- 3) How did Patti finish her second Marathon running?
- 4) What can you learn from this story?

2. True or false:

- 5) Patti started running under her father's encouragement.
- 6) Patti wanted to break the world record because she wanted to become famous.
- 7) Patti broke her arm when she was on her first Marathon running.
- 8) As a result of Patti's running, people donated multi-million dollars enough for building 19 epileptic centers.

Success covers a multitude of blunders.

成功由大量的失败铸就。



THE STORY OF A WOMAN PILOT

In 1959, when Jean Harper was in the third grade, her teacher asked the class to write a report on what they wanted to be when they grew up.

Jean's father was a crop duster pilot in the little farming community in Northern California where she was raised, and Jean was greatly fascinated by airplanes and flying. She poured her heart into her report and included all of her dreams; she wanted to be a crop duster pilot, make parachute jumps, seed clouds, and be an airline pilot. Her paper came back with an "F" on it. The teacher told her it was a "fairy tale" and that none of the occupations she listed was women's job. Jean was greatly discouraged and frustrated.

She showed her father the paper, and he told her that of course she could become a pilot. "Look at Amelia Earhart, the famous

crop duster

农药喷洒机

parachute jump

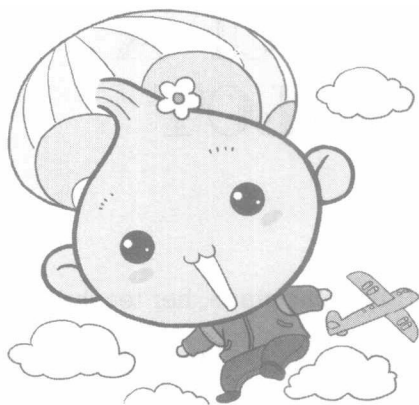
跳伞

seed cloud

人工降雨



American woman pilot.” he said, “That teacher doesn’t know what she’s talking about.”



But as the years went by, Jean was beaten down by the discouragement and negativity whenever she talked about her career. Girls can’t become airline pilots; never have, never will. You’re not smart enough, you’re crazy.

In her senior year of high school, her English teacher was Mrs. Dorothy Slaton. Mrs. Slaton was a strict and demanding teacher with high standards and a low tolerance for excuses. She refused to treat her students like children. Instead, she expected them to behave like the responsible adults since they would have to succeed in the real world after graduation. Jean was afraid of her at first but grew to respect her firmness and fairness.

One day Mrs. Slaton asked the class to write a report on the topic “What do



tolerance [ˈtɒlərəns] n. 宽容

