

经典英文枕边书  
每天读点英文小故事

创想外语研发团队 编著

*Good friends, good books, and a sleepy  
conscience: this is the ideal life.*

*— Mark Twain*



中国纺织出版社

国家一级出版社  
全国百佳图书出版单位

经典英文枕边书  
每天读点英文小故事

创想外语研发团队 编著

*Good friends, good books, and a sleepy  
conscience: this is the ideal life.*

— Mark Twain



## 图书在版编目 ( CIP ) 数据

每天读点英文小故事 / 创想外语研发团队编著. --  
北京: 中国纺织出版社, 2019.6 (2019.8重印)

(经典英文枕边书)

ISBN 978-7-5180-5880-8

I. ①每… II. ①创… III. ①英语—语言读物②故事—作品集—世界 IV. ①H319.4: I

中国版本图书馆CIP数据核字 (2019) 第004837号

---

责任编辑: 姚 君 责任校对: 楼旭红 责任印制: 储志伟

---

中国纺织出版社出版发行

地 址: 北京市朝阳区百子湾东里A407号楼 邮政编码: 100124

销售电话: 010-67004422 传真: 010-87155801

<http://www.c-textilep.com>

E-mail: [faxing@c-textilep.com](mailto:faxing@c-textilep.com)

中国纺织出版社天猫旗舰店

官方微博 <http://weibo.com/2119887771>

三河市延风印装有限公司印刷 各地新华书店经销

2019年6月第1版 2019年8月第2次印刷

开本: 880×1230 1/32 印张: 5

字数: 160千字 定价: 29.80元

---

凡购本书, 如有缺页、倒页、脱页, 由本社图书营销中心调换

# Preface

## 前言

曾几何时，一个字，触动你的心弦；一句话，让你泪流满面；一篇短文，让你重拾信心，勇敢面对生活给你的考验。这就是语言的力量。通过阅读词句优美的英文短文，不仅能够扩大词汇量，掌握单词用法，了解语法，更会让你的心灵如沐春风，得到爱的呵护和情感的滋养。

本书共有三章，内容主要是描写生活和情感方面的。生活类的文章讲述生活各方面的事情和道理，通过各种生活的体现，给阅历尚浅的读者增加生活阅历；情感类的文章或讲述友情，或讲述亲情，或讲述爱情，或讲述对情感的领悟，内容丰富，情感细腻。本书的每一篇美文都适合背诵记忆。如你能在日常的学习中信手拈来书中的优美词句，肯定会帮助你在英语学习中脱颖而出。

每一篇文章都有词汇详解和译文。词汇详解部分对单词标注音标和释义，配有相应的例句，最后还列举了一些衍生词，很大程度上扩大了学习者的词汇量，同时加强记忆。希望每一位读者都能好好利用本书，增强学习能力，学习单词不要一味地死记硬背，掌握应用才是关键。千万别把英语学习当作是沉重的体力活，要尽可能地多去接触英语环境，用真实的生活经历来学英语是最明智的英语学习方法。也希望读者能从这些精美短文中汲取正能量，充满激情地去追求人生的梦想！

编者

2018年12月

# Contents

## 目录

<b>第一章 A Happy Life 幸福生活</b>	<b>001</b>
<b>Lesson 1</b> The Joy of Living	002
<b>Lesson 2</b> In This Life, What Did You Miss?	004
<b>Lesson 3</b> Living a Life of Love	006
<b>Lesson 4</b> Dream What You Want to Dream	009
<b>Lesson 5</b> The Cost of Dishonesty	011
<b>Lesson 6</b> Try to Remember the Good Things	014
<b>Lesson 7</b> Make the Best of You	017
<b>Lesson 8</b> Don't Lose the Child That Still Lives Within You	020
<b>Lesson 9</b> Nice Surprises	023
<b>Lesson 10</b> Admitting Guilt	027
<b>Lesson 11</b> Life Is Full of Surprises	030
<b>Lesson 12</b> Where the Time Is?	033
<b>Lesson 13</b> A Beautiful Dress	036
<b>Lesson 14</b> Following a Dream	039
<b>Lesson 15</b> The Hardest Lesson Was to Believe In Myself	041
<b>Lesson 16</b> Love What You Do, Do What You Love	044
<b>Lesson 17</b> When the Wind Blows	047
<b>Lesson 18</b> Write Your Own Life	051

**Lesson 19** Thanks for Everything 054

**Lesson 20** The Hidden Gold 057

**第二章 Gifts from the Heart 来自内心的礼物 061**

**Lesson 21** The Christmas Present 062

**Lesson 22** Do Not Wait ... 065

**Lesson 23** Sand and Stone 068

**Lesson 24** The More Loving One 071

**Lesson 25** Forever Friend 074

**Lesson 26** Be with People When You Are Sad 077

**Lesson 27** You Are You 080

**Lesson 28** Love Is a Two-way Street 083

**Lesson 29** A Father's Love 086

**Lesson 30** Love Without Measure 090

**Lesson 31** When You Were ... 092

**Lesson 32** Of Making Friends 096

**Lesson 33** Gifts from the Heart 099

**Lesson 34** A Key to Happiness 102

**Lesson 35** Develop Your Own Helping Rituals 105

**Lesson 36** Love Is Just a Thread 108

**Lesson 37** These Things Shall Never Die 111

**Lesson 38** The Most Valuable Offering 114

**Lesson 39** Don't Get the Candle Unlighted 117

**Lesson 40** Be Thankful 120

### 第三章 Facing the Sea with Spring Blossoms

#### 面朝大海，春暖花开

123

<b>Lesson 41</b>	Work and Play	124
<b>Lesson 42</b>	The Flower in the Desert	127
<b>Lesson 43</b>	Stopping by Woods on a Snowy Evening	130
<b>Lesson 44</b>	Moonlight Sonata	133
<b>Lesson 45</b>	Facing the Sea with Spring Blossoms	136
<b>Lesson 46</b>	The Happy Door	139
<b>Lesson 47</b>	I Wish	142
<b>Lesson 48</b>	The Furthest Distance in the World	145
<b>Lesson 49</b>	I Remember, I Remember	148



# Lesson 1



## 美文赏析

### The Joy of Living

Joy in living comes from having fine emotions, trusting them, giving them the freedom of a bird in the **open**. Joy in living can never be assumed as a pose, or put on from the **outside** as a mask. People who have this joy do not need to talk about it; they release it. They just live out their joy and let it splash its sunlight and glow into other lives as naturally as bird sings.

We can never get it by working for it directly. It comes, like happiness, to those who are aiming at something higher. It is a byproduct of great, simple living. The joy of living comes from what we put into living, not from what we **seek** to get from it.



## 词汇详解

1. **open** ['əʊpən] *adj.* 开着的; 开放的; 公开的 *v.* 打开; 张开; 开张; 营业 *n.* 户外; 公开

**典型例句** The fresh air blew in from the open window.

新鲜空气从开着的窗户吹进来。

**最常用法** in the open air 露天, 在室外

**联想记忆** close *v.* 关; 不开放; 停业 *adj.* 亲近的; 近的  
open-minded *adj.* 虚心的; 思想开明的

2. **outside** [aʊt'saɪd] *adv.* 在外面 *n.* 外面 *adj.* 外部的 *prep.* 在……外边

**典型例句** He has a rough outside but a good heart.

他外表粗鲁, 但心地善良。

**联想记忆** outdoors *adv.* 在户外; 在野外 *n.* 户外; 野外 (名词 outdoor 的复数形式)

outward **adj.** 向外的; 表面的; 外部的 **adv.** 向外; 在外; 表面  
 outer **adj.** 外部的; 外面的  
 inside **adj.** 里面的 **adv.** 在里面 **n.** 内部 **prep.** 在……里面

### 3. seek [si:k] **vt.** 寻求; 追求; 试图 **vi.** 寻找

**典型例句** We sought long and hard but found no answer.  
 我们做了长期的艰苦探索, 但没有找到答案。

**最常用法** seek advice 请教意见  
 seek comfort 追求安逸  
 seek happiness 追求幸福  
 seek after 寻求, 追求……  
 seek for 寻求, 探求

**联想记忆** seeker **n.** 搜索者; 探求者  
 explore **v.** 探测; 探险; 考察; 探  
 hunt **v.** 狩猎; 打猎; 搜索  
 search **v.** 搜寻; 探求; 调查



## 参考阅读

### 生活的乐趣

生活的乐趣来源于良好的情绪, 信赖这些情绪, 并任由它们如同鸟儿高翔于天空般地自由自在。生活的乐趣是无法靠姿态摆出来的, 也无法戴上一张面具来伪装。拥有这种乐趣的人们无需将快乐挂在嘴边, 他们自然会焕发出快乐的气息。他们自己生活在快乐当中, 也将这样的快乐感染着他人, 自然得犹如鸟儿歌唱一样。

刻意地追求生活的乐趣却只会使乐趣远离我们, 它与幸福一样青睐胸怀大志的人们。生活过得高雅、简单便会产生乐趣。它是我们对生活的投入, 而非所求。

## Lesson 2



### 美文赏析

#### In This Life, What Did You Miss?

In the busy city life, there are many people who are always busy with work. These people revolve their lives around their jobs; they sacrifice all their time and **health to meet** the social expectations. They are unwilling to spend time on health care. They miss the opportunity to be with their children in their growing up. They neglect the loved ones who care for them, and also their health.

Nobody knows what is going to happen one year from now.

Life is not permanent, so always live in the now. Express your gratitude to your loved ones in words. Show your care with actions. Treat everyday as the last section of life. In this way, when you are gone, you loved ones would have nothing to feel **sorry** about.



### 词汇详解

#### 1. **health** [helθ] *n.* 健康; 医疗

**典型例句** Fresh air and exercise are good for the health.

新鲜空气和运动有益于健康。

**最常用法** health care 卫生保健

**联想记忆** healthy *adj.* 健康的

unhealthy *adj.* 不健康的

#### 2. **meet** [mi:t] *v.* 遇见; 满足 *n.* 运动会; 集会

**典型例句** I chanced to meet an old friend in the park today.

今天我在公园碰巧遇见一位老朋友。

**最常用法** meet with 遭遇

sports meet 运动会

**联想记忆** meeting *n.* 会议；集会；汇合

### 3. sorry ['sɒri] *adj.* 对不起的；难过的；遗憾的 *int.* 对不起

**典型例句** I'm sorry he doesn't write more regularly.

遗憾的是他没能经常写信。

**最常用法** sorry to hear that 听到这很难过

sorry to inform you that ... 很抱歉地通知你……

sorry to say that ... 很遗憾……

sorry for 为……而遗憾

**联想记忆** sorrow *n.* 悲伤；悲痛

pitiful *adj.* 慈悲的；可怜的；凄惨的

happy *adj.* 高兴的；幸福的；幸运的；乐意的

apologize *vi.* 道歉；赔罪



## 参考阅读

### 生活中你错过了什么？

在繁忙的城市生活中，有人总是忙于工作。他们整天围着工作转，甚至为了达到社会的标准，牺牲了自己的时间和健康。他们不愿花时间来关注自己的健康，在孩子成长的过程中错失了与之共享天伦之乐的机会。他们忽视了那些关心他们的人，以及他们的健康。

没人知道一年后会发生什么。

生命不是永恒的，所以活在当下吧。把你对爱人的感谢说出来，用行动证明你关心他们。把每一天当做人生的最后一个篇章，只有这样，当你离开时，你爱的人们才会没有遗憾。

## Lesson 3



### 美文赏析

#### Living a Life of Love

The **key** to living a life of love, peace and prosperity is to live from your heart.

When you live from your heart, you feel full, rich, and life seems to flow effortlessly. You feel in control, confident, connected to your life's purpose. You feel joy and deep inner peace. You feel alive!

When love **spreads** from your heart you feel energetic and joyful. The feeling of being on purpose inspires you to new heights ... some you never dreamed possible.

Living from your heart keeps you focused on what is most important to you in your life. You move from focusing on conflict to re—focusing on what is most important to you ... your deepest heart's desires.

In your heart holds the secret to true happiness. The secret is love. Love is the tender expression of the heart ... an expression we all **long** to feel deep within.

Whether you know it or not, one of the most important relationships in your life is with your soul. Be kind and loving to your soul, and use your experiences—all of them—as opportunities to nourish your soul!



### 词汇详解

1. **key** [ki:] *n.* 键; 关键; 钥匙; 答案 *adj.* 关键的; 主要的

**典型例句** key to success 成功的秘诀

**最常用法** the key to 开……的钥匙; ……的答案

**联想记忆** answer *v.* 回答; 答复; 接电话 *n.* 答案; 回答; 答复

2. **spread** [sprɛd] *v.* 传播; 展开; 散布 *n.* 范围; 传播**典型例句** Its branches spread far and wide.

它的枝条向四面八方伸展开来。

**最常用法** spread out 伸张; 铺开; 扩展; 摊开3. **long** [lɒŋ] *adj.* 长的 *adv.* 长期地 *v.* 渴望**典型例句** They long for a chance to visit Shanghai.

他们渴望有机会去上海看看。

**最常用法** long ago 很久以前

as/so long as 只要, 如果

no longer 不再

before long 不久以后

long before 很久以前

long for 渴望

long to do sth. 渴望做……

**联想记忆** length *n.* 长度short *adj.* 短的; 矮的; 短期的desire *v.* 渴望; 向往; 要求**参考阅读****让生活充满爱**

让生活充满爱和安宁并且感觉富足的关键是真心实意地生活。

如果你真心实意地生活, 就能感觉到心满意足, 生活似乎总是称心如意的。你能掌握命运、充满自信并且实现目标。你能感受到内心的喜悦与宁静。你是那么活力充沛!

发自内心的爱让你觉得充满活力, 幸福无比。这种感觉能激发你的灵感, 攀升生活的高度……这是你以前从没想到过的。

真心实意地生活让你关注在你生命中最重要东西。这样你的视线便逐渐远离纷争, 转向对你而言更为重要的事情……你那内心深处

的渴望。

你的心中藏着真实幸福的秘密。这个秘密就是爱。爱是心灵的温柔表达。这个表达是我们内心深处都渴望感觉的。

无论你知道与否，你生命中一种最重要的关系就是你与心灵的关系。关爱你的心灵，并把你所有的经历，全部的经历，当做滋养心灵的机会。



# Lesson 4



## 美文赏析

### Dream What You Want to Dream

There are moments in life when you miss someone so much that you just want to pick them from your **dreams** and hug them for real!

Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, enough hope to make you happy.

The happiest of people don't **necessarily** have the best of everything; they just make the most of everything that comes along their way.

Love begins with a smile, grows with a kiss and ends with a tear.

The brightest future will always be based on a forgotten past, you can't go on well in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one who is smiling and everyone around you is crying.



## 词汇详解

1. **dream** [dri:m] *n.* 梦; 梦想 *v.* 做梦; 梦想

**典型例句** The boy had dreams of being a hero.

那个男孩梦想成为英雄。

**最常用法** dream a ... dream 做了一个……梦

dream of / about 梦见; 梦想

**联想记忆** dreamer *n.* 梦想者；空想家

imagine *vt.* 想象；设想；料想；猜想；认为 *vi.* 想象

2. **necessarily** [ˌnesəˈsɪrəli] *adv.* 必要地；必定地，必然地

**典型例句** Anger is not necessarily the most useful or acceptable reaction to such events.

生气未必是对待此类事件最有用或最适合的反应。

**最常用法** not necessarily 不见得；未必；不一定；并不一定

**联想记忆** unnecessary *adj.* 不必要的；多余的

necessity *n.* 需要；必需品；必然



**参考阅读**

### 做你想做的梦

在一生有多少这样的时刻：我们对一个人朝思暮想，只想一把把他们从梦中拉出来，真切地拥抱一回！

做你想做的梦，去你想去的地方，成为你想成为的人，因为你只有一次生命和一次机会去做所有你想做的事情。

愿幸福与你永伴，使你亲切可爱；愿你历经磨难，使你坚韧不拔；愿你痛彻心扉，使你通情达理；愿你充满希望，使你幸福快乐。

世界上最幸福的人并不一定拥有所有最好的东西，他们只是最充分利用、珍惜了他们生命中的一切。

爱始于微笑，育于亲吻，终于眼泪。

五彩缤纷的明天常常建立在对过去的遗忘之上。只有对过去的失败和伤痛不再耿耿于怀，生活才会变得更加美好。

当你呱呱落地、啼哭不已时，周围的人却笑逐颜开；要认真地生活，只有这样，当你走到生命的尽头时，你才会含笑而眠，而周围的人却痛哭不已。