

双语美文

思想结晶改变人生命运，经典美文提高生活品位

# 我的梦想美文

有梦想谁都了不起

英汉对照 词汇解析 语法讲解 励志语录

马琼琼 编著

读书，让你慢慢成为  
一个有温度、懂情趣、会思考的人



中国纺织出版社

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# 前言

思想结晶改变人生命运，经典美文提高生活品位。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。这就是语言的魅力。通过阅读优美的英文短文，不仅能够扩大词汇量，掌握单词的用法，了解语法，学习地道的表达，更让你的心灵如沐春风，得到爱的呵护和情感的滋养。

岁月流转，经典永存。针对英语学习爱好者的需要，编者精心选取了难易适中的英语经典美文，为你提供一场丰富多彩的文学盛宴。本书采用中英文对照的形式，便于读者理解。每篇美文后都附有单词解析、语法知识点、经典名句三大版块，让你在欣赏完一篇美文后，还能扩充词汇量、巩固语法知识、斟酌文中好句，并感悟人生。在一篇篇不同题材风格的英语美文中，你总能找到引起你心灵共鸣的一篇。

读一本新书恰似坠入爱河，是场冒险。你得全身心地投入进去。翻开书页之时，从前言直至封底你或许都知之甚少。但谁又不是呢？字里行间的只言片语不总是正确的。

有时候你会发现，人们自我推销时是一种形象，等你在深入了解后，他们就完全变样了。有时故事的叙述流于表面，朴实的语言，平淡的情节，但阅读过半后，你却发觉这本书真是出乎意料的妙不可言，而这种感受只能靠自己去感悟！

阅读之乐，腹有诗书气自华；阅读之美，活水云影共天光。阅读可以放逐百年孤独，阅读可以触摸千年月光。阅读中有眼前的收获，阅读中也有诗和远方。

让我们静下心来感受英语美文的温度，在英语美文中仔细品味似曾相识的细腻情感，感悟生命和人性的力量。

编者

2018年6月

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# 01

## No Pain, No Gain 没有付出就没有收获

Have you ever thought why there are very few great people? I think there is probably only one great person out of 10, 000 at best, and most probably much less than that. But why? Most people want to be great, right? Why are there only very few of them? Here is the reason:

Most people do not pay the price of **greatness**.

I think this one is quite **obvious**. Now, the next question is: why not? If there are so many people who want to be great, why only very few of them **actually** pay the price? The answer to these questions explains the difference between the almost 100% people who want to be great and the much less than 0.01% who actually be so.

The reason why very few people actually pay the price is this: The road to greatness is **continuously** painful for long time.

Greatness requires **sacrifices** and there is no sacrifice without pain. The kind of sacrifices required for greatness is the ones that make the process continuously painful for long time. If you want to be good it will be painful

你有没有想过为什么成功的人那么少?我想,大概在一万个人里有一个能获得成功就很好了。但是为什么会这样呢?我们大多数人都渴望成功,不是吗?那为什么成功的人还是屈指可数呢?原因如下:

大多数人没有为成功付出代价。

这个答案显而易见。那么,就引出了下一个问题:为什么没有呢?为什么有那么多人想要成功,而只有少数的人愿意为成功付出代价呢?这个问题的答案就能把0.01%真正获得成功的人和几乎是100%想要获得成功的人给区分开来。

极少数人愿意为成功付出代价的真正原因在于:成功之路需要长期痛苦的坚持。

成功要牺牲,而所有的牺牲都伴随着痛苦。获得成功所需要的牺牲是长期的、痛苦的。如果你的目标是优秀,那可能只是“短痛”而已,很多人还是可以承受得住的。但是想要成功,那么所需要承受的就是“长痛”了。大多数人

only every now and then, and many people can still handle it. But being great is a totally different level. The pain is much deeper and it is continuous. Very few people can **endure** this kind of pain and that's why there are very few great people. Most people naturally choose things that bring pleasures to them. It's **unnatural** to choose pain over pleasure, let alone doing it continuously for long time.

But that's what I believe is the secret to greatness: The secret to greatness is choosing pain over pleasures continuously for long time.

会选择能给自己带来快乐的事物，这是自然的选择。很少有人会抛开快乐去选择痛苦，更不用说是长期的痛苦了。

但是正是上述原因让我相信，成功的秘密就在于：选择痛苦而不是快乐，并能够长期坚持承受痛苦。

### 单词解析 Word Analysis

**greatness** [greɪtnəs] *n.* 伟大；大；崇高

例 He may not always achieve greatness but at least he's a trier.

他也许并非总能成就大事，但至少他竭尽所能。

**obvious** ['ɒbvɪəs] *adj.* 明显的；显著的

例 It was an obvious mistake for him to have gone alone.

他独自前去是个很明显的错误。

**actually** [ˈæktʃuəli] *adv.* 实际上；确实；事实上

例 One afternoon, I grew bored and actually fell asleep for a few minutes.

一天下午，我觉得有些无聊，还真的睡着了一小会儿。

**continuously** [kən'tɪnjuəsli] *adv.* 连续不断地, 接连地

**例** This system continuously monitors levels of radiation and relays the information to a central computer.

这个系统不间断地监控辐射水平, 并将信息传送到中央计算机。

**sacrifice** ['sækrɪfaɪs] *n. & v.* 牺牲; 献祭, 供奉

**例** Her husband's pride was a small thing to sacrifice for their children's security.

为了孩子们的安全, 舍弃她丈夫的尊严不算什么。

**endure** [ɪn'djuə(r)] *v.* 忍耐; 容忍

**例** The company endured heavy financial losses.

那家公司遭受了严重亏损。

**unnatural** [ʌn'nætʃrəl] *adj.* 不自然的, 做作的

**例** The aircraft rose with unnatural speed on take-off.

那架飞机以反常的速度起飞升空。

## 语法知识点 Grammar Points

- ① The answer to these questions explains the difference between the almost 100% people who want to be great and the much less than 0.01% who actually be so.

本句中 who 引导定语从句, 先行词是 the almost 100% people, 先行词在从句中做主语成分; much less than 表示“远小于”。

**例** I use watercolors much less than I do oils or acrylics.

我用水彩比用油画颜料或丙烯酸颜料要少得多。

She got much less than she would have done if she had settled out of court.

如果她同意庭外和解的话, 得到的肯定会更多。

- ② If you want to be good it will be painful only every now and then, and many people can still handle it.

本句中 if 引导的是个条件状语从句, 表示某事很可能发生, 条件是可能存在的, 主句中某种情况发生的概率也是很高的。

例 If you fail in the exam, you will let him down.

如果你考试不及格，你会让他失望的。

If you have finished the homework, you can go home.

如果你作业做完了就可以回家了。

另外，if从句还表示不可实现的条件或根本不可能存在的条件，也就是一种虚拟的条件或假设。从句多用一般过去时或过去完成时，表示对现在或过去的一种假设。

例 If I were you, I would invite him to the party.

如果我是你，我会邀请他参加聚会。

I would have arrived much earlier if I had not been caught in the traffic.

要不是交通堵塞，我会来得早一些。

every now and then 表示“有时，时而，不时”。

例 A few cases of influenza cropped out every now and then.

一些流行性感冒的病例不时出现。

Every now and then you hear some bombs bursting.

你会时不时地听到一些爆炸声。

**③ Most people naturally choose things that bring pleasures to them. It's unnatural to choose pain over pleasure, let alone doing it continuously for long time.**

本句中 bring pleasure to sb. 表示“给某人带来快乐”；let alone 表示“更不用说”。

例 When we worship, our goal is to bring pleasure to God, not ourselves.

我们敬拜时，目标是为讨神欢心，而不是让自己开心。

He did not have enough money to have the tire patched up, let alone buy a new one.

他的钱还不够补这个轮胎，更别提买个新的了。

经典名句 *Famous Classics*

1. Those who were seen dancing were thought to be insane by those who could not hear the music.  
那些听不见音乐的人认为那些跳舞的人疯了。
2. You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.  
你有你的路，我有我的路。至于适当的路、正确的路和唯一的路，这样的路并不存在。
3. A casual stroll through the lunatic asylum shows that faith does not prove anything.  
在疯人院随便逛一下你就能了解，信仰什么也证明不了。
4. Whoever fights monsters should see to it that in the process he does not become a monster. And when you look into the abyss, the abyss also looks into you.  
想要战胜怪物就要了解成为怪物的过程；当你回望无底深渊的时候，无底深渊也会望着你。
5. The true man wants two things: danger and play. For that reason he wants woman, as the most dangerous toy.  
真正的男子渴望两件事：危险和游戏。正因为这个原因，他追逐女人——世上最危险的游戏。
6. Those who keep themselves strong will eventually succeed.  
凡是自强不息者，最终都会成功。
7. Miracles sometimes occur, but one has to work terribly for them.  
奇迹有时候是会发生的，但是你得为之拼命地努力。

## 02 Be an Optimist 做一个乐观者

If you change your mind—from **pessimism** to **optimism**—you can change your life. Do you see the glass as half-full rather than half empty? Do you keep your eye upon the **doughnut**, or upon the hole? Suddenly these clichés are scientific questions, as researchers **scrutinize** the power of positive thinking. Research is proving that optimism can help you to be happier, healthier and more successful. Pessimism leads, by contrast, to hopelessness, sickness and failure, and is linked to **depression**, loneliness and painful shyness. If we could teach people to think more positively, it would be like inoculating them against these mental ills.

Your habits count but the belief that you can succeed affects whether or not you will. In part, that's because optimists and pessimists deal with the same challenges and disappointments in very different ways. When things go wrong the pessimist tends to blame himself. "I'm not good at this." "I always fail." He would say. But the optimist looks for **loopholes**. Negative

如果你能将悲观情绪转化为乐观情绪，那么你将改变自己的命运。你看到的是杯子中的半杯水，还是空着的另一半？你的眼睛盯着的是炸面包圈，还是它当中的圆洞？当研究者们详细检测积极思维的作用时，突然之间这些陈词滥调都成为了科学问题。研究证实，乐观能够让你更加快乐、更加健康、更加成功。相反，悲观则会导致无望、疾病以及挫败；其与消沉、孤独和使人痛苦的腼腆不无关系。假如我们能够教导人们更加积极地去思考，那就会像给他们注射预防这些心理疾病的疫苗。

你的诸多习惯固然重要，但是你能够成功的信念影响着你是否真的会成功。在某种程度上讲，这是由于乐观主义者和悲观主义者以迥异的方式对待相同的挑战与失望。当出了问题之后，悲观主义者往往自我责备。他会说“我不擅长做这种事”，“我总是失败”。但是乐观主义者则寻找疏漏之处。不管是消极还是积极的想

or positive, it was a self-fulfilling **prophecy**. If people feel hopeless they don't bother to acquire the skills they need to succeed.

A sense of control is the **litmus test** for success. The optimist feels in control of his own life. If things are going badly, he acts quickly, looking for solutions, forming a new plan of action, and reaching out for advice. The pessimist feels like fate's **plaything** and moves slowly. He doesn't seek advice, since he assumes nothing can be done. Many studies suggest that the pessimist's feeling of helplessness **undermines** the body's natural defenses, the **immune** system. Research has found that the pessimist doesn't take good care of himself. Feeling **passive** and unable to **dodge** life's blows, he expects ill health and other misfortunes, no matter what he does. He **munches** on junk food, avoids exercise, ignores the doctor, has another drink.

Most people are a mix of optimism and pessimism, but are inclined in one direction or the other. It is a pattern of thinking learned at our mothers' knees. It grows out of thousands of cautions or encouragements, negative statements or positive ones. Too many "don't" and warnings of danger can make a

法, 都是一种本身会得以实现的预言。如果人们感觉毫无希望, 那么他们就不会花费力气去获得成功所需要的技能。

有无控制感是成功的试金石。乐观主义者感觉到能够掌握自己的命运。如果事出不利, 他立即做出反应, 寻求解决办法, 制定新的行动计划, 而且主动去请教他人。悲观主义者则感觉到自己只能任凭命运摆布, 行动起来拖拖拉拉。既然认为无计可施, 他便不去寻求他人的意见。许多研究显示, 悲观主义者的无助感会损害人体的自然防御体系, 即免疫系统。研究发现悲观主义者不会很好地照顾自己。这种人消极被动, 不会避开生活中的打击, 不管做什么都会担心身体不好或者其他灾祸降临。他吃着垃圾食品, 逃避体育锻炼, 忽视医生的劝告, 总是要再贪一杯。

在大多数人身上, 乐观主义和悲观主义兼而有之, 但总是更加倾向于其中之一。这是在母亲膝下之时就已经形成的思维模式。它源自千万次警告或者鼓励, 积极的或者消极的话语。过多的“不许”和危险警告会让一个孩子感到无能、

child feel incompetent, fearful and pessimistic. Pessimism is a hard habit to break—but it can be done. 胆怯，以至于悲观。悲观是一种很难克服的习惯——但并非不能克服。

## 单词解析 Word Analysis

**pessimism** ['pesɪmɪzəm] *n.* 悲观；悲观主义

例 Optimism was gradually taking the place of pessimism.

乐观情绪逐渐取代了悲观主义。

**optimism** ['ɒptɪmɪzəm] *n.* 乐观；乐观主义

例 Now is the time to forge ahead with all the enthusiasm and optimism that you can manage.

现在到了拿出你最大的热情和积极努力进取的时候了。

**doughnut** ['dəʊnʌt] *n.* 炸面包圈，圈饼

例 No, I'm going to the snack bar to get a doughnut and some milk.

不，我要到小吃店买一个炸面包圈和一些牛奶。

**scrutinize** ['skru:tənaɪz] *v.* 仔细检查

例 Her purpose was to scrutinize his features to see if he was an honest man.

她的目的是通过仔细观察他的相貌以判断他是否诚实。

**depression** [dɪ'preʃn] *n.* 萎靡不振，沮丧

例 He never forgot the hardships he witnessed during the Great Depression of the 1930s.

他永远不会忘记20世纪30年代经济大萧条时期他所目睹的困苦情形。

**loophole** ['lu:phəʊl] *n.* 空子；漏洞；观察孔

例 He had found a loophole which allowed him to evade responsibility.

他发现了一个可以让他回避责任的漏洞。

**prophecy** ['prɒfəsi] *n.* 预言；预言书；预言能力

例 The youth, too, fulfilled the prophecy.

那个年轻人，同样地，让预言说中了。

**litmus** ['lɪtməs] *n.* 石蕊

例 Ending the fighting must be the absolute priority, the litmus test of the agreements' validity.

停火绝对是第一要务，也是检验协议是否有效的试金石。

**plaything** ['pleɪθɪŋ] *n.* 玩物，供消遣的东西

例 He would not allow anyone to make him into a political plaything for their own ends.

他不会允许任何人为了达到其自身目的把他变成政治玩物。

**undermine** [ˌʌndə'maɪn] *v.* 逐渐削弱；使逐步减少效力

例 Offering advice on each and every problem will undermine her feeling of being adult.

对每个问题都给出建议会令她觉得自己不像个成年人。

**immune** [ɪ'mju:n] *adj.* 免疫的；有免疫力的

例 This blood test will show whether or not you're immune to the disease.

这个血检显示你是否对这种疾病具有免疫力。

**passive** ['pæsiv] *adj.* 被动的；消极的

例 His passive attitude made things easier for me.

他顺从的态度让我做起事来更轻松些。

**dodge** [dɒdʒ] *v.* 闪躲；回避

例 He desperately dodged a speeding car trying to run him down.

他拼命地闪身躲开一辆试图撞倒他的疾驰的汽车。

**munch** [mʌntʃ] *v.* 用力咀嚼（某物）；大声咀嚼

例 Across the table, his son Benjie munched appreciatively.

桌子对面，他儿子本杰有滋有味地吃着。