

图书基本信息

书名：<<守望一朵花开-每天读点好英文-升级版大全集>>

13位ISBN编号：9787533673130

10位ISBN编号：7533673131

出版时间：2013-1

出版时间：安徽教育出版社

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页数：320

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内容概要

“每天读点好英文”系列升级版是专为有提高英文水平需要和兴趣的年轻朋友们量身打造的一套“超级学习版”双语读物，此套图书在选取优美文章的同时，附有较强的学习功能。

“美文欣赏”、“词汇笔记”、“小试身手”“短语家族”将是阅读《每天读点好英文：守望一朵花开》的提升重点，这就真正形成了一个初学者的学习体系——记忆单词、学习语法、运用词组、实践运用，不愁英语功底学习得不扎实。

作为双语读物，《每天读点好英文：守望一朵花开》让英语学习变得轻松有趣，在阅读中潜移默化地学习。

突显学习功能，补充句型详解，提升语法实力。

文后附阅读测验，提升文章理解力。

作者简介

常青藤语言教学中心，长期致力于双语读物的编撰工作，在编选与翻译方面兼具专业性与权威性。

书籍目录

别让明天为今天后悔Don't Let Tomorrow Regret for Today · 假装的快乐 米尔德里德·克拉姆The Happy Door Mildred Cram · 一切总会好的 佚名A Lesson of Life Anonymous · 为乐趣而生活 佚名Are We Having Fun Yet Anonymous · 快乐不必认真 佚名The Importance of Doing Things Badly Anonymous · 生活不是理所当然 佚名Not Being Grateful without Missing Anonymous · 切勿等待 佚名Now Is the Best Time to Be Happy Anonymous · 乐观哲学 佚名On Happiness Anonymous · 体味拥有, 心满意足 佚名Think More about What You Have Anonymous · 你的生活自己决定 佚名You Have a Choice Anonymous · 你的玻璃杯重吗 佚名Put the Glass Down Anonymous · 别让明天为今天后悔 佚名Don't Let Tomorrow Regret for Today Anonymous · 不要等待“总有一天” 佚名Everyday Is a Gift Anonymous · 为金钱付出的代价 亚历山大·布洛奇Life in a Violin Case Alexander Bloch · 失明者的健全生活 罗伯特·G.奥尔曼A Ball to Roll Around Robert G. Allman · 实践箴言, 生活改变 艾伯特·内斯比特How to Refill an Empty Life Albert Nesbitt · 痛苦的根源 拉·封丹The Cobbler and the Banker La Fontaine · 人生没有终点站 罗伯特·J. 黑斯廷斯Relish the Moment Robert J. Hastings · 积极思维效应 佚名Be an Optimist Anonymous · 享受花朵和蜂蜜的快乐 卡里·纪伯伦On Pleasure Kahlil Gibran · 坚持才能走向成功 佚名I Will Persist until I Succeed Anonymous · 生命本身就是最美的希望 佚名Life Is the Best Beautiful Hope Anonymous 优于过去的自己 Being Superior to Your Previous Self · 憩于理性, 行于热情 卡里·纪伯伦On Reason and Passion Kahlil Gibran · 美即是真 弗兰克·多比What Makes Me Feel Big Frank Dobie · 恶是无法诉说的 卡里·纪伯伦On Good and Evil Kahlil Gibran · 优于过去的自己 欧内斯特·海明威Being Superior to Your Previous Self Ernest Hemingway · 骄傲的劲敌 塞缪尔·约翰逊On Idleness Samuel Johnson · 光明的赠与 佚名Moving Thoughts Anonymous · 四条基本价值观 艾娜·科林娜·布朗What Are People Good for Ina Cqrinne Brown · 自私是最令人憎恶的罪行 李·黑斯廷斯·布里斯托尔Paying the Rent of Service Lee Hastings Bristol · 爱的过程 佚名Let Go Anonymous · 真正的自由 佚名Serenity of Mind Anonymous · 高飞的风筝 佚名Free to Soar Anonymous · 期待是沉默的杀手 佚名Loneliness Anonymous · 选择真理还是快乐 佚名I Forgive You Anonymous · 你怕死吗 威廉·哈兹里特On the Fear of Death William Hazlitt · 直觉的孩子 佚名Listen to Your Inner Voice Anonymous · 选择性珍惜 佚名What Will Matter Anonymous · 痛苦伴随你成长 佚名Pain and Growth Anonymous · 摆脱失业的困扰 谢里尔·理查森Getting over the Job-loss Blues Cheryl Richardson 在人生道路上边走边悟 Walking and Thinking on the Road of Life · 我们的时代 佚名Where Are We Heading Anonymous · 鲈鱼的启示 佚名Catch of a Lifetime Anonymous · 幸福与娱乐毫不相干 佚名The Essence of Happiness Anonymous · 每个人都是天才 安妮·海伍德Do You Know Your Special Talent Anne Heywood · 错过的辉煌 哈里·A.奥弗斯特里特The Hidden World around Us Happy A. Overstreet · 施比受更有福 露西·弗里曼A Mask Was Stifling Me Lucy Freeman · 人生的清单 约叔亚·罗斯·李普曼On Peace of Mind Joshua Loth Liebman · 记忆中的伤害与恩泽 佚名Sand and Stone Anonymous · 人生之役 埃尔默·霍姆斯·博布斯特Man Is Like a Fruit Tree Elmer H. Bobst · 两种力量, 四种自我 艾丽斯·汤普森I Live Four Lives at a Time Alice Thompson · 愤怒的代价 佚名Keep Your Cool Anonymous · 生活寄语 佚名Five Simple Rules Anonymous · 父亲的馈赠 约翰·G. 李Inspiration from a Drainpipe John G. Lee · 找到另一座山 弗朗西斯·拉塞尔The Last Hill Francis Russell · 亲爱的, 请允许我 佚名Please Let Me Have a Little World Anonymous · 竞争是善意的 佚名Competition in My Own World Anonymous · 行动带来幸运 乔治·克拉森Meet the Goddess of Good Luck George Clason · 灵魂的限度 The Story of Life Anonymous · 美德的真相 佚名Double Vision Anonymous · 折翼的蜜蜂 格伦·沃森A Wing and a Prayer Glen Wasson

章节摘录

假装的快乐 The Happy Door 米尔德里德·克拉姆 / Mildred Cram Happiness is like a pebble dropped into a pool to set in motion an ever-widening circle of ripples. As Stevenson has said, being happy is a duty. There is no exact definition of the word—happiness. Happy people are happy for all sorts of reasons. The key is not wealth or physical well-being, since we find beggars, invalids and so-called failures, who are extremely happy. Being happy is a sort of unexpected dividend. But staying happy is an accomplishment, a triumph of soul and character. It is not selfish to strive for it. It is, indeed, a duty to us and others. Being unhappy is like an infectious disease; it causes people to shrink away from the sufferer. He soon finds himself alone, miserable and embittered. There is, however, a cure so simple as to seem, at first glance, ridiculous: If you don't feel happy, pretend to be!

It works. Before long you will find that instead of repelling people, you attract them. You discover how deeply rewarding it is to be the center of wider and wider circles of good will. Then the make-believe becomes a reality. You possess the secret of peace of mind, and can forget yourself in being of service to others. Being happy, once it is realized as a duty and established as a habit, opens doors into unimaginable gardens thronged with grateful friends. 快乐就像一枚鹅卵石突然掉入池塘中, 激起一圈又一圈的涟漪, 并不断向外围扩散。

正如史蒂文森说的, 快乐是一种责任。

快乐没有确切的定义。

快乐的理由成千上万, 而关键并不在于财富或健康。

因为我们发现, 乞丐、残疾人和所谓的失败者也能过得无比快乐。

快乐会有一种意想不到的收获, 而保持快乐的心境是一种成就, 是灵魂和性格的升华。

事实上, 追求快乐并非自私的表现, 而是对自己和他人的一种责任。

郁闷就像一种传染病, 人们往往对郁闷的人退避三舍。

他们很快也会感到孤独、痛苦和难过。

但是, 有一种看似简单的治疗方法, 虽然乍看似乎有些荒谬, 如果你觉得不快乐, 就假装快乐吧!

这个方法很管用, 不久你就会发现, 自己会吸引他人, 而不是令人反感。

你拥有一个以自我为中心的、日趋宽广的友好交际圈。

这会是多么有益的事。

于是, 假装的快乐就成为事实。

你掌握了平和心境的秘诀, 并且, 在愉悦他人的过程中, 自己也变得忘乎所以。

一旦意识到, 保持快乐的心境是一种责任, 并形成了习惯, 它就能开启秘密花园的大门, 那里云集着无数满怀感激的朋友。

心灵小语 快乐是一天, 不快乐也是一天, 那我们为什么不天天快乐呢?

即使是假装的快乐, 也会感染他人。

久而久之, 大家就真地变得快乐了!

词汇笔记 词汇笔记 pebble ['pebl] n. 鹅卵石 Most of the roads in this old town is made of pebble. 这个古镇的大多数道路是由鹅卵石铺成的。

invalid [in'v · lid] n. 病人; 残疾者 Many invalids are still very optimistic!

很多残疾人还是很乐观的!

triumph ['traɪ · mf] n. 凯旋; 欢欣; 升华 Marriage is the triumph of imagination over intelligence.

婚姻是想象力战胜智慧的功绩。

ridiculous [ri'dɪkjul · s] adj. 荒谬的; 可笑的 Who made this ridiculous rule · 这条荒唐的规则是谁定的?

小试身手 快乐的理由成千上万, 而关键并不在于财富或健康。

保持快乐的心境是一种成就, 是灵魂和性格的升华。

不久你就会发现, 自己会吸引他人, 而不是令人反感。

短语家族 ...it causes people to shrink away from the suffer. away from: 离开; 远离; 不在
 Before long you will find that instead of repelling people... before long: 不久以后; 很快; 不久
 一切总会好的 A Lesson of Life 佚名 / Anonymous “Everything happens for the best,” my
 mother said whenever I faced disappointment. “If you can carry on, one day something good will happen. And
 you’ll realize that it wouldn’t have happened if not for that previous disappointment.” Mother was right
 , as I discovered after graduating from college in 1932, I had decided to try for a job in radio, then work my
 way up to sports announcer. I hitchhiked to Chicago and knocked on the door of every station—and got turned
 down every time. In one studio, a kind lady told me that big stations couldn’t risk hiring inexperienced
 person—“Go out in the sticks and find a small station that’ll give you a chance.” she said. I thumbed
 home to Dixon, Illinois. While there was no radio-announcing jobs in Dixon, my father said Montgomery
 Ward had opened a store and wanted a local athlete to manage its sports department. Since Dixon was where I had
 played high school football, I applied. The job sounded just right for me. But I wasn’t hired. My
 disappointment must have shown. “Everything happens for the best.” Mom reminded me. Dad offered me the
 car to job hunt. I tried WOC Radio in Davenport, Iowa. The program director, a wonderful Scotsman named
 Peter MacArthur, told me they had already hired an announcer. As I left his office, my frustration boiled
 over. I asked aloud, “How can a fellow get to be a sport announcer if he can’t get a job in a radio station.”
 I was waiting for the elevator when I heard MacArthur calling, “What was that you said about sports. Do
 you know anything about football.” Then he stood me before a microphone and asked me to broadcast an
 imaginary game. The preceding autumn, my team had won a game in the last 20 seconds with a 65-yard run.
 I did a 15-minute buildup to that play, and Peter told me I would be broadcasting Saturday’s game!

On my way home, as I have many times since, I thought of my mother’s words, “If you carry on,
 one day something good will happen. Something wouldn’t have happened if not for that previous
 disappointment.” I often wonder what direction my life might have taken if I’d gotten the job at Montgomery
 Ward. 每当我遇到困难时, 母亲就对我说: “如果你坚持下去, 一切都会好的。
 不经历风雨, 怎能见彩虹?

”直到1932年大学毕业, 我才发现母亲是对的。
 当时, 我已决意在电台谋求发展, 努力成为一名体育节目播音员。
 我搭便车抵达芝加哥后, 开始奔波于各个电台之间——但被一一拒绝。
 一位在播音室里工作的好心女士告诉我, 大型的电台是不会冒险接纳毫无经验的新人的——“到
 乡下去, 找家能给你机会的小电台吧。”

她说。
 我乘车返回了家乡伊利诺伊州的迪克森。
 当时, 家乡还没有电台播音员。
 父亲告诉我, 蒙哥马利·沃德新开了家商店, 正需要管理体育部的当地运动员。
 上中学时, 我曾在迪克森打过橄榄球, 于是我申请了这份工作。
 我似乎挺适合做这项工作的, 结果却被拒绝了。

我失望极了。
 “一切总会好的。”
 母亲提醒我。
 为了方便找工作, 父亲送了我一辆汽车。
 我去爱荷华州的达文波特, 到当地电台求职。
 那里的电台节目总监, 苏格兰人彼得·麦克阿瑟告诉我, 播音员已有合适的人选。

当我走出他的办公室时, 挫折感油然而生。
 我大声说道: “如果在电台都找不到工作, 又怎么能当体育节目的播音员呢?”

”等电梯时, 麦克阿瑟的声音传入我的耳畔: “你说什么体育呢?
 你懂橄榄球吗?

”然后, 他让我站在话筒前, 想象一场比赛, 并为其解说。

<<守望一朵花开-每天读点好英文-升级>>

去年秋天，我们的球队赢得了一场比赛——在最后20秒的时间里以65码的距离获胜，我用15分钟将那场精彩的比赛解说下来。

彼得对我说，我可以解说周六的一场比赛。

回家途中，母亲的话又在我的耳边响起：“坚持下去，一切都会好的。

不经历风雨，怎能见彩虹？

”我常想，当年，如果我能到蒙哥马利·沃德那里工作，我的人生又会驶向何方？

词汇笔记 词汇笔记 previous ['pri : vj · s] adj. 在……之前；先；前；以前的 Has Jake had previous career experience . 杰克有过工作经验吗？

athlete [' · lit] n. 运动员 This athlete has a powerful frame. 这位运动员有着魁梧的体格。

elevator ['eliveit ·] n. 电梯；飞机升降舵 You should never take the elevator. 你绝对不可以搭电梯。

buildup ['bild · p] n. 组织；组成；增强 Nuclear buildup was unlike any other arms race in history. 核力量的增长不像历史上的任何军备竞赛。

小试身手 不经历风雨，怎能见彩虹？

直到1932年大学毕业，我才发现母亲是对的。

坚持下去，一切都会好的。

短语家族 If you can carry on , one day something good will happen. carry on : 从事；经营；进行；继续 ...and got turned down every time. turn down : 拒绝

编辑推荐

1.学英语不再枯燥无味：《每天读点好英文：守望一朵花开》内文篇目均取自国外最经典、最权威、最流行、最动人的篇章，中英双语，适于诵读，提升阅读能力； 2.学英语不再沉闷辛苦：优美的语言、深厚的情感、地道的英文，让我们在阅读这些动人的绝美篇章时，不仅能够提升生活质量，丰富人生内涵，更能够轻松提升英文领悟能力，体味英文之美，轻松提高学习兴趣； 3.学英语不再学了就忘：每篇文章的旁边列有词汇，均是生活和学习中的常见词汇，读者可重点记忆。文章后附有填空、句型、短语等语法练习，用最短的时间、最有趣的方式就能完成复习与巩固，提升语法能力。

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