

## <<你若安好便是晴天>>

### 图书基本信息

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### 前言

“双语魅力美文（英汉对照）”系列书全套共八本，分别为：《找回迷失的自己》《幸福住在你心上》《仰望生命的阳光》《重遇未知的自己》《感谢岁月曾经来过》《致终将逝去的青春》《淡定的人生不寂寞》《你若安好便是晴天》。

本套作品为英汉对照读物，每一本都涉及现实生活中的种种热门话题，并深刻揭示了人生哲理与人性思考。

读者可以透过书中精选的经典哲理散文、优美动人的诗歌、寓意深刻的哲理小故事、权威有力的演讲等文章，对人生和生活有一种全新的认识和思考，其实，生命中的细微感动，始终都在身旁。

我们希望这套系列书的面世，能带给读者一丝清新美好的感觉，抚慰都市生活中每一颗渴求温暖的心灵。

而我们也一定会以更大的努力，做好这套书的出版工作，竭诚以待，绝不辜负读者朋友们的期望。

编辑部

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### 内容概要

《双语魅力英文系列8：你若安好便是晴天》重点倾诉了对情感、梦想、生命等主题的感悟，文字优美温暖，仿佛陈年美酒，一任时光流转，经典依旧不变。这个世界充满了诱惑，如何在浮躁的生活中继续保持强大而淡定的心态，成为人们苦苦寻求答案的难题。

双语魅力英文丛书收录了各种经典哲理美文，双语对照，其内容涉及青春、爱情、理想等方面，从不同的视角阐释了人生的种种道理。

书中选用的文章体裁多样，有语句优美的散文；有感人至深的叙事文；也有世界权威研究中心的研究成果报告。

既有理性的人生思考，也有鲜活生动的感性触摸，读者在提高英语水平的同时，得到人生幸福的启示。

非常适合中学生、大学生及对英语学习充满热情、抱有热望的人们来学习英文、欣赏美文。

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### 作者简介

凯瑟琳，毕业于北京外国语大学英语系英语语言文学专业，具有丰富的译审经验，擅长文学、社科领域的翻译工作，曾长期与各大翻译社、出版社合作，翻译过多部作品。

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### 书籍目录

出版说明Embracing Warm Sunshine拥抱温暖的阳光Love: The One Creative Force爱：能够创造奇迹的力量Bright Heart明亮的心For Three Solid Years' Waiting整整三年的等待Never Put off Till Some Other Time不要推迟到改天The Power of Your Actions简单的举止改变人的一生30 Things Can Be Done in Only 30 Seconds30秒可以完成的30件事情A Coke and a Smile可乐与微笑Grandpa's Valentine爷爷的情人卡For Moms...写给母亲们.....Catching Each Splendid Moment捕捉每个精彩时刻At the Seaside在海边The Words From the Heart孩子的心声There Is a Pot of Gold Hidden in the Orchard藏在果园里的金子Grandpa's Bee祖父的蜜蜂Three Reasons to Love Someone爱上某人的三个原因All You Remember你所记得的一切Teaching Children Money Habits for Life树立孩子一生的金钱观The Orange Rock橙形石头Following the Goal of Dreams紧紧握住梦想的航标Never Give Up永不放弃Correct Principles Are Lighthouses正确的原则犹如灯塔If the Dream Is Big Enough心中有目标Focus on the Joy注重欢乐Making the Tacks制作鞋钉One Life, Three Paths and Two Choices一种人生，三条路，两种选择Career and Vocation工作与事业How to Catch the Success如何把握成功Measures of Success When You're Unemployed寻找失业的成就感Stepping on the Stormy Waves将风浪踏在脚下Helen Keller海伦·凯勒The Things That Keep Us From Succeeding通往成功之路的障碍Words of Wisdom for the Modern Age年轻一代现代生活单句睿语Weakness or Strength将弱项变为强项Having Hearts in His Eyes眼里有心Norah Jones: From Waitress to Superstar琼斯：从侍者到歌坛巨星If I Were Obama假如我是奥巴马The Grapes of Wrath愤怒的葡萄A Bright Mirror to the Heart赐予心灵一面明镜Take Others as Your Mirror以他人为镜The Smile微笑The Selling of a Soul出卖灵魂The Importance of Being Honest诚信的意义A Pair of Socks一双袜子Of Friendship论友谊A Thief小偷Confidence自信Differences不同Decoding Life解读生命的密码The Secret of Life生命的秘密A Father, a Son and an Answer父亲、儿子与答案Captain! My Captain!船长！我的船长！My Best Friend Arnold我的挚友阿诺德My Safe Child我那安全的孩子The Last Week in Her Life生命的最后一周后记

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## 章节摘录

明亮的心 Bright Heart Last year around Halloween, I was invited to participate in a carnival for Tuesday's Child, an organization that helps children with the AIDS virus. I was asked to attend because I'm on a television show; I went because I care. I don't think that most of the kids recognize me as a celebrity. They just thought of me as a big kid who came to play with them for the day. I think I liked it better that way. At the carnival they had all kinds of booths. I was drawn to one in particular because of all the children that had gathered there. At this booth, anyone who wanted to could paint a square. Later that square was going to be sewn together with the others, to make a quilt. The quilt would be presented to a man who had dedicated his life to this organization and would soon be retiring. They gave everyone fabric paints in bright, beautiful colors and asked the kids to paint something that would make the quilt beautiful. As I looked around at all the squares, I saw pink hearts and bright blue clouds, beautiful orange sunrises and green and purple flowers. The pictures were all bright, positive and uplifting. All except for one. The boy sitting next to me was painting a heart, but it was dark, empty, and lifeless. It lacked the bright, vibrant colors that his fellow artists had used. At first I thought maybe he took the only paint that was left and it just happened to be dark. But when I asked him about it, he said his heart was that color because his own heart felt dark. I asked him why and he told me that he was very sick. Not only was he very sick, but his mom was very sick also. He said that his sickness was not ever going to get better and neither was his mom's. He looked straight into my eyes and said, "There is nothing anyone can do that will help." 去年大约在万圣节前夕，我应邀参加了一个由“TUESDAY'S CHILD”主办的嘉年华，该组织旨在帮助那些感染了艾滋病的儿童。

我之所以受邀是因为我是一个电视节目的主持人；我之所以参加是因为我也很关注他们。

我想绝大多数孩子并不会把我当做一位名人。

他们只会把我当做一个在这里陪他们玩的大孩子而已。

我想我更喜欢这样。

在嘉年华上，孩子们有各种各样的棚子。

我看到所有孩子都聚在一个棚子下面，我也被他们吸引了过去。

在棚下，大家都想画一个棉桃。

一会儿，棉桃彼此错综在一起，做成了一个被子，这个被子将被送给将其一生奉献给这个组织的人，他不久将会退休。

他们把鲜艳的、色彩各异的颜料发给每个孩子，让孩子在这个被子上画点什么东西把它弄好看。我在场地转悠，看到他们画的有红色的心，湛蓝色的云彩，橘黄色的日出，翠绿的绿叶和紫罗兰色的花朵。

所有的图案都是那么明亮，乐观和向上。

可只有一幅例外。

坐在我的旁边的那个男孩，正在画一个心形，可这个心却是暗淡的，空荡荡的，死气沉沉的。它没有他的“大作家”伙伴们所画的那样色彩明亮，富有活力。

I told him I was sorry that he was sick and I could certainly understand why he was so sad. I could even understand why he had made his heart a dark color. But...I told him that it isn't true that there is nothing anyone can do to help. Other people may not be able to make him or his mom better...but we can do things like give bear hugs, which in my experience can really help when you are feeling sad. I told him that if he would like, I would be happy to give him one so he could see what I meant. He instantly crawled into my lap and I thought my own heart would burst with the love I felt for this sweet little boy. He sat there for a long time and when he had had enough, he jumped down to finish his coloring. I asked him if he felt any better and he said that he did, but he was still sick and nothing would change that. I told him I understood. I walked away feeling sad, but recommitted to this cause. I would do whatever I could to help. As the day was coming to an end and I was getting ready to head home, I felt a tug on my jacket. I turned around and standing there with a smile on his face was the little boy. He said, "My heart is changing colors. It is getting brighter...I think those bear hugs really do work." On my

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way home I felt my own heart and realized it, too, had changed to a brighter color. 起初，我还认为是他碰巧画了这么一幅色调暗淡的图画，但当我问他时，他说他的心就是这种颜色的，因为他感到生活的灰暗。

当我问他为什么时，他说他的身体有病，而且他妈妈病情也很重。

他注视着我的双眼说：“对于这样的情况，谁也无能为力。

” 我对他说听到他生病的情况我也很难过。

我非常理解他的悲伤，甚至都能明白他为什么把心绘成灰色的原因。

但是……我告诉他不是“谁也无能为力”。

其他人可能不能让他和他妈妈的身体好一点，但我们可以做一些自己力所能及的事情，比如一个温暖的拥抱，特别是当他们感到悲伤时，一个拥抱能发挥意想不到的作用。

我告诉他如果他愿意的话，我会很高兴拥抱他一下的，让他明白我的用心。

他立即跳到我的腿上。

此刻，就是这个可爱男孩，使我感觉心里已经充满了爱。

他在我腿上待了好久，坐到心满意足后，才跳下去完成自己的涂色工作。

我问他是否感觉舒服多了，他说是的，可自己的病还是没有好，一切都无法改变。

我对他说我知道。

我离开时心情很悲伤，但我会再为这件事作些努力的，尽自己的一切力量帮助他。

天快黑时，我正准备回家。

这时，我感到有人在拽我的夹克衫，我回头一望，原来是他，站在那里，稚嫩的脸蛋上挂着灿烂的微笑。

他说：“我心里的颜色在变，它将变得越来越亮……我想那温暖的拥抱真的有用。

” 回家的路上，我触摸着我的心脏，意识到它的颜色也变得越来越亮了。

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### 媒体关注与评论

态度决定成败，无论情况好坏，都要抱着积极的态度，莫让沮丧取代热心。生命可以价值极高，也可以一无是处，随你怎么去选择。

——著名运动员瑞恩·吉格斯



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### 编辑推荐

《双语魅力英文系列8：你若安好便是晴天》我站在心灵彼岸，遥望远方的你，笑靥如花，一眼万年。

别忘记携勇气上路，总有一站会遇见属于你的美丽和幸福。

你若安好，世界便是晴天；你若快乐，幸福便是我们的终点站。

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