

<<感悟父爱>>

图书基本信息

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## <<感悟父爱>>

### 内容概要

让喜欢英文的读者爱不释手

清晨，一天的开始，是您的思维最活跃，心境最纯洁、语言理解和语言接受能力最强的时候。

晨读，让您的一天沉浸在美好的语言韵律中，让您刚刚读过的优美文章、精彩句子在一天中慢慢沉浸、消化、吸收，积累成您自己的知识。

本书所选故事、散文、诗歌，短小精悍、滴水藏海、文字隽永，每一篇都闪烁着智慧之光。

语言学习者阅读本书，可以提高文学素养，开阔视野，陶冶情操。

翻译爱好者阅读本书，可以将经典原文和优美的译文对比推敲，欣赏佳译。

文学爱好者阅读本书，可以从优美的文字中感受最真挚、最纯洁的感情，从而思索生命的意义。

爱、人生、事业、心灵、亲情、家庭、幸福……一个个直抵心灵的主题，翻开这本心灵鸡汤，开启我们人生的智慧吧！

晨光初映，天地之间万物更新，清风徐来，心情豁然开朗，手捧美文或读声朗朗，或冥想默诵，幸福与爱，涌满心田。

让我们感受原汁的英文意境；收获改变一生的智慧箴言吧！

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My Busy Day

当艾莉长大成人时

When Allie Left Home

积极思考是富有感染力的

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The Only Person in Charge of My Attitude Is Me  
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Life Isn ' t a Dress Rehearsal  
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A Lesson of Life

放松自我

Relax Yourself

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## 章节摘录

没有错误，只有教训 佚名 人的成长是一个不断尝试、不断经历失误、又不断获得新知的过程。

每次，当你信心十足，准备采取行动时，对于会有什么样的结果发生，你无从知晓——或许成功，或许失败。

然而，失败并不意味着毫无价值。

事实上，我们往往能从失败中学到更多的东西。

假如你犯了一个错误，或是未达到自己所期望的标准，你很可能会在自我与所谓的犯错者之间构筑一道壁垒。

然而，对以往的行为全盘否定，势必会让你感到内疚、自责。

深陷其中，你就不可能从中汲取有益的东西。

因此，过分苛求自己时，最需要的就是自我宽恕。

宽恕就是放下情感上的包袱，抹平心灵上的创伤。

它有四种类型： 第一种是对自己的初级宽恕。

第二种是对他人的初级宽恕。

第三种是对自己更深层次的宽恕。

这种宽恕是针对自己深感羞愧的极大恶行而言。

如果你所做的事有悖于自己的价值观和道德观，这时，你就在自己的为人准则和实际行动间制造了一道裂痕。

这种情况下，你就必须努力悔改，以此来弥补过错，并要重新找到自我。

当然，这并不是说你可以随意原谅自己，毫无悔意，但一味地埋怨自己是不健康的，过分的自我惩罚只会让你偏离自己道德准则的轨道越来越远。

第四种可能是最难的一种宽恕——是对他人更深层次的宽恕。

生活中，你也许会受到极大委屈和伤害。

以此来看，这似乎是不可原谅的。

但是，心怀怨恨、企图报复只会使你陷于受伤害的阴影中。

在这种情况下，你就要强迫自己放宽胸怀。

只有这样，才能把注意力转移开来，不至于一味地沉浸在恼怒和仇恨中。

只有做到宽恕，你才能忘却过错，净化心灵。

于是，当你最终把自己解脱出来时，很自然地，你就会把它看成是成长过程中必不可少的一部分。

There are No Mistakes , Only lessons Anonymous Human growth is a process of experimentation , trial , and error , ultimately leading to wisdom. Each time you choose to trust yourself and take action , you can never quite be certain how the situation will turn out. Sometimes you are victorious , and sometimes you become disillusioned. The failed experiments , however , are no less valuable than the experiments that ultimately prove successful; in fact , you usually learn more from your perceived “ failures ” than you do from your perceived “ successes ” . If you have made what you perceive to be a mistake , or failed to live up to your own expectations , you will most likely put up a barrier between your essence and the part of you that is the alleged wrong-doer. However , perceiving past actions as mistakes implies guilt and blame , and it is not possible to learn anything meaningful while you are engaged in blaming. Therefore , forgiveness is required when you are harshly judging yourself. Forgiveness is the act of erasing an emotional debt. There are four kinds of forgiveness: The first is beginner forgiveness for yourself. The second kind of forgiveness is beginner forgiveness for another. The third kind of forgiveness is advanced forgiveness of yourself. This is for serious transgressions , the ones you carry with deep shame. When you do something that violates your own values and ethics , you create a chasm between your standards and your actual behavior. In such a case , you need to work very hard at forgiving yourself for these deeds so that you call close this chasm and realign with the best part of yourself. This does not mean that you should rush to forgive yourself or not feel regret or remorse; but

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wallowing in these feelings for a protracted period of time is not healthy , and punishing yourself excessively will only creates a bigger gap between you and your ethics. The last and perhaps most difficult one is the advanced forgiveness of another. At some time of our life , you may have been severely wronged or hurt by another person to such a degree that forgiveness seems impossible. However , harboring resentment and revenge fantasies only keep you trapped in victimhood. Under such a circumstance , you should force yourself to see the bigger picture , by so doing , you will be able to shift the focus away from the anger and resentment. It is only through forgiveness that you can erase wrongdoing and clean the memory. When you can finally release the situation , you may come to see it as a necessary part of your growth . . . . .

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### 编辑推荐

阅读《我爱英文·感悟成功（感悟篇）》使你对英语学习充满热情，帮助你扩大阅读量、积累新词汇、学习生动的表达；引导你了解西方文化，开阔视野，陶冶情操。文章内容以轻松愉悦为原则，贴近生活，文章充满趣味性、知识性；语言鲜活，主题多样，涵盖生活的各个方面。



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