

## Lessons of Life

### 人生的教诲

人生总是有遗憾的，你得到的同时，也就失去了另一些东西，重要的是你应该知道自己到底要什么。追两只兔子的人，难免会一无所获。人的一辈子不会永远都是正确的。如果有一天你发现错了，那么重新再来，别人不原谅你，你可以自己原谅自己，千万不要用一个错误去掩盖另一个错误。我们每一个人成长的过程都不一样，所以不应该以自己的经验和观点去影响另一个人，他不是你，你也不是他。生活中的酸甜苦辣应当自己尝一尝，这才是人生。

## Let's Read!

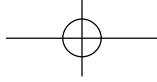
开始阅读吧！

Everything happens for a reason. When life takes an unexpected turn either it gives rise to a miserable storm or showers sunshine. There is always a way for happiness after sadness and vice versa. Something similar was my story. It was going great between John and me. We were happy together or at least, I would say I was happy with him. But as they say nothing is forever, things change without prior notice, and we call it life.

I started to notice a weird change in his behaviour. The care and love

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seemed to be fading, he hardly answered my calls and I could feel that he started ignoring me. Gradually the change became apparent. He used to be so considerate and selfless, and now he hardly cared. He had stopped calling and showing interest. It looked like the relationship was just being dragged by me. His participation no more existed. It had to be cleared as I had taken enough of his rude behaviour. This thing was killing me as the days were passing.

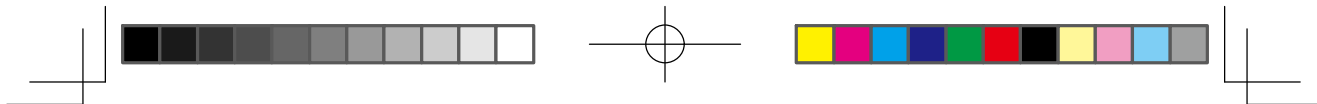
As usual one evening I called him not with the intention of sorting it out, he answered "Hello", I replied normally "Hey, Johnny, what's happening?", and he said uninterestingly, "Nothing great". After listening to his reply, I couldn't stop myself and said, "Johnny, I think we need to talk." "Talk? About what?" he asked. "About this drastic change in your behaviour, you're not the same Johnny anymore," after a minutes silence he spoke as if he was waiting for me to start it "Look, I know my behaviour has changed, and trust me I don't have an excuse to give, all I know is 'I am not ready for a relationship.' "

His words shook me; I kept the phone without uttering a word, as I was broken into pieces. I knew that the relationship was not on right track, but had no idea that it'll break this way. The thought of me not being with him anymore put me in distress. I tried calling back on his number to complete the conversation which was left incomplete, but he never answered.

He would ignore me even if there was an eye contact in public. I was pissed off with his inconsiderate behaviour, this was something much unexpected. It was hurting me even more, I felt like a loser. It put me into great depression. A guy who once used to love me like crazy, was now not even interested in talking to me. His thoughts did not let me concentrate on anything, I stopped socializing. All my hopes and confidence had shattered yet, I was unaware of something that was coming up which was least expected.

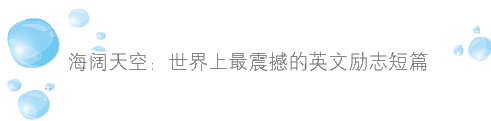
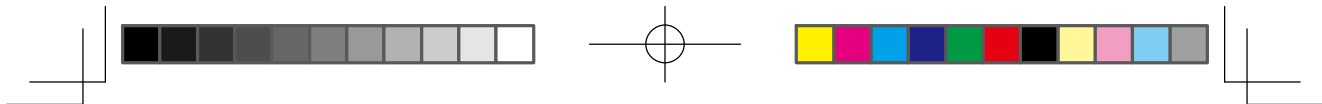
My results, I failed in the first year of my degree college. That was another





shock which I suffered, but this was for good. It made me think about my behavior. I came home after my results, went straight to my room and locked myself. Suddenly, a question crossed my mind "What's making me behave this way?", "That guy who dumped me giving a lame reason?" I asked myself. I went in front of the mirror and stared at myself, all my charm was gone, I looked so dull and sick, "This is enough" I thought to myself, "What am I punishing myself for? He doesn't deserve me. I'll have to stop this or my life will be ruined." There and then I made up my mind and decided "This is it, I have to be something and I have to prove myself. There are things which are more important and inevitable." Sometimes you can explain yourself better than others. After that day, I started going to college regularly, concentrated on studies. Moreover, I realized that I was more sincere than ever, the best thing happened with me was, I met many interesting people who became my good friends. I could talk to them about everything and anything. I came to know the importance of friendship which I was deprived of. Apparently, I started enjoying life. "If this is the reward for one pain then I am ready for many such pains" I thought. A decision that I had to prove myself kept me strong throughout. By this time I had almost recovered from my past. Things were going great, everything was working in my favour. I completed my graduation with good grades and my dedication helped me choose right career. This way life taught me everything with time. It just took me a push to understand.

Hence, never lose hope because life won't end even if you stop living. Just keep in mind whatever happens, happens for the best and always remember after a hurricane you can see those seven beautiful colours what we call as a Rainbow, which starts a new beginning afresh with a new story and once again ends up teaching a new lesson.



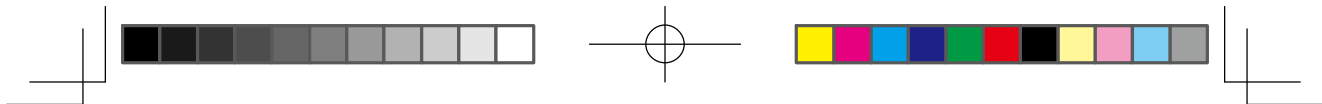
每件事情的发生都是有原因的。当生活给你一个出乎意料的转折时，它可能会带来风暴，也可能会带来雨后阳光。风雨过后总会有彩虹，反之亦然。我的故事就是这样。它发生在约翰和我之间。我们在一起很开心，至少可以说我和他在一起很开心。但正像他们所说的，没有什么是永远的，事情总会在无意识的情况下慢慢地变化，这就是生活。

我开始注意到他怪异的行为变化，关心和爱护似乎是越来越少，他几乎不回我的电话，而且我能感觉到，他开始忽视我。变化越来越明显。他曾经是那么体贴和无私，现在他几乎不关心我，他不再给我打电话，也不再对我表现出兴趣，我们的关系就像是被我用力扯着，他总是不参与。这件事一天天折磨着我。必须被解决，我受够了他的粗鲁。

一天晚上，像往常一样，我打电话给他，没有什么目的。他回答说“你好”，我回答通常是“嘿，约翰，发生了什么事？”他不感兴趣地说：“没什么大不了的。”听到他的答复后，我不能控制我自己，说：“约翰，我想我们需要谈谈。”“谈谈？谈什么？”他问。“关于你的行为的显著变化，你已不再是原来的约翰了。”他好像在等待我开口，几分钟的沉默过后，他说：“听着，我知道我的行为已经改变。相信我，我不能给你任何理由。我所知道的就是‘我还没有准备好去经营一段爱情。’”

他的话让我很震撼，我拿着电话一直一言不发，我的心碎了。我知道，我们之间的这种关系没有走在正确的轨道上，但没想到的是，它会以这种方式破裂。我再也不想因为他而感到痛苦，我试着打电话过去，把没说完的话说完，但是他始终没有接听。

他再也不理会我，即便在公共场合我们有目光接触。我对于他的轻率行为很生气，这太出乎我意料了。它深深地伤害了我，我觉得自己像一个失败者。它使我非常沮丧。那个曾经像疯子一样爱我的人，现在甚至没有

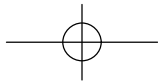


兴趣跟我说话。他的想法让我不能专注于任何事情，我停止参加社交活动。我所有的希望和信心已经破灭了，我没有觉察到一些我意想不到的事情正在发生着。

我遭受的另一个打击是：在大学第一年，我的考试成绩不及格。但这也是有好处的，这让我开始反思我的行为。成绩出来后，我回到家，把自己锁在房间。突然，一个问题出现在我脑海：“我为什么会变成这样？”“是因为那个用一个很烂的理由把我甩了的男人吗？”我问自己。我看着镜子里的自己，我的魅力消失了，整个人显得那么呆滞和虚弱。我心想：“够了，我为什么要这样惩罚自己？他不值得我这样，我不能因为他毁了我自己的生活”。我当时就做了个决定：“就是这样，我一定要做成一些事情，我要证明我自己。我还有很多更重要的和必须做的事情。”有时候你可以比别人更好地说服自己。那天之后，我开始按时上学，专心学习。此外，我意识到，我变得比以前更真诚。对于我来说最好的一件事情是，我遇到的许多有趣的人都成了我的好朋友。我们无话不谈，我这时候才慢慢意识到友谊的重要性，这些友谊是以前不曾有过的。显然，我开始懂得享受生活。我想“如果这是一个痛苦的回报，那么我已经准备接受更多这样的疼痛”。我必须证明自己的决定，让我始终保持坚强。这个时候，我已经从过去的阴影中走了出来。事情正在变好，一切事情都对我有利。我终于完成我的学业，而且我的好成绩和我的付出，帮我找到了合适的工作。这样的生活教会了我，一切东西随着时间的推移都会变得明白。

因此，永远不要失去希望，因为就算你停止生活，生活也不会结束。只要记得无论发生任何事情，都应该努力得到最好的结果。永远记住，在暴风雨过后，你会看到七道美丽的颜色，我们叫它彩虹。那将会是一个新的开始，将会重新展开一个全新的故事，再一次开始新的一课。






海阔天空：世界上最震撼的英文励志短篇



## Sentence Analysis

跟着句子学英文

 When life takes an unexpected turn either it gives rise to a miserable storm or showers sunshine.

Either...or... 意为“或者……或者……；不是……就是……”之意。表示两者之一，连接句子中两个并列的成分。例如：When the girl is happy, she either sings or dances. 那个女孩高兴时，不是唱就是跳。（此句中 either...or... 连接两个动词，因为主语是单数第三人称，谓语动词要用其相应的形式。）

当 either...or... 连接两个主语时，其谓语动词应与最近的一个主语在人称和数上保持一致，这就是我们通常说的“就近原则”。例如：Either you or I am going there tomorrow. 明天要么你去那里，要么我去那里。

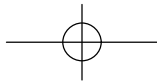
若是对 either...or... 句型进行否定时，只需把 either...or... 换成 neither...nor... 即可。例如：Either you or she is good at drawing. 变为否定句应为：Neither you nor she is good at drawing. 你和她都不擅长绘画。

 I realized that I was more sincere than ever.

“More...than”与“more than”在英文中都有“超过，多余”的意思，但是它们之间也有所不同，我们来看看：

More...than 通常用于比较两个不同的事物，但有时也可用来指一个事物本身的两种特性，这时其意义和 rather than 相同，肯定 more 后面的，而否定 than 后面的。汉语意思是“与其说……不如说……”，“是……而不是……”。例如：He is more diligent than clever. 与其说他聪明，不如说他勤奋。

而 more than 后跟形容词、副词、分词、动词、名词，more than 起强调作用，含义是 more than 后的形容词、副词、分词、动词、名词的分量不足以反应实际情况而加以说明，汉语意思是：“十分，非常，岂止，简直，



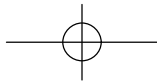
不仅仅，绰绰有余”。例如：I am more than content with what you said. 我对你的讲话十分满意。

## New Words

生词理解更透彻

New Words	More
<b>considerate</b> [kən'sɪdəɪt] <i>adj.</i> 体贴的；体谅的；考虑周到的	considerate towards 体谅 being considerate 善解人意 Mr. Ralph is always considerate. 拉尔夫先生总是考虑很周到。
<b>participation</b> [pɑːtɪ'siː'peɪʃən] <i>n.</i> 参与；分享；参股	communal participation 社会参与 active participation 主动参与 The idea was to encourage participation. 这么做是为了鼓励参与。
<b>relationship</b> [rɪ'leɪʃənʃɪp] <i>n.</i> 关系；关联	Relationship Supervisor 客户主管 interpersonal relationship 人际关系 Our relationship with the United States is very strong. 我们和美国的关系是非常牢固的。
<b>distress</b> [dɪ'stres] <i>n.</i> 危难，不幸；贫困；悲痛 <i>vt.</i> 使悲痛；使贫困	in distress 遇难，在困境中 financial distress 财务困境 His face looked rigid with distress. 他的脸因悲痛而显得僵硬。
<b>inconsiderate</b> [ɪnkən'sɪdəɪt] <i>adj.</i> 轻率的；不顾别人的；无谋的	be inconsiderate of 不关心……，对……考虑不周 How could you have been so inconsiderate? 你怎么能这样不顾别人呢？
<b>regularly</b> ['regjʊləli] <i>adv.</i> 定期地；有规律地；整齐地；匀称地	fastidiously regularly 一丝不苟地 Other metro lines remained open, with trains running regularly. 其他地铁线保持开放，列车正常运行。
<b>hurricane</b> ['hʌrɪkən] <i>n.</i> 飓风，暴风	hurricane warning 飓风警报 hurricane lamp 防风灯 They have to rebuild their home after the havoc of the hurricane. 遭受飓风的巨大破坏后，他们不得不重建家园。





海阔天空：世界上最震撼的英文励志短篇



## Extension Knowledge

学得更多！



Where there is a will, there is a way.

有志者事竟成。



An idle youth, a needy age.

少壮不努力，老大徒伤悲。



No gains without pains.

吃得苦中苦，方为人上人。



Nobody can go back and start a new beginning, but anyone can start now and make a new ending.

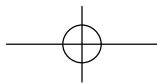
没有人可以回到过去重新开始，但谁都可以从现在开始，书写一个全然不同的结局。



We must accept finite disappointment, but we must never lose infinite hope.

我们必须接受失望，因为它是有限的，但千万不可失去希望，因为它是无穷的。





## I Find My Inspiration in Myself

### 我从自己身上得到的启发

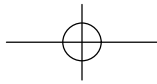
在人生的旅途中,人们可能会遭遇到各种各样、大大小小的挫折,有些挫折甚至是你意想不到的。人们遭遇挫折,实际就像拳击比赛一样,你被一拳击倒了,还会不会再爬起来?不再爬起来,就永远的失败了;再爬起来,就有胜利的希望。许多人的成功都不是一帆风顺的,往往是挫折和失败成就了他们。关键是,面对挫折和失败,你会以怎样的态度和方式去对待呢?我们读读这篇文章,肯定会从中寻到答案的——让我们笑对挫折吧!

### Let's Read!

开始阅读吧!

The day started off with my usual Aerobics class which I conduct in my house, and cooking and another set of Rope jumping for 30 minutes for myself, accompanied with some weight training and stretches. Husband says, "Let's go pick up the curtains for our bedroom" (we have just moved into our new house), and then we leave, finish shopping, have lunch in the house and after clearing up, I lie down to rest, for it is the month of February, very hot.

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海阔天空：世界上最震撼的英文励志短篇



I doze off, and get up to the body clock which is nudging me to get up and get some work done, but I am too drowsy, I blame it on heat and go back to sleep, only to hear somebody asking me to make tea, which I ignore.

Daughter and son are back from college and school: they are hungry, but they don't have the heart to disturb sleeping mom, and they quietly shut the bedroom door and leave.

I am vaguely aware of all that is happening around me, with my body clock constantly nudging me to wake up and get moving: I am awake, I take a sip from the plastic water bottle, only to drop the bottle, I panic.

In a dream like state, I roll off the bed and try to get hold of the bottle that has rolled under the bed, and the last thing I know, is trying to hold the bottle which I am not able to. I wonder what is wrong with my hand why it isn't moving, I keep trying, trying...

Next I am being shaken by husband, I am awake, I can see vomit by my side, my husband is talking to me but I am not able to speak... my voice is gone!

Husband drags me slowly to the bathroom and changes my dress, and somehow brings me back to lie on the bed.

Doctor comes and declares I have to be admitted in the hospital for, he drops a bomb: I have stroke!!

Tests are done, nothing wrong with me drastically, but still I can neither speak nor move my entire right side of my body: I lay there limp and dazed at the diagnosis.

I am told I had somehow developed some clot in my leg which had traveled to my brain and had come back to lodge itself in left side of my throat: that is why I couldn't speak or move my right side.

The good news: no surgery required, only medicines to dissolve my clot, and of course lots of physiotherapy.

