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20180319 : Only one life(1)

There are **moments** in life when you miss someone so much that you just want to pick them from your dreams and **hug** them for real. Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do. May you have enough happiness to make you **sweet**, enough **trials** to make you strong, enough **sorrow** to keep you **human**, enough hope to make you happy. Always put yourself in others' shoes. If you feel that it **hurts** you, it probably hurts the other person, too. The happiest of people don't necessarily have the best of everything. They just make the most of everything that comes along their way. Happiness lies for those who cry, those who hurt, those who have searched, and those who have tried, for only they can **appreciate** the importance of people who have touched their lives.

生活中,有时强烈的思念使我们恨不得一把将所爱的人从梦中带走,实实在在地拥抱他们。做自己想做的梦吧。去自己想去的地方吧。做自己想做的人吧。生命只有一次,机会只有一回。愿你有足够的欢乐,使自己甜蜜;有足够的考验,使自己坚强;有足够的悲伤,使自己富有人情;有足够的希望,使自己幸福。要经常换位思维。一件事,要是你感到对自己有伤害,就可能对他人也有伤害。最幸福的人并不是那些拥有最好东西的人,他们只是能够将得到的东西变得最好。幸福属于那些会哭泣的人,那些受过伤害的人,那些探索的人,以及那些尝试过的人。只有他们才懂得对自己生活有影响的人们的重要。

moment	['momənt]	n.片刻
hug	[hʌg]	vt.拥抱
sweet	[swit]	adj.甜的 n.糖果
trial	['traɪəl]	n.试验;审讯;努力;磨炼
sorrow	[sɔro]	n.悲伤;懊悔;伤心事
human	['hjumən]	adj.人的;人类的 n.人;人类
hurt	[hɜt]	vt.使受伤;损害;使疼痛;使痛心
appreciate	[ə'pri:ʃet]	vt.欣赏;感激;领会;鉴别

20180320 : Only one life(2)

Love begins with a smile, grows with a kiss and ends with a **tear**. The **brightest** future will always be based on a **forgotten** past. You can't go on well in life until you **let go of** your past failures and **heartaches**. When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one who is smiling and everyone around you is crying. Please send this message to those people who mean something to you, to those who have touched your life in one way or another, to those who make you smile when you really need it, to those that make you see the brighter side of things when you are really down, to those who you want to let them know that you appreciate their friendship. And if you don't, don't worry, nothing bad will happen to you, you will just miss out on the **opportunity** to brighten someone's day with this message.

爱以微笑开始，在亲吻中成长，以泪水终结。光明灿烂的明天建立在忘却的过去之上。只有让以往的失败和伤心随风而去，你才能过得更好。出生伊始，哭啼的是你，周围的人在微笑。珍视生活，好好地活着，这样入死，让周围的人哭啼，自己却在微笑。请把这些语言送给那些你所关心的人，那些在生活中这样或那样同自己打交道的人，那些需要时能给你带来微笑的人，那些在逆境中依然能使你看到光明的人，那些你珍视与他们之间友谊的人。即使你没有这样做，也不要紧。没有什么大不了的事情，你只是错过了用这些言语照亮他人日子的机会。

tear	[tɪə]	n.眼泪
bright	[braɪt]	adj.光明的，阳光灿烂的，晴朗的
forgotten	[fə'gɒtən]	v.忘记 (forget 的过去分词)
heartache	['hɑ:tək]	n.心痛；悲叹
opportunity	[ˌɒpə'tunəti]	n.时机，机会
let go of	-	释放，松手放开

A young man was getting ready to graduate from college. For many months he had **admired** a beautiful sports car in a **dealer's** showroom, and knowing his father could well **afford** it, he told him that was all he wanted. As Graduation Day **approached**, the young man awaited signs that his father had purchased the car. Finally, on the morning of his graduation, his father called him into his private **study**. His father told him how proud he was to have such a fine son, and told him how much he loved him. He handed his son a beautifully **wrapped** gift box. **Curious**, but **somewhat disappointed**, the young man opened the box and found a lovely, **leather-bound** Bible, with the young man's name **embossed** in gold.

一年轻人即将毕业，他喜欢一辆在一个商人陈列室的跑车已经好几个月了，并且知道他的父亲能够买得起，他告诉了他的父亲这就是他最想要的。毕业在即，年轻人等待他的父亲购买那辆车。终于，在他毕业那天的早晨，他的父亲把他叫到他的私人书房。他的父亲告诉他，有这么好的儿子他是多么骄傲，告诉他，他是多么爱自己的儿子。父亲把一个漂亮包装的礼品盒交到儿子手上。年轻人好奇的多少有些失望的打开盒子，看到一个可爱的皮边的圣经，并嵌着年轻人的名字的金色浮雕。

admire	[əd'maɪr]	vt.钦佩；赞美；羡慕
dealer	['di:lə]	n.经销商；商人
afford	[ə'fɔ:d]	vt.给予，提供；买得起
approach	[ə'prəʊtʃ]	n.方法；途径；接近
study	['stʌdi]	n.书房
wrap	[ræp]	vt.包起来；包装
curious	['kjʊəriəs]	adj.好奇的
somewhat	['sʌmwaʊt]	n.几分；某物
leather	['leðə]	n.皮革；皮革制品
emboss	[ɪm'boʊs]	vt.使凸出；浮雕

Angrily, he raised his voice to his father and said, "With all your money you give me a Bible?" He then **stormed out** of the house, leaving the Bible. Many years passed and the young man was very successful in business. He had a beautiful home and a wonderful family, but **realizing** his father was very old, he thought perhaps he should go to see him. He had not seen him since that graduation day. Before he could make the **arrangements**, he received a telegram telling him his father had passed away, and **willed** all of his **possessions** to his son. He needed to come home immediately and take care of things. When he arrived at his father's house, **sudden sadness** and **regret** filled his heart. He began to search through his father's important papers and saw the still new Bible, just as he had left it years ago. With tears, he opened the Bible and began to turn the pages.

年轻人生气的对着他的父亲大喊：“用你所有的钱买了这本圣经？”，然后冲了出去，留下了那本圣经。多年以后，年轻人事业上非常成功。他有漂亮的房子和幸福的家庭，但是感觉到他的父亲已经非常老了，应该去看看他。他自从毕业那天就再也没有见过。在他做好准备时，收到一封告诉他父亲已经去世的电报，并把所有的财产留给了他的儿子。他需要立刻回家照看所有的事情。当他回到父亲的家里，内心突然充满了难过与愧疚。他开始寻找他父亲重要的文件，看到了仍然崭新的圣经，就像当年他离开时那样新。满含泪水的打开圣经，开始翻读。

storm out	-	vt.猛冲而出；快走
realize	[ˈriəˌlaɪz]	vt.实现；认识到
arrangements	[əˈrendʒmənts]	n.安排；准备；
will	[wɪl]	n.意志；决心；遗嘱
possession	[pəˈzeʃ(ə)n]	n.拥有；财产
sudden	[ˈsʌdn]	adj.突然的
sadness	[ˈsædnəs]	n.悲哀
regret	[rɪˈɡret]	n.遗憾；

20180323 : missed blessing(3)

As he was reading, a car key dropped from the back of the Bible. It had a tag with the dealer's name, the same dealer who had the sports car he had desired. On the tag was the date of his graduation, and the words... "PAID IN FULL". How many times do we miss blessings because they are not packaged as we expected? I trust you enjoyed this. Do not **spoil** what you have by **desiring** what you have not; but remember that what you now have was once among the things you only hoped for. Sometimes we don't realize the good **fortune** we have or we could have because we expect "the packaging" to be different. What may appear as bad fortune may in fact be the door that is just waiting to be opened.

在他读圣经的时候，一个车钥匙从圣经的背面掉了出来。有着那个商人名字作为标志，就是那个他想要跑车的拥有者、标签的日期是他毕业的时间，并写着“全额付款”。有多少次我们因为没有像我们希望的包装而错过祝福，我相信你喜欢这样。别因为你想要得到的而糟蹋你现在所拥有的，但是记住你现在所拥有的正是之前你曾经只想要的。有时我们没有发觉我们拥有的或可能有的好运，因为我们希望“那个包装”能够与众不同。可能出现的厄运，也许就是我们在等待着去打开的幸运之门。

spoil	[spɔɪl]	vt.糟蹋；破坏；
desire	[dɪ'zaɪə]	vt.想要；渴望
fortune	['fɜ:tʃən]	n.财富；命运；运气

20180326 : Saying Good-bye to Cambridge Again(1)

Very quietly I take my leave As quietly as I came here;
Quietly I wave goodbye To the rosy clouds in the western sky.
The golden willows by the riverside Are young brides in the setting sun;
Their reflections on the shimmering waves Always linger in the depth of my heart.
The floating heart growing in the sludge Sways leisurely under the water;
In the gentle waves of Cambridge I would be a water plant!
That pool under the shade of elm trees Holds not water but the rainbow from the sky;
Shattered to pieces among the duckweeds Is the sediment of a rainbow-like dream?

轻轻的我走了，正如我轻轻的来；
我轻轻的招手，作别西天的云彩。
那河畔的金柳，是夕阳中的新娘；
波光里的艳影，在我的心头荡漾。
软泥上的青荇，油油的在水底招摇；
在康河的柔波里，我甘心做一条水草！
那榆荫下的一潭，不是清泉，是天上虹；
揉碎在浮藻间，沉淀着彩虹似的梦。

wave	[wev]	vi.波动；挥手示意
rosy	['rozi]	adj.蔷薇色的，玫瑰红色的；美好的；乐观的；涨红脸的
willow	['wɪlə]	n.柳树
bride	[braɪd]	n.新娘；姑娘，女朋友
reflection	[rɪ'flekʃən]	n.反射；沉思；映象
shimmer	['ʃɪmə]	n.微光；闪光 vi.闪烁；发闪烁的微光
linger	['lɪŋgə]	vi.徘徊；荡漾
sludge	[slʌdʒ]	n.烂泥；泥泞
sway	[swe]	vi.影响；摇摆
leisurely	['liʒəli]	adj.悠闲的；从容的
gentle	['dʒɛntl]	adj.温和的；
elm	[ɛlm]	n.榆树；榆木
shatter	['ʃætə]	vt.粉碎；打碎
duckweed	['dʌk'wid]	n.浮萍；水萍
sediment	[sɛdəmənt]	n.沉积；沉淀物

20180327 : Saying Good-bye to Cambridge Again(2)

To seek a dream? Just to pole a boat upstream
To where the green grass is more verdant;
Or to have the boat fully loaded with starlight
And sing aloud in the splendor of starlight.
But I cannot sing aloud Quietness is my farewell music;
Even summer insects heap silence for me Silent is Cambridge tonight!
Very quietly I take my leave As quietly as I came here;
Gently I flick my sleeves Not even a wisp of cloud will I bring away

寻梦？撑一支长篙，向青草更青处漫溯；
满载一船星辉，在星辉斑斓里放歌。
但我不能放歌，悄悄是别离的笙箫；
夏虫也为我沉默，沉默是今晚的康桥！
悄悄的我走了，正如我悄悄的来；
我挥一挥衣袖，不带走一片云彩。

pole	[pɒl]	n.杆；极点；电极 vt.用竿支撑
upstream	[ʌp'stri:m]	adv.逆流地；向上游
grass	[grɑ:s]	n.草；草地，草坪
verdant	['vɜ:dnt]	adj.青翠的；翠绿的；
starlight	['stɑ:lait]	n.星光
aloud	[ə'laʊd]	adv.大声地；出声地
splendor	['splendə]	n.光彩；壮丽；
farewell	[,fær'weɪl]	n.告别，辞别；
insect	['ɪnsekt]	n.昆虫；卑鄙的人
heap	[hi:p]	n.堆；许多；累积
gently	['dʒɛntli]	adv.轻轻地；温柔地，
flick	[flɪk]	vt.忽然摇动；轻轻拂去
sleeve	[sli:v]	n.袖子
wisp	[wɪsp]	n.小捆；小束

20180328 : Harvard mottos(1/3)

Harvard University is a private university in [Massachusetts](#), US, and a member of the [Ivy League](#). Founded in 1636 by the Massachusetts [legislature](#). Harvard is the oldest institution of higher learning in the United States. It is also the first [corporation](#) in North America. Here are some [sagacious mottos](#) printed on library's wall in Harvard, please [digest](#) them carefully.

1. This moment will [nap](#), you will have a dream, but this moment study, you will [interpret](#) a dream.

2. I leave [uncultivated](#) today, was [precisely](#) yesterday [perishes](#) tomorrow which person of the body implored.

3. Thought is already is late, [exactly](#) is the earliest time.

4. Not [matter](#) of the today will [drag](#) tomorrow.

哈佛大学是美国马萨诸塞州的一所私立大学，也是常春藤联盟的一员，于 1936 年由马萨诸塞州立法机关建立。哈佛大学在美国是一所历史悠久的高等学府。同时也是北美最早的公共事业机构。下面是哈佛图书馆墙上一些睿智的箴言，请用心体会 1.此刻打盹，你将做梦；而此刻学习，你将圆梦。 2.我荒废的今日，正是昨日殒身之人祈求的明日。 3.觉得为时已晚的时候，恰恰是最早的时候。 4.勿将今日之事拖到明日。

20180329 : be not afraid of failure(1/3)

Ray Meyer led the [DePaul University](#) basketball team to 42 winning seasons. When his team lost its first game after 29 [straight](#) victories at home, his response was: "Great! Now we can focus on winning, rather than on not losing." Meyer showed a [spirit](#) of working towards [positive goals](#), [pouring](#) one's [energy](#) into the task, and not looking behind and making [excuses](#) for past events. For a lot of people, the word "failure" carries with it a feeling of coming to an end, but for the successful leader, failure is a beginning, a seed of hope. Leaders don't allow themselves to be held [prisoner](#) by the fear of failure. They don't even use the word "failure". Instead, they rely on words like "false start", never failure.

雷·迈耶率领德保罗大学篮球队赢得了 42 个赛季。他带领的球队曾在国内 29 场连胜，此后第一次输了一场比赛，当时他的反应是：“好极了！现在我们能够把精力集中到打赢比赛上面来，而不是放在不输球上面。”迈耶表现出这样一种精神：向积极的目标奋进，全身心地投入工作，而不是往后看，为过去的事找借口。对许多人来说，“失败”这个词让人产生一种穷途末路的感觉，但是对于成功的领导者来说，失败是开始，是希望的种子。领导者不让自己沦为失败恐惧症的俘虏。他们甚至不使用“失败”这个词，而只用像“起步失误”这样的词语，从来不言“失败”。

20180330 : pass quickly (1/3)

Swallows may have gone, but there is a time of return. Willow trees may have died back, but there is a time of regreening. Peach blossoms may have fallen, but they will bloom again. Now, you the wise, tell me, why should our days leave us, never to return? - If they had been stolen by someone, who could it be? Where could he hide them? If they had made the escape themselves, then where could they stay at the moment? I don't know how many days I have been given to spend, but I do feel my hands are getting empty. Taking stock silently, I find that more than 8000 days have already slid away from me. Like a drop of water from the point of a needle disappearing into the ocean, my days are dripping into the stream of time, soundless, traceless. Already sweat is starting on my forehead, and tears welling up in my eyes.

也许燕子已经飞去,却终有归来之时;也许柳树已经枯槁,却终有再绿的一天;也许桃花已经凋零,但是它们终会再开花;现在,聪明的你,请告诉我,为什么我们的日子总会离我们远去,不再回头?如果他们被一个人藏起来了,那他会是谁?他能把日子藏在哪儿?如果如果它们逃脱了束缚,那么此时他们又在哪里?我不知道自己曾被赐予了多少时间,可我却真真切切的感觉两手越来越空.默默的盘算着我所拥有的时光.我发觉八千多天的日子已经从我身边溜走.我的日子缓缓汇入了时间的河流,就像针尖上的一滴水消失在无垠的大海,无声无息.无影无踪.不知不觉,汗水挂上了我的前额,泪水溢满了我的眼眶.

20180402 : Harvard mottos(2/3)

5. Time the study pain is **temporary**, has not learned the **pain** is life-long.
6. Studies this matter, lacks the time, but is lacks **diligently**.
7. Perhaps happiness does not **arrange the position**, but succeeds must arrange the position.
8. The study **certainly** is not the life complete. But, since **continually** life part of - studies also is unable to **conquer**, what **butalso** can make?
9. Please enjoy the **pain** which is unable to **avoid**.
10. Only has compared to the others early, **diligently**, can feel the successful taste.
11. Nobody can **casually** succeed, it comes from the thorough self-control and the **will**.

5.学习时的苦痛是暂时的，未学到的痛苦是终生的。 6.学习这件事，不是缺乏时间，而是缺乏努力。 7.幸福或许不排名次，但成功必排名次。 8.学习并不是人生的全部。但，既然连人生的一部分——学习也无法征服，还能做什么呢？ 9.请享受无法回避的痛苦。 10.只有比别人更早、更勤奋地努力，才能尝到成功的滋味。 11.谁也不能随随便便成功，它来自彻底的自我管理和毅力。