# 英文简历中不能说的话（优秀范文五篇）

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**第一篇：英文简历中不能说的话**

致命的大错：

“Finished 8th in my high school graduating class of 10.”

“Qualifications: No education or experience.”

“I am relatively intelligent, obedient and loyal as a puppy.”

“My compensation should be at least equal to my age.”

“Reason for Leaving: It had to do with the IRS, FBI and SEC.”

“Fired because I fought for lower pay.”

“Size of employer: Very tall, probably over 6\'5”

“Please disregard the enclosed resume-it is terribly out of date.”

“Reason for Leaving: My boss said the end of the world is near.”

“Reason for Leaving: The owner gave new meaning to the word \'paranoia.\' I prefer to elaborate privately.”

打字错误与语法错误：

“Here are my qualifications for you to overlook.”

“Strengths: Ability to meet deadlines while maintaining composer.”

“I am a rabid typist.”

“Work History: Performed brain wave tests,1879-1981.”

“After receiving advice from several different angels, I have decided to pursue a new line of work.”

“Accounting cleric.”

“As indicted, I have over five years of experience analyzing investments.”

“Suspected to graduate early next year.”

“Disposed of $2.5 billion in assets.”

“Proven ability to track down and correct erors.”

“Accomplishments: Oversight of entire department.”

“Am a perfectionist and rarely if if ever forget details.”

“Accomplishments: Completed 11 years of high school.”

不应有的幽默：

“Note: Keep this resume on top of the stack.Use all others to heat your house.”

“Assisted in daily preparation of large quantities of consumable items in a fast-paced setting.”(Translation: Short-order cook.)

“But wait...there\'s more.You get all this business knowledge plus a grasp of marketing that is second nature.”

“I have an excellent track record, although I am not a horse.”

“My fortune cookie said, \'Your next interview will result in a job\'-and I like your company in particular.”

“Title: Another resume from the \'Profiles in Excellence\' series.”

“Also Known As: Mr.Productivity, Mr.Clever, Mr.Fix-it.”

“Trustworthy references available upon request-if I give them a few bucks.”

“Let\'s meet so you can \'ooh\' and \'ahh\' over my experience.”

**第二篇：优秀英文简历**

Please excuse me for taking some of your time with this unexpected letter.I\'m writing to look for a job as an interpreter and would be grateful if you would consider me for such a post in your company.My name is Cherry, female, single.I was born on Aug.22,1986.From 2024 to 2024,I studied in Hubei Normal University, majoring in English and received B.A.in English July 2024.Following graduation, I was admitted to the Beijing Foreign Language University, studying as a post graduate in Interpretation department which is well-known nationwide.I\'m always an excellent student in every stage of schooling, this is not just rhetoric, the teachers\' references prove it.I have a deep interest in English, particularly in interpretation.My English pronunciation and fluency are both of the highest standard as confirmed by numerous prizes I won in a series of speech contests held in Beijing and Wuhan.During the four-year university study, I worked as a leader of the Study Department, through which I gained priceless experience concerning how to organize

study-related activities, as well as handling interpersonal relations.In my spare time, I devoted myself to the learning of interpretation skills since I loved it so much that I’m determined to be a professional interpreter one day.My hardworking generated impressive results: I n the second year of university, I earned myself the certificate of English Interpretation: Level II, which proved helpful in my later application of this prestigious

University.Moreover, I worked as a part-time interpreter during every summer and winter vacation since 2024,in which I accumulated abundant experience in this field.Although I’ve just graduated three months ago, I’m confident that I will be able to qualify any kinds of jobs relating to interpretation.What’s more, I’m an easy-going, warm-hearted girl with professional qualities and as you are a leading company in this area, I think a career with you can be one of the most rewarding choices I will make.Thank you for your time and consideration and I’m looking forward to your early reply.Cherry

**第三篇：英文简历中自我评价**

英文简历中自我评价-----珍藏版



Mature，dynamic and honest．

思想成熟、精明能干、为人诚实。

Excellent ability of systematical management． 有极强的系统管理能力。

Ability to work independent1y，mature and resourcefu1． 能够独立工作、思想成熟、应变能力强。

A person with ability plus flexibility should app1y.需要有能力及适应力强的人。

A stable personality and high sense of responsibility are desirable.个性稳重、具高度责任感。

Work well with a multi-cultural and perse work force.能够在不同文化和工作人员的背景下出色地工作。Bright，aggressive applicants.反应快、有进取心的应聘者。Ambitious attitude essential． 有雄心壮志。

Initiative，independent and good communication skill． 积极主动、独立工作能力强，并有良好的交际技能。

Willing to work under pressure with leardership quality． 愿意在压力下工作，并具领导素质。Willing to assume responsibilities.应聘者须勇于挑重担。

Mature，self-motivated and strong interpersonal skills.思想成熟、上进心强，并具极丰富的人际关系技巧。Energetic，fashion-minded person.精力旺盛、思想新潮。

With a pleasant mature attitude.开朗成熟。

Strong determination to succeed． 有获得成功的坚定决心。Strong leadership skills． 有极强的领导艺术。

Ability to work well with others.能够同他人一道很好地工作。

Highly-motivated and reliable person with excellent health and pleasant personality.上进心强又可靠者，并且身体健康、性格开朗。The ability to initiate and operate independently.有创业能力，并能独立地从业。

Strong leadership skill while possessing a great team spirit.有很高的领导艺术和很强的集体精神。Be highly organized and effecient． 工作很有条理，办事效率高。

Willing to learn and progress． 肯学习进取。

Good presentation skills.有良好的表达能力。

Positive active mind essential． 有积极、灵活的头脑。

Ability to deal with personnel at all levels effectively。善于同各种人员打交道。

Have positive work attitude and be willing and able to work diligently without supervision。

有积极的工作态度，愿意和能够在没有监督的情况下勤奋地工作。Young，bright，energetic with strong career-ambition.年轻、聪明、精力充沛，并有很强的事业心。

Good people management and communication skills.Team player.有良好的人员管理和交际能力。能在集体中发挥带头作用。Able to work under high pressure and time limitation.能够在高压力下和时间限制下进行工作。Be elegant and with nice personality.举止优雅、个人性格好。

With good managerial skills and organizational capabilities.有良好的管理艺术和组织能力。The main qualities required are preparedness to work hard, ability to learn, ambition and good health.主要必备素质是吃苦耐劳精神好、学习能力优、事业心强和身体棒。Having good and extensive social connections.具有良好而广泛的社会关系。

Being active, creative and innonative is a plus.思想活跃、有首创和革新精神尤佳。With good analytical capability.有较强的分析能力

1.使我们痛苦的东西在真正锻造我们。What pains us trains us.2.成功没有电梯，只有一步一个脚印的楼梯。

There is no elevator to success—only stairs.3.成功的秘密在于始终如一地忠于目标。

The secret of success is constancy to purpose.4.成功来自于克服困难的斗争。

Success grows out of struggles to overcome difficulties.5.只有在字典中，成功才会出现在工作之前。

The dictionary is the only place where success comes before work.6.除辛勤工作之外，我别无成功的秘诀。

I have no secret of success but hard work.7.人们总是问我是否知道成功的奥秘，能否可以告诉别人怎样才能使他们的梦想成为现实。我的回答是：成功和实现梦想的诀窍是努力工作。成功是干出来的，不是想出来的。

People often ask me if I know the secret of success,and if I could tell others how to make their dreams come true.My answer is,you do it by working.8.做最好的打算，做最坏的准备。/从最好的地方着想，从最坏的地方准备。Hope for the best,but prepare for the worst.9.这个世界上只有一种成功，那就是能够以自己的方式度过自己的一生。There is only one success—to be able to spend your life in your own way.10.肤浅的人相信运气，而成功的第一秘诀是自信。

Shallow men believe in luck.Self-trust is the first secret of success.11.人不是为失败而生存的。Man is not made for defeat.12.生活很艰苦，但你可以更加强大。Life is tough,but you can be tougher.13.当你停止尝试的时候，你就完全失败了。

You make the failure complete when you stop trying.14.心怀伟大的理想，你将会变得伟大。

Think great thoughts and you will be great!15.要想成为伟大的领导者就必须有伟大的希望。

To be a great leader,you must have great hopes!16.如果你想成功，不要去刻意追求。只要你干自己热爱的工作并相信它，成功自然会到来。

Don′t aim for success if you want it;just do what you love and believe in,and it will come naturally.17.伟大的希望造就伟大的人物。Great hopes make great men.18.耻于问者耻于学。

He who is ashamed of asking is ashamed of learning.19.每个人都是自己命运的建筑师。

Each man is the architect of his own fate.20.信守诺言，你将和你生活中的每一个人都建立成功的人际关系。

Keep your promises and you will have successful relationships with everyone.21.一个没有书的房子，犹如一个没有窗户的房间。

A house without books is like a room without windows.22.到任何值得去的地方都没有捷径。

There are no shortcuts to any place worth going.23.想象力比知识更重要。

Imagination is more important than knowledge 常用的英语接待口语，不管你进不进外企都一定要看

询问访客身份：

May I have your name, please? 请问您贵姓？

What company are you from? 您是哪个公司的？

Could you tell me what company you are representing? 能告诉我您代表什么公司吗？

如果碰到了老朋友可以说：

What brings you here? 是什么风把你吹来了？

询问是否预约，来访目的？

Do you have an appointment? 约好了吗？

Would you give me your business card? 请给我您的名片好吗？

And can I ask what you wish to see him about? 我能问一下您要见他有何事吗？

让客人稍候片刻：

I\'ll see if he is available.请让我看看上司是否方便。Would you please have a seat and wait for a few moments.请您坐下稍等片刻。

给客人倒茶，礼貌待客：

Would you like coffee or tea? How do you like your coffee? 你要咖啡还是茶？要什么样的咖啡？(是否加奶或糖)带客人去见经理：

Please have a seat, Mr.Jones and Mr.Smith will see you in few minutes.请坐，琼斯先生和史密斯先生几分钟后就到。

Mr.Chen is expecting you.I\'ll tell him that you\'re here.陈先生正在等你。我去告诉他你已到。

Would you come this way, please? 请随我这边来。

婉言拒绝客人来访：

Mr.Chen is occupied at the moment and wants to know if your business is urgent.陈先生正忙着，请问您的事情很紧急吗？

He may want to get in touch with you in the future.Would you leave your card? 他想以后再和你联系。请留下你的名片好吗？

一定要为自己争取机会：

I\'ll take just a few minutes of his time.我只要占用他几分钟的时间。

I\'d prefer to explain that to him directly.我想我最好还是我领你去，以免你迷路。

接待（2）

在上一次，你已经学会为你接待的客人安排好食宿。下来就该邀请他参加公司的活动了： 安排各种活动：

The tea party begins at 7 o\'clock.茶话会在7点开始。

How\'s the party, Mr.Taylor? 晚会如何，TAYLOR先生？

The ceremony will commence as

soon as the minister arrives.庆祝会等部长一来就开始。

Our General Manager can\'t be here today, so I\'m speaking on his behalf.我们的总经理今天不能到会，因此由我代表他讲话。

We are going to show you the town while you\'re here.你在此逗留期间我们将陪你在城里游览一番。

Do you have any place in mind you wanted to go in our town? 本城有什么地方你想去看看？

What would you like to do this morning?There is nothing scheduled before lunch.上午你想干什么？中饭前日程表上没有活动安排。

Is there anything planned for tonight? 今晚有什么安排？

Have you anything in mind you\'d like to do? 你是不是已有打算。

We\'ll visit a school in the afternoon as you proposed.按你的提议，下午我们去参观一所学校。

I think it\'d be better for me to take you there so that you won\'t get lost.我想最好还是我领你去，以免你迷路。

在各项活动结束后与客人送别，首先告诉他启程的车票已经安排好了：

We had reserved you two First class seats on the plane leaving Shanghai for Hong Kong at 10:00 a.m.on Monday March 20.我们已为你订了二张３月２０日星期一上午１０点由上海飞往香港的一等舱机票。

欢迎下次再来：

If you would be kind enough to let me know in advance the date and approximate time of any intended visit,I will make arrangements to be on hand to receive you.若蒙提前惠告计划来访日期及大致时间，我将亲自出面接待你。

对我们的接待工作您满意吗？

If you have any complaints to make about our service, we will be quick to make adjustments.若对我们的服务有任何不满，请提出，我们会很快加以调整。

接待

作为公司的秘书，你是否总会有一些接待的工作要去做呢？

对待来访的客人，提供的服务应使他们感到宾至如归(feel at home),语言也要体贴，处处显示出您的热情周到：

客人到了，询问旅途情况：

Mr.Taylor, it\'s indeed a pleasure to make your acquaintance.Welcome to our company.TAYLOR先生，与您相识真是荣幸，欢迎来我公司。

Did you have a good trip？

旅途还顺利吧？

I hope you\'ll have a pleasant stay here.希望你此逗留期间愉快。

I hope you\'ve enjoyed your stayin Hangzhou.但愿你在杭州这段时间过得开心。

We\'ll do our best to make your stay here a pleasant one.我们将尽力使你在此逗留期间舒心。

You must be very tired after such a long journey.经过这么长时间的旅行，你肯定很累。

既然客人劳累就赶紧安排他去宾馆吧：

We had reserved one single room with a private bath for you.我们已为你订了一个带浴室的单人间。

Your room is 1108.We\'ll take the elevator up.你的房间号码是1108，我们乘电梯上去。

You will find Room 201 at the end of the corridor.你走到走廊尽头就能看到201房间。

This way, please.请这边走。

Come with me please!请跟我来。

如果是外国客人，询问他会中文吗？

Do you read Chinese? 你会中文吗？

What language do you speak? 你说哪种语言？

安排好住处以后，领客人吃饭：

Would you like a cup of coffee or tea? 你来杯茶还是咖啡？

Do you want anything to drink? 你要喝点什么？

向客人提供帮助：

If there\'s anything you\'d like to know, don\'t hesitate to ask.如果想要了解什么，尽管问吧。

If I can do anything for you, please don\'t hesitate to letme know.如果我能为你做些什么，尽管说好了。

I\'m glad to be of help to you.我很高兴能对你有所帮助。

Are there any questions you\'d like to ask before we leave ? 出发前，你们还有什么要问的吗？

1． 如果只是遇见，不能停留，不如不遇见。

If we can only encounter each other rather than stay with each other,then I wish we had never encountered.2。宁愿笑着流泪，也不哭着说后悔。心碎了，还需再补吗？

I would like weeping with the smile rather than repenting with the cry,when my heart is broken ,is it needed to fix?

3。没有谁对不起谁，只有谁不懂得珍惜谁。

No one indebted for others,while many people don\'t know how to cherish others.4。命里有时钟需有 命里无时莫强求

You will have it if it belongs to you,whereas you don\'t kvetch for it if it doesn\'t appear in your life.5。当香烟爱上火柴时，就注定受到伤害

When a cigarette falls in love with a match,it is destined to be hurt.6。爱情…在指缝间承诺 指缝…。在爱情下交缠。

Love ,promised between the fingers Finger rift,twisted in the love

7。没有人值得你流泪，值得让你这么做的人不会让你哭泣。

No man or woman is worth your tears, and the one who is, won‟t make you cry.8。记住该记住的，忘记该忘记的。改变能改变的，接受不能改变的。

Remember what should be remembered, and forget what should be forgotten.Alter what is changeable, and accept what is unchangeable.Love is like a butterfly.It goes where it pleases and it pleases where it goes.爱情就像一只蝴蝶，它喜欢飞到哪里，就把欢乐带到哪里。

If I had a single flower for every time I think about you, I could walk forever in my garden.假如每次想起你我都会得到一朵鲜花，那么我将永远在花丛中徜徉。

Within you I lose myself, without you I find myself wanting to be lost again.有了你，我迷失了自我。失去你，我多么希望自己再度迷失。

At the touch of love everyone becomes a poet.每一个沐浴在爱河中的人都是诗人。

Look into my eyes-you will see what you mean to me.看看我的眼睛，你会发现你对我而言意味着什么。

Distance makes the hearts grow fonder.距离使两颗心靠得更近。

I need him like I need the air to breathe.我需要他，正如我需要呼吸空气。

If equal affection cannot be, let the more loving be me.如果没有相等的爱，那就让我爱多一些吧。

Love is a vine that grows into our hearts.爱是长在我们心里的藤蔓。

If I know what love is, it is because of you.因为你，我懂得了爱。

Love is the greatest refreshment in life.爱情是生活最好的提神剂。

Love never dies.爱情永不死。The darkness is no darkness with thee.有了你，黑暗不再是黑暗。

We cease loving ourselves if no one loves us.如果没有人爱我们，我们也就不会再爱自己了。

There is no remedy for love but to love more.治疗爱的创伤唯有加倍地去爱。

When love is not madness, it is not love.如果爱不疯狂就不是爱了。

A heart that loves is always young.有爱的心永远年轻。

Love is blind.爱情是盲目的。

1.A bad workman always blames his tools.拙匠总怪工具差。

2.A contented mind is a perpetual feast.知足长乐。

3.A good beginning is half the battle.好的开端等于成功一半。

4.A little pot is soon hot.壶小易热，量小易怒。

5.All lay loads on a willing horse.好马重负。

6.A merry heart goes all the way.心情愉快，万事顺利。

7.Bad excuses are worse than none.狡辩比不辩护还糟。

8.Character is the first and last word in the success circle.人的品格是事业成功的先决条件。

9.Cleanliness is next to godliness.整洁近于美德。

10.Courtesy costs nothing.彬彬有礼，惠而不费。

11.Doing nothing is doing ill.无所事事，必干坏事。

12.Early to bed, early to rise, make a man healthy, wealthy, and wise.睡得早，起得早，聪明、富裕、身体好。

13.Empty vessels make the most noise.满瓶子不响，半瓶子晃荡。

14.Every man hath his weak side.人皆有弱点。

15.Everything ought to be beautiful in a human being: face, dress, soul and idea.人的一切都应当是美丽的：容貌、衣着、心灵和思想。

16.Extremes are dangerous.凡事走向极端是危险的。

17.Good advice is harsh to the ear.忠言逆耳。

18.Grasp all, lose all.欲尽得，必尽失。

19.Great hopes make great men.伟大的理想造就伟大的人物。

20.Handsome is he who does handsomely.行为美者才真美。

21.Have but few friends, though many acquaintances.结交可广，知己宜少。

22.Hear all parties.兼听则明，偏听则暗。

23.He is a wise man who speaks little.智者寡言。

24.He is not laughed at that laughs at himself first.有自知之明者被人尊敬。

25.He is rich enough that wants nothing.无欲者最富有，贪欲者最贫穷。26.He is truly happy who makes others happy.使他人幸福的人，是真正的幸福。

27.Honesty is the best policy.诚实乃上策。

28.Hope for the best and prepare for the worst.?? 抱最好的希望，作最坏的准备。

29.Idleness is the root of all evil.懒惰是万恶之源。

30.If we dream, everything is possible.敢于梦想，一切都将成为可能。

31.Kind hearts are the gardens, kind thoughts are the roots, kind words are flowers and kind deeds are the fruits.仁慈的心田是花园，崇高的思想是根茎，友善的言语是花朵，良好的行为是果实。

32.Laugh, and the world laughs with you;Weep, and you weep lone.欢笑，整个世界伴你欢笑。哭泣，只有你独自向隅而泣。

33.Life is measured by thought and action not by time.衡量生命的尺度是思想和行为，而不是时间。

34.Life is not all beer and skittles.人生并非尽是乐事。

35.Long absent, soon forgotten.别久情疏。

36.Look before you leap.三思而后行。

37.Lookers-on see most of the game.旁观者清，当局者迷。

38.Manners make the man.观其待人而知其人。

39.Misfortune tests the sincerity of friends.患难识知交。

40.No cross, no crown.没有苦难，就没有快乐。

41.Nobody\'s enemy but his own.自寻苦恼。

42.One man\'s fault is another man\'s lesson.前车之覆，后车之鉴。

43.Pardon all men, but never thyself.严以律已，宽以待人。

44.Reason is the guide and light of life.理智是人生的灯塔。

45.Sadness and gladness succeed one another.乐极生悲，苦尽甘来。

46.Still waters run deep.流静水深，人静心深。

47.The fire is the test of gold;adversity of strong men.烈火炼真金，逆境炼壮士。

48.The fox may grow grey, but never good.江山易改，本性难移。

49.The more a man learns, the more he sees his ignorance.知识越广博，越感已无知。

50.Virtue is a jewel of great price.美德是无价之宝。

51.Weak things united become strong.一根筷子易折断，十根筷子硬如铁。

52.We can\'t judge a person by what he says but by what he does.判断一个人，不听言语看行动。

53.Where there is a will there is a way.有志者，事竟成。

54.Will is power.意志就是力量。

55.Wise men are silent;fools talk.智者沉默寡言，愚者滔滔不绝。

56.Wise men learn by others\' harm, fools by their own.智者以他人挫折为鉴，愚者必自身碰壁方知觉。

夏天的飞鸟，飞到我的窗前唱歌，又飞去了。

秋天的黄叶，它们没有什么可唱，只叹息一声，飞落在那里。

stray birds of summer come to my window to sing and fly away.and yellow leaves of autumn, which have no songs, flutter and fall there with a sign.2

世界上的一队小小的漂泊者呀，请留下你们的足印在我的文字里。

o troupe of little vagrants of the world, leave your footprints in my words.3

世界对着它的爱人，把它浩翰的面具揭下了。

它变小了，小如一首歌，小如一回永恒的接吻。

the world puts off its mask of vastness to its lover.it becomes small as one song, as one kiss of the eternal.4

是大地的泪点，使她的微笑保持着青春不谢。

it is the tears of the earth that keep here smiles in bloom.5

无垠的沙漠热烈追求一叶绿草的爱，她摇摇头笑着飞开了。

the mighty desert is burning for the love of a bladeof grass who shakes her head and laughs and flies away.6

如果你因失去了太阳而流泪，那么你也将失去群星了。

if you shed tears when you miss the sun, you also miss the stars.7

跳舞着的流水呀，在你途中的泥沙，要求你的歌声，你的流动呢。你肯挟

瘸足的泥沙而俱下么？

the sands in your way beg for your song and your movement, dancing water.will you carry the burden of their lameness? 8

她的热切的脸，如夜雨似的，搅扰着我的梦魂。

her wishful face haunts my dreams like the rain at night.9

有一次，我们梦见大家都是不相识的。

我们醒了，却知道我们原是相亲相爱的。

once we dreamt that we were strangers.we wake up to find that we were dear to each other.10

忧思在我的心里平静下去，正如暮色降临在寂静的山林中。

sorrow is hushed into peace in my heart like the evening among the silent trees

A star has 5 ends;

A square has 4 ends;

A triangle has 3 ends;

A line has 2 ends;

A life has one end.But I hope your happiness has no end.1.记住该记住的，忘记该忘记的。改变能改变的，接受不能改变的。

Remember what should be remembered, and forget what should be forgotten.Alter what is changeable, and accept what is mutable.2.鱼对水说你看不到我的眼泪，因为我在水里。水说我能感觉到你的眼泪，因为你在我心里。

“You couldn‟t see my tears cause I am in the water.” Fish said to water.“But I could feel your tears cause you are in my heart.” Answered water.3.人生短短几十年，不要给自己留下了什么遗憾，想笑就笑，想哭就哭，该爱的时候就去爱，无谓压抑自己。

Your life only lasts for a few decades, so be sure that you don\'t leave any regrets.Laugh or cry as you like, and it„s meaningless to oppress yourself.4． 生命中，不断地有人进入或离开。于是，看见的，看不见了；记住的，遗忘了。生命中，不断地有得到和失落。于是，看不见的，看见了；遗忘的，记住了。然而，看不见的，是不是就等于不存在？记住的，是不是永远不会消失？

There is someone that is coming or passing away in your life around the clock, so you may lose sight of those seen, and forget those remembered.There is gain and loss in your life, so you may catch sight of those unseen, and remember those forgotten.Nevertheless, doesn‟t the unseen exist for sure? Will the remembered remain forever?

5． 后悔是一种耗费精神的情绪。后悔是比损失更大的损失，比错误更大的错误。所以不要后悔。

Penitence is something that enervates our spirit, causing a greater loss than the loss itself and making a bigger mistake than the mistake itself.So never regret.英语谚语100条 作文可以用 加分哈！



1.Never say die.永不言败。

2.No cross, no crown.不经历风雨，怎么见彩虹。3.New wine in old bottles.旧瓶装新酒。

4.Never too old to learn, never too late to turn.亡羊补牢，为时未晚。5.No garden without its weeds.没有不长草的园子。6.No living man all things can.世上没有万事通。7.No man can do two things at once.一心不可二用。8.No man is born wise or learned.没有生而知之者。9.No man is content.人心不足蛇吞象。

10.No man is wise at all times.聪明一世，糊涂一时。11.None are so blind as those who won\'t see.视而不见。12.None are so deaf as those who won\'t hear.充耳不闻。13.No news is good news.没有消息就是好消息。

14.No one can call back yesterday.昨日不会重现。15.No pains, no gains.没有付出就没有收获。16.No pleasure without pain.没有苦就没有乐。17.No rose without a thorn.没有不带刺的玫瑰。18.No sweet without sweat.先苦后甜。19.No smoke without fire.无风不起浪。

20.Nothing brave, nothing have.不入虎穴，焉得虎子。21.Nothing dries sooner than a tear.眼泪干得最快。

22.Nothing in the world is difficult for one who sets his mind to it.世上无难事，只怕有心人。

23.Nothing is difficult to the man who will try.世上无难事，只要肯登攀。24.Nothing seek, nothing find.没有追求就没有收获。

25.Nothing is so necessary for travelers as languages.外出旅行，语言最要紧。

26.Nothing is to be got without pains but poverty.世上唯有贫穷可以不劳而获。

27.Not to advance is to go back.不进则退。

28.Not to know what happened before one was born is always to be a child.不懂世故，幼稚可笑。

29.No way is impossible to courage.勇者无惧。

30.Obedience is the first duty of a soldier.军人以服从命令为天职。31.Observation is the best teacher.观察是最好的老师。32.Offense is the best defense.进攻是最好的防御。

33.Old friends and old wines are best.陈酒味醇，老友情深。34.Old sin makes new shame.一失足成千古恨。

35.Once a man and twice a child.一次老，两次小。36.Once a thief, always a thief.偷盗一次，做贼一世。37.Once bitten, twice shy.一朝被蛇咬，十年怕井绳。

38.One boy is a boy, two boys half a boy, three boys no boy.一个和尚挑水喝，两个和尚抬水喝，三个和尚没水喝。

39.One cannot put back the clock.时钟不能倒转。

40.One eyewitness is better than ten hearsays.百闻不如一见。41.One false move may lose the game.一着不慎，满盘皆输。42.One good turn deserves another.行善积德。

43.One hour today is worth two tomorrow.争分夺秒效率高。44.One man\'s fault is other man\'s lesson.前车之鉴。

45.One never loses anything by politeness.讲礼貌不吃亏。46.One swallow does not make a summer.一燕不成夏。47.One\'s words reflect one\'s thinking.言为心声。48.Out of debt, out of danger.无债一身轻。

49.Out of office, out of danger.无官一身轻。50.Out of sight, out of mind.眼不见，心为静。51.Patience is the best remedy.忍耐是良药。52.Penny wise, pound foolish.贪小便宜吃大亏。

53.Plain dealing is praised more than practiced.正大光明者，说到的多，做到的少。

54.Please the eye and plague the heart.贪图一时快活，必然留下隐祸。55.Pleasure comes through toil.苦尽甘来。56.Pour water into a sieve.竹篮子打水一场空。57.Practice makes perfect.熟能生巧。

58.Praise is not pudding.恭维话不能当饭吃。

59.Praise makes good men better, and bad men worse.好人越夸越好，坏人越夸越糟。

60.Prefer loss to unjust gain.宁可吃亏，不贪便宜。61.Prevention is better than cure.预防胜于治疗。

62.Pride goes before, and shame comes after.骄傲使人落后。63.Promise is debt.一诺千金。

64.Proverbs are the daughters of daily experience.谚语是日常经验的结晶。65.Pull the chestnut out of fire.火中取栗。66.Put the cart before the horse.本末倒置。67.Put your shoulder to the wheel.鼎力相助。68.Reading enriches the mind.开卷有益。

69.Reading is to the mind while exercise to the body.读书健脑，运动强身。

70.Respect yourself, or no one else will respect you.要人尊敬，必须自重。

71.Rome is not built in a day.冰冻三尺，非一日之寒。72.Saying is one thing and doing another.言行不一。73.Seeing is believing.眼见为实。

74.Seek the truth from facts.实事求是。

75.Send a wise man on an errand, and say nothing to him.智者当差，不用交代。

76.Set a thief to catch a thief.以贼捉贼。

77.Short accounts make long friends.好朋友勤算账。78.Something is better than nothing.聊胜于无。79.Soon learn, soon forgotten.学得快，忘得快。80.Soon ripe, soon rotten.熟得快，烂得快。

81.Speech is silver, silence is gold.能言是银，沉默是金。

82.Still water run deep.静水常深。83.Strike the iron while it is hot.趁热打铁。

84.Success belongs to the persevering.坚持就是胜利。85.Take things as they come.既来之，则安之。86.Talking mends no holes.空谈无补。

87.Talk of the devil and he will appear.说曹操，曹操就到。88.Hasty love, soon cold.一见钟情难维久。

89.Health is better than wealth.健康胜过财富。90.Health is happiness.健康就是幸福。91.Hear all parties.兼听则明。

92.Heaven never helps the man who will not act.自己不动，叫天何用。93.He is a fool that forgets himself.愚者忘乎所以。

94.He is a good friend that speaks well of us behind our backs.背后说好话，才是真朋友。

95.He is a wise man who speaks little.聪明不是挂在嘴上。96.He is lifeless that is faultless.只有死人才不犯错误。

97.He is not fit to command others that cannot command himself.正人先正己。

98.He is not laughed at that laughs at himself first.自嘲者不会让人见笑。

99.He is wise that is honest.诚实者最明智。100.He knows most who speaks least.大智若愚

2．

**第四篇：不能说话的十二岁**

《不能说话的十二岁》读后感

我读过许许多多的书，但是最感兴趣的非《不能说话的十二岁》莫属了，写这本书的作者是张成品，这是一本非常有名的小说。我对这本书爱不释手，里面讲述着博小满不能说话日子里的事情。70年前，一群活泼调皮年龄与我们相仿的儿童却生活在一个和我们完全不一样的社会。文中的主人公红军小战士傅小满在十二岁时装做一个哑巴渗透到敌人那里搜集情报。十二岁时傅小满已拥有了敏锐的观察力，富有逻辑的思考能力，压不垮的心里素质和逼真的表演才能。十二岁时傅小满强忍不能说话的痛苦，打消要说话的念头。敌人开始怀疑上了傅小满，党组织也要求他撤回时，可他坚决不放弃，非要把情报搞到手不可，他将计就计发现了秘密，搞到情报，还巧施妙计干掉了敌人。

我想，他们心里应该有一种精神，一种渴望美好，渴望人人平等的精神，这种精神促使他在药物失效后，为夺取情报宁可咬掉自己的舌头，以致于把性命抛在了脑后。面对敌人的张牙舞爪，他也毫不畏惧。他为了什么？为了中国能够解放，为了老百姓能过上好日子！在我们人生的生活当中我们大家都曾经遇到过困难，但是像博小满这样努力坚持的孩子并不多。

我真敬佩傅小满，他聪明机智，小心谨慎，使得谢舜年对他很是信任，从而完成了上级给的任务。同时我也很可怜他，他出生入死完成了任务，别人都被表扬，戴红花，而他救了苏区却被关了禁闭。因此他变作了一个不爱说话，沉默寡言的人。这本书还让我感受到世界之

大，无奇不有。傅小满在谢家吃了多少苦头，受了多少罪，但他还是完成了任务。我经历的还很少，没有吃过苦，不懂什么是幸福。所以，我应该多读一读这种书、多看新闻，这样就可以更好的了解外面的世界了。

**第五篇：为什么吃饭时不能说话**

为什么吃饭时不能说话

你专注的吃过饭吗？

我是说，没有电视，不看微信，不读书，没有闲聊。只是专心致志的吃饭。

台湾有位著名艺术家朱铭，其长媳第一次见到他，是看他坐在池塘边吃西红柿，朱铭一口一口的吃，家常却专注，长媳印象深刻：“我第一次看到，有人吃西红柿可以吃的这么好吃，这么津津有味。”

专注吃饭，不仅是一种修行，也是一种健康需求。因为，很多健康问题，正是在饭桌上产生。

今天，就请任之堂堂主余浩医师跟大家聊聊“怎么专心吃饭”。

｜吃饭时间，请关掉电视管住嘴

中国人现在都习惯于边吃饭边看电视，甚至在饭桌上高谈阔论，他们以为这是很平常的事。其实, 很多健康问题由此而出。

我们都应该养成“食不言，食不视”的习惯。有个司机，到外面送货时，要接很多电话，养成了边吃饭边打电话的习惯。

有一次，他觉得胁肋有些胀痛，便到医院检查，医生问他平时是不是容易反酸打呃，胃部一吃多一点就胀。他说是。医院检查的结果是胆汁反流性胃炎，伴胆囊壁毛糙。他不想吃西药，就到任之堂中药调理。

余浩老师给他开了温胆汤原方，温胆汤不仅降胆，更能够降胃肠，不管你是胆汁反流性胃炎，还是胆汁反流性食道炎，不管你是反酸打呃还是胃胀，只要胃脉关部郁滞，上逆不降，这温胆汤下去都管用。

病人吃完三剂药，胁肋不胀，也不反酸打呃了，认为中药太神奇了。

｜给胃炎患者的三点建议 可一个月后，他来反映说，老毛病又犯了，怎么办？ 余浩老师跟他说，一、两次犯病用药可以调，但是老爱犯的慢性疾病，大都跟平时的生活习惯分不开。要记住三点，身体就会好得彻底些。

一个是食不言，第二个是食不视，第三个是食不过饱，好吃不多吃。

他犹豫了一下说，这三个都是我最不容易做到的。余浩老师告诉他：“你的胆汁反流性胃炎，就是生活细节没有注意好犯的。一个身处病苦之中的人们，只要逆改劣习，就是在瓦解病因。”

病人听后，采纳了我们的说法，吃饭的时候不接手机少说话，晚上吃饭时也不开电视，不开电脑，尽量吃到七分饱。一个星期后，他又打电话来说，这几招真灵，我没吃药，也没有再犯过病，我要把这方法告诉其他朋友。

｜吃饭说话、看电视与上越脉

在中国古代，就认为吃饭时说话不健康。所以，孔夫子主张“食不言，寝不语”。为什么吃饭不说话不看电视对身体健康那么重要？ 吃饭时不说话，食物就会通过你的专心致志，细嚼慢咽，顺畅地降到胃肠下面去，彻底消化吸收。

如果吃饭时边看电视边说话，饭吃到胃肠消化道里去，胃肠消化道要调动大量的气血，去分解消化吸收食物，但你一说话，一看电视，嘴巴跟眼睛就会跟胃肠道“抢气血”，使得本来该流向胃肠道的气血，更多地流向了眼睛、脑袋和嘴巴。这样，你的气血在人体脉象上就表现为“上越脉”。上越脉的意义就是胃肠消化道降不下来。

久而久之，食物搁在胃里，不能很好地通降，胃就开始“不和”。

因为胃以降为和，你不让它顺降下来，它就不舒服。就开始胀痛，反酸，嗳气，进一步就变为浅表性胃炎，糜烂性胃炎，甚至严重的会变成胃癌，程度要看你将这不良生活习惯持续多久。

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