# The Smile Cycle
## 微笑循环

For many years, David and Maria took vigorous walks for their daily exercise. At one point, they kept crossing paths with a certain older man. They eventually learned that his name was Feliciano, meaning "happy." He seemed anything but happy, though.

大卫和玛丽每天都通过健步行走来锻炼身体。在某一个地点，他们总是遇到一位老人。后来，他们得知老人是个单身汉，名叫费利西亚诺，意思是"快乐"。但他好像根本就不快乐。

"He had the grumpiest look you ever saw," David later recalled. "He was always well dressed in a nice suit, and he seemed to be an important man in town, but he would walk along with his hands folded behind his back, staring at the ground. Whenever Maria or I tried to catch his eye and smile at him, he quickly looked the other way. We wanted so much to turn his frown into a smile that we made that our secret project.

"你从没见过那种乖戾的神情，"大卫后来回忆说，"他总是衣着笔挺，看上去像是城里的某个重要人物，可他走路的时候，总是把手背在身后，两眼望地。每当玛丽或我想引起他的注意，对他微笑时，他总是马上把脸转过去。我们非常想把他紧皱的眉头变成微笑，我们把它当成了一项秘密任务。

It took two years, but finally he smiled back at us. From that day on, Feliciano's countenance and whole manner changed."

这项任务花了两年时间，但他终于对我们报以微笑了。从那一天起，费利西亚诺的表情和举止都变了。"

Your smile can chase away the clouds hanging over someone else, and you'll brighten your own day in the process. It is almost impossible to smile on the outside without feeling better on the inside.

Over the next hour, make an effort to smile more. See if you can keep that smile all day. Try keeping it up for a week, and see what a difference that makes.

你的微笑可以驱散笼罩在他人头上的阴云，这样做时，你也在把自己的生活变得更加光明。

接下来一小时，努力去微笑吧。看你能否一天都保持微笑。这样尝试一周，看它能带来怎样的变化。

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