



第三篇 人生篇

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人生的完整 The Wholeness of Life

【心灵感悟】

“把找到的那段卸下丢在路边，慢慢地滚走了……”读到这里，忽然一怔，不明白为什么圆圈会有如此举动，当我定下心来读完全篇，我恍然大悟，当一个人认为自己是十全十美，再没有什么缺陷可以改正、克服了的时候，那么这个人的进步也就停滞了。

贝多芬有着常人难以想象的双耳失聪的巨大缺憾，但他在苦难中扼住了命运的咽喉，将生命的缺憾与无奈化成一曲激昂人心的《命运交响曲》。

举世闻名的断臂维纳斯女神像，曾有多少著名艺术家都想为她续添双臂，进行各种复原方案的设计和尝试，然而都以失败告终，得不到世人的认可，最终保留了维纳斯的残缺，其实残缺本身也是一种美。

不是每一粒种子都能长成苍天大树，不是每一朵花都能绽放出绚丽色彩。同样地，不是每一个人都享有完美人生。缺憾不可怕，可怕的是我们不会正确看待完美与缺憾，有了完美就沾沾自喜，有了缺憾

就自暴自弃。这样的人怎么可能收获最终的成功呢？

正确看待完美与缺憾之间的关系。允许完美与缺憾共存在我们完整、五彩斑斓的一生中。

【英语原文】

Once a circle missed a wedge. The circle wanted to be whole, so it went around looking for its missing piece. But because it was incomplete and therefore could roll only very slowly, it admired the flowers along the way. It chatted with worms. It enjoyed the sunshine. It found lots of different pieces, but none of them fit. So it left them all by the side of the road and kept on searching. Then one day the circle found a piece that fit perfectly. It was so happy. Now it could be whole, with nothing missing. It incorporated the missing piece into itself and began to roll. Now that it was a perfect circle, it could roll very fast, too fast to notice flowers or talk to the worms. When it realized how different the world seemed when it rolled so quickly, it stopped, left its found piece by the side of the road and rolled slowly away.

The lesson of the story, I suggested, was that in some strange sense we are more whole when we are missing something. The man who has everything is in some ways a poor man. He will never know what it feels like to yearn, to hope, to nourish his soul with the dream of something better. He will never know the experience of having someone who loves him give him something he has always wanted or never had.

There is a wholeness about the person who has come to terms with

his limitations, who has been brave enough to let go of his unrealistic dreams and not feel like a failure for doing so. There is a wholeness about the man or woman who has learned that he or she is strong enough to go through a tragedy and survive, she can lose someone and still feel like a complete person.

Life is not a trap set for us by God so that he can condemn us for failing. Life is not a spelling bee, where no matter how many words you've gotten right, you're disqualified if you make one mistake. Life is more like a baseball season, where even the best team loses one third of its games and even the worst team has its days of brilliance. Our goal is to win more games than we lose. When we accept that imperfection is part of being human, and when we can continue rolling through life and appreciate it, we will have achieved a wholeness that others can only aspire to. That, I believe, is what God asks of us—not “Be perfect”, not “Don't even make a mistake”, but “Be whole”.

If we are brave enough to love, strong enough to forgive, generous enough to rejoice in another's happiness, and wise enough to know there is enough love to go around for us all, then we can achieve a fulfillment that no other living creature will ever know.

本文节选自司炳月主编的《美丽英语：每天晨练30分》。司炳月主编的书有《英语美文诵读》、《美丽英语：每天晨练30分》、《走出生命的低谷——英语美文诵读》、《用智慧经营自己——英语美文诵读》、《在爱的给予中成长——英语美文诵读》、《把握今天——英语美文诵读》。

【参考翻译】

从前有个圆圈，它丢失了一小段。它想变得完整，于是它到处寻找它所丢失的那部分。由于不完整，它只能滚得非常慢。在路上，它羡慕过花儿，它与虫子聊过天，它享受了阳光的照耀。它遇

到过很多不同的小段,可是没有一个适合它。所以它把它们丢在路边,继续寻找。有一天,圆圈找到了可以与它完美结合的一小段,它非常高兴。它现在终于完整了,不缺任何东西了。它把丢失的那段装到自己身上,然后滚了起来。它现在是个完整的圆圈了,它可以滚得很快,快到忽视了花儿,快到没有时间和虫子们说话。当它意识到由于它滚得太快,世界变得如此的不同时,它便停了下来,把找到的那段卸下丢在路边,慢慢地滚走了。

我想这个故事告诉我们,从某种奇怪的意义上说,当我们缺少什么东西时,我们反而是更完整的。一个拥有一切的人在某些方面也是个穷人,他永远不会知道什么是渴望、什么是期待;永远不知道用渴求更美好的东西来充实他的灵魂。他永远不会知道一个爱他的人送给他一样他所梦寐以求的东西时是怎样的一种感觉。

人生的完整性,在于接受自己的缺陷,勇敢地丢弃不切实际的幻想,并且不觉得这样做是失败的;人生的完整性,在于知道自己足够强大,可以承受人生的苦难,可以在失去一个人时仍然觉得自己是完整的。

生活并不是上帝为了谴责我们的缺陷而设下的陷阱。人生也不是一场拼字比赛,无论你拼出了多少单词,只要拼错了一个你就前功尽弃了。人生更像一个棒球赛季,最好的球队也会丢掉三分之一的比赛,而最差的球队也有辉煌的胜利。我们的目标是让打赢的比赛比输掉的比赛多。当我们接受了不完整性是人生的一部分时,当我们在人生之路上不断前进并且欣赏生命之美时,我们就获得了别人只能渴望的完整的人生。我相信这就是上帝对我们的期望:不求“完美”,也不求“从来不犯错误”,而是追求人生的“完整”。

如果我们有足够的勇气去爱,足够强大的力量去原谅别人,足够的宽容因别人的快乐而快乐,并有足够的智慧去认识我们身边充满着爱,我们就会得到其他生命所得不到的一种满足感。

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有种旅行叫作人生

Life Comes in a Package

【心灵感悟】

“人生好似一个包裹，这个包裹里藏着快乐与悲伤、成功与失败、希望与绝望。”它就像是一杯茶，细细品才能感悟其中的味道。

有失败的悲伤，才会有成功的快乐，只要我们坚持着希望，就不会绝望。人生在世，谁不会有挫折？经历过无数次失败的考验，我们的经验才会越丰富，离成功就越靠近。失败会使生活产生波折，从而更增添了生活的情趣。只要不绝望，就肯定会有希望，感受着失败带来的悲伤，我们就更能体会到成功所带来的快乐。

“人生教会我们不要对过去的事感到后悔”，世上本无事，庸人自扰之。不要把精力纠结于过去的是与非，“因为过去的终究是过去了并且我们已无法控制”。不要缅怀过去的悲痛，学会满足，学会宽容，学会对自己好一点，学会快乐。只有这样，一切才会美满。

让我们用快乐、成功和希望去拥抱我们的人生吧！

【英语原文】

Life comes in a package. This package includes happiness and sorrow, failure and success, hope and despair. Life is a learning process. Experiences in life teach us new lessons and make us a better person. With each passing day we learn to handle various situations.

Love: Love plays a pivotal role on our life. Love makes you feel wanted. Without love, a person could go hayward and also become cruel and ferocious. In the early stage of our life, our parents are the ones who shower us with unconditional love and care, they teach us about what is right and wrong, good and bad. But we always tend to take this for granted. It is only after marriage and having kids that a person understands and becomes sensitive to others feelings. Kids make a person responsible and mature and help us to understand life better.

Happiness and Sorrow: Materialistic happiness is short-lived, but happiness achieved by bringing a smile on others face gives a certain level of fulfillment. Peace of mind is the main link to happiness. No mind is happy without peace. We realize the true worth of happiness when we are in sorrow. Sorrow is basically due to death of a loved one, failure and despair. But these things are temporary and pass away.

Failure and Success: Failure is the path to success. It helps us to touch the sky, teaches us to survive and shows us a specific way. Success brings in money, fame, pride and self-respect. Here it becomes very important to keep our head on our shoulder. The only way to show our gratitude to God for bestowing success on us is by being humble, modest, courteous and respectful to the less fortunate ones.

Hope and Despair: Hope is what keeps life going. Parents always hope their children will do well. Hope makes us dream. Hope builds in patience. Life teaches us not to despair even in the darkest hour, because after every night there is a day. Nothing remains the same we have only one choice keep moving on in life and be hopeful.

Life teaches us not to regret over yesterday, for it has passed and is beyond our control. Tomorrow is unknown, for it could either be bright or dull. So the only alternative is to work hard today, so that we will enjoy a better tomorrow.

本文节选自杰克·坎菲尔德(Jack Canfield)主编的《心灵鸡汤》系列,杰克是一位成功的作家、职业演讲家、研讨班领导者、企业培训家和企业家。

【参考翻译】

人生好似一个包裹,这个包裹里藏着快乐与悲伤、成功与失败、希望与绝望。人生也是一个学习的过程。那些经历给我们上了全新的课,让我们变得更好。随着每一天的过去,我们学会了处理各种各样的问题。

爱:爱在生活之外扮演了一个关键的角色。爱使你想要得到些什么。没有爱,一个人将走向不归路,变得凶暴、残忍。在我们最初的人生道路上,我们的父母给予了我们无条件的关爱,他们教会我们判断正确与错误、好与坏。然而我们常常把这想当然了,只有等到结了婚并且有了孩子之后,一个人才会懂得并注意别人的感受。孩子让我们变得富有责任心、变得成熟稳重,并且能更好地理解人生。

快乐与悲伤:物质上的快乐往往是短暂的,然而,当你给予他人一个微笑的时候,那种满足却是无与伦比的。心灵的平静往往是快乐的源泉。没有平和的心态就没有快乐的心情。在伤心的时

候,我们往往能够体会到快乐的真谛。悲伤基本都来自于一个爱人的去世、失败还有绝望,但是这样的事情都是暂时的,总会过去的。

失败与成功:失败是成功之母。它让我们触及蓝天,它教会我们如何生存,它给予我们一条特殊的路。成功给予我们金钱、名誉、骄傲和自尊。这时,保持头脑清醒便显得尤为重要。唯一能让我们感激上帝给予的成功便是始终卑微、谦虚、礼貌并且尊重没有我们幸运的人们。

希望与绝望:希望是人生动力之源。父母总是希望自己的孩子能够做得很好。希望使我们有梦想。希望使我们变得有耐心。人生教会我们即使是在最困难的时候都不要绝望,因为黑暗之后终将是黎明。没有什么是一成不变的,我们唯有充满希望地继续生活。

人生教会我们不要对过去的事感到后悔,因为过去的终究是过去了并且我们已无法控制。没人知道明天会是怎样,因为它可以是光明的同样也可以是无趣的。所以,我们唯一的选择便是在今天努力工作,这样才能享受更美好的明天。

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我们面对的五个人

Five Enemies We Face

【心灵感悟】

我们一生可能会面对很多敌人,但是大多数敌人都来自于自身。

冷漠,你对他人冷漠,他人也会对你如此,正如照镜子,你看到的就是你表现出来的样子。犹豫不决,拿不定主意,注定会使你与大好良机失之交臂。怀疑,一旦我们这也怀疑那也怀疑,不久,我们也会怀疑自己的人生了。担心,听说过杞人忧天的成语吧,我们往往担心那些不切实际的事情,以至于阻碍了我们前进的脚步。过度谨慎,你越是谨慎,你就越是胆小,越是会失去做事的勇气。

现实中的敌人并不可怕,最可怕的敌人就是我们自己。所以,要想打败敌人,要想成就大事,首先得战胜自己。

【英语原文】

We are not born with courage, but neither are we born with fear. Maybe some of our fears are brought on by your own experiences, by

what someone has told you, by what you've read in the papers. Some fears are valid, like walking alone in a bad part of town at two o'clock in the morning. But once you learn to avoid that situation, you won't need to live in fear of it.

Fears, even the most basic ones, can totally destroy our ambitions. Fear can destroy fortunes. Fear can destroy relationships. Fear, if left unchecked, can destroy our lives. Fear is one of the many enemies lurking inside us.

Let me tell you about five of the other enemies we face from within. The first enemy that you've got to destroy before it destroys you is indifference. What a tragic disease this is! "Ho-hum, let it slide. I'll just drift along." Here's one problem with drifting: you can't drift your way to the top of the mountain.

The second enemy we face is indecision. Indecision is the thief of opportunity and enterprise. It will steal your chances for a better future. Take a sword to this enemy.

The third enemy inside is doubt. Sure, there's room for healthy skepticism. You can't believe everything. But you also can't let doubt take over. Many people doubt the past, doubt the future, doubt each other, doubt the government, doubt the possibilities and doubt the opportunities. Worse of all, they doubt themselves. I'm telling you, doubt will destroy your life and your chances of success. It will empty both your bank account and your heart. Doubt is an enemy. Go after it. Get rid of it.

The fourth enemy within is worry. We've all got to worry some. Just don't let it conquer you. Instead, let it alarm you. Worry can be useful. If you step off the curb in New York City and a taxi is coming,

you've got to worry. But you can't let worry loose like a mad dog that drives you into a small corner. Here's what you've got to do with your worries: drive them into a small corner. Whatever is out to get you, you've got to get it. Whatever is pushing on you, you've got to push back.

The fifth interior enemy is overcaution. It is the timid approach to life. Timidity is not a virtue; it's an illness. If you let it go, it'll conquer you. Timid people don't get promoted. They don't advance and grow and become powerful in the marketplace. You've got to avoid overcaution.

Do battle with the enemy. Do battle with your fears. Build your courage to fight what's holding you back, what's keeping you from your goals and dreams. Be courageous in your life and in your pursuit of the things you want and the person you want to become.

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吉米·罗恩快乐致富的七大策略:

1. 明确自己的目标和动机。
2. 追求知识 ==> 学习成功人士证明有效的经验。
3. 学习自我改变 ==> 要让事情改变,自己必须改变;要让事情变得更好,自己必须变得更好。
4. 控制财务 ==> 学会储蓄,要会投资,乐于助人。
5. 掌握时间 ==> (1) 凡事先计划,后行动。(2) 凡事以结果为导向。
6. 与赢家为伍 ==> 问自己,我每天跟谁在一起? 他们对我的影响是正面还是负面?
7. 生活要有品味 ==> 好的生活品味来自内涵,与银行存款无关。

【参考翻译】

我们的勇气并不是与生俱来的,我们的恐惧也不是。也许有些恐惧来自你的亲身经历,别人告诉你的故事,或你在报纸上读到

的东西。有些恐惧可以理解,例如在凌晨两点独自走在城里不安全的地段。但是一旦你学会避免那种情况,你就不必生活在恐惧之中。

恐惧,哪怕是最基本的恐惧,也可能彻底粉碎我们的抱负。恐惧可能摧毁财富,也可能摧毁一段感情。如果不加以控制,恐惧还可能摧毁我们的生活。恐惧是潜伏于我们内心的众多敌人之一。

让我来告诉你我们面临的其他五个内在敌人。第一个你要在它袭击你之前将其击败的敌人是冷漠。打着哈欠说:“随它去吧,我就随波逐流吧。”这是多么可悲的疾病啊!随波逐流的问题是:你不可能漂流到山顶去。

我们面临的第二个敌人是优柔寡断。它是窃取机会和事业的贼,它还会偷去你实现更美好未来的机会。向这个敌人出剑吧!

第三个内在的敌人是怀疑。当然,正常的怀疑还是有一席之地的,你不能相信一切。但是你也不能让怀疑掌管一切。许多人怀疑过去,怀疑未来,怀疑彼此,怀疑政府,怀疑可能性,并怀疑机会。最糟糕的是,他们怀疑自己。我告诉你,怀疑会毁掉你的生活和你成功的机会,它会耗尽你的存款,留给你干涸的心灵。怀疑是敌人,追赶它,消灭它。

第四个内在的敌人是担忧。我们都会有些担忧,不过千万不要让担忧征服你。相反,让它来警醒你。担忧也许能派上用场。当你在纽约走上人行道时,如果有一辆出租车向你驶来,你就得担忧。但你不能让担忧像疯狗一样失控,将你逼至死角。你应该这样对付自己的担忧:把担忧驱至死角。不管是什么来打击你,你都要打击它。不管什么攻击你,你都要反击。

第五个内在的敌人是过分谨慎。那是胆小的生活方式。胆怯不是美德,而是一种疾病。如果你不理睬它,它就会将你征服。胆

怯的人不会得到提拔,他们在市场中不会前进,不会成长,不会变得强大。你要避免过分谨慎。

一定要向这些敌人开战。一定要向恐惧开战。鼓起勇气抗击阻挡你的事物,与阻止你实现目标和梦想的事物作斗争。要勇敢地生活,勇敢地追求你想要的事物并勇敢地成为你想成为的人。

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两条道路

Two Roads

【心灵感悟】

读了这篇文章后,我突然想起初中时学过的一首诗歌:“黄色的树林里分出两条路,可惜我不能同时去涉足,我在那路口久久伫立,我向着一条路极目望去,直到它消失在丛林深处。但我却选了另外一条路……从此决定了我一生的道路。”

然而,在现实生活中,很多重要的选择,尤其是人生的选择,一旦选择了,就没有回头路了。所以,当我们面对这些选择的时候,一定要小心谨慎,选择一条适合自己的人生道路,对自己真正的负责,并做到无怨无悔。

【英语原文】

It was New Year's Night. An aged man was standing at a window. He raised his mournful eyes towards the deep blue sky, where the stars were floating like white lilies on the surface of a clear calm lake. Then he cast them on the earth, where few more hopeless people than himself now moved towards their certain goal — the tomb. He had

already passed sixty of the stages leading to it, and he had brought from his journey nothing but errors and remorse. Now his health was poor, his mind vacant, his heart sorrowful, and his old age short of comforts.

The days of his youth appeared like dreams before him, and he recalled the serious moment when his father placed him at the entrance of the two roads—one leading to a peaceful, sunny place, covered with flowers, fruits and resounding with soft, sweet songs; the other leading to a deep, dark cave, which was endless, where poison flowed instead of water and where devils and poisonous snakes hissed and crawled.

He looked towards the sky and cried painfully, “O youth, return! O my father, place me once more at the entrance to life, and I’ll choose the better way!” But both his father and the days of his youth had passed away.

He saw the lights flowing away in the darkness. These were the days of his wasted life; he saw a star fall down from the sky and disappeared, and this was the symbol of himself. His remorse, which was like a sharp arrow, struck deeply into his heart. Then he remembered his friends in his childhood, who entered on life together with him. But they had made their way to success and were now honored and happy on this New Year’s Night.

The clock in the high church tower struck and the sound made him remember his parents’ early love for him. They had taught him and prayed to God for his good. But he chose the wrong way. With shame and grief he dared no longer look towards that heaven where his father lived. His darkened eyes were full of tears, and with a despairing effort, he burst out a cry: “Come back, my early days! Come back!”

And his youth did return, for all this was only a dream which he

had on New Year's Night. He was still young though his faults were real; he had not yet entered the deep, dark cave, and he was still free to walk on the road which leads to the peaceful and sunny land.

Those who still linger on the entrance of life, hesitating to choose the bright road, remember that when years are passed and your feet stumble on the dark mountains, you will cry bitterly, but in vain: "O youth, return! Oh give me back my early days!"

本文作者: John Ruskin(约翰·罗斯金,1819—1900),维多利亚时期英国著名的作家和评论家。他父亲是位富商,经常带他到欧洲各地旅游,他从小就对建筑、艺术非常感兴趣,对美怀有强烈热望。他的主要作品有《现代画家》、《威尼斯的石头》等。在本文中他向人们揭示了选择正确人生道路的重要性和迫切性,引人深思。

【参考翻译】

那是一个除夕之夜,一位老人站在窗前。他悲伤地望着天空,望着深蓝色的天空,繁星像百合花一样漂浮在清澈平静的天空之湖里。他望着地面,却没有几个像他这样绝望的,奔向唯一的终点——坟墓的人。在通往生命终点的旅途中,他已经走过了六十个驿站,收获的却只有过失和悔恨。如今他的健康不佳、精神空虚、内心痛苦,晚年的生活并不舒适。

年轻时光像梦一样在浮现在眼前,他回想起那个关键的时刻,父亲把他带到人生的岔路口,有两条路摆在他面前:一条通往一个宁静的、阳光灿烂的地方,那里满是花果,柔和甜美的歌声回响在空中;另一条却通往一个黑暗无底的洞穴,那里流淌的不是清水,而是毒汁,那里恶魔肆虐,毒蛇横行。

他仰望着天空,痛苦地哭喊道:“啊,青春,回来吧!啊,父亲,重新把我带到生命的起点吧,我会选择另一条更好的路!”可是,他的父亲连同青春,都已经离开他了。

他看到黑暗中点点光亮被吞没,那些是他虚度的日子;他看见

一颗星星从天上坠落，消失了，那是他的象征。悔恨，像一把锋利的剑，深深刺入他的心脏。他想起那些童年时的伙伴，那些同他一起踏上生命的旅途的人们，如今都是成功的、受人尊重的。此刻，他们都沉浸在除夕的幸福中。

教堂高塔上的钟声敲响了，这让他想起了小时父母的爱，那些谆谆教诲，那些他们为他的幸福所做的祷告。可是他选择了一条错误的路。羞愧和悲伤使他不敢再奢望父亲所居住的天堂。他昏暗的眼睛包含了泪水，他绝望地奋力哭喊：“回来吧，我逝去的岁月！回来啊！”

不过这次他的青春真的回来了。因为所有这一切只不过是除夕夜他做的一场梦而已。他仍然年轻，尽管确实犯过错误，不过仍然没有进入那黑暗的洞穴，他仍然可以选择那条通往安宁和光明的道路。

正在人生路口徘徊，犹豫着是否选择光明之路的年轻人啊！请记住，当时光已逝，你的双脚在黑暗的山间举步维艰、跌跌撞撞的时候，你会痛苦地呼喊：“啊，青春！回来！啊，把我逝去的日子还给我吧！”可是，那一切都是没用的！

21

认识你自己

Get a Thorough

Understanding of Oneself

【心灵感悟】

摆一面镜子，面向它，你看到了什么？自己么？不，也许，这只是你众多面具中的一张。

每个人的体内都藏着众多不同的自己，我们用这些不同的自己面对不同的情况，刘亮程（著名作家，新疆维吾尔自治区作家协会副主席）说：“人不像树，总是直直地往上长，人总是四处奔跑，到最后却发现回不到原点了。”当时间渐渐迷惑了我们的内心，我们忘了哪个才是最初真正的自己。我们以为自己是为了梦想而改变外在且内心坚守不变，可其实大多数情况下，我们欺骗了自己，易碎的梦想和纯净的心不知不觉变了模样。

有人说，为了生存不得不改变。可是生存又是为了什么呢？生存总该有梦想的指引。我们要学着回首，静静坐下，认识自己每一段时期的改变和状态，然后决定该怎么走下去。“冷静现实、欣赏自己、善待自己”，没有比这更好的方法总结了。保持距离，守望自己，这样梦想将走得更远。

【英语原文】

In all one's lifetime it is oneself that one spends the most time being with or dealing with. But it is precisely oneself that one has the least understanding of.

When you are going upwards in life you tend to overestimate yourself. It seems that everything you seek for is within your reach; luck and opportunities will come your way and you are overjoyed that they constitute part of your worth. When you are going downhill you tend to underestimate yourself, mistaking difficulties and adversities for your own incompetence. It's likely that you think it wise for yourself to know our place and stay aloof from worldly wearing a mask of cowardice, behind which the flow of sap in your life will be retarded.

To get a thorough understanding of oneself is to gain a correct view of oneself and be a sober realist — aware of both one's strength and shortage. You may look forward hopefully to the future but be sure not to expect too much, for ideals can never be fully realized. You may be courageous to meet challenges but it should be clear to you where to direct your efforts. That's to say so long as you have a perfect knowledge of yourself there won't be difficulties you can't overcome, nor obstacles you can't surmount.

To get a thorough understanding of oneself needs selfappreciation. Whether you liken yourself to a towering tree or a blade of grass, whether you think you are a high mountain or a small stone, you represent a state of nature that has its own *raison detre*. If you earnestly admire yourself you'll have a real sense of self-appreciation, which will give you confidence. As soon as you gain full confidence in yourself

you'll be enabled to fight and overcome any adversity.

To get a thorough understanding of oneself also requires doing oneself a favor when it's needed. In time of anger, do yourself a favor by giving vent to it in a quiet place so that you won't be hurt by its flames; in time of sadness, do yourself a favor by sharing it with your friends so as to change a gloomy mood into a cheerful one; in time of tiredness, do yourself a favor by getting a good sleep or taking some tonic. Show yourself loving concern about your health and daily life. As you are aware, what a person physically has is but a human body that's vulnerable when exposed to the elements. So if you fall ill, it's up to you to take a good care of yourself. Unless you know perfectly well when and how to do yourself a favor, you won't be confident and ready enough to resist the attack of illness.

To get a thorough understanding of oneself is to get a full control of one's life. Then one will find one's life full of color and flavor.

本文节选自吴文智主编的《修剪生命的荒芜》。吴文智，笔名兆彬，南京师范大学外国语学院《江苏外语教学研究》杂志主编，研究员，中国译协专家会员，中国译协理事，江苏省译协秘书长，从事翻译与翻译研究三十余年。2009年获得“江苏省建国六十年来外国语言文学与翻译研究优秀成果”特别贡献奖。在《外语研究》《上海翻译》等十余种公开报刊上发表译文、论文百余篇，在三十余家出版社出版过专著、著作、译著八十多部。

【参考翻译】

人生在世，和“自己”相处最多，打交道最多，但是往往悟不透“自己”。

人生走上坡路时，往往把自己估计过高，似乎一切所求的东西都能唾手可得，甚至把运气和机遇也看作自己身价的一部分而喜不自胜。人在不得意时，又往往把自己估计过低，把困难和不利也看作自己的无能，以至把安分守己，与世无争误认为有自知之明，

而实际上往往被怯懦的面具窒息了自己鲜活的生命。

悟透自己,就是正确认识自己,也就是说要做一个冷静的现实主义者,既知道自己的优势,也知道自己的不足。我们可以憧憬人生,但期望值不能过高。因为在现实中,理想总是会打折扣的。可以迎接挑战。但是必须清楚自己努力的方向。也就是说,人一旦有了自知之明,也就没有什么克服不了的困难,没有什么过不去的难关。

要悟透自己,就要欣赏自己。无论你是一棵参天大树,还是一棵小草;无论你是一座巍峨的高山,还是一块小小的石头,都是一种天然,都有自己存在的价值。只要你认真地欣赏自己,你就会拥有一个真正的自我。只有自我欣赏,才会有信心。一旦拥有了信心,也就拥有了抵御一切逆境的动力。

要悟透自己,就要心疼自己。在气愤时心疼一下自己,找个僻静处散散心,宣泄宣泄,不要让那些无名之火伤身;忧伤时,要心疼一下自己,找个三五好友,诉说诉说,让感情的阴天变晴;劳累时,你要心疼一下自己,为自己来一番问寒问暖,要明白人所拥有的不过是一个血肉之躯,经不住太多的风力霜剑;有病时,你要心疼一下自己,唯有对自己的关爱,才是战胜疾病的信心和力量。

悟透了自己,才能把握住自己,你生活才会有滋有味!

22

风雨过后见彩虹

Storms Always Give Way to the Sun

【心灵感悟】

每一座山都有巅峰,每一个峡谷都有深底。人生也有兴衰起伏,没有人会一直一帆风顺,也不会一直遇到失败。暴风雨过后一定是灿烂的阳光。严冬必然会化为春光。

【英语原文】

What is the secret ingredient of tough people that enables them to succeed? Why do they survive the tough times when others are overcome by them? Why do they win when others lose? Why do they soar when others sink?

The answer is very simple. It's all in how they perceive their problems. Yes, every living person has problems. A problem-free life is an illusion—a mirage in the desert. Accept that fact.

Every mountain has a peak. Every valley has its low point. Life has its ups and downs, its peaks and its valleys. No one is up all the time, nor are they down all the time. Problems do end. They are all resolved in time.

You may not be able to control the times, but you can compose your response. You can turn your pain into profanity—or into poetry. The choice is up to you. You may not have chosen your tough time, but you can choose how you will react to it.

For instance, what is the positive reaction to a terrible financial setback? In this situation would it be the positive reaction to copout and runaway? Escape through alcohol, drug, or suicide? No! Such negative reactions only produce greater problems by promising a temporary solution to the pressing problem.

The positive solution to a problem may require courage to initiate it. When you control your reaction to the seemingly uncontrollable problem of life, then in fact you do control the problem's effect on you. Your reaction to the problem is the last word! That's the bottom line. What will you let this problem do to you? It can make you tender or tough. It can make you better or bitter. It all depends on you.

In the final analysis, the tough people who survive the tough times do so because they've chosen to react positively to their predicament. Tough times never last, but tough people do. Tough people stick it out. History teaches us that every problem has a lifespan. No problem is permanent.

Storms always give way to the sun. Winter always thaws into springtime.

本文节选自凯瑟琳的《重遇未知的自己》。凯瑟琳,美国儿童心理教育工作者,曾经在芝加哥公立学校担任十多年的教师,对青少年心理有过深入的研究。她对社会中不同人群的内心状态怀有强烈的兴趣,曾参与过美国某大型机构所做的社会调查,了解人们在各种情境中的心理变化。这对她后来主编“双语魅力美文”系列书有极大的帮助。

【参考翻译】

坚韧不拔的人成功的秘诀是什么？他们为什么能挺过艰难的时刻，而其他人却被困难所压倒？为什么成功的是他们，而失败的是其他人？为什么他们一飞冲天，而其他人都深陷泥沼？

答案很简单，全看他们是如何看待自己面临的难题。不错，人人有本难念的经。没有难题困扰的人生只能是一个幻想，是沙漠中的海市蜃楼。还是接受这个事实吧。

每一座山都有巅峰，每一个峡谷都有深底。人生也有兴衰起伏，没有人会一直一帆风顺，也不会一直遇到失败。难题总有了了结的一天。随着时间的推移，一切难题都会迎刃而解。

你也许不能控制时势，可是你能够冷静应对。你既可以把痛苦转换为怨天尤人的诅咒，也可以赋予之以诗意，这全在于你自己的选择。时运不济的你或许无从选择，但是你可以选择应对的方略。

譬如，遭遇一次严重的经济挫折，究竟怎么做才称得上积极应对呢？放弃而后潜逃？借酒浇愁？吸毒麻醉？抑或自杀？这样的逃避是积极应对吗？当然不是！这样一些消极的反应似乎暂时解决了迫在眉睫的难题，但事实上只会招致更棘手的难题。

积极的应对只能是鼓起勇气着手解决。对于人生中看似无法控制的难题，当你能够控制自己的应对，那么你就事实上控制了难题对你的影响。你对难题的应对是至关重要的、最根本的。难题能对你产生什么样的影响呢？它可以使你脆弱，也可以使你坚强；它可以使你升华，也可以使你痛苦。全在于你自己。

归根结底，坚韧的人之所以能挺过艰难的岁月，是因为他们选择积极地去应对困境。艰难的岁月不会没完没了，坚韧的人会始终不懈，坚持到底。历史告诉我们，每一个难题都有始有终，任何难题都不会永远存在。

暴风雨过后一定是灿烂的阳光。严冬必然会化为春光。

23

我来到这个世界 I Came to This World

【心灵感悟】

如果时光可以倒流,我希望小学一年级的那年暑假能够坚持到少年宫学习电子琴。那么当我看见大学开学典礼上好友上台演奏琵琶时,不会因自己毫无才艺而感到自惭形秽。

如果时光可以倒流,我希望初中时我可以更用心一点去学习物理。那么当我上高中时,我就不会因为物理基础不好,总分屡屡被拖下马。

如果时光可以倒流,我希望高中时多读一些课外书。那么,我现在就不会时常处于书到用时方恨少的尴尬境地。

如果时光可以倒流,我希望大学时多参加一些有用的社会实践,而不是更多地只专注于专业知识的学习。那么,我现在就不会时常感到彷徨无措。

如果时光可以倒流……

可是,时光无法倒流。昨天的每一个举动都会在我们的生命中留下印记,长久地影响我们的生活轨迹。所以请抛开“如果”,立足于当下,抓住生命中的每一个瞬间,在拼搏与奋斗中走完自己的一生,不

要轻易说放弃。即使失败了,但我们曾经争取过,我们没有让自己的生命留下遗憾。

【英语原文】

I came to this world,
because I wanted to live deliberately.
I wanted to live deep,
and suck out all the marrow of life!
To put to rout all that was not life.
And not, when I came to die,
discover that I had not lived.

本文节选自(美)N. H. 科琳宝姆的《死亡诗社》。《死亡诗社》是奥斯卡大奖同名电影小说,全球已出版83个版本。《死亡诗社》描绘了一个思想新锐的教师基丁向僵化的教育模式发起挑战的经过,歌颂了文学的大美,倡导了一种“人,诗意地栖居”的生活方式。《死亡诗社》电影1989年上映后,获得奥斯卡最佳原创剧本、英国电影学院奖最佳影片、凯撒奖最佳外语片等多项大奖。

【参考翻译】

我来到这个世界,
因为我希望生活得有意义,
我希望活得充实。
汲取生命中所有的精华!
把非生命的一切都击溃。
以免让我在生命终结时,
发现自己从来没有活过。

24

非凡人生的七大秘诀 Seven Secrets to a Great Life

【心灵感悟】

芸芸众生, 多少人是浑浑噩噩地混日子, 又有多少人是在清醒地过活? 这些只有自己才能真实地感受到。我们来到世上, 想要的东西实在太多太多, 只是希望在那众多的愿望中, 人们不要丢弃自己最初的梦想。

非凡的人生不是无根之木、无源之水。它需要合理分配自己的时间、精力、心思, 为实现自己的生活目标而努力。走出忧虑和失败, 不要得过且过, 创造性地好好利用生命中的分分秒秒吧!

【英语原文】

A great life doesn't happen by accident. A great life is the result of allocating your time, energy, thoughts, and hard work towards what you want your life to be. Stop setting yourself up for stress and failure, and start setting up your life to support success and ease. A great life is the result of using what you get in a creative and thoughtful way, instead of just what comes next. Customize these "secrets" to fit your

own needs and style, and start creating your own great life today!

1. S—Simplify.

A great life is the result of simplifying your life. People often misinterpret what simplify means. It's not a way to remove work from your life. When you focus on simplifying your life, you free up energy and time for the work that you enjoy and the purpose for which you are here. In order to create a great life, you will have to make room for it in yours first.

2. E—Effort.

A great life is the result of your best effort. Creating a great life requires that you make some adjustments. It may mean re-evaluating how you spend your time, or choosing to spend your money in a different way. It may mean looking for new ways to spend your energy that coincide with your particular definition of a great life. Life will reward your best effort.

3. C—Create priorities.

A great life is the result of creating priorities. It's easy to spend your days just responding to the next thing that gets your attention, instead of intentionally using the time, energy and money you have in a way that's important to you. Focus on removing the obstacles that get in the way of you making sure you are honoring your priorities.

4. R—Reserves.

A great life is the result of having reserves—reserves of things, time, space, energy, money. With reserves, you acquire far more than you need—not 6 months living expenses, but 5 years worth; not 15 minutes of free time, 1 day. Reserves are important because they reduce the fear of consequences, and that allows you to make decisions

based on what you really want instead of what the fear decides for you.

5. E—Eliminate distractions.

A great life is the result of eliminating distractions. Up to 75% of your mental energy can be tied up in things that are draining and distracting you. Eliminating distractions can be a difficult concept to many people, since they haven't really considered that there is another way to live. Look around at someone's life you admire. What do they do that you would like to incorporate into your own life? Ask them how they did it. Find ways to free up your mental energy for things that are more important to you.

6. T—Thoughts.

A great life is the result of controlling your thoughts so that you accept and allow for the possibility that it actually can happen to you! Your belief in the outcome will directly dictate how successful you are. Motivated people have specific goals and look for ways to achieve them. Believing there is a solution to the same old problems you encounter year after year is vitally important to creating a life that you love.

7. S—Start.

A great life is the result of starting. There's the old saying everyone's familiar with "a journey of a thousand miles begins with a single step." In order to even move from the couch to the refrigerator, you have to start. There's no better time to start than today. Don't wait for a raise, or until the kids get older, or the weather is better. Today, right now, is the right day to start to take a step in the direction of your heart's desires. It's what you do TODAY that will make a difference in your life tomorrow.

本文节选自刘彦军、高华军主编的《我爱英文 一生的收获》。

【参考翻译】

非凡的人生不是无根之木,无源之水。它需要合理分配自己的时间、精力、心思,为实现自己的生活目标而努力。走出忧虑和失败,全身心地迎接成功和安逸。不要得过且过,创造性地好好利用生命中的分分秒秒吧!让我们从今天开始,根据下面的“秘诀”和自身情况,创建属于自己的非凡人生。

1. 化繁为简。

非凡的人生源于简单的生活。人们往往误解了简单的含义,即不参加工作。当生活真正简化,你就会有时间和精力从事喜欢的工作,并为之奋斗。创建非凡的人生,首先要有自己的空间。

2. 不懈努力。

非凡的人生源于个人的苦心经营。这可能需要重新分配时间,或调整理财方式:用新的方式把精力投向能引领非凡人生的地方去。有付出就会有回报。

3. 分清主次。

非凡的人生源于分清主次。不要被琐碎的事所吸引,而撇开重要之事,不然,时间、精力和金钱便会浪费。要想达到目的,就要善于梳理头绪,扫清障碍,分清轻重缓急。

4. 未雨绸缪。

非凡的人生源于懂得储存——储存物品、时间、空间、精力和金钱。那样,获得就会远远多于所期望的——就会得到五年的生活费,而不是六个月的;一整天的闲暇时间,而不是15分钟。储存能减少顾虑,从而使决定不受限制,思想不会犹豫。

5. 专心致志。

非凡的人生源于专注。做事三心二意,会耗费一个人75%以

上的精力。很多人不知道如何清除杂念,因为他们从未想过换种方式生活。看看周围那些令你羡慕的人的生活吧!看自己能从他们身上学到些什么?向他们请教,寻求专注的方式,把精力集中到真正重要的事情上。

6. 坚定信念。

非凡的人生源于信心十足。信心直接决定胜负成败。有动力的人目标明确,并会想尽一切办法去实现。生活中会反复遇到很多问题,相信这些问题终会解决,是创造美好生活的关键。

7. 立刻行动。

非凡人生源于行动。有句大家熟悉的古谚:“千里之行始于足下”。即使再小的事情,诸如从沙发走到冰箱前,也需要亲自行动。从今天开始行动吧,不要再找借口,说等涨工资了,等孩子长大了,或者等天气好了再说吧。从今天开始,去努力实现心中的梦想,这是最好的时机。只有这样,才能开创美好的明天。

