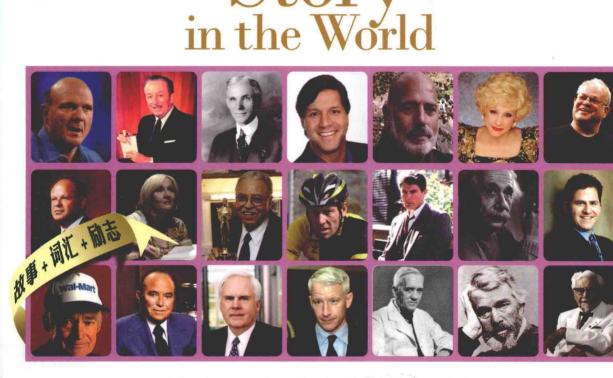
# The Greatest Motivational

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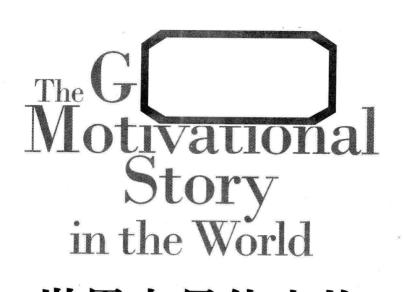
## 世界上最伟大的

## 励志故事

阅读世界上最感人的故事点燃生活中最期待的梦想

**吸收**天地间最丰富的营养 **谱写**人生中最辉煌的未来

上海大学出版社



世界上最伟大的

## 励志做事

吴宗刚 编译

上海大学出版社

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## 世界上最伟大的励志故事

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## Preface wit

我们生活在一个瞬息万变的时代,移动互联网已成为当今的主流,一切都被联系起来了,甚至连一头牛也不能例外。这个时代不仅充满了无限的机会,我们同样也面临着越来越大的压力与挑战。迷茫、焦虑和不安是很多人的常态,如何更好地帮助人们应对压力,熨平心灵的褶皱,激励自己更好地前行就显得非常重要。

为此,我们编译出版了这套英汉对照双语励志系列丛书,目的就是为了更好地帮助人们认识自己、激发梦想、确定目标、坚定信念、保持积极心态、克服障碍、激发潜能以及坚持不懈。这套系列丛书的宗旨就是荟萃成功精华,传播成功理念,揭示成功规律,铸就成功人生。

这套书包括四本,分别是《世界上最伟大的成功秘诀》《世界上最伟大的励志格言》《世界上最伟大的励志演讲》和《世界上最伟大的励志故事》。

《世界上最伟大的成功秘诀》浓缩了美国及西方近几百年来经典成功哲学的精华,总结了成功的方方面面,揭示了许多神奇而伟大的成功秘诀。

《世界上最伟大的励志格言》编译了3000则最激励人心的格言警句, 它们都出自世界上著名的政治家、军事家、科学家、文学家、艺术家、企 业家以及成功学家等,一定会给人以无穷的力量和启发。

《世界上最伟大的励志演讲》精选了近百篇世界上最经典的励志演讲,这些演讲都是来自西方政界、军界、商界、演艺界、文化界、体育界、教育界等行业的领袖和精英,每篇演讲都配备了原声MP3录音,堪称励志演讲经典。

《世界上最伟大的励志故事》包含一百多篇百读不厌、催人奋进、给 人无限启迪的精彩文章,内容均为原汁原味的美文,语言地道、流畅,含 义深刻。

### 世界上最伟大的励志故事 The Greatest Motivational Story in the World

有时候,在工作和学习生活中,我们经常会因为各种各样原因而莫名 其妙地感到失落和灰心。因此,为了保持良好的状态,我们需要不断地鼓励自己,给自己加油,给自己信心,给自己打气。其中有效的办法之一就 是每天看一篇经典的励志小故事,从故事的启发中找回自己的自信!

《世界上最伟大的励志故事》以其简短、精炼的语言为读者讲述了一个个充满哲理的小故事。本书以浅显的语言表达着人间真情,以至深的情感述说着五彩人生,在每一个角落把真情的火炬点燃,让每一缕清香在尘世间流传,让真情在心灵的碰撞中凝固成永恒。

本书包含一百多篇百读不厌、催人奋进、给人无限启迪的精彩文章,这些短文难度适中、内容短小精悍、内容均为原汁原味的美文,语言地道、流畅,含义深刻。本书以成功为主题,内容包括认识自己、追求成功、激发梦想、设定目标、下定决心、积极心态、挖掘潜能、修炼品格、克服障碍、创造财富、爱的力量和坚持不懈等。本书采用中英对照的方式,难点词汇均有注释,以方便英语学习者学习使用。

本书不仅可以提高读者的英语水平,更可以涤荡读者的心灵,震撼读者的心扉,提升读者的思想境界,激发读者的行动力。相信读者您一定能从中汲取丰富的营养,获得巨大的震撼,产生惊人的飞跃!

本书适合大中学生以及其他所有感兴趣的英语爱好者阅读。建议读者 朋友利用早上或晚上的时间进行阅读,最好能够大声朗诵,争取在英语发 音上也有一个突破!我相信,您一定能从中获得不断超越自我的伟大和神 奇的力量!愿《世界上最伟大的励志故事》带领您早日走上英语和人生的 成功之路!

菜文则

2015年5月于中国广州

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## The model of the mission of the wisdom, Know Yourself 开启智慧,认识自己

并非每个目标都可以圆满实现,并非每份工作都以成功而告终,并非每一段关系都可以长久,并非每一个希望都可以达成,并非每一份情感都能走到终点,并非每份努力都有收获,并非每个梦想都能成为现实。

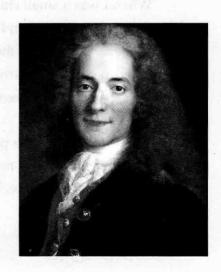
但是,如果你失败了,或许你应该这样想: "是的,我失败了,但是请看看这一路我都得到了什么!看看因为我的努力,我的生活中都出现了哪些奇妙的事情!"

He that walks with wise men shall be wise.

-Voltaire

与智者同行,也将成智者。

——伏尔泰





#### 1.1 The Mirror

照亮黑暗角落的光芒

"Dr. Papaderos, what is the meaning of life?"

The usual laughter followed, and people stirred to go.

Papaderos held up his hand and stilled the room and looked at me for a long time, asking with his eyes if I was serious and seeing from my eyes that I was.

"I will answer your question."

Taking his wallet out of his hip pocket, he fished into a leather billfold and brought out a very small round mirror, about the size of a quarter.

And what he said went like this:

"When I was a small child, during the war, we were very poor and we lived in a remote village. One day, on the road, I found the broken pieces of a mirror. A German motorcycle had been wrecked in that place.

"I tried to find all the pieces and put them together, but it was not possible, so I kept only the largest piece. This one, and, "帕帕德罗斯博士,生命的价值是什么呢?"

嘲笑者们又像往常一样笑了起来,人们喧闹着要走。

帕帕德罗斯举起手,示意教室里的人安静。然后,他凝视了我很长一段时间,似乎在审查我是否严肃。从我的目光中,他看出我并不是开玩笑。

"我会回答你的问题。"

他从裤子后面的口袋里掏出 钱包,在一个皮夹子里搜出一块 小圆镜,大小与一个25美分的硬 币差不多。

而后, 他说:

"战争时期,当时我还是个小男孩,家里很穷,我们住在一个偏僻的小村庄里。有一天,在马路上,我发现了许多镜子碎片。曾有一辆德国摩托车在那里发生了事故。

"我试着把所有的碎片找 齐,再拼起来,但是无法做到, 所以我只留下了那块最大的碎片。

stir [st3:(r)] v. 活动; 开始活跃 billfold ['bɪlfəʊld] n. 皮夹

still [stɪl] v. 使安静; 使平静 wreck [rek] v. 毁坏; 失事 by scratching it on a stone, I made it round. I began to play with it as a toy and became fascinated by the fact that I could reflect light into dark places where the sun would never shine in deep holes and crevices and dark closets. It became a game for me to get light into the most inaccessible places I could find.

"I kept the little mirror, and, as I went about growing up, I would take it out in idle moments and continue the challenge of the game. As I became a man, I grew to understand that this was not just a child's game but a metaphor for what I might do with my life. I came to understand that I am not the light or the source of light. But light truth, understanding, knowledge is there, and it will shine in many dark places only if I reflect it.

"I am a fragment of a mirror whose whole design and shape I do not know. Nevertheless, with what I have I can reflect light into the dark places of this world into the black places in the hearts of men and change some things in some people. Perhaps others may see and do likewise. This is what I am about. This is the meaning of my life."

在石头上打磨成圆形以后就成了 这个样子。我开始拿着它当玩 具,发现自己用它能把光线反射 到黑暗的地方:深洞、裂缝、漆 黑的壁橱等太阳无法照亮的地 方。所以,我非常喜欢它,把它 当成一种游戏——把光线射入我 能找到的最隐蔽的地方。

"这块小镜子我至今仍保留着,并且,随着自己慢慢地成长,空闲的时候,我还会把它拿出来,继续这种富于挑战的游戏。等我长大成人后,便懂得了这不仅是一个孩子的游戏,更暗示着我的人生价值。我知道自己不是光芒,也不能发出光芒。但是真理、理解和知识这些光芒就在那里,它会照亮许多黑暗的地方,如果我去反射的话。

"我是镜子的碎片,尽管整个镜子的式样和形状,我并不知道。但是,我竭尽所能地反射光芒,照亮世界上那些黑暗的地方——照亮人们心灵的阴暗处——让一些人有所改变。或许别人看了后也会跟我做同样的事。这就是我,这就是我的人生价值。"

crevice ['krevɪs] n. (墙壁, 岩石等的) 裂缝 metaphor ['metəfə(r)] n. [修辞] 隐喻; 暗喻

inaccessible [ˌɪnæk'sesəbl] adj. 达不到的; 难以接近 likewise ['laɪk,waɪz] adv. 同样地; 照样地



### 1.2 Speed

速度

Whoosh!

I sailed by person after person on the track.

Whoosh! Whoosh! Whoosh!

I am a runner. Well, technically a jogger. I often run at the track near my home, most people on the track walking, therefore my speed, meager in running terms and faster than walking.

So it's whoosh, whoosh, and whoosh as I pass the walkers over and over around the track.

My speed and endurance seem amazing to the walkers. Some will come and walk for an hour. I am running when they come and still running when they leave. I have whooshed by them twenty or more times.

I got several lessons in life today on the track.

As I circled the track with my long steady strides passing the walkers like lamp poles, I got to feel superior. I know you 跑道上,我超越了一个又一个人。

嗖! 嗖! 嗖!

我是一个跑步者。哦,从专业角度上讲,是一个慢跑者。我常在家附近的跑道上跑步,而跑道上的大部分人都是步行。我的速度称不上是跑步,但比走路要快。

所以,在跑道上,我嗖嗖地 超过了一个又一个行人。

我的速度和耐力似乎让行人感到惊奇。有些人会来这里散步一个小时,他们来的时候,我在跑,他们走的时候,我还在跑。我一直在这里跑步,从他们身边经过了20多次。

今天,在这条跑道上,我得 出了生活中的一些启示。

当我用稳健的步伐慢跑,超 越电线杆似的行人时,我有一种 优越感。我知道你不会,你也不

whoosh [wuʃ] n. 飞快的移动 steady ['stedi] adj. 稳固的;稳定的

meager ['mi:gə(r)] n. 兆 stride [straɪd] n. 大步; 步幅 shouldn't, you don't have to tell me, but after the constant whooshing past far younger people, it goes to your head.

Then he came.

He was short, perhaps five feet three. He didn't look like much of a runner. I saw him get out of the car and stretch as I whooshed by a couple holding hands.

He started running a few feet ahead of me.

He was fast. I sped up to keep up. At last, I had someone to pace myself against. After half a lap I was on his heels but my breath was coming harder and heavier. After the first lap I was gasping but still on his heels. After a lap and a half my feet started hurting.

I slowed up and got back to my pace. The pain in my feet went away. I could breathe again without sounding like having a lung disease. He sped away.

In a fairly short time, whoosh! He went past me. Whoosh! Whoosh! Whoosh!

In life, there will always be those slower and faster. Some have natural ability, some have trained harder. For some, speed is simply their destiny.

The point is that we each have our own speed, and we often end up hurting our-

必告诉我。但是, 当你不断地超 越年轻人时, 你也会这么想。

他来了。

他个子不高,大概只有5.3英 尺。他不太像一个跑步的人。当 我超越一对牵着手的恋人时,看 见他从车里出来舒展身体。

他就在我前面几英尺的地方开始跑步。

他跑得很快,我加速跟上。 最后,我开始调整我的步伐。半 圈以后,我离他很近了,但是我 的呼吸越来越急促。一圈下来, 我紧紧地跟着他,但始终在他后 面。一圈半后,我的脚开始疼起 来。

我慢了下来,恢复到原来的 速度。这时,脚部的疼痛消失 了,我又能正常地呼吸了,不像 得了肺病似的喘息沉重。但他已 经跑得不见踪影了。

不一会儿,嗖!他从我身边 跑过。嗖!嗖!嗖!

生活中,人们有快有慢。有 些是天生的能力,有些人是经过 了艰苦的锻炼。还有一些人,速 度就像是与生俱来的。

关键是,每个人都有自己的 速度,为了赶超别人,我们常逼

selves and pushing ourselves to the point where the breath is knocked out of us because we are trying to keep up.

I learned several lessons that day.

Don't get puffed up because you are faster than some. Don't feel inferior because some are faster than you. Don't judge the capabilities of others by how they look.

How much of your breath (spirit) is knocked out because you are running someone else's race?

Are you trying to outrun someone's car, house, clothes, looks, job title, etc.?

How much pain are you in trying to keep up with someone who may be running for an entirely different reason, heading to an entirely different place, with entirely different muscles?

Slow down or maybe speed up, but run your race to the best of your ability.

Whether you realize it or not, you are the real pace setter.

Don't run fast when you should be running slowly. Don't run at all when you should be walking, and don't walk when you should be running. 迫自己达到能力承受范围之外的 限度,结果伤害了自己。

那天, 我学到了很多东西。

不要因为你比别人快而沾沾 自喜,也不要因为别人比你快而 自卑。不要以貌取人。

你的呼吸(精神)被打乱, 有多少是因为你在与别人比赛 呢?

你是否尝试着不去和别人攀比 汽车、房子、衣服、外表、头衔等?

在试图赶超一个有特定目的、方向和体能的人时,你又在 承受多大的痛苦?

你可以放慢速度或者加速前 进,但是你应尽自己最大努力跑 完你的比赛。

不管你是否意识到这一点, 你自己才是真正设定步调的人。

不要在应该跑慢时跑快,也 不要在该步行时跑步,更不要在 应当飞速奔跑时步行。

puff up 肿胀; 膨胀; 骄傲自大 outrun [,aut'rʌn] v. 跑得比……快; 超过 inferior [ɪnˈfɪərɪə(r)] adj. 下等的; 下级的

## **1.3** See the Beauty in Life 看到生命中的美

The park bench was deserted as I sat down to read under an old willow tree. Disillusioned by life with good reason to frown, for the world was intent on dragging me down.

Then a young boy out of breath approached me, all tired from play. He stood right before me with his head tilted down ant said with great excitement, "Look what I found!"

In his hand was a flower, its petals all withered. I faked small smile and then shifted away.

But instead of retreating he sat next to me and placed the flower to his nose and declared, "It sure smells sweet and it's beautiful, too. That's why I picked it; here it's for you."

The wildflower before me was dying or dead without vibrant colors like orange, yellow or red. But I knew I must take it, or he might never leave. So I reached for the flower, and replied, "Just what I need."

我在一颗老柳树下坐下来看 书时,公园的长椅上空无一人。 我对生活的幻想破灭了,完全有 理由愁眉不展,因为这个世界抱 定决心要把我拖向深渊。

这时,一个气喘吁吁的小男孩玩得筋疲力尽,走到我跟前。 他站在我面前,歪着头,非常兴奋地说:"看我找到了什么!"

他手里拿着一朵花,花瓣都 已经蔫了。我假装微微笑了一 下,然后笑容就消失了。

但他没有走,而是在我身边 坐下来,把花放到鼻子边,大声 说道:"这花确实香,也很漂 亮。这就是我采这朵花的原因。 现在送给你。"

我眼前的这朵野花就要死了或早已死了,没有橙色、黄色或红色这样鲜艳的颜色。但我知道我必须接受,否则他也许永远都不会离开。于是,我伸手去接花,回答说:"正是我想要的。"

disillusion [,dɪsɪ'lu:ʒn] v. 醒悟 wither ['wɪðə(r)] v. 凋谢; 萎缩

drag down 向下拖; 拉低 vibrant ['vaɪbrənt] adj. 振动 But instead of him placing the flower in my hand, he held in the midair. It was then that I noticed for the very first time that boy was blind.

I heard my voice quiver, tears shining like the sun as I thanked him for picking the very best one. "You're welcome," he smiled, and then ran off to play, unaware of the impact he'd had on my day.

I sat there and wondered how he managed to see a self-pity woman under an old willow tree. How did he know of my self-indulged plight? Perhaps from his heart, he'd been blessed with true sight.

Through the eyes of a blind child, at last I could see the problem was not with the world, the problem was me. And for all of those times I myself had been blind, I vowed to see the beauty in life and cherish every second that's mine.

And then I held that wilted flower up to my nose, breathed in the fragrance of a beautiful rose and smiled. 但是,他没有把花放在我手里,而是出人意料地把它举在了空中。就在这时,我第一次注意到男孩是个盲人。

我听到自己声音在颤抖,在感谢他采了一朵最好的花时,我 泪光闪闪。"不用谢,"他笑着 说,然后跑去玩了,不知道他对 我这一天产生的影响。

我坐在那里,惊讶于他是怎样看到老柳树下有一个顾影自怜的女人的。他又是怎么知道我自暴自弃的呢?也许他内心深处被赋予了真正的洞察力。

通过一个失明孩子的眼睛, 我终于能够明白问题和这个世界 无关,问题在于我自己。尽管我 曾多次"失明"过,但我发誓要 去注意生命中的美,珍惜属于自 己的每一秒钟。

随后,我举起那朵枯萎的 花,放到鼻子边,闻到了一朵漂 亮玫瑰的芬芳,脸上露出了微笑。

midair [mɪd'eə(r)] n. 半空中 plight [plaɪt] n. 境况; 困境 self-indulged [.selfɪn'dʌldʒd] adj. 自我放纵的 wilt [wɪlt] v. (使) 枯萎; (使) 凋谢; 打蔫儿