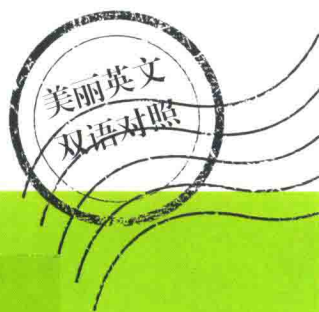


詹少晶 / 编译

ZHANSHAOJING  
WORKS



# 青春是 华丽的旅行



*a Gorgeous Trip*

青春就是疯狂地奔跑，  
然后华丽地跌倒。

人生的遗憾，不是曾经跌过多少跤。

而是不曾疯狂过，  
不曾奔跑过。

青春就是有诗和远方！

江苏人民出版社

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华丽的旅行

詹少晶 / 编译



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*Youth Is a Journey Full of Flowers*

青春是华丽的旅行



青春的旅途不一定始终是美好的，但是那些挣扎可以让你变得更加坚强，那些改变可以让你变得更有智慧。

*Youth*  
青春

© Samuel Ullman

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life. Youth means a temperamental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old merely by a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spring back to dust. Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing childlike appetite of what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station: so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long are you young. When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at 20, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at 80.

青春不是年华，而是一种心态；青春不是红润的双颊、鲜红的双唇、柔软的双膝，而是坚忍的意志、丰富的想象、炽热的情感；青春是生命之泉在喷涌。青春是气贯长虹的勇气，它能战胜怯弱；青春是勇于冒险的渴望，它打败苟安。这股精神，二十岁的人身上有，但六十岁的人身上更多见。年岁的增加，并非真正的衰老。真正的衰老始于放弃理想的那一刻。悠悠岁月，老去的只是容颜；抛弃激情，衰败的却是灵魂。忧心、恐惧、缺乏自信会使心灵扭曲，意气如灰。不论花甲之年，还是芳龄十六，奇迹的诱惑、生命的欢乐和孩童般的天真都永存心间。你我心中，都有一台天线：只要你从天地间接收美好、希望、快乐、勇气和力量，你便会青春永驻。一旦天线掉下来，这股精神就会被冰雪覆盖，变得玩世不恭。即便你芳龄二十，实则早已老去。然而，只要你竖起天线，接收乐观的信号，即使在八十岁时告别尘世，你仍会觉得年轻。



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## Chapter 1

# 站在青春的起点



*Leave the excess baggage of yesterday's mistakes and dare to enter into all the tomorrow. Leave yesterday to history and resolve to begin fresh each new day daring to make dreams become a reality.*

放下昨日错误的重负，勇敢融入明日的  
生活。将昨日留给历史，满怀信心地迎  
接每个新日子的到来，努力将梦想变为  
现实。

## *The Beginning*

### 起点

© Deng M. T.

In the beginning, all things are hopeful. We prepare ourselves to start a new. Though we may be intent on the magnificent journey ahead, all things are contained in the first moment: our optimism, our faith, our resolution, our innocence.

In order to start, we must make a decision. The decision is a commitment to daily self-cultivation. We must make a strong connection to our inner selves. Outside matters are **superfluous**<sup>①</sup>. Alone and naked, we negotiate all of life's travails. Therefore, we alone must make something of ourselves, transforming ourselves into the instruments for experiencing the deepest spiritual essence of life.

Once we make our decision, all things will come to us. **Auspicious**<sup>②</sup> signs are not a superstition, but a confirmation. They are a response. It is said that if one chooses to pray to a rock with enough devotion, even that rock will come alive. In the same way, once we choose to commit ourselves to spiritual practice, even the mountains and valleys will **reverberate**<sup>③</sup> to the sound of our decision.

- 
- ① superfluous [sju'pə:fluəs] adj. 过剩的；多余的，不必要的  
② auspicious [ɔ:'spɪʃəs] adj. 吉兆的，吉利的；兴盛的，幸运的  
③ reverberate [ri'və:bəreit] v. (使) 回响，(使) 反射

## 美丽语录

*It's time to start living the life you've imagined.*

是时候开始过自己想要的生活了。

在起点，所有的一切都充满希望。我们准备重新开始。虽然我们的目的是前方奇妙的旅程，但我们的一切希望——乐观、信念、决心和纯真，却都包含在开始的那一刻。

为了开始，我们必须作好决定。这一决定是我们日常自我修养的一种承诺。我们要将它与自己的内心建立一种密切的关联。除此之外的事都是多余的。我们终生劳碌，最终孤独而赤裸地离去。因此，我们必须有所作为，那样可以引导我们去体会生活中最深层的精神实质。

一旦我们下定决心，所有的事情就会接连不断地发生。吉兆并非迷信，而是对事情的肯定预测，是事物的反应。据说，若有人虔诚地向岩石祈祷，岩石都会被赋予生命。同样，若我们坚定自己的精神之旅，即使高山和峡谷也会回应我们坚定的呼声。

## Youth 年轻人

© Aristotle

To begin with the Youthful type of character. Young men have strong passions, and tend to gratify them **indiscriminately**<sup>①</sup>. They are changeable and fickle in their desires, which are violent while they last, but quickly over: their impulses are keen but not deep-rooted, and are like sick people's attacks of hunger and thirst. They are hot-tempered, and quick-tempered, and apt to give way to their anger; bad temper often gets the better of them, for owing to their love of honour they cannot bear being slighted, and are indignant if they imagine themselves unfairly treated. While they love honour, they love victory still more; for youth is eager for superiority over others, and victory is one form of this. They love both more than they love money, which indeed they love very little, not having yet learnt what it means to be without it—this is the point of Pittancus, remark about Amphiaraus. They look at the good side rather than the bad, not having yet witnessed many instances of wickedness. They trust others readily, because they have not yet often been cheated.

They are **sanguine**<sup>②</sup>; nature warms their blood as though with excess of wine; and besides that, they have as yet met with few disappointments. Their

① indiscriminately [ɪndɪ'skrɪmənɪtli] adv. 不加选择地；随意地

② sanguine ['sæŋɡwɪn] adj. 乐观的；血色好的，红润的





## 美丽语录

*One day I passed, one day I missed...one day left, I gotta grasp it.*

一天路过，一天错过……还有一天，好好把握。

首先讨论一下年轻人的性格特征。年轻人激情似火，而且经常不加思索就予以满足。他们的愿望变化莫测、反覆无常，来时强烈无比，去时转瞬即逝。他们极易冲动，但并非根深蒂固，就像病人遭到饥渴的侵袭一样。他们热情似火、性情暴躁，常常管不住自己的脾气。他们珍惜荣誉，他们无法忍受被人忽视，因此，一旦发现自己遭遇不公平的对待，便会义愤填膺。他们珍惜荣誉，但他们更爱胜利。因为年轻人总喜欢胜人一筹，而胜利就是一种绝好的表现方式。他们钟爱荣誉和胜利要多过金钱，他们之所以不在意金钱，是因为他们还未明白缺少金钱意味着什么——庇塔喀斯就是这样评论安菲阿劳斯的。他们未曾亲眼目睹过多少邪恶之事，所以他们总是看到事物好的一面，而非不好的那一面。他们全心全意相信别人，只因为他们很少上当受骗。

他们面色红润，大自然好像用了过多的葡萄酒来温暖他们的血液；除此之外，他们没有遇过多少挫折。他们总是在期盼中度日，而不是在回忆