

陈星一译

〔奥〕多丽丝·奈斯比特 著

Doris Naisbitt

唤醒

迷茫的

青春

英汉对照版

How to Get  
to Where You  
Want to Go

多丽丝·奈斯比特写给  
中国学生的  
30 个建议



山西出版传媒集团 山西教育出版社

Chris Naisbitt

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## 前言

成长在中国这样一个博大、复杂且发展迅速的国家并不容易。中国的青年人要同时应对与上一代人的差异和父辈祖辈们无法想象的新机遇，然而长辈们还是时常把不切实际的希望加在孩子们身上。

对于中国的青年人，对于他们的情感和期望，多丽丝有着非比寻常的共鸣。她的经验来源于自己学生时代遇到的困难以及与世界各地青年人的沟通交流。作为一名母亲和祖母，她深深地知道，要在爱与纪律、规则与自由之间取得平衡是多么困难的一件事。

我看过很多学生、家长和老师给多丽丝的来信，他们阅读了她在《中国青年报》上的专栏。显然，多丽丝成为了他们情感和才智方面的助力。许多来信的读者希望和她成为朋友，有的则希望她提出一些特别的建议，或是和她一起分享他们的焦虑与期望。有一封学生写给她的来信让我尤其感动：“我的生活好像始终是一个怪圈。我感觉仿佛有人指导并掌控着我。于是我经常在寻找灵魂导师。当我读到您的专栏时，我知道，我终于找到了我所寻找的。”

当然，并非所有的读者都能与多丽丝有如此巨大的情感共鸣，但收到的所有信件都是对她的奉献、对她为中国青年付出努力的最大回馈。对我而言，读她收到的信件、感受青年人从她的建议和鼓励中受益，这是非常美好的一件事。

在这本书里，你会读到许多主题。有时，仅仅是某一句话，就会让你的生活变得更加美好。我坚信，你会在这本书里找到属于“你”的句子。

约翰·奈斯比特



## FOREWORD

Growing up in a country as big, complex and fast growing as China is not easy. China's young people have to simultaneously deal with generational differences and new opportunities never imagined by their parents and grandparents, who, nevertheless, burden their children with sometimes, unrealistic expectations.

Doris has an uncommon affinity with China's young people and their need to sort out their feelings and expectations. She combines her own experience of sometimes difficult days as a student with the experience she gained talking to and with young people in many countries around the world. As a mother and grandmother she knows how difficult it is to keep a balance among love and discipline, guidance and freedom.

I read many of the letters she gets from students, parents and teachers, who have read her columns in *China Youth Daily*. It is clear that Doris is nourishing emotional and intellectual needs. Many want to be her friends, are asking for specific advice, or share their worries and hopes with her. I was particularly touched by a letter one student wrote to her: "My life is like a strange circle from beginning to end. I feel as if someone is directing and controlling me. So I have always been looking for a spiritual teacher. When I read your column I knew I had finally found what I was looking for."

Not all readers of course feel such a strong connection with Doris, but all the letters she receives are a source of great satisfaction for her devotion and dedication to China's young people. It is wonderful to read the letters she receives and feel that many young people are benefitting from her advice and encouragement.

In this book you will find many topics covered. But sometimes it only takes one sentence to change a life for the better. I am sure you will find "your" sentence in this collection of columns.

John Naisbitt



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# 谈谈 学业



On  
Study







## 语言能力决定你的世界有多大

我 13 岁时，有一部电影让我印象十分深刻。它包含了我当时认为的一部好电影所应具备的全部元素：爱情故事、曲折情节、漂亮演员。电影的主演是伊丽莎白·泰勒——我心目中世界上最美的女人。她扮演的据说是当时世界上最美的女人——克利奥佩特拉七世，她统治了埃及 22 年。

在其后的 40 多年里，每当我读到或听到有关这位埃及艳后

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## The Borders of Your Language Define the Borders of Your World

When I was 13 years old I saw a movie that impressed me deeply. It had all characteristics I thought a movie should have, a love story, high drama, and good looking actors. In this movie, the main part was played by who I thought was the most beautiful woman in the world, Elizabeth Taylor. And she personated the woman who is said to have been the most beautiful woman in her world: Cleopatra VII, who ruled Egypt for 22 years.

After seeing that movie, for more than four decades, whenever I read or heard something about Cleopatra, the picture of flawless



的只字片语，脑海中就会浮现出一个完美女人的形象。直到最近我读了斯泰西·希夫的传记作品《克丽奥佩特拉的一生》，我才对这位古埃及女王的印象有所改变。我读到的一个重点是，她是“一个精明的战略家、巧妙的谈判家，并构建了古代世界的轮廓”。古罗马人留下的文献里并无多少对她外在美的赞誉，更多的是注重她内在的雄辩才能。事实上，正是语言使她成为那个时代最有影响力的女人，敏锐的洞察力加上充满魅力的语言掌控力，令她征服了当时最杰出的罗马人——恺撒和安东尼。

在那个时代，埃及“充斥着演说文化”，人们欣赏激烈的辩论，注重说服或批判的艺术。她师从数学家、哲学家、修辞

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beauty came to my mind. Until I recently read Stacy Schiff's biography *Cleopatra: A Life*. Reading this book changed the picture I had of the ancient queen of Egypt. Above all, I read, Cleopatra was "a shrewd strategist and ingenious negotiator who shaped the contours of the ancient world". But hardly any of the Romans who preserved her story raved about her beauty. The most remarkable thing about her was not outstanding beauty, but her outstanding eloquence. It was words that made her become the most influential woman of her age. Shrewdness and eloquence combined with charm disarmed the most prominent Romans of the time, Caesar and Mark Antony.

What was the world in which she grew up like? Cleopatra's Egypt was "a speechifying culture", appreciative of the sharp argument, of the fine arts of persuasion and refutation. Her teachers included mathematicians, philosophers, rhetoricians, intellectual companions

学家以及宫廷的智者，学习希腊单词、诗歌和传说等。后来，她终于能撰写韵文、熟知复杂的诸神系谱、知晓传说的来龙去脉，但是她对神与人之间的界限还是不明确，因为她自己就被尊为神明。

学习是一件严肃的事，即使是这位尼罗河女王，也需要付出很多的努力，并不断地加以花样繁多的练习。但仅有这些还不够，只有经验和智慧才能给人以扎实的战略感知力。摆在克利奥佩特拉面前的是一部词汇典籍和一本姿态手册，后者遵照“严格设计了各种姿态的韵文法典”编纂而成。她学习如何精确地理顺自己的思路，巧妙地进行表达，保持头部的最佳姿态

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and trusted advisors. Cleopatra's education began with vocabulary lists of the Greek language, poetry and stories. She could write verses, and was familiar with the tangled genealogies of the gods; she would know the stories backwards and forward. The border between the human and the divine was fluid for Cleopatra as she herself was seen as a goddess.

Cleopatra's lessons were not easy, nor were they meant to be, says this new story of the queen of the Nile. Learning was a serious business, involving endless drills, infinitive rules, long hours. To develop artful speaking took much effort, continuous studies and various exercises. Only experience and wisdom would lead to an unfailing strategic sense. There was a codified vocabulary and an arsenal of gestures following the laws of verse with particular and exact choreography. Cleopatra learned how to marshal her thoughts



并用调整好的声音娓娓道来。“她精于称赞、责备及比较”，这几乎就像一场表演或是演艺学校的课程。呼吸、停顿、手势以及声调的起落都有要求。当十三四岁的她在亚历山大学完修辞学和公共演讲课程后，她真正明白了究竟要怎样说话。

埃及的教育及思维模式源于希腊，在希腊，修辞学是正式教育中的一项。古希腊时期，亚里士多德将修辞学称之为“寻找有效说服方法的艺术”。说服听众有三个要点：

喻理：演讲者使用信息、数学及统计的情况和经验。

喻德：演讲者的声望、品格以及可靠性。

喻情：使用隐喻及陈述感染听众。

precisely, express them artistically, and deliver them gracefully while holding her head high and her voice carefully modulated. “She mastered the eulogy, the reproach, the comparison.” It was almost like the choreography of a play, or lessons at an acting school. There were rules of when to breathe, pause, gesticulate, raise or lower the voice. When Cleopatra graduated from the studies of rhetoric and public speaking at 13 or 14 in Alexandria, she truly knew how to talk.

Her mother country's educational and intellectual model was Greece, where rhetoric was part of a formal teaching. In ancient Greece, Aristotle called it “the art of finding the available means of persuasion.” And there were three persuasive audience appeals:

Logos: The position or the experience of a speaker using data, math, statistics.

Ethos: The reputation, character and credibility of a speaker.

以希腊哲学为基础的雄辩术，在古埃及是一项备受推崇的能力。知道什么时候不该说，“在雄辩和明智的沉默中寻找平衡”，这一点和修辞知识一样重要。训练有素的演讲应当支持社会，而非质疑社会。与之相似的是，中国于公元前 700 年到公元前 200 年出现的百家争鸣，带来了重要的思维与文化的发展。这一时期重要的哲学流派纷纷崛起，如儒家、墨家、法家及道家等。最著名的中国哲学家孔子也强调了雄辩在演说中的运用。

从古希腊到 19 世纪末，雄辩术一直是西方教育中的重要部分，用以训练公共演说者及作家通过说理来打动听众和读者。

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Pathos: The use of emotional appeals like using metaphors and storytelling.

Based on Greek philosophy, eloquent speaking was a skill with very high value also in the Egyptian society. Knowing when not to speak, “to find a balance between eloquence and wise silence”, was as essential as rhetorical knowledge. A skilled speech should support, not question, society. An approach familiar in China where the centuries between 700 and 200 BC the “Hundred Schools of Thought” led to significant intellectual and cultural developments. During this era major philosophies like Confucianism, Mohism, Legalism, and Taoism, arose. The most famous Chinese philosopher Confucius emphasized the use of eloquence in speaking.

From ancient Greece to the late 19th Century, eloquence was a central part of Western education, supporting the need to train



在我们的现实世界里，语言能力又扮演着怎样的角色？

“如果你是雇主，你更倾向于雇用少言寡语的员工，还是能说会道的员工？”一名学生一周前给我发电子邮件问道。他认为，与领导、同学和同事的沟通，在当今社会尤为重要，因为合作在今天比以往发挥着更为显著的作用。

诚然，我们很少有机会像克利奥佩特拉面对恺撒那样，去面对一位将军或政治家说话，也没有多少人会成为政治领袖或公众演说家。但即使是在图像元素日益普及的今天，我们依然需要用语言进行沟通。社交网络的繁荣似乎带来了语言的退化，而贫乏的语言无法令你获得雄辩的口才。那么如何让自己拥有

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public speakers and writers to move audiences to action with arguments.

What role do words play in our world?

“If you are an employer, do you prefer the silent or the talkative?” a student wrote in an e-mail to me a week ago. “In my opinion,” he continued, “today it is more critical to communicate with supervisors, classmates, especially teammates, after all cooperation plays a more significant role than ever before.”

Few of us will ever appear in the presence of a general, a statesman, like Cleopatra in front of Caesar. Not too many will become leading politicians or public speakers. But even in an increasingly visual world we still communicate through words. But while social networks flourish language seems to wither. There is no way to be eloquent with poor vocabulary. So how do we achieve eloquence?