

EVERYDAY
CHINESE
WISDOM

生活中的
中国智慧



FOREIGN LANGUAGES PRESS

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Compiled by Cheng Qinhua



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序 言



中国历来有许多长于思辨、善于筹谋的智者，在治国安邦、用兵断案、经商治产、为人处事诸方面也有许多妙趣横生的智慧故事。几千年来日积月累的中国智谋文化，形成了一个巨大的可学可用的智慧宝库，影响着中国人的性格和处世态度。

在中国，以思想家教育家孔子（公元前 551—前 479）为代表的儒家智慧，是智谋文化中最深刻的，它的表现形式是仁术，从征服人心着手，让人心服，以德服人；以春秋（公元前 770—前 476）末期思想家老子（约公元前 600—前 500）和战国时期（公元前 475—前 221）思想家庄子（约公元前 369—前 286）为代表的道家智慧，是智谋

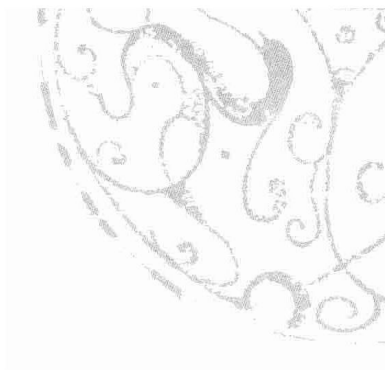
文化中最聪明的，它采取以柔克刚、以智为愚、无为而治等策略，主张慈爱和忍耐的处世态度。中国人很早就由儒、道两大家思想所支配，这两大潮流时而对立，时而互补，潜移默化地影响着中国人的意识和行为，无论是叱咤风云的历史英雄，还是聪明善谋的现代儒商，他们的一举一动，无不体现着中国上下五千年所积累的精辟哲理。在他们身上，体现的不仅仅是中国人的一种修养，一种情志，更是一种洞察了世事变化规律后的深刻智慧。



FOREWORD

Chinese history is filled with many interesting anecdotes of wise people reputed for their resourcefulness as statesman and military strategist, magistrate and trader, as well as in everyday life. These stories, accumulated over several thousands of years, make up a veritable goldmine of ideas which people can learn from and apply. The Chinese culture of wisdom has shaped the Chinese character and people's attitudes in conduct in everyday life. For example, the Confucian wisdom represented by Kong Zi or Confucius, a philosopher and educator who lived from 551 to 479 BC, is the most profound of this wisdom culture, for it is expressed as teachings of benevolence and goals for conquering and winning over people's hearts by dint of one's virtue; the

Taoist wisdom represented by Lao Zi and Zhuang Zi, thinkers active during the late Spring and Autumn Period (770-476 BC), is the most clever of wisdom culture, for it goes by such strategies as overcoming hardness with softness, feigning folly and governing by doing nothing, and stands for love and forbearance as the attitude toward life. At times opposed to each other and then mutually complementary, the two great schools of thought of Confucianism and Taoism began to dominate Chinese society from very early days, and have long influenced people's thinking and behavior, if at times imperceptibly.



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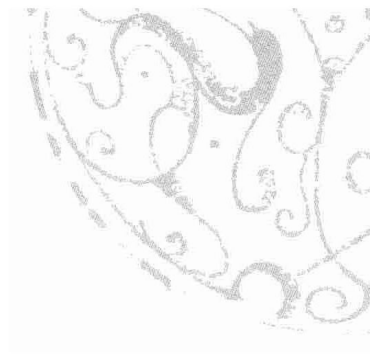
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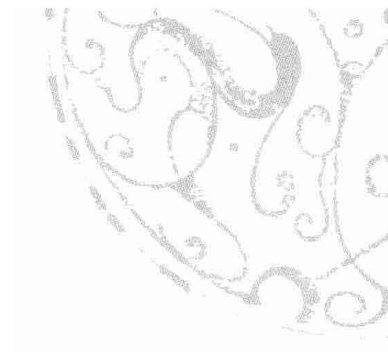
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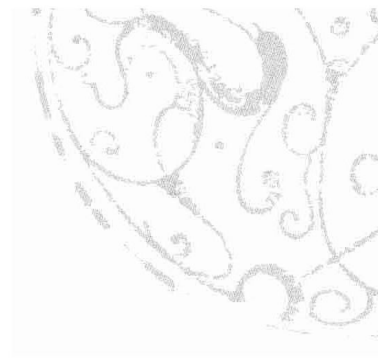
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逍遙自在的快乐人生

Carefree Contented Living

zhī zú cháng lè

知足常乐

“知足常乐”是一句中国的俗语，意思是要想健康快乐，心中富足，就要做到欲望越少越好。一个人如果有了过强的欲望，天天做不切实际的白日梦，那他做人做事就不会脚踏实地，无止境的欲望会使他更加不安和痛苦。

在中国人的生活中，知足常乐具体体现为三点，一是慈，二是俭，三是不为天下先。即使金玉满堂，富贵奢华，也买不来心中的满足和幸福；过于积存物质财富的人，心理上的享受也远远不及容易满足的人。只有知足，才会保持心境平和；只有知道适可而止，才不会走向极端。

