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Opportunity and Success

成功的机遇

倾听机遇敲门的声音，期待开启那扇通往成功的门
等候机遇光临的脚步，珍视蕴含在那转瞬之间的它



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读趣文妙语尽显全新感受 迎晨风旭日燃点英语激情

Opportunity and Success

成功的机遇

这是一道有关成功机遇的英语学习营养盛餐。机遇垂青是生活中不可或缺的阳光雨露。人的一生中，机遇可能会降临无数次。但是倘若没有发现它，没有抓住它，生命就少了一点点光明和希望。当机遇叩响我们的门时，需要我们积极而主动地去开门、去接纳。

一日之计在于晨。晨晖之中，张口诵读妙文，既可以享用原汁原味的语言素材，领略语言学习的真谛，培养出地道英语的语感，又可以玩转语音、确保字正腔圆。您只需每天早上花上些许时间，仿 mp3 朗读，英语水平就会得到全面提升。

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前言

Preface

在我们生活的四周，充满了美好，也充满了情意。在我们生命的历程中，充满了生生之机，也充满了洋洋之趣。那是因为优美的、清冽的、情思隽永的文字使一切普通都变为美丽，使我们周围的一切都富于诗意。文章本天成，妙手偶得之。天成与妙手，人间处处有，需要的是迥然的慧眼，在浩瀚书海中，偶然的一瞥，结不解之缘。在你心中的欢乐里，愿你吟唱春日清晨鲜活的喜悦，让欢快流畅的文字带你穿越不朽的时空。

若有广大的心，一片茶叶，也可以跨泰山、越北海，领略千里之外的景色。若有细腻的情，一片茶叶，也能润灵台、破孤寂，与我们最细微的心思相会同行。美好的文字就是那一片片茶叶，一双双美丽的羽翼，带着我们走进生命的无限美好，品茗不可言喻的愉悦，每时每刻。

本套书包括《成功的机遇》、《生命的真谛》、《青春的童话》、《宠物的情缘》以及《大自然的奇迹》。这些闪烁着激励、感动、哲思、欢快与惊喜光辉的文字更像一只只神奇灵动的手拨动着你的心弦，并使你从中呼吸到清新、自然、纯净的英语空气。就英语学习而言，背诵也是一种高效、简捷的学习方法。我们精心为您献上的文字饕餮盛宴是您背诵最好的素材，帮助您口诵琅琅，字正腔圆，锦心绣口，言语循章，行文得法。

本书精选数十篇精彩美文，中英对照。就让娓娓道来的文字为您照亮生活的机会，开启成功的大门吧！

编者

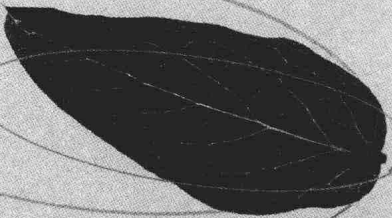


目录

contents


前 言

- ◆ Create That Winning Feeling / 1
创造胜利的感觉 / 4
- ◆ The Solution Isn't Always Obvious / 6
解决方案并不总是显而易见 / 8
- ◆ It Is a Challenge to Succeed / 10
获得成功是一种挑战 / 12
- ◆ Love the Opportunity / 14
热爱机遇 / 16
- ◆ Success Is Easy, but So Is Neglect / 18
成功容易, 忽视亦然 / 20
- ◆ The Major Key to Your Better Future Is You / 22
你才是决定自己能否拥有更加美好未来的关键 / 25
- ◆ Love: The Basis of Relationships and Success / 27
爱: 构建关系网与获取成功的基础 / 30
- ◆ I Believe I Can Fly / 32
我相信我能飞翔 / 35
- ◆ Today Is an Opportunity, Hear the Knocking / 37
今天是机遇, 聆听它敲门的声音 / 39

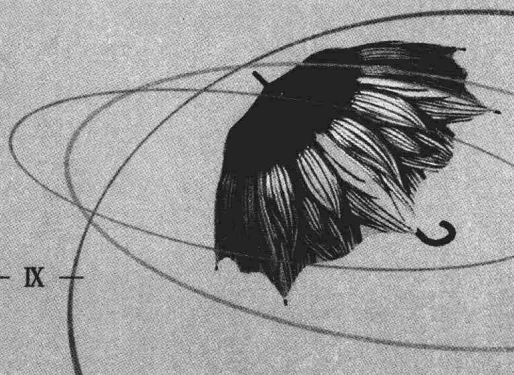
- 
- ◆ Opportunity, the Trickster / 41
机遇这个骗子 / 43
 - ◆ Create Opportunity / 45
创造机遇 / 47
 - ◆ Setting Goals: Your Only Recipe for Success / 49
设立目标：成功的唯一诀窍 / 51
 - ◆ Success in Life — How to Seize Opportunities for Success / 53
生命中的成功——如何抓住成功的机遇 / 55
 - ◆ Why Persistence Is Vital to Success in Life? / 57
为何坚持不懈对成功如此重要? / 60
 - ◆ Are You Seizing Your Chances? / 62
你正在把握机遇吗? / 64
 - ◆ A Drive to Achieve the Extraordinary / 66
实现卓越的驱动力 / 68
 - ◆ Just Do It! / 70
放手去做! / 72
 - ◆ Failure Is a Good Thing / 74
失败是一件好事 / 76
 - ◆ Fulfilling Individual Potential / 78
充分发挥个人的潜能 / 80
 - ◆ Opportunity for Success / 82
成功的机遇 / 84

- ◆ Opportunities: Where Are You? / 86
机遇，你在哪里? / 88
- ◆ Hello! It Is Opportunity Calling! / 90
听！机遇在呼唤！ / 92
- ◆ Take Action, Right Now! / 94
马上行动！ / 96
- ◆ Everything Happens for the Best / 98
成功源于挫折 / 100
- ◆ More than One Way to the Square / 102
通向广场的路不止一条 / 104
- ◆ Opportunity Values the Well-Prepared / 106
机遇垂青精心准备的人 / 109
- ◆ Interviews: Improve Your Chance of Success / 111
如何增加面试的成功几率 / 114
- ◆ Can Every Crisis Become a Miracle? / 116
是否每一次危机都可以转化为奇迹? / 119
- ◆ Negative Feedback Is an Opportunity / 121
批评即机遇 / 123
- ◆ A Time of Change: Seize the Opportunity / 125
变化的时代：抓住机遇 / 127
- ◆ Stop Wasting Time: The Thorns of Opportunity / 129
不要再浪费时间，那是机遇之“刺” / 132
- ◆ Opportunities and Dreams / 134
机遇与梦想 / 136
- ◆ Opportunity — How to Invite It into Your Life / 138
如何让你的生活充满机遇 / 140



- 
- ◆ Miss the Opportunity of a Lifetime? / 142
痛失人生的机遇? / 144
 - ◆ Instinct — Your Most Important Opportunity / 146
本能——你最重要的机遇 / 148
 - ◆ Seize Your Opportunity / 150
抓住机遇 / 152
 - ◆ Changes and Opportunities / 154
变化和机遇 / 156
 - ◆ Size the Opportunity in Time / 157
要懂得把握时机 / 159
 - ◆ The Secret Door to Success / 161
通往成功的神秘之门 / 163
 - ◆ The Man and the Opportunity / 165
人与机遇 / 167
 - ◆ Time and Chance / 168
时间和机遇 / 170
 - ◆ The Fork in the Road / 172
人生的十字路口 / 174
 - ◆ You Have a Choice / 176
你可以选择 / 178
 - ◆ Problem Is an Opportunity / 180
困难是一种机遇 / 182

- ◆ Create the Opportunity for Success / 184
创造成功的机会 / 186
- ◆ The Mother of Magic — J. K. Rowling / 188
魔法妈妈——J. K. 罗琳 / 190
- ◆ When the Wind Blows / 192
当风吹起的时候 / 194
- ◆ The Secret of Good Luck / 196
获得好运的秘密 / 198
- ◆ Recognize, Seize and Make Use of Chances / 200
识别、抓住并把握机会 / 202



Create That Winning Feeling

You have to believe in yourself. That's the secret of success.

— Chaplin

人必须相信自己，这是成功的秘诀。

——卓别林

I believe we would all agree that having a winning feeling is **prerequisite**^① to achieving outstanding results. A person can't possibly expect to win if they're constantly focusing on failure!

The real secret here is to capture that winning feeling of success as often as you can to create the environment necessary to succeed.

If you've been a little down in the dumps, feeling insecure or perhaps not feeling as confident in your ability as you'd like, I have a great tip for you. My suggestion to anyone looking for a success track to run on, or to a person who is looking to get back on one, is to start **capitalizing**^② on short-term victories.

That means specifically focusing on tasks you can achieve daily. The principle is to start with an adversity over which you can succeed, and gradually take on more and more difficult tasks. Nothing succeeds like success.

Another technique used by many people in developing or maintaining a winning feeling is what we call the reflection method.

Think back during a time where you were really successful at something — we all have times to which we can relate. It could have been a sale, a particular speech, a school play, or standing up to the town bully. Each one of us can reflect back on a moment in time to recapture that winning feeling.

Years ago, a good friend of mine had left a company that he had worked with for many years. He was one of the top VPs with his company and had done extremely well. He had left because he wanted to start his own business.

I happened to be in his office one afternoon and Grant, who normally was very upbeat and positive, was really having a difficult time. After a few moments of small talk, it became apparent that Grant didn't think he could do it. Here's a man who had risen to the top of his field, made a high six-figure income for years... and yet was still having doubts as to his ability to start his own company.

I asked Grant to go home, get a notebook and start to write down all of his **accomplishments**^③, as far back as he could remember. The look on his face was priceless. I'm sure he thought I'd lost my mind.

I told him that the accomplishment could be small or large — it didn't really matter. The point was to focus on something positive.

Monday morning came and Grant was back in his office with a notebook full of accomplishments. I smiled and said, "You must have been fairly confident. You picked up a good sized notebook!" We both had a good laugh. Grant went on to build a multi-million dollar financial planning company and later **franchised**^④ the operation to extend across Canada and the US!



This is a great exercise for anyone needing a bit of a boost.

Remember... a winning feeling is a confident feeling and one that forgets misses, and **reinforces**^⑤ successful attempts.



- ① prerequisite [ˈpriː'rekwizɪt] *a.* 首要; 必备的
- ② capitalize [ˈkæpɪtəlaɪz] *vt.* 以大写字母写; 变成资本
- ③ accomplishment [əˈkʌmplɪʃmənt] *n.* 成就; 完成; 技艺
- ④ franchise [ˈfræntsaɪz] *vt.* 赋予特权; 赋予公民权
- ⑤ reinforce [ˌrɪːnˈfɔːs] *vt.* 加强; 加固

创造胜利的感觉

我相信我们都会赞同，拥有胜利的感觉是取得骄人成绩的前提。如果人们总是将注意力集中在失败上，他们就不可能成功。

像你能够经常营造成功的环境一样，你要经常去捕捉胜利的感觉，这才是成功的真正秘密所在。

如果你一直有些心情沮丧，感觉不安或对你自身拥有的能力不自信，我有一个非常棒的建议给你。对于那些渴望踏上成功之路的人，或是想要去报复别人的人，我给他们的建议是：开始利用那些短期的胜利。

这就意味着把注意力主要集中在每天你能完成的任务上。这个原则就是在你能克服的逆境中开始，然后逐渐承担越来越难的工作。没有任何事情可以像获取胜利那样成功。

许多人运用的另一种发展和保持胜利感觉的技巧就是我们所说的反思法。

回想在一段时间内你真正做成功的事情——我们每个人都能够讲述出那样的时刻。这些时刻可能是一次销售、一次特殊的讲演、一次学校表演或是勇敢地抵抗镇子里的流氓。逝去的光阴中，总有那么一瞬，可以让我们回味，可以让我们重新获得胜利的感觉。

若干年前，我的一位好朋友离开了他工作多年的公司。他是公司的一位高级副总裁而且做得相当出色。他离开公司是因为他想建立自己的公司。

一天下午，我偶然来到我的朋友格兰特的办公室。通常情况下，他是个积极、乐观的人，而那个时候他正处于



困难时期。我们简短地聊了一小会儿，很显然他认为他做不好。这是一位曾在这个领域中身居首位的人，年收入高达六位数……然而他依旧怀疑自己开办公司的能力。

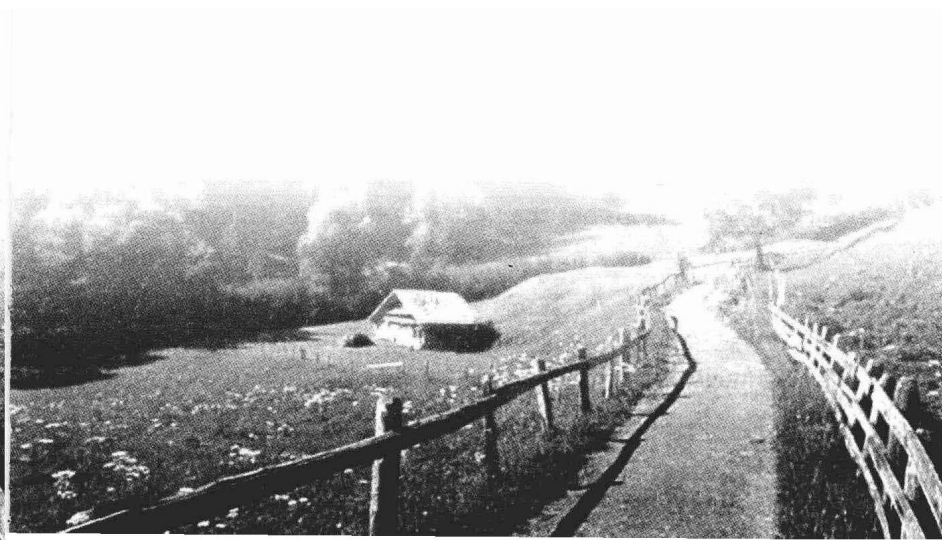
我告诉格兰特回家，找个本子，写下他若干年来的成就，要包括所有他能记下来的成就。他脸上显现出极为可笑的表情。我敢肯定他认为我疯了。

我告诉他那些成就无论大小都不重要，重要的是把注意力集中到积极的事情上。

周一到了，格兰特带着写满了成就的笔记本回到了办公室。我微笑着说：“你现在一定相当自信，你拿了一个大本子！”我们都大笑起来。格兰特继续组建数百万美元的金融规划公司，不久将经营权拓展到加拿大和美国！

对于任何一个渴求一点推动力的人来说，这是一次伟大的实践。

请记住……成功的感觉是自信的感觉，是忘记了过失，注重为获取成功而努力的感觉。





The Solution Isn't Always Obvious

I succeeded because I willed it; I never hesitated.

— Napoleon

我成功是因为我有决心，从不踌躇。

——拿破仑

Often times we have a goal or a desire, but we think that we lack the skills or training necessary to accomplish^① it.

Not long ago I was speaking with a woman who was struggling^② with just such a situation in her life.

She wanted to write a book. As we talked it was apparent to me that she not only had the idea, but had the entire thing plotted^③ out in her mind.

I asked her why she hadn't already written it.

"Because I'm not a writer. I don't have the training necessary to do it. I don't know how to put my thoughts down on paper so that they flow like they do in my mind."

I could certainly understand that. So I asked, "Why do you think you have to be able to 'write' to complete your book?"

She was naturally puzzled. Seriously, I said, "It's obvious that you have the main ingredients all set. You just have to figure out the best way to make it happen."

Here's what I suggest. First, let go of the areas that you're lacking in. Focus on what you have going for you. In your case, you've got the entire thing in your mind. That's huge!



Secondly, let go of the part of your thinking that says there's a 'right way' to do something. What matters in the case of the goal you've set is the final outcome, having your book completed. So what do you care is how you accomplish it exactly.

So here's an idea — get a tape recorder or digital recorder. Speak your entire book into it. If you feel more comfortable speaking parts of it into the recorder, do that.

Alternatively, you could look for a writer or a journalism student who you could pay to help get your ideas written down in a readable format. The important thing isn't the specific approach you choose. What matters is that you take real action on your idea. "

I could see her eyes light up. "It seems so obvious now. I never considered that I didn't have to spend the grueling^④ hours I was sure it would take to write it myself," she said.

All it took to help this woman get unstuck was to introduce to her that there was more than one way to do what she wanted to accomplish.

You see, all too often we focus on the areas where we are lacking — where we need improvement — whereas^⑤ we would be that much farther along if we would simply work within the skills we have already developed. There's a lot to be said about thinking outside the box.

And so it is with whatever dream you hold for yourself. Whatever it is, you have to know deep down that even though the solution may not be obvious the key to your achieving it is within you.



解决方案并不总是显而易见

很多时候，我们拥有目标或愿望，但是我们却认为我们缺乏实现该目标的愿望或技能或是必要的训练。

不久前，我同一位女士聊天，她正在这种情形下煎熬。

她想写本书。通过与她交谈，我发现，很明显，她不仅有想法，而且整本书的构思全部在她的脑海中。

我问她为什么还没有开始写这本书。

“因为我不是个作家。我没进行过写书的必要训练。我不知道怎样能把我的想法写到纸上，以至于它们一直在我脑海中回荡。”

我当然能够理解她的难题。于是，我说：“你为什么一定认为你得会写作，才能完成你的书呢？”

她自然很迷惑。我认真地说：“你显然已经有了写作的最基本的要素，你只需要找到最佳的方式把它写出来。”

“以下就是我的建议。首先，忽视那些你不熟知的领域。把你的注意力都集中到你已经熟知的领域中。对你来说，整个事情的构思已经在你的脑海中了。这是多么了不起呀！

其次，忽视你认为有“正确的方法”做事情的那部分。在你所设立的目标中最重要就是最终的结果，即完成你的书。所以你最在意的事情应该是你怎么才能顺利地完成这本书。

因此，一种方法就是找一台磁带录音机或是数字录音机。把你对整本书的思路都录在里面。如果你觉得只记录部分情节让你更舒服，就那么做吧。

或者你可以找位作家或新闻专业的学生，给他报酬，