

生活卷

在自己心灵的港湾，稳稳地停靠一会儿。

在自己心灵的驿站，静静地享受一会儿。

心灵鸡汤全集

张 晶 编译

最美丽的英文

The Most Beautiful English

哈尔滨出版社
HARBIN PUBLISHING HOUSE

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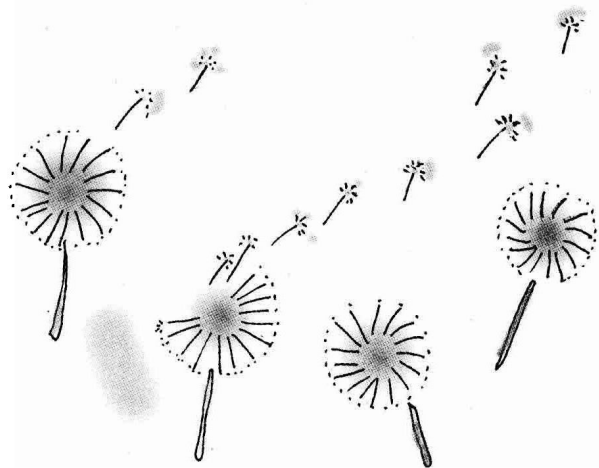
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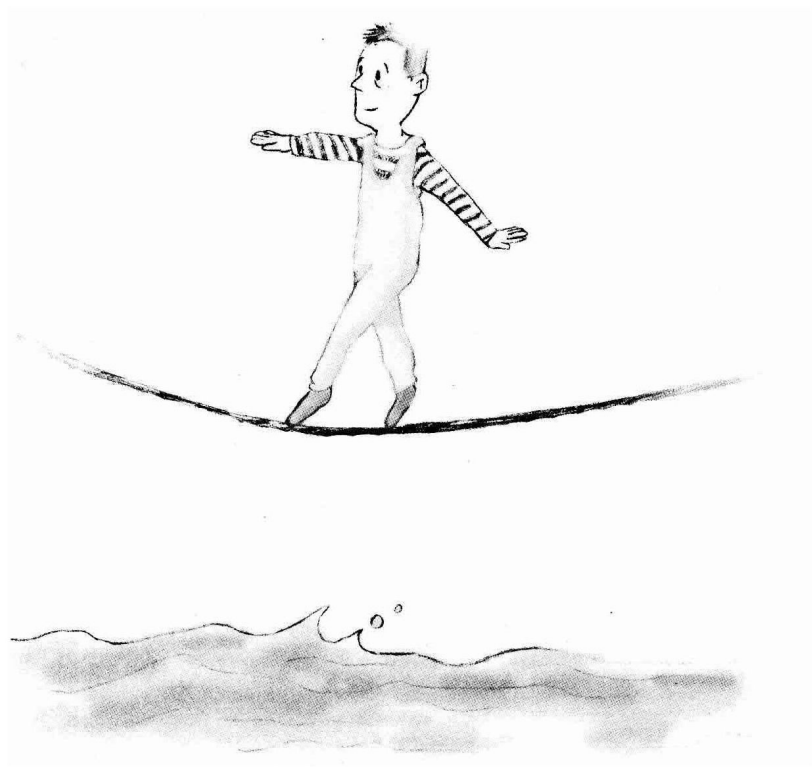
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Part 1 Life Is a Gift

第一卷 生活本身就是一份礼物



tears of joy for bidding goodbye to my childhood and welcoming in a new life — one that is mysterious and unknown, one that will teach me to grow and understand why things are the way they are, one that will filter out all my regrets and let my self-worth multiply.

I will be strong in my battle and not let little things bring me down. I will tell myself that it is okay to be scatterbrained once in a while and that sometimes the kindness you show will balance out your faults. I will know that I am a good person and that being smart doesn't necessarily mean that you are accepted into college. I know who I am and there are brain surgeons who would be challenged sorting through my multi-faceted psyche.

I am independent by nature and a proud woman. I accept who I am. And whether or not I am accepted into college, I will be true to myself and to others around me. I will learn to carry on with every goodbye I say at school this week. I will remember my friends and acquaintances and idols and I will wish them the best of luck in life.

The envelope that has yet to reach my house will not be a letter, but rather a decision that I will make with my life. I am confused, as are most people my age around this time but I will not look back. I will only look forward to tomorrow and greet each day, wherever I am with a smile.





对自己的忠告

佚名

写这篇文章的那天,是我知道自己命运的前一天,也是我知道自己的生活中将会发生什么的前一天。我全神贯注地写这篇文章,相信自己会继续前进,不会被生活抛弃。我决定尽自己一切可能去了解世界的每一方面。我坚信自己会有所成就,尽管那个信封给我带来了坏消息,它承载着我的命运。

那些坚持认为这个时代唯一的谋生手段是大学学位的人,我将永不听信。那些说我是一个没有梦想的空想家的人,我将毫不理睬。我告诉自己,尽管大学可能没有录取我,可我曾见过北极光,它们在我面前幕布般展开;我曾品尝过巴黎的美酒;畅游过大西洋和太平洋;我曾去过爱尔兰的酒馆,在古罗马城镇广场欣赏过日出;我也曾爬过瑞士的阿尔卑斯山,数过天上能看见的所有星星。

我体验了自己喜欢的生活,我会告诉自己,即使那个小信封流露出的全是拒绝,这个被拒绝的人也会继续前进,去看更多的山脉,去游遍更多的河流,并继续数星星,因为某个地方已经注定,我必须过属于自己的生活,而我知道怎么去过。

明天,我的邮箱里会有一封信,它会带来一个答案,我已经准备好用勇气和自尊来承受。我不会哭,除非是喜悦的泪水,因为我告别了童年,迎来了新的生活——一种神秘和未知的生活,一种教导我成长、让我懂得事物的生活,一种会过滤我所有的遗憾、成倍增加我的个人价值的生活。

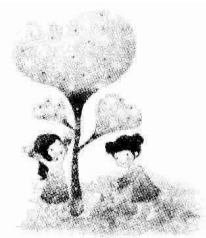
在我的战役中,我会变得强壮,细小的东西将无法将我击倒。我会告诉自己,偶尔浮躁无关紧要,友善会弥补你的过错。我知道自己很善良,且很聪明,

隐藏自己的决定,集中精力实施你的计划,最后再把结果告诉他人。

8.改变你的社交范围,多向他人宣传自己的新决定,与那些支持你先前决定的人保持距离,多和那些乐于支持你的新决定的人交往。

9.设计一个标志你的新决定取得成功的纪念品,并关注它。

10.关注现在,采取行动支持你的新决定,现在……拒绝沉迷于过去和将来,从现在开始用自己喜欢的方式生活。





打造“全新的你”

佚名

处理问题的方式并不影响你成功的可能性,这很令人惊讶。准备充分并运用独特技艺能对结果产生决定性的作用。以下策略将有助于你目标的实现。

1.制定一个可预测结果的目标和一个有助于目标实现的计划。目标不明确就会使计划很难实施。

2.相信自己。调查研究表明,成功人士都相信自己能改变事情的现状。

3.鼓励自己。适当地给予自己一些特殊的奖赏,如外出玩个通宵或修一次指甲和脚,这些都是有益的自我缓解方式。

4.对自己宽容。研究发现,第一个月后,成功者与失败者犯同样多的错,只是成功者将错误当成教训,警示自己以更大的决心去实现目标。而那些失败者却说,再次的失败证明他们没有实现目标的能力。





On Achieving Success

Anonymous

We cannot travel every path. Success must be won along one line. We must make our business the one life purpose to which every other must be subordinate. I hate a thing done by halves. If it be right, do it boldly. If it be wrong, leave it undone.

To live with a high ideal is a successful life. It is not what one does, but what one tries to do, that makes a man strong.

Unceasing effort is the price of success. If we do not work with our might, others will; and they will outstrip us in the race, and pluck the prize from our





关于成功

佚名

我们不可能同时涉足每条路。若想成功就要沿着一条路坚定地走下去。我们要确定一个人生目标,其他一切都服务于此。

我讨厌半途而废的做事方式。如果认为事情是正确的,就放手去做。如果认为不正确,就不要冒险而为。

怀有成功梦想的生活才是理想的生活。能使一个人强大的不是他做什么事,而是他想努力做什么事。

成功需要不懈的努力。如果我们不尽心尽力地工作,别人就会赶超我们,夺取桂冠。

若怀有侥幸心理,成功只会渐行渐远。

气馁是失败的罪魁祸首。

品格是获取成功的得力助手,它可以通过训练获得,是信念的果实,是一种确定的习惯。每种品格都受遗传、环境和教育等诸多因素的影响。若忽略这些影响因素,每个人都不是自己品格的建筑师,那么他就是一个宿命论者,一个无责任感的特定环境下的生物个体。

与其说人是环境的创造物,不如说人是环境的建造师。相同的材料,有的人可以用它建造宫殿,有的人却只能用它建造茅草房。砖头和灰泥无力改变自己的本质,而建造师们可以将其构筑成任何一个有形之物。

若想收获丰盛,就不要期望太多。

明智的人不会为他们无法得到的事物而懊恼。



the woods, we return to reason and faith. There I feel that nothing can befall me in life, no disgrace, no calamity, which nature cannot repair. Standing on the bare ground, my head bathed by the blithe air and uplifted into infinite space, all mean egotism vanishes. I become a transparent eye-ball. I am nothing. I see all the currents of the universal beings circulate through me; I am part or particle of God. The name of the nearest friend sounds then foreign and accidental. To be brothers, to be acquaintances, master or servant is then a trifle and disturbance. I am the lover of uncontained and immortal beauty. In the wilderness, I find something more dear and connate than in streets or villages. In the tranquil landscape and especially in the distant line of the horizon, man beholds somewhat as beautiful as his own nature.

天人合一

爱默生

从真正的意义上来讲,很少有成年人能够看得见自然。甚至很多人并没有真正地看到太阳。至少,他们只有一种非常肤浅的视觉感受。太阳只能照亮成年人的眼睛,但对于孩子们来说,它还可以照进他们的心灵。对挚爱自然的人来说,内在和外在的感官可以真正地契合,就算已经成年,他还依然保持着童稚之心。与天地交流,是他每天不可或缺的精神滋养。他置身自然,任由一种狂喜在全身流淌,真正的痛楚逃遁无形。自然说,他是我的孩子,尽管他有许多莫名的痛苦,但与我在一起,他将快乐无比。不仅仅是晴天和夏日,每个小时,每个季节,自然都奉献着快乐,因为每个小时,每个变化,从无声的正午到可怕的子夜,都暗含着不同的心境。自然就是一个大背景,上演喜剧或悲剧一样适宜。在身心爽朗的日子,空气就如同一杯醇美得令人难以置信的甜酒。踏着雪泥,走过平滑的广场,在光明与黑暗交合之际,伫立于云天之下,脑海中没有一丝期盼好运突然降临的杂念,欣欣然如入仙境。我几乎不敢想象自己是多么快乐。

在森林中也同样如此,人们挣脱岁月的羁绊,如同蛇蜕去它那羁绊自身的皮,无论处于人生的哪一个阶段,人类总是犹如稚子。在森林中,青春可以永驻,这是上帝的御苑,其中充溢着礼仪和圣洁,一年四季无论何时都装点得如同节日,在这里待上一千年也不会感到厌倦。置身森林,我们会再次对理性和信念充满向往。在这里,我不会感到任何痛苦的压迫——没有耻辱,没有不幸,而且这些缺憾是自然所无法修复的。站在林中空地上,我的思绪沐浴在快乐的空气中,宛如升入无垠的太空,一切卑微自私的想法都随风而去。我似乎变成一个透明的眼球,虽然无影无形,但却能将一切尽收眼底。宇宙之流在我周身循环,我成



Your Key to Certain Success

Anonymous

One of the most important attributes an individual can have is confidence, Confidence is invaluable in every area of life, especially in business or in achieving any degree of greatness, it is absolutely essential. Unfortunately, there are few places we can go to learn this essential skill. Yet, it is a skill and, as such, can be developed with the right tools.

The first tool for gaining confidence is knowledge: knowledge of your own strengths and limitations, and knowledge of the arena in which you wish to excel. But knowledge alone isn't enough. Knowledge leads to confidence only when it is validated by experience. We test the validity of what we think or believe by putting the theory into actual practice and gathering data or feedback from the experience. If the feedback is positive, we assume our theories are correct and act accordingly. If the feedback is negative, the bold among us will adjust our course, while the more timid often allow the negative feedback to stop them cold.

Confidence can be gained by knowing, understanding and correctly applying the following formulas and factors:

(1) Knowledge + Experience + Positive Feedback = Confidence.

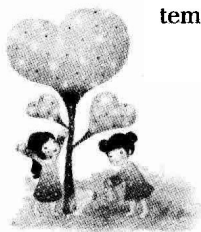
(2) Positive feedback comes from successful outcomes.

(3) Successful outcomes are the result of consistent practice and repeated attempts.

(4) Repeated attempts are possible only when we believe we will eventually

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Chicken Soup for the Soul about Life





succeed.

The formula seems to say that we must believe in our ability to succeed before we have experienced any semblance of success, and that is true. That's where the knowledge part of the confidence formula comes in, and why it is the first equation in the formula. Before we can believe we will succeed without ever having made an attempt, we must have some knowledge as to what success entails and what strengths and abilities we bring to the mix. We must also know the truth about "failure".

Failure is not the result of attempting to achieve a goal and falling short of the mark. Failure occurs when we allow falling short of the mark to cause us to quit trying. Actually, there are only two ways to fail; (1) Give up before you reach a goal you really want; or (2) Continue on a path that is wrong for you because you made a wrong choice initially and believe the erroneous choice is the one you must stay with.

Suppose, for example, you got into your car intending to meet a friend at an unfamiliar location. You get turned around on the way there and get lost.

In failure formula number one you discover you are lost and attempt to correct your course. However, you are too far off course for just one correction to get you back on track, so you make another correction and another one. After three or four corrections you decide you will never be able to find your way, so you give up, park your car, and never reach your destination.

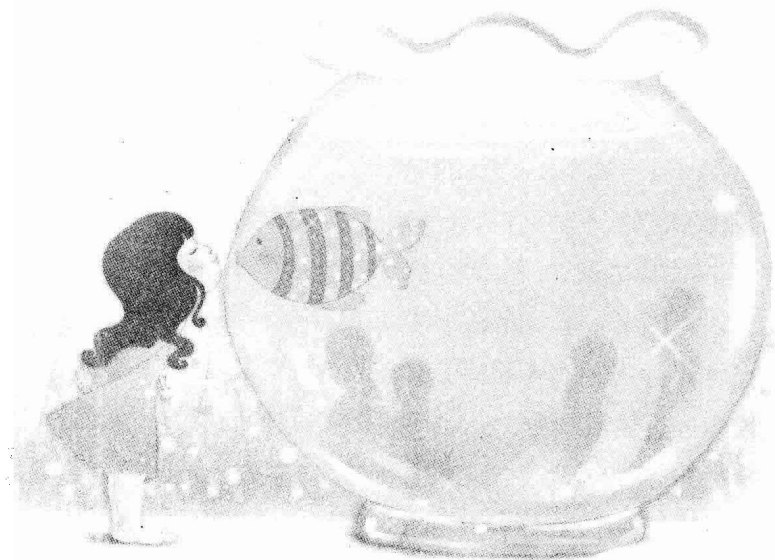
In failure formula number two you decide that even though you made a wrong turn, you must stick with it because to make a new choice would mean you failed when you made the original decision that got you lost. So you continue down the wrong road, knowing it's wrong, but refusing to make an alteration because you've already made a choice, however wrong it may be.



is completed. Should the sculptor throw out the piece condemning it as worthless because of a blemish or nick? Of course not, where then would all the world's treasured art be? I doubt we would have any. How many masterpieces do you think have been created in one fell-swoop, a first effort completely successful without error, without change? Is it possible we fail to see that mankind is the most marvelous of all works of art? A living, continuous, developing work of art.

How often have you heard the question "What is the human race coming to"? The answer, in my mind at least, is whatever we make it, for we are the weavers of tomorrow. You are a treasure, beyond price, one of a kind, irreplaceables, not perfect but well on your way to being a masterpiece. Do not let your yesterdays hinder tomorrow's achievements.

Again, I say to you that these words are merely feelings and thoughts, one person's outlook and subject to change with tomorrow's setting sun, as I too continue to sculpt the lump of clay given to me at birth, called self.



to persevere after a project has begun.

General intelligence This is essential for outstanding achievement because it involves your natural ability to comprehend difficult concepts quickly and to analyze them clearly and incisively. At least that's the way our respondents see it—43 percent say it is a very important ingredient of their success, and another 52 percent say it is fairly important.

Ability to get things done Nearly three-fourths of our high achievers rank themselves “very efficient” in accomplish tasks. And they agree that at least three important qualities have helped them to do so: organizational ability, good work habits and diligence.

A physics professor summarizes his success formula this way, “Sheer hard, tenacious work, with the ability to pace oneself.” He admits working up to 100 hours a week.

Besides the five listed here, there are other factors that influence success: leadership, creativity, relationships with others, and, of course, luck. But common sense, knowing your field, self-reliance, intelligence and the ability to get things done stand out. If you cultivate these traits, chances are you'll succeed. And you might even find yourself listed in *Who's Who* someday.

We're Just Beginning

Anonymous

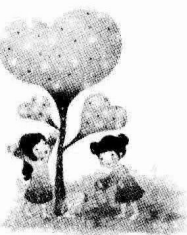
"We are reading the first verse of the first chapter of a book whose pages are infinite..."

I do not know who wrote these words, but I have always liked them as a reminder that the future can be anything we want to make it. We can take the mysterious, hazy future and carve out of it anything that we can imagine, just as a sculptor carves a statue from a shapeless stone.

We are all in the position of the farmer. If we plant a good seed, we reap a good harvest. If our seed is poor and full of weeds, we reap a useless crop. If we plant nothing at all, we harvest nothing at all.

I want the future to be better than the past. I don't want it contaminated by the mistakes and errors with which history is filled. We should all be concerned about the future because that is where we will spend the remainder of our lives.

The past is gone and static. Nothing we can do will change it. The future is before us and dynamic. Everything we do will affect it. Each day brings with it new frontiers, in our homes and in our businesses, if we will only recognize them. We are just at the beginning of the progress in every field of human endeavor.



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