





Estes garondal from off

精粹

世界著名演讲

主编 徐晓健

译者 葛 茜

岳玉庆 沈新红 程文娟

汤旭丹 杨 婷 王嘉盛 张秋思

赵晓萌

尼罗青岛出版社 | 国家一级出版社 | 国家一级出版社

生命动力

图书在版编目(CIP)数据

世界著名演讲精粹:生命动力/徐晓健主编;葛茜等译.

一 青岛 : 青岛出版社,2012.12

ISBN 978 - 7 - 5436 - 7793 - 7

I. ①世... □. ①徐... ②葛... □. ①演讲-世界-选集 W. ①116

中国版本图书馆 CIP 数据核字(2012)第 301566 号

书 名 世界著名演讲精粹——生命动力

主 编 徐晓健

译 者 葛 茜 岳玉庆 沈新红 程文娟 汤旭丹

杨 婷 王嘉盛 张秋思 赵晓萌

出版发行 青岛出版社

杜 址 青岛市海尔路 182 号(266061)

本社网址 http://www.qdpub.com

邮购电话 13335059110 0532-85814750(传真) 0532-68068026

责任编辑 曹永毅 E-mail: cyyx2001@sohu.com

责任校对 江伟霞

封面设计 亓鹏举

照 排 青岛双星华信印刷有限公司

印 刷 青岛乐喜力科技发展有限公司

出版日期 2013年1月第1版 2013年1月第1次印刷

开 本 32 开(890mm×1240mm)

印 张 13.75

字 数 350 千

书 号 ISBN 978-7-5436-7793-7

定价 26.00 元

编校质量、盗版监督服务电话 4006532017 0532-68068670 寄岛版图书售后如发现质量问题、请寄回青岛出版社出版印务部调换。

电话:0532-68068629

建议陈列类别:演讲・励志

目

Contents

录

1	Doing the Impossible 行不可能之事 米歇尔・奥巴马/ 2
2	The Voice of Children 儿童的心声 珊文・铃木/ 26
3	The Cornerstone of A Family 家庭的基石 ··························奥巴马/34
4	To Surrive, To Fight 生命动力 德雷克・朱伯特 巴维力・朱伯特/42
5	Just Do It — for Education

6 Keep Your Dreams 坚持梦想 阿诺德・施瓦辛格/ 96
7 Seven Pieces of Advice for Graduates (Excerpt) 给毕业生的七条建议(节选) 迈克尔・布隆伯格/ 116
8 The World Needs You 世界需要你们 杰奎琳・诺沃格拉茨/ 126
9 You're Not Special (Excerpt) 你并不特別(节选) 小戴维・麦卡洛/ 150
10 Set Your Compass and Change the World 定位人生,改变世界

11	Hagalo 勇往直前 开创未来 艾伦・索罗蒙特/ 176
12	Feed and Nourish the Spirit 滋养心灵 安妮・拉莫特/ 200
13	We Have Tomorrow, So We March 我们拥有明天,我们昂首向前
14	Never Stop Learning 学无止境 査理・厄根/ 234
15	What Is Your Gift? 你的礼物是什么?

F	• • • •	
	16	Choose Service; Choose Hard Work;
		Choose to Make a Difference
		服务他人 努力进取 奉献社会
		费尔南多・杜菲利/ 266
ŀ		
i	17	Times Are Tough, But So Are You
ı		世道艰难,人性坚韧
_		古斯塔沃・阿雷拉诺/ 288
.		
ı	18	Celebration at the "Hogwarts" in America
ı		"美国霍格华兹"的庆典
		萨尔曼・可汗/ 296
ŀ		
ŀ	19	Say Thank You
		道声感谢 史蒂夫・卡门/ 318

	20	Follow Your Bliss, Follow Your Heart(Excerpt)
		追寻幸福,追随内心(节选)
		安德森・库珀/ 336
	21	The Value of Solitude (Excerpt)
		独处的价值(节选)
		雪莉・特克/ 354
ŀ		
	22	3 Things I Learned While My Plane Crashed
		坠机让我得到的3个感悟
		瑞克・伊莱亚斯/ 368
ŀ		
ŀ	23	A Life Lesson from a Volunteer Firefighter
		志愿救火,感悟人生
		马克・贝佐斯/ 376

	• • • • • • • • • • • • • • • • • • • •
24	A Call to Men
	对男性的呼吁 托尼・波特/382
25	Prepare, Trust in, Execute on Intuition
	做好准备,相信直觉,开始行动
	似好任苗,怕后且见,八如门30
	蒂姆・库克/ 394
26	You Are Where Our Hope Lies(Excerpt)
	你们就是希望 黛博拉・比亚尔/414

世界著名演讲精粹

——生命动力

Doing the Impossible

Michelle Obama

Convention Speech at the Democratic National Convention September 4,2012

Thank you so much, Elaine, we are so grateful for your family's service and sacrifice and we will always have your back.

Over the past few years as First Lady, I have had the extraordinary privilege of traveling all across this country.

And everywhere I've gone, in the people I've met, and the stories I've heard, I have seen the very best of the American spirit. I have seen it in the incredible kindness and warmth that people have shown me and my family, especially our girls. I've seen it in teachers in a near — bankrupt school district who vowed to keep teaching without pay. I've seen it in people who become heroes at a moment's notice, diving into harm's way to save others, flying across the country to put out a fire, driving for hours to bail out a flooded town. And I've seen it in our men and women in uniform and our proud military families, in wounded warriors who tell me they're not just going to walk again, they're going to run, and they're going to run marathons; in the young man blinded by a bomb in Afghanistan who said,

行不可能之事

米歇尔·奥巴马 美国民主党全国大会上的演讲 2012年9月4日



非常感谢,伊莲,非常感谢你们全家的服务与牺牲,我们会永远支持你们。

在过去的几年里,作为第一夫人,我几乎走遍了整个美国。

而我所到之处, 所见之人, 所闻之事, 都让我感受到了强烈的美国精神。

从人们对我和我的家庭,尤其是对我女儿们那难以置信的友善和 热情中,我看到了这种精神;从一个即将破产的学校的教师们不收分 文却又坚持执教的誓言中,我看到了这种精神;从人们在紧急召唤下, 化身英雄,奋不顾身舍己救人中我看到了这种精神;从人们飞越国家, 扑灭大火中我看到了这种精神;从人们驱车数里,抗洪抢险中我看到 了这种精神;从无数身穿军装的男女军人以及让人骄傲的军属身上, 我看到了这种精神。受伤的士兵们告诉我,他们不仅要重新站起来 走,他们还要跑,还要参加马拉松比赛;在阿富汗战场上因子弹而失明

sacrifice / 'sækrifais/ n. 牺牲;祭品;供奉
privilege / 'privəlidʒ/ n. 特权;荣幸
bankrupt / 'bænkrʌpt/ adj. 破产的;枯竭的

simply, "I'd give my eyes 100 times again to have the chance to do what I have done and what I can still do."

Every day, the people I meet inspire me. Every day, they make me proud. Every day they remind me how blessed we are to live in the greatest nation on earth.

Serving as your First Lady is an honor and a privilege, but back when we first came together four years ago, I still had some concerns about this journey we'd begun.

While I believed deeply in my husband's vision for this country and I was certain he would make an extraordinary president. Like any mother, I was worried about what it would mean for our girls if he got that chance.

How would we keep them grounded under the glare of the national spotlight?

How would they feel being uprooted from their school, their friends, and the only home they'd ever known?

Our life before moving to Washington was filled with simple joys. Saturdays at soccer games, Sundays at grandma's house and a date night for Barack and me was either dinner or a movie, because as an exhausted mom, I couldn't stay awake for both.

And the truth is, I loved the life we had built for our girls. I deeply loved the man I had built that life with... and I didn't want that to change if he became President.

I loved Barack just the way he was.

You see, even though back then Barack was Senator and a presidential candidate. To me, he was still the guy who'd picked me up for our dates in a car that was so rusted out, I could actually see the pavement going by through a hole in the

的年轻士兵告诉我:"为了我所做的和我将要做的,我宁愿失去眼睛一 百次。"

每天,我见到的人们都让我备受鼓舞。每天,他们都让我骄傲。 每天,他们都在提醒着我,能够活在地球上这个最伟大的国家中是多 么的幸福。

成为第一夫人,是我的荣耀和幸运,回想下四年前我们第一次见面时,我对即将开展的历程心怀顾虑。

我深信我丈夫对祖国的愿望,我也坚信他会成为一位出色的总统,但是像每一位母亲一样,我也曾担心如果他当选,这对我们的女儿们意味着什么。

身处万众瞩目的聚光灯下,要如何让她们脚踏实地? 离开从小熟悉的学校、朋友和家时,她们会有什么感受?

在搬到华盛顿之前,我们的生活简单又快乐:周六参加足球赛,周日去祖母家。还有巴拉克和我的约会之夜,我们要么去晚餐,要么去看场电影,因为作为一个筋疲力尽的妈妈,我实在没有精力两样都参加。说实话,我爱我们为女儿们所创造的生活,我也爱这个和我一起创造生活的男人,我不想让这一切因为他当了总统而发生变化。

我爱的就是巴拉克原来的样子。

你们看,即便当时巴拉克已经是一名参议员兼总统候选人了,对 我而言,他仍是那个开着辆锈迹斑斑的破车来接我去约会的男人,透

> glare /gleə(r)/ n. 闪耀光;刺眼 spotlight /'spotlait / n. 照明灯;公众注意中心 uproot /ʌp'ruːt/ vt. 根除;迁离

passenger side door, he was the guy whose proudest possession was a coffee table he'd found in a dumpster, and whose only pair of decent shoes was half a size too small.

But when Barack started telling me about his family that's when I knew I had found a kindred spirit, someone whose values and upbringing were so much like mine.

You see, Barack and I were both raised by families who didn't have much in the way of money or material possessions but who had given us something far more valuable their unconditional love, their unflinching sacrifice, and the chance to go places they had never imagined for themselves.

My father was a pump operator at the city water plant, and he was diagnosed with Multiple Sclerosis when my brother and I were young.

And even as a kid, I knew there were plenty of days when he was in pain. I knew there were plenty of mornings when it was a struggle for him to simply get out of bed.

But every morning, I watched my father wake up with a smile, grab his walker, prop himself up against the bathroom sink, and slowly shave and button his uniform.

And when he returned home after a long day's work, my brother and I would stand at the top of the stairs to our little apartment, patiently waiting to greet him, watching as he reached down to lift one leg, and then the other, to slowly climb his way into our arms.

But despite these challenges, my dad hardly ever missed a day of work, he and my mom were determined to give me and my brother the kind of education they could only dream of.

And when my brother and I finally made it to college,

过乘客这侧车门上的破洞我能看到飞逝而过的路面,他仍是那个把从 废料箱里翻出来的咖啡桌作为自己最宝贵财产的男人,也是那个仅有 的一双体面的鞋子比自己的脚还小了半号的男人。

然而,当巴拉克向我讲述他的家庭时,我发现我遇到了一个志同 道合的灵魂,他的价值观和成长经历与我惊人地相似。

你们都知道,养育巴拉克和我的两个家庭都没有太多金钱或物质财富,但是,他们却给予了我们更为珍贵的东西——无条件的爱、大无畏的牺牲,以及实现他们自己都从未想象过的目标的机会。

我的父亲是市水厂的一名水泵操作员,在我和哥哥很小的时候就被诊断出患有多发性硬化症。

即使当时很小,我也知道他常常被病痛折磨,我知道有许多清晨,仅仅连起床对他来说都是一场痛苦挣扎。

然而每天早晨,我都看到父亲面带微笑地醒来,抓紧他的拐杖,用 浴室的洗脸池支撑着自己的身体,缓慢地刮好胡须,穿好工作服。

忙完一天后,当他回家时,我和哥哥会站在通往我家小公寓的楼梯顶上,耐心地等着接他回家,看着他弯下腰,抬起一条腿,然后是另一条腿,慢慢地爬上楼梯,迎向我们的怀抱。

然而不管多么艰难,我父亲从未请过一天假,我父母决定要让我 和哥哥受到他们梦寐以求的教育。

当我和哥哥终于考上大学时,虽然几乎所有的学费都来自于贷款

dumpster /'dampstə(r) / n. 大型垃圾箱 kindred /'kindrəd / adj. 同族的;同类的 unflinching / an 'flint ʃ ɪŋ / adj. 坚定的;不畏惧的 sacrifice /'sækrıfaıs / n. 牺牲;祭品;供奉