



THE INSPIRATIONAL STORIES

THAT DEEPLY AFFECT HARVARD

那些感动哈佛的 励志故事

汉英对照

阅读原汁原味的故事，感受哈佛精髓！

李清如◎编著

哈佛，不是一种荣耀，而是一种证明！
哈佛代表了崇尚个人奋斗的精神，彰显智慧与道德。
那些感动哈佛的励志故事，让你我都能受益。

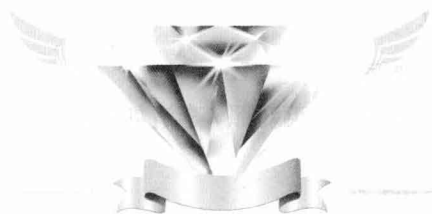
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藏书

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前言

作为闻名于世的学府，哈佛大学培养了许多名人，他们中有33位诺贝尔奖获得者、7位美国总统以及各行各业的职业精英。究竟是什么使哈佛成为精英的摇篮？哈佛学子接受了什么样的精神和理念？这些问题吸引着成千上万的人去探知其中的答案。

哈佛校园里，不见华服，不见化妆，只有匆匆的脚步，坚实地写下人生的篇章。哈佛不是神话，哈佛只是一个证明，人的意志、精神、抱负、理想的证明。

究竟是什么原因让哈佛成为世界首屈一指的名校？从历史上看，牛津大学、剑桥大学、巴黎大学这些知名大学的校史并不逊于哈佛。可以说，外部的环境并不支持哈佛成就如此伟业。那么哈佛究竟是怎样获得如今的地位的呢？

哈佛能取得现在的地位是诸多因素叠加的效果。但是在这诸多因素之中，不可否认，哈佛精神扮演着重要的作用。

正是哈佛精神的存在，才促成了哈佛大学独特面貌的形成；正是哈佛精神的存在，才造就了哈佛大学独特个性的成型，正是哈佛精神的存在，使哈佛大学有别于其他名校。可以说，哈佛精神是哈佛的根本。

所谓哈佛精神就是哈佛大学在学校的发展中所形成的独特精神面貌。是哈佛人对学校办学理念的独特追求，并在这种理念的支配下，经过哈佛人长期积淀而形成的稳定的、共同的追求、理想和信念。是哈佛人在长期的教与学、工作与生活实践中所逐步形成并发展起来的一种群体意识。同时，这种群体意识的形成还与社会发展紧密相连。从哈佛的创建一直到哈佛现今的发展，哈佛精神的衍变都尽力与社会的发展相适应。

正因如此，哈佛精神才由最初的创新精神、保守意识、开拓精神演变成现在的融创新精神、保守意识、开拓精神、竞争意识、斗争思想并尝试融合企业家精神的一个复杂的精神集合体，使得哈佛精神成为一个蕴含多元素的结合体，从而

使哈佛具备了独一无二的特殊风格。

哈佛学生或是哈佛教授，首先不是一份荣誉，而是一种证明。

人到底可以有怎样的意志力，人到底可能有怎样的发挥潜力？

哈佛告诉你。

哈佛是一种象征，最高智慧的象征，最高学府的象征。

人的意志，人的才情，人的理想，为什么在哈佛能兑现？

哈佛告诉你。

哈佛教育的基本理念是以人为本，就是通过教育使学生成为一个健康的、有人文情怀、有社会责任感和历史使命感的人。哈佛代表的更多的是一种精神，那就是崇尚个人奋斗，注重品行与个性，强调智慧与道德。

本书精选的故事短小精悍、耐人寻味，蕴涵了哈佛教育思想的精华，在阅读中以哲人为友、与大师对话、和智慧相伴，让哈佛教育的精髓浸润心灵，让哈佛教育的思想陪伴成长。



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Part 1 自信

Understand your own strengths
and expertise

Miraculous

Early, during my therapy, my father kept repeating to me one of his favorite sayings. I have repeated it almost every day since being hurt: “Mile by mile it’s a trial; yard by yard it’s hard; but inch by inch it’s a **cinch**.”

I thought of those words, and I thought of Tom, my family and Sharon who believed so strongly in me as I climbed the steps to receive my **diploma** from the Dean of Liberal Arts at the University of Texas on that bright sunny afternoon in June of 1986. Excitement and pride filled my heart as I heard the dean **announce** that I had graduated with “highest honors”, been elected to Phi Beta Kappa, and been chosen as one of 12 Dean’s Distinguished Graduates out of 1600 in the College of Liberal Arts.

The **overwhelming** emotions and feelings that I experienced at that very moment, when most of the audience gave me a standing ovation, I felt would never again be matched in my life-not even when I graduated with a masters degree in social work and not even when I became employed full time at the Texas Pain and Stress Center. But I was wrong!

On May 24, 1987, I realized that nothing could ever match the joy I felt as Sharon and I were married. Sharon, my high school sweetheart of nine years, had always stood by me, through good and bad times. To me, Sharon is my miracle, my diamond in a world filled with problems, hurt, and pain. It was Sharon who dropped out of school when I was hurt so that she could constantly be at my side. She never **wavered** or gave up on me.

It was her faith and love that **pulled me through** so many dark days. While other nineteen year old girls were going to parties and enjoying life, Sharon devoted her life to my recovery. That, to me, is the true definition of love.

After our beautiful wedding I continued working part time at the Pain Center and completed my work for a masters degree. We were extremely happy, but even

happier when we learned Sharon was pregnant.

On July 11, 1990 at 12:15 a.m. Sharon woke me with the news: “We need to go to the hospital...my water just broke.” I couldn’t help but think how **ironic** it was that my life almost ended in a convenience store and now on the date “7-11” we were about to bring a new life into this world. This time it was my turn to help Sharon as she had helped me over those past years.

She was in labor for 15 hours. At 3:10 p.m. Sharon and I experienced the birth of our beautiful daughter, Shawn Elyse Segal!

Tears of joy and happiness came to my eyes as our healthy, alert, wonderful daughter entered this world. We anxiously counted her 10 fingers and her 10 toes and watched her wide eyes take in the world about her. It was truly a beautiful picture that was etched in my mind forever as she lie in her mother’s waiting arms, just minutes after her birth. At that moment I thanked God for blessing us with the greatest miracle of all-Shawn Elyse Segal.

生命即是奇迹

早在我接受治疗的时候，父亲总是重复他最爱的那句话，每天当我感到痛苦的时候我也对自己重复那句话，那就是“脚踏实地，切勿急功近利”。

1986年6月那个阳光明媚的午后，当我步履蹒跚地走上德克萨斯大学迪安文学院的台阶接受文凭的时候，我思索着这些话，想到汤姆、父母还有沙伦，他们都那么坚定地给予了我信任。当我听到院长宣布我以最高荣誉毕业时，我的心中充满了骄傲和自信。接着他还宣布我被选入美国大学优等生荣誉学会，并在1600名毕业生中当选为12名迪安文学院的杰出毕业生之一。

当场有许多观众站起来为我鼓



掌，那一刻令我心潮澎湃、百感交集。我甚至觉得生命中不可能再经历那样的感慨和激情，这种想法一直延续到我获得社会学的硕士学位，成为德克萨斯止痛减压中心的一名全职工作人员。但幸运之神再次眷顾了我！

1987年5月24日，我觉得再没有什么能与此时的快乐相提并论，我和沙伦结婚了。沙伦是我高中时代的女友，风风雨雨九年来，她一直陪在我身旁。对我来说，她是我的奇迹，是我在这个充满困惑和伤痛的世界里拥有的一颗钻石。为了能日夜守候在我的身旁，沙伦在我受伤的时候放弃了学业。她的爱从未动摇过，她从未抛弃过我。

是她的忠诚和爱伴着我度过了无数个黑暗的日子。当别的十九岁的女孩子参加舞会、享受生活的时候，沙伦把青春献给了病床上的我，等待我的康复。对我来说，这就是爱的真谛。

在那个美满的婚礼之后，我继续在止痛减压中心做着兼职的工作，并获得了我的硕士学位。我们非常的幸福，而沙伦怀孕的消息更让我们恩爱有加。

1990年7月11日12点15分，沙伦把我从梦中唤醒：“我们得去医院了……我的羊水破了。”我忍不住想命运真让人啼笑皆非，它几乎让我在那家便利店里丢了性命，而在一个命名为“7·11”的日子里它却让我迎来新生命的出世。多年来沙伦帮我渡过了一次又一次难关，这次该我来帮助她了。

沙伦经历了15个小时的分娩。在7月12日3点10分的时候，沙伦和我一起迎来了我们美丽的女儿——萧恩·艾丽斯·斯高。

当我看到美丽的女儿健康地来到这个世上，喜悦和幸福化作泪水夺眶而出。我们迫不及待地数着她的十个手指和十只脚趾，看着她大大的眼睛注视着她的世界。初生的婴儿躺在妈妈柔软的怀里如一副优美的图画将永驻我的心中。那一刻，我感谢上帝赐予我们如此最伟大的奇迹——我的萧恩·艾丽斯·斯高。

Vocabulary

cinch *n.* 肚带，紧握，【俚】简单的事情；有把握的事情

It's a cinch. I'll have the car repaired by Friday. 小事一桩。星期五之前我可以把车修好。

diploma *n.* 毕业文凭, 学位证书, 执照

She gained a diploma in Business Administration. 她取得了工商管理的学位证书。

announce *vt.* 宣布, 发布[+that]

The vote was completed. The chairman announced the result. 投票完毕。主席宣布了结果。

overwhelming *a.* 压倒的; 势不可挡的

an overwhelming majority 压倒多数

waver *vi.* 摇摆; 摇晃; 摇曳动摇; 犹豫不决[(+in/between)]

She wavered between staying single and accepting his proposal. 她犹豫不决, 不知是继续做单身女郎好, 还是接受他的求婚好。

pull through (使) 渡过危机(或难关); (使) 恢复健康

If we can pull through this recession, we will be in good shape. 如果我们能渡过这段经济不景气的时间, 我们就会好多了。

哈佛的心灵感悟课

这个世界上没有人能比你更了解自己, 没有人有资格告诉你能做什么或不能做什么。尤其是像作者一样处在病痛和困难中时, 更需要坚强的意志和信心。在经历了漫长的等待和艰辛的付出之后, 才能获得成功。要知道, 没有什么是不可能的, 所以千万不要放弃, 要永不言弃。

You are Special

A well-known speaker started off his **seminar** by holding up a \$20 bill. In the room of 200, he asked: “Who would like this \$20 bill?”

Hands started going up. He said: “I am going to give this \$20 to one of you, but first, let me do this.”

He proceeded to **crumple** the 20 dollar note up. He then asked: “Who still wants it?” Still the hands were up in the air.

“Well,” he replied: “what if I do this?” He dropped it on the ground and started to **grind** it into the floor with his shoe. He picked it up, now crumpled and dirty.

“Now, who still wants it?”

Still the hands went into the air.

“My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not **decrease** in value. It was still worth \$20.”

“Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the **circumstances** that come our way. We feel as though we are worthless; but no matter what happened or what will happen, you will never lose your value.”

“Dirty or clean, crumpled or finely **creased**, you are still priceless to those who love you. The worth of our lives comes, not in what we do or who we know, but by ...WHO WE ARE.”

“You are special—don’t ever forget it.”