

Perfect English Salon
普斐特英语慢阅读

ENGLISH SALON ABOUT TOUCHING STORIES

失败
100次
也坚决不倒

成应翠 杨金鑫 主编

全国首套英语“慢阅读”，倾情打造，超值奉献，本套书**演讲、电影、童话、人物**全包括。

近**100**篇原汁原味的美丽英语文章、**300**多段地道英语、**400**多句名家肺腑之言、

近**300**个文化词详尽破解、近**100**篇“名人背后的故事”。

天天慢阅读，帮你将头脑中的“中文系统”转换为“英文系统”，



哈尔滨工业大学出版社
HARBIN INSTITUTE OF TECHNOLOGY PRESS



Perfect English Salon
普斐特英语慢阅读

ENGLISH SALON ABOUT TOUCHING STORIES

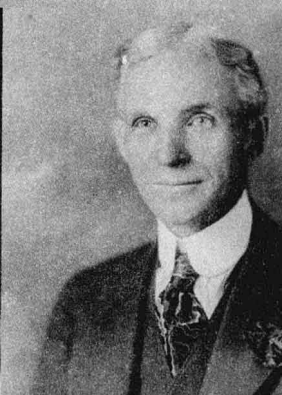
成应翠 杨金鑫 主编

全国首套英语“慢阅读”，倾情打造，超值奉献，本套书**演讲、电影、童话、人物**全包括。

近**100**篇原汁原味的美丽英语文章、**300**多段地道英语、**400**多句名家肺腑之言、

近**300**个文化词详尽破解、近**100**篇“名人背后的故事”。

天天慢阅读，帮你将头脑中的“中文系统”转换为“英文系统”。



哈尔滨工业大学出版社
HARBIN INSTITUTE OF TECHNOLOGY PRESS

图书编委会

主 编 成应翠 杨金鑫

编委会 (排名不分先后)

蒋学晨	黄 娴	阮芳芳	王 琴	吴淑严	张艳萍
徐 荧	成 琳	沈 潇	严国飞	郑伟强	杨晓丽
黄 艳	王巧美	王雅琪	成 翔	王 霞	梁俊茂
高爱琴	蒋佳池	杨秀玲	张建丽	王凤梅	

图书在版编目(CIP)数据

失败 100 次也坚决不倒/成应翠等主编. —哈尔滨:哈尔滨工业大学出版社, 2010. 12

(普斐特英语慢阅读)

ISBN 978 - 7 - 5603 - 3145 - 4

I. ①失… II. ①成… III. ①英语 - 汉语 - 对照读物
②成功心理学 - 通俗读物 IV. ①H319.4:B

中国版本图书馆 CIP 数据核字(2010)第 265303 号

策划编辑 孙 杰 田 秋

责任编辑 孙 杰 田 秋

封面设计 嘉美和·设计

出版发行 哈尔滨工业大学出版社

社 址 哈尔滨市南岗区复华四道街 10 号 邮编 150006

传 真 0451 - 86414749

网 址 <http://hitpress.hit.edu.cn>

印 刷 哈尔滨市石桥印务有限公司

开 本 787mm × 960mm 1/16 印张 14 字数 306 千字

版 次 2011 年 2 月第 1 版 2011 年 2 月第 1 次印刷

书 号 ISBN 978 - 7 - 5603 - 3145 - 4

定 价 28.00 元



在那个静谧的时代，人们茶余饭后吟诵勃朗宁夫人的十四行诗，那样的日子是爱书人最向往的读书日子；在冬季的深夜，放下窗帘，封了炉火，在沉静的灯光下，靠在椅上翻着白天买来的新书，那是读书大家叶灵凤读书的情景；在一个雪夜，坐在炉前，炉上的水壶铿锵作响，拿了数十本哲学、经济学、诗歌、传记的书，堆在长椅上，然后闲逸地拿起几本翻翻，找到一本爱读的书时，便细细品酌起来，那是文学大师林语堂的阅读生活……

我们怀念那个闲暇幽静、倾心“慢读”的年代，怀念那些曾让我们沉醉、让我们着迷的醇厚书香。然而，在当今这个“速读”时代，“慢读”已与我们渐行渐远，人们用吃快餐的方式对待阅读，希望用尽量少的时间把尽量多的信息储存到大脑里。针对这一现象，美国新罕布什尔大学的一位教授提出了“慢阅读”的概念，他希望通过“慢阅读”来帮助人们重新“琢磨”和“品味”文字。

“慢阅读”，光听听这个理念，就能让我们的心灵减减压；“慢阅读”，让我们缅怀那些闲散飘逸的时光；“慢阅读”，多么美妙的阅读方式……尽管我们的生活节奏越来越快，可是我们心中依旧在追寻“慢”时光。为了找到释放“慢”的情怀，传达“慢”的诉求，于是，我们怀揣一份美好的愿景，尝试将“慢阅读”理念引用到英语阅读上来，倾力打造并推出《普斐特英语慢阅读系列》。本套图书精选近百篇精粹文章，从励志、童话、电影、演讲等角度，很好地将“慢阅读”理念渗透到英语阅读中，其间或感人、或美好、或激情、或励志的篇章，值得你慢慢品读。

当英语遇到“慢阅读”，定能收获一份美妙的喜悦。

这里，有缤纷的西方文化，有优美的英文表达，有不屈的心灵，有引人深思的故事，有感人的经典瞬间，有催人奋进的语言……

《失败100次也坚决不倒》——读书一定要读那些最经典的东西，读励志故事也要读励志中的经典：脱口秀女王奥普拉·温芙瑞、坚强不屈的“超人”克里斯托弗·里夫、逆境中蜕变的爵士天后比莉·哈乐黛……让这些励志人物、励志话语冲刷我们疲惫且浮躁的心灵。微启书页，有他们伴你左右。

《寻找你心中的童话》——让5岁的孩子倾听童话；让15岁的少年阅读童话；让25岁的青年人品味童话；让35岁的成年人理解童话；让45~99岁的人思索和回味

童话……童话带给我们的不仅仅是温馨、欢乐和启迪，更多的是思考和品味。每一个童话都是一个美丽的梦：穿靴子的猫、丑小鸭的企盼、顽皮的匹诺曹、彼得兔的故事、世上唯一的玫瑰、糖果屋历险记……童话犹如一盏盏温暖的灯，照亮的不仅仅是我们的童年！

《当幸福来敲门》——穿越时空的隧道，重温《当幸福来敲门》的感人瞬间、《心灵捕手》的哲思睿语、《勇敢的心》中传奇人物的非凡魅力、《辛德勒的名单》中人性光辉的悲悯温情……每一部电影都是一场美妙绝伦的视听盛宴，一座文化的桥梁，英语电影从多角度展示了英语民族的文化。随书赠送的原声光盘，让你感受英语的永恒魅力。

《像他们那样激情演讲》——演讲是一种机智幽默激励人心的艺术，它把语言的美与生活的真完美地结合起来。在本书中你可以欣赏到美国著名演讲家鲁塞·康维尔的《钻石就在你家后院》、苹果公司创始人乔布斯的《我生命中的三个故事》、微软前总裁比尔·盖茨的《改变不公平》……这些演讲引经据典、古朴雄辩、机敏睿智、发人深思。

在“慢阅读”中品味生活，用英语了解世界，本套书将带你进入一个从容的慢读书状态：

1. 天天慢阅读，帮你寻回阅读的乐趣！本套书将引领你“工作再忙心不忙、生活再累心不累”的境界。

2. 激荡心灵的文字，启发你的“英文创造力”。本套书从你“最感兴趣”的话题出发，如充满智慧的小语、带给你希望的童话、蕴含文化积淀的故事……都是你可以任意拈来用于英文写作的素材。

3. 原汁原味的英文练习摹本，锻炼你的“英文组织力”。每一篇文章都是你最好的练习摹本，原汁原味的英文表达定会让你爱不释手。且每篇文章还有对文化点的解析，让你轻松学习无障碍。

4. 用英文品读精彩文字，加强你的“英文思考力”。彻底将头脑中的“中文系统”转换为“英文系统”，使你在不知不觉中学会了用英文思考问题！

编者

2010年圣诞于北京

- Story 1** **Fight Against Fate with Paintings!**
在画布上与命运抗争!
——永不言弃 Frida Kahlo 芙烈达·卡罗 (墨西哥画家) \ 1
- Story 2** **Superman Story with Ups and Downs**
大起大落的超人故事
——坚强不屈 Christopher Reeve 克里斯托弗·里夫 (美国演员) \ 11
- Story 3** **A Persistent Fighter in Silicon Valley**
屡败屡战的硅谷斗士
——愈挫愈勇 Jerry Sanders 杰里·桑德斯 (AMD创始人) \ 24
- Story 4** **Jazz Queen out of the Adversity**
逆境中蜕变的爵士苦情天后
——特立独行 Billie Holiday 比莉·哈乐黛 (美国爵士歌手) \ 35
- Story 5** **Standing Upright with Paralyzed Legs !**
瘫痪之躯在政坛屹立不倒!
——乐观向上 Franklin Roosevelt 富兰克林·罗斯福 (美国第32任总统) \ 45
- Story 6** **A Lightning through Racial Discrimination**
冲破种族歧视的黑色闪电
——勇往直前 Jesse Owens 杰西·欧文斯 (美国田径运动员) \ 55
- Story 7** **A Legend That Never Ends**
永不落幕的棒坛传奇
——逆流而上 Jackie Robinson 杰基·罗宾森 (美国职业棒球大联盟球员) \ 67
- Story 8** **In Search of the Dream out of Darkness**
在黑暗之中找寻梦想
——坚持到底 Ray Charles 雷·查尔斯 (美国盲人音乐家) \ 79
- Story 9** **The Transformation of an Ordinary Woman**
“小女人”的成功蜕变
——勇于承担 Katharine Graham 凯瑟琳·格雷厄姆 (美国报业出版商) \ 90
- Story 10** **Tough Road for Queen of Talk Show**
脱口秀女王的辛酸历程
——独立坚强 Oprah Winfrey 奥普拉·温芙瑞 (媒体人物) \ 101

- Story 11** **Defend Racial Dignity with Poems**
用诗作捍卫种族尊严
——自尊自强 Langston Hughes 兰斯顿·休斯（美国诗人）\ 112
- Story 12** **Hamburger King that Never Gives Up!**
永不放弃的汉堡大王！
——蓄势待发 Ray Kroc 雷·克罗克（美国企业家）\ 124
- Story 13** **Voice for Caring Nature**
顽强呐喊关爱自然的声音
——不畏挫折 Rachel Carson 雷切尔·卡森（美国海洋生物学家，自然文学家）\ 134
- Story 14** **To Challenge Oneself and Gain the Glory**
战胜自己，重创辉煌
——重新来过 Johnny Cash 约翰尼·卡什（美国音乐家）\ 146
- Story 15** **From a Poor Watchmaker to the King of Automobile Empire**
从穷困钟表匠到汽车帝国之王
——追逐梦想 Henry Ford 亨利·福特（福特汽车创始人）\ 158
- Story 16** **The Ups and Downs of the Iron Horse**
棒坛铁马的起伏人生
——顽强拼搏 Lou Gehrig 卢·贾里格（美国棒球运动员）\ 169
- Story 17** **Digging the Underground Railroad to Freedom**
挖掘通往自由的“地下铁道”
——不畏强敌 Harriet Tubman 哈丽雅特·塔布曼（美国废奴主义者）\ 179
- Story 18** **Never Fall Down after Hundreds of Failures!**
失败100次也坚决不倒！
——永不言败 Abraham Lincoln 亚伯拉罕·林肯（美国第16任总统）\ 189
- Story 19** **To Be Proactive**
成功是主动的进取，不是被动的施舍
——锐意进取 Bernard Shaw 萧伯纳（剧作家）\ 199
- Story 20** **To Surpass Himself and Rebuild Confidence!**
超越自我，重塑信心！
——相信自我 Dale Carnegie 戴尔·卡耐基（美国作家、演说家）\ 209



Fight Against Fate with Paintings!

在画布上与命运抗争!

——永不言弃

慢阅读小语

细细品位字里行间流淌出的语言美和思想美，你就会感受到“Jump and get an apple”的喜悦，不知不觉间自身修养得到了提升……

1

I am not sick. I am broken. But I am happy as long as I can paint.

—Frida Kahlo

我没有病倒，我只是受了伤。而绘画让我的生命重新欢腾起来。

——芙烈达·卡萝

2

I paint my own reality. The only thing I know is that I paint because I need to, and I paint whatever passes through my head without any other consideration.

—Frida Kahlo

我画出自己的现实生活。我只知道，我作画是因为我需要，我不假思索地画出从脑海里闪过的一切。

——芙烈达·卡萝

3

Frida is the only example in the history of art of an artist who tore open her chest and heart to reveal the biological truth of her feelings. The only woman who has expressed in her work an art of the feelings, functions, and creative power of woman.

—Diego Rivera

芙烈达是艺术史上唯一一位敞开心胸，展露其内心真实感情的艺术家。她是唯一一位在作品中表达这些艺术的女性：女性的感情、能力和创造力。

——迪亚哥·利弗拉

4

It is impossible to separate the life and work of this extraordinary person. Her paintings are her biography.

这位杰出人物创造出的优秀作品与她个人的生活经历密不可分。她的画作就是她的自传。

故事人物

☺ 芙烈达·卡萝 (1907-1954年) 是墨西哥籍著名女画家。

Frida Kahlo (1907-1954) was Mexico's most famous woman painter.



☺ 她的一生饱受苦痛的折磨，但也饱含着极端的英雄主义和极端天才的色彩。她童年时罹患小儿麻痹症，之后又由于遭遇交通事故几乎瘫痪。然而芙烈达用勇气和乐观克服了困难，不仅先后两次重新学习行走，还以自己独特的艺术风格让全球瞩目。

Frida Kahlo's life was one marked by extreme suffering, extreme heroism, and extreme genius. Stricken with polio (小儿麻痹症) as a child, then nearly crippled in a bus accident at the age of eighteen, Kahlo defied the odds, not only by learning to walk again (twice), but by taking the world by storm with her unique artistic vision.

☺ 虽然她短暂的生命充满了动荡和痛苦，但却留下了无与伦比的艺术作品。她用自己独特的“民俗”风格的绘画，成功地重新演绎了生命。每一幅绘画作品，不管是自画像，还是静止的生活场景，都抓住了生活中的那一瞬。芙烈达一生中创造了约200幅油画，包括素描和速写，都与她的生活经历相关。

Although her life on this earth was brief and quite often turbulent (动荡的) and painful, she left us with a legacy of art that rivals all others. Using her own unique “folkloric (民俗的)” style of painting, Frida painted the diary of her life. Each painting, rather it be a **self-portrait** or a still life, captures a moment in her life. Throughout her life time Frida created some 200 paintings, drawings and sketches related to her experiences in life.

○.....
self-portrait 自画像。艺术家为自己所绘的肖像作品，称为自画像。西方绘画传统中的自画像于文艺复兴时代为人瞩目。当时，艺术家被视为优秀乃至卓越的个体。独立的自画像的出现，常与给予艺术家的这种巨大肯定相联系。





她的作品曾经在3个地方展出：纽约、墨西哥和巴黎。卢浮宫博物馆还以高价购买了她的一幅自画像。她还在墨西哥被授予全国绘画奖。

During her lifetime, her works were shown in three exhibitions: one in New York, another in the gallery of Lola Ivarez Bravo in Mexico, and the third one in Paris. The Louvre Museum purchased one of the higher priced self-portraits. In Mexico she was given the National Painting Award.



今天，她的作品已经占领了艺术领域的一席之地。芙烈达相当多的作品被墨西哥、欧洲和美国等地的私人所收藏。她的形象已经成为国际女权主义的象征。芙烈达通过努力，已经把自身塑造为一个神乎奇神的传奇，甚至成为一个文化标记。

Today, her work holds a relevant place in the art market. Frida's paintings are to be found in a number of private collections in Mexico, Europe, and the United States. Her figure is an emblem of international feminism. Frida Kahlo has become a legend, a cultural reference that goes beyond the myth (神话) that she herself contributed to create.

故事慢讲述：传奇女画家的坎坷人生

不幸的童年

芙烈达·卡萝的人生从开始就遭受着创伤。6岁时她患了小儿麻痹症和脊柱裂，曾经连续9个月困于室内，使得右腿严重萎缩。她乐观积极地为自己创造了一个假想的朋友，来陪伴自己，排解心中的郁闷。经过这场病痛，她更加坚定了让生命之花盛情绽放的念头，

进入了墨西哥一所久负盛名的教育机构——国家预备学校。凭着顽强好学的精神，她完成了自己的学业。

Frida Kahlo's life was to be a long series of physical traumas (外伤, 损伤), and the first of

O

feminism 女性主义。女性主义认为，男尊女卑的性别秩序既不是普遍存在的，也不是永不改变的，因为它并不是“自然形成”的，而是由社会和文化人为建构起来的。

these came early.

At the age of six she was stricken with polio and had to spend 9 months confined to her room, which left her right leg thinner than the left. She also suffered from spina bifida (脊柱裂), a congenital disease that could have affected both spinal and leg development. During that time, she created an imaginary friend who would later be reflected in a painting called The Two Fridas. Explaining the painting in her diary she wrote, "I experienced intensely an imaginary friendship with a little girl more or less the same age as me... I followed her in all her movements and while she danced, I

told her my secret problems."

Once over the polio, Kahlo seemed determined to live life to the fullest. She became a tomboy at school and the leader of a group of rebellious youngsters (mostly boys) who pulled endless pranks at the National Preparatory School they attended, the most prestigious educational institution in Mexico, which had only just begun to admit girls.

In spite of this physical impairment, she had a tenacious (顽强的) and curious spirit, and she finished her studies at the National Preparatory School.

悲剧无情的延续

命运的劫难并未就此停止。1925年, 芙烈达遭遇了另一场灾难。她乘坐的校车与街上的电车相撞, 她虽然死里逃生, 身体却被一条钢管刺穿, 脊柱严重损伤。更严重的是, 这场交通事故使她丧失了生育能力, 沉重的打击让她久久不能释怀。

尽管后来芙烈达的身体一直经受疼痛的折磨, 她仍是奇迹般地恢复了行走能力。一生中她共接受了35次手术, 但她的

精神是坚不可摧的。她说: “我从未在精神上被打垮, 我一直在坚持绘画。”

In 1925, Kahlo suffered another tragedy when the school bus on which she was riding collided with a streetcar. A metal pole pierced her body, leaving her with multiple injuries, including a broken spinal column. The accident made it impossible for her

preparatory school 预备学校。在西方国家里, 这是一种为学生提供大学预备课程教育的学校。

to have children, though it was to be many years before she accepted this.

Miraculously Kahlo regained the ability to walk, though she would be tortured by pain and fatigue (劳累) throughout her life. The pain was intense and often left her confined to a hospital or bedridden for months

at a time. She underwent as many as thirty-five operations as a result of the accident, mainly on her back, her right leg and her right foot. It also meant that she faced a life-long battle against pain. "I never lost my spirit," she once said, "I always spent my time painting."

用绘画给自己插上翅膀

事故发生之后，芙烈达将自己的精力全部转移到了绘画之上，开始在画布上倾注自己的情感。在3个月的身体僵化状态期间，她仍然坚持与逆境和疼痛抗争，为绘画艺术奉献生命。她的执着追求和顽强不屈感动了父母，并从他们那里获得了支持。

身体好转之后，芙烈达接触了墨西哥的一些艺术家，并且认识了自己未来的丈夫迪亚哥，在后者的帮助之下，她继续深入发展自己的事业。她将自己所经受的伤痛转化为艺术形式呈现了出来，而她创作出的一系列无与伦比的作品更使她的生命完整、完美。

After the accident, Kahlo turned her attention away from the study of medicine to begin a full-time painting career. She purged her emotions on her canvas. The accident left her in a great deal of

pain while she recovered in a full body cast; she painted to occupy her time during her temporary state of immobilization.



Her self-portraits became a dominant part of her life when she was immobile for three months after her accident. Her mother had a special easel made for her so she could paint in bed, and her father lent her his box of oil paints and some brushes.

After her recovery, Kahlo took up with a group of Mexican artists who introduced her to well-known Mexican muralist (壁画家), Diego Rivera, whom she married later. Her talent was immediately recognized and Kahlo was encouraged to continue painting.

Kahlo also began wearing traditional Mexican clothing, which consisted of long, colorful dresses and exotic jewelry.

"My painting carries with it the message of pain... Painting completed my life... I believe that work is the best thing." She once said.

Frida began work on a series of masterpieces which had no precedent (先例) in the history of art—paintings which exalted the feminine quality of truth, reality, cruelty and suffering.

芙烈达的绘画风格受到墨西哥本土文化的影响，色彩浓重，形象夸张。她的画作中常常出现猴子形象，并将它们描绘成温柔而善良的象征。基督和犹太主题也常常出现在她的作品当中。

芙烈达艺术生涯的顶峰时期出现在19世纪40年代。1954年，她于墨西哥举办了她的第一场个人展览。当年曾经有评论家如是说：“这位杰出人物创造出的优秀作品与她个人的生活经历密不可分。她的画作就是她的自传。”

芙烈达与众不同的生活经历使她的作品也与众不同。在痛苦和挫折中她更加顽强地使自己重新站起来，创造出一代不朽的杰作。

Kahlo was deeply influenced by indigenous Mexican culture, which is apparent in her use of bright colors and

dramatic symbolism. She frequently included the symbolic monkey. In Mexican mythology, monkeys are symbols of lust, but Kahlo portrayed them as tender and protective symbols. Christian and Jewish themes are often depicted in her work.

She also combined elements of the classic religious Mexican tradition with surrealist renderings. Kahlo created a few drawings of "portraits," but unlike her paintings, they were more abstract.

The 1940s had seen her produce some of her finest work. Despite this, in 1954 she was offered her first solo show in Mexico itself—which was to be the only such show held in her own lifetime (the only one held in her native country during her lifetime). A local critic wrote:

"It is impossible to separate the life and work of this extraordinary person. Her paintings are her biography." This observation serves to explain why her work is so different from that of her contemporaries. At the time of her exhibition opening, Frida's health was such that her Doctor told her that she was not to leave her bed. She insisted that she was going to attend her opening, and, in Frida style,

she did. She sent her richly decorated fourposter (四柱大床) bed ahead of her, arrived by ambulance, and was

carried into the gallery on a stretcher. The private view was a triumphal occasion.

生命承受之重

芙烈达的一生可谓是坎坷丛生，她自始至终都在与命运做着抗争。1954年，由于肌肉组织坏死，她被迫截掉右腿。面对这样沉重的打击，她没有轻言放弃，再一次开始在假肢的帮助下重新学习走路，并且成功了！生命里的缺失促使她把情感投入绘画事业当中，仿佛在画布上倾注了全部的心血，因此生命才得以升华。

芙烈达一共给世人留下了200多幅作品，其中50多幅是自画像。她给出的解释是：“因为我承受着孤独，我是自己最了解的人。”她的画作反映了她一生的情感变化和经历，好坏圆缺，都如实呈现。

In the same year, Kahlo, threatened by gangrene (坏疽), had her right leg amputated below the knee. It was a tremendous blow to someone who had invested so much in the elaboration of her own self image. She learned to walk again with an artificial limb, and even (briefly and with the help of pain-killing drugs) danced at celebrations with friends.

Her life was filled with physical as well as emotional pain. She endured more in her short life than most people will ever have to face. But she endured. She put her emotions into her painting, and as it were, she wore her heart on her canvas.

During her lifetime, Frida created some 200 paintings, drawings and sketches related to her experiences in life, physical and emotional pain. She produced 143 paintings, 55 of which are self-portraits. When asked why she painted so many self-portraits, Frida replied: "Because I am so often alone, because I am the person I know



best.” She also said, “I paint my own reality. The only thing I know is that I paint because I need to, and I paint whatever passes through my head without any other consideration.”

Her paintings are very open and honest. They reflect her emotions, the events in her life, changes in her feelings—whether good or bad. She recorded her life in paint. Her imagery and style were very original, dramatic, and courageous. Her husband, the famous Mexican muralist Diego Rivera, said, “Frida is the only example in the history of art of an artist who tore open her chest and heart to reveal the biological truth of her feelings. The only woman who has expressed in her work an art of the feelings, functions, and creative power of woman.”

芙烈达如今已经成为一位文化偶像。有3部纪录片专门为她而拍，并且还有专门为她而拍的电影。无可否认，芙烈达将生命的意义诠释得淋漓尽致。她短暂的一生承载了太多的灾难和病痛，而她表达生命的方式——绘画使她唱响了生命的绝唱，风格独特，令人心碎。

Frida Kahlo has already become a cultural icon. Numerous books and articles have been written about her.



She has been the subject of three documentaries, and a feature film about her life was released October 25, 2002. For a woman who wished to be remembered, it seems, her wish has come true.

Frida lived her life to the fullest, despite immense pain, handicaps, and suffering. She had a gift for communicating her emotions to the world through painting. Her paintings are beautiful, often heartbreaking (令人心碎的) works, and are uniquely her style. Yet she is an amazing woman in her own right, for what she has endured, how she persevered, and how she was an inspiration and example of strength.

生命巨人的爱情纠葛

芙烈达拥有一段复杂的感情经历。她的画作吸引了墨西哥很有地位的著名壁画家迪亚哥·利弗拉（Diego Rivera）的注意，引发了一场纠结的婚姻。芙烈达初时与迪亚哥学画，后来陷入热恋，随即结婚。婚后，迪亚哥风流的行为并没有因承诺而收敛，芙烈达却因为深爱他而一再容忍，直到迪亚哥犯下让她最痛心的过错——染指她的亲生妹妹才分居。这段期间芙烈达到巴黎办个展，才发现自己对丈夫的爱已胜过爱自己，迪亚哥却提出离婚的要求。后来两人又走在一起，迪亚哥重新向芙烈达求婚。直到她的生命终点，迪亚哥一直陪在她身边。

芙烈达·卡萝同时也是墨西哥社会运动的支持者，流亡的苏联革命领袖里昂·托洛斯基来到墨西哥后，曾受迪亚哥·利弗拉招待。当时托洛斯基因为被苏联领袖史达林驱逐出境而流亡到墨西哥。托洛斯基夫妇住在芙烈达的家中时，托洛斯基与卡萝传出一段恋情。之后，托洛斯基夫妇搬到了几条街之外的科瑶坎另一处房子，在那里遇刺。

