

# SUCCESS

# 成功

可以

## KEY TO SUCCESS

BE A HAPPY WINNER

◀ 做个快乐明智的人 ▶

成应翠 祝万伟◎主编

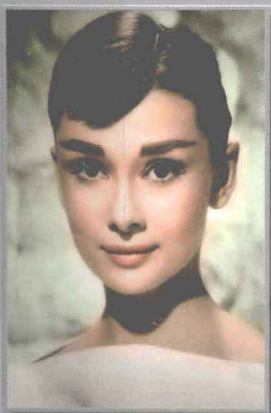
# 复制成功

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# 序

## FOREWORD

每一个成功人士都曾经是平凡人；

每一个平凡人都有机会获得成功。

成功的路有千万条，善于学习、善于模仿，你也能复制别人的成功！

达尔文曾说过“世界上最有价值的知识就是关于方法的知识，避开问题的最佳途径，便是运用方法将它解决掉。”“成功可以复制”英语阅读系列正是这样一套提供成才方法论的丛书，其中榜样案例个个精彩，为你规划人生、设计未来、成就梦想提供最佳的参考方案和精神支持。命运就在你的手中，驾驭命运需要策略和智慧。阅读本套书，你的成功没有什么不可能！

“成功可以复制”英语阅读系列巧妙地将成功励志与英语学习融为一体，使你在提升英语能力的同时，激活成功基因，时刻为成功做好准备。本套书共6册，分别为《让优秀成为一种习惯》、《做个快乐明智的人》、《为机会时刻准备着》、《用激情成就梦想》、《认真开始工作》、《你一定能做到》，收录近200位知名人物的成功细节和奋斗历程。他们或百折不挠、勇往直前；或乐观执着、勇于创新；或未雨绸缪、另辟蹊径；或抓住机遇、精于合作。本套书从做人、做事、处世的各个方面总结了成功人士身上所具备的完美素养，辅以原汁原味的英文案例，让你“励志+英语”双突破。

在这里，有全球著名管理大师大卫·艾伦教你计划可以搞定一切；在这里，你可以和香港富商李嘉诚一起学做人；在这里，你可以近观美国时尚金童汤姆·福特的创意人生；在这里，你可以学到比尔·盖茨的“跟随”发展战略；在这里，你可以聆听石油帝国缔造者洛克菲勒的教诲；在这里，你可以效仿美国国务卿希拉里的厚积薄发……

套用《安娜·卡列尼娜》中的一句话，“成功的路都是相似的，失败的路各有不同。”当你探寻成功的缘由时，你是否想过去复制他们的成功吗？如果你能真正体悟名人的榜样力量，那么，请相信，成功可以复制。打开成功的黑夹子，破解成功的迷思，锻造自我转型的平台，演绎启迪智慧的实例。当你读完本套书，你一定会找到自己的成功之道。

未来是方向，而真正的路就在脚下……

我们期许这套书能成为你的成功左岸，在你迈向的成功路上提供多元化的支



持。“成功可以复制”系列有其独特的优势：

### 优势1 循序渐进式学习，培养新的阅读视野

本套书将精英们的优秀品质精编成册，从优秀好习惯、快乐明智人生、时刻抓住机会、成就梦想、你一定能做到、认真工作等6个角度出发，将一个人从成长到成功各阶段所应必备的素质都囊括其中，使你读一本胜万本，一套书终生受用。

### 优势2 成功案例全景展现，精英的成功可以复制

本套书收录了近200位各界精英，他们能有今天的成就，同样是经历了种种考验、艰难取舍和痛苦挣扎。正因为如此，他们的成功对所有正在风雨中前行的人们而言，更具参考意义和借鉴价值。仔细阅读这些案例，他们的故事将带给你完全不一样的心灵体验。

### 优势3 成功细节必修，发现自己的“成功基因”

多少钻石，多少水晶，多少润玉，被误看作砂石，不要让自己成为被埋没的人才。精英的成功细节是可以学习的，每一个人都可以成功，关键是你能不能发现自己的“闪光点”。

### 优势4 励志小语，小中见大，顿悟人生

一句话，一个字，传递的是一种境界，一种思想。细细体会，慢慢品酌，你定能找到属于自己的那份顿悟。

### 优势5 中文导读式英语阅读，迅速提升阅读理解力

每一篇精英人物案例，均采用中文导读的阅读模式，便于读者理解全文大意，增强读者阅读英语的信心，从而使读者轻松品读英文。建议读者在阅读时先浏览导读部分，然后把精力主要放在英语上，以训练自己的英语阅读力。

由于编者水平有限，挂一漏万自不待言，望广大读者不吝赐教。

编者

2011年3月于北京



# 目录

## CONTENTS

- Success 1** | **True Elegance 真正的优雅**  
——优雅的赫本，凡间的天使 / 1
- Success 2** | **Never Say Die 永不言败的信念**  
——诺贝尔文学奖得主莱辛 / 9
- Success 3** | **Keep a Childlike Heart 寻回心中的童真**  
——“哈利·波特”之母罗琳 / 20
- Success 4** | **To Be Professional 做到专业**  
——施乐掌门人乌苏拉·彭斯 / 32
- Success 5** | **Innovation and Life 美是创新，美是生活**  
——传奇时尚大师可可·香奈尔 / 41
- Success 6** | **Follow Your Dream 追寻心中的梦想**  
——芭比娃娃之母露丝·汉德勒 / 50
- Success 7** | **Practical Style 务实成就商业奇才**  
——走近eBay的女总裁惠特曼 / 58
- Success 8** | **The Surprise of Exploration 探索的无限惊喜**  
——生物学家蒙塔尔奇尼 / 71
- Success 9** | **A Soul of Nature 在自然中寻找灵性**  
——美籍华裔建筑师林璎 / 81
- Success 10** | **Lead the Fashion 走在时代的尖端**  
——行为艺术家小野洋子 / 92
- Success 11** | **Wisdom Is a Real Present 智慧是一份真正的礼物**  
——慈善家梅琳达·盖茨 / 103
- Success 12** | **Rely on Yourself 自立乃立身自强之本**  
——前加州第一夫人玛丽娅·施莱弗 / 116
- Success 13** | **Put Your Foot Down 果敢的决策是成功的关键**  
——雄踞政坛11年的玛格丽特·撒切尔 / 127



- 
- Success 14** || **Profound Accumulation 博观而约取，厚积而薄发**  
——为政治而生的国务卿希拉里 / 138
- Success 15** || **Well Experienced 干练，女强人成功的前提**  
——叱咤德国政坛的女总理默克尔 / 149
- Success 16** || **Dedicate Yourself to the Job 敬业，工作才会有快乐**  
——白衣天使南丁格尔 / 159
- Success 17** || **Bring Your Love to Everyone 把爱带给你我**  
——感动世界的修女德蕾莎 / 169
- Success 18** || **Be Happy and Intelligent 做个快乐明智的人**  
——好莱坞童星秀兰·邓波儿 / 178
- Success 19** || **Visualize It 发挥想象力**  
——英国侦探小说女王阿加莎·克里斯蒂 / 191
- Success 20** || **The Power of Compassion 怜悯的力量**  
——美国首位女性诺贝尔和平奖获得者简·亚当斯 / 200
- Success 21** || **Be Tough as Old Boots 坚韧不拔**  
——巴西首位女总统迪尔玛·罗塞芙 / 209



优雅的女人是世间亮丽的风景线，她们端庄稳重、落落大方、不卑不亢、美丽谦和、睿智机敏、谈吐儒雅、清新悦目。没有过度的装饰，也不流于简单随便，坚持独立与自信，热情与上进。如果说女人似水，那么优雅的女人就可以水滴石穿，用智慧获得爱与尊严。外在的美随风易逝，肤浅也耐不起寻味，而优雅的女人用丰富的内心世界和对生活的智慧，让自己拥有101道风景。

在世界电影史上，奥黛丽·赫本是最亮的那颗恒星，永远发射出璀璨夺目的光芒。她拥有倾国倾城的外貌、温良谦和的性格和深厚的艺术修养。她拍的每一部电影，都引起了流行热潮。令她流芳百世的，不仅仅由于她的炉火纯青的演技，更由于她那温婉淡雅的气质。Elle杂志称：“奥黛丽·赫本是落入凡间的天使，她的身上有一种独一无二的美丽。”她那端庄的大眼睛、诱人的甜蜜笑靥、优雅的举止令历代影迷为之倾倒。因此，奥黛丽·赫本永远是高贵的范本和优雅的代名词。

*True Elegance*

**真正的优雅**

——优雅的赫本，凡间的天使



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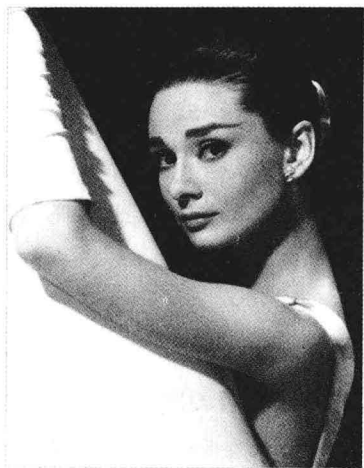
## 人物案例

赫本曾学过芭蕾，这为她的优雅气质奠定了基础。二战结束后，她师从著名舞蹈家玛丽·兰勃特。兰勃特认为赫本的身材不适合跳芭蕾，于是赫本将她的学习重心放在了表演上。

她在1948年迎来了她的荧屏处女作《荷兰七课》，之后又出演了音乐剧《高跟鞋》和《鞑靼酱》。在《蒙地卡罗宝宝》试镜期间她意外地被相中，成为百老汇《金粉世家》的女主角，也因此获得世界戏剧奖。

In 1945, after the war, Hepburn left the Arnhem Conservatory and moved to Amsterdam, where she took ballet lessons with Sonia Gaskell and studied drama with English actor Felix Aylmer. In 1948, Hepburn went to London and took dancing lessons with the renowned Marie Rambert. To help pay expenses while training with Marie Rambert, Hepburn worked part-time as a model for fashion photographers.

Hepburn eventually asked Rambert about her future. Rambert assured her that she could continue to work there and have a great career, but the fact she was relatively tall coupled with her poor nutrition during



the war would keep her from becoming a prima(一流的) ballerina. Hepburn trusted Rambert's assessment and decided to pursue acting, a career in which she at least had a chance to excel.

Since she trained to be a performer all her life, acting seemed a sensible career. Her acting career started with the educational film *Dutch in Seven Lessons* (1948). She then played in musical theatre in productions such as *High Button Shoes* and *Sauce Piquante*. Part time modelling work was not always to be had and Miss Hepburn registered with the casting officers of Britain's film studios in the hope of getting work as an extra(临时演员). During the filming of *Monte Carlo Baby* Hepburn was chosen to play the lead character in the Broadway play *Gigi* that opened on 24 November, 1951, at the Fulton Theatre and ran for 219 performances.

The writer Sidonie-Gabrielle Colette, upon first seeing Hepburn, reportedly said “Voilà! There’s our Gigi!” She won a Theatre World Award for her debut performance and it had a successful six month run.

与好莱坞明星格里高利·派克合作的电影《罗马假日》可以说是赫本的成名作，也是从这部影片开始，世人初识了赫本的优雅。试镜时轻松自如的表演让她成为导演的不二人选。派克的名字列在首位，因为他当时已经声名显赫，但拍摄完成后，派克要求将赫本的名字列在他之前，他说，这是一部属于赫本的电影。赫本同派克的合作非常愉快，二人也成为终身之友。

Hepburn’s first starring role and first American film was opposite Gregory Peck in the Hollywood motion picture *Roman Holiday*. Producers initially wanted Elizabeth Taylor for the role, but director William Wyler was so impressed by Hepburn’s screen test (the camera was left on and candid footage of Hepburn relaxing and answering questions, unaware that she was still being filmed, displayed her talents), that he cast her in the lead.

The movie was to have had Gregory Peck’s name above the title in large font

with “introducing Audrey Hepburn” beneath. After filming had been completed, Peck called his agent and, predicting correctly that Hepburn would win the Academy Award for Best Actress, had the billing(演员次序) changed so that her name also appeared before the title in type as large as his.

Hepburn and Peck bonded during filming, and there were rumours that they were romantically involved; both denied it. Actually they were lifelong friends.

Because of the instant celebrity that came with *Roman Holiday*, Hepburn’s illustration was placed on the 7 September, 1953, cover of *TIME*.

1954年赫本重返舞台，同她未来的丈夫梅尔·法利尔共同出演《翁蒂娜》并再度荣获东妮奖。她在一年之内便获



得了奥斯卡、金球奖和东妮奖的最佳女演员奖。此时的赫本不仅是好莱坞巨星，她的优雅与灵气也得到众多观众的称赞与效仿，引领了新的时尚潮流。在此之后，赫本成功演绎了很多角色。

In 1954, Audrey went back to the stage to play the water sprite(小仙子) in *Ondine* in a performance with Mel Ferrer, whom she would wed later that year. During the run of the play, Hepburn was awarded the Golden Globe for Best Motion Picture Actress and the Academy Award, both for *Roman Holiday*.

Six weeks after receiving the Oscar, Hepburn was awarded the Tony Award for Best Actress for *Ondine*. Hepburn is one of only three actresses to receive a Best Actress Oscar and Best Actress Tony in the same year (the other two being Shirley Booth and Ellen Burstyn).

By the mid-1950s, Hepburn was not only one of the biggest motion picture stars in Hollywood, but also a major fashion influence. Her gamine and elfin appearance and widely recognized sense of chic were both admired and imitated. In 1955, she was awarded the Golden Globe for World Film Favorite - Female.

赫本和好莱坞多位男演员有过合作，如亨利·方达、加里·库珀、安东



尼·帕金斯、雷克斯·哈里森等等。她从不摆架子，幽默而有亲和力，很多男演员都和她成为挚交，尤其是格里高利·派克。赫本去世之后，年迈的派克前来参加她的葬礼并含泪吟诵了赫本生前最爱的诗歌。

Having become one of Hollywood's most popular box-office attractions, Hepburn co-starred with actors such as Humphrey Bogart in *Sabrina*, Henry Fonda in *War and Peace*, Fred Astaire in *Funny Face*, Maurice Chevalier and Gary Cooper in *Love in the Afternoon*, Anthony Perkins in *Green Mansions*, Burt Lancaster and Lillian Gish in *The Unforgiven*, Shirley MacLaine and James Garner in *The Children's Hour*, George Peppard in *Breakfast at Tiffany's*, Cary Grant in *Charade*, Rex Harrison in *My Fair Lady*, Peter O'Toole in *How to Steal*

a Million and Sean Connery in *Robin and Marian*.

A common perception of the time was that Bogart and Hepburn did not get along exceedingly well. However, Hepburn has been quoted as saying, "Sometimes it's the so-called 'tough guys' that are the most tender hearted, as Bogey was with me."

Many of her leading men became very close to her. Rex Harrison called Audrey his favourite leading lady; Cary Grant loved to humour her and once said, "All I want for Christmas is another picture with Audrey Hepburn;" and Gregory Peck became a lifelong friend.

After her death, Peck went on camera and tearfully recited her favourite poem, *Unending Love* by Rabindranath Tagore.

1957年拍摄的《甜姐儿》是赫本最喜爱的电影，而她在《修女院》中无可挑剔的表演让曾经对她颇有微辞的人哑口无言。赫本对剧本的选择也十分慎重。安妮·弗兰克的父亲曾邀请她在《安妮日记》中出演自己的女儿。赫本与安妮同年出生，有着相同的悲惨经历，但赫本认为自己的年纪已不适合出演少女而婉言拒绝。

1961年，赫本在《蒂凡尼的早餐》中塑造的赫莉·葛莱丽成为好莱坞电影史上的经典。让性格内向的赫本饰演玩世不恭、肤浅虚荣的下层卖笑女子是个

巨大挑战，但她还是成功了。

事业蒸蒸日上的赫本依然过着简朴的生活，喜欢在家中的花园里侍弄花草。

**F**unny Face in 1957 was one of Hepburn's favourites because she got to dance with Fred Astaire. Then in 1959's *The Nun's Story* came one of her most daring(有挑战性的) roles. *Films in Review* stated: "Her performance will forever silence those who have thought her less an actress than a symbol of the sophisticated child/woman. Her portrayal(扮演) of Sister Luke is one of the great performances of the screen."

Otto Frank even asked her to play his daughter Anne's on screen counterpart in



the 1959 film *The Diary of Anne Frank* but Hepburn, who was born the same year as Anne was almost 30 years old, and felt too old to play a teenager. The role was eventually given to Millie Perkins.

Hepburn's Holly Golightly in 1961's *Breakfast at Tiffany's* became an iconic character in American cinema. She called the role "the jazziest of my career".

Asked about the acting challenge of the role, she replied, "I'm an introvert(性格内向的人). Playing the extroverted girl was the hardest thing I ever did."

Hepburn had established herself as one of Hollywood's most popular actresses. But she preferred a quiet life with family and nature. She lived in houses, not mansions, and loved to garden.

1964年的《窈窕淑女》是继《飘》之后最值得期待的电影，赫本出演女主角伊莉莎·多莉特并亲自配音。当被告知她的配音将被别人代替之后，赫本当即离开片厂，但第二天她就为自己有失妥当的行为道歉。影评界一致认为赫本卓尔不群的演技使她成为了永远的伊莉莎。

In 1964, Hepburn starred in *My Fair Lady* which was said to be the most anticipated movie since *Gone with the Wind*. Hepburn was cast as Eliza Doolittle

instead of then-unknown Julie Andrews, who had originated the role on Broadway. The decision not to cast Andrews was made before Hepburn was chosen. Hepburn initially refused the role and asked Jack Warner to give it to Andrews, but when informed that it would either be her or Elizabeth Taylor, who was also vying(竞争) for the part, she accepted the role.

Hepburn recorded vocals, but was later told that her vocals would be replaced by Marni Nixon. She walked off the set(片场) but returned early the next day to apologize for her "wicked" behaviour. Aside from the dubbing, many critics agreed that Hepburn's performance was excellent. Gene Ringgold said, "Audrey Hepburn is magnificent. She is Eliza for the ages."



## 励志小语

细细品味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……

(以下小语均来自奥黛丽·赫本)

**1**

**Remember, if you ever need a helping hand, it's at the end of your arm, as you get older, remember you have another hand: The first is to help yourself, the second is to help others.**

如果你需要一只帮助之手,那只手就在你自己身上。当你慢慢老去,你会发现你有两只手,一只用来帮助自己,另一只用来帮助别人。



**2**

**Anyone who doesn't believe in miracles is not a realist.**

任何不相信奇迹的人都不能算是现实主义者。

**3**

**For attractive lips, speak words of kindness.**

若要魅力双唇,需讲友善话语。

**4**

**The beauty of a woman is not in the clothes she wears, the figure that she carries or the way she combs her hair. The beauty of a woman must be seen from in her eyes, because that is the doorway to her heart, the place where love resides.**

女人的美丽不在于她的穿着、身材或是发型。女人的美丽必定是从她眼睛里流露出来的,因为那是她心灵的窗户,而心是爱的所在。

**5**

**People, even more than things, have to be restored, revived, reclaimed and redeemed; never throw out anyone.**

人比其他任何事物更需要修整、振奋、教化和救赎;永远不要抛弃任何人。





奥黛丽·赫本1929年出生在布鲁塞尔，1953年《罗马假日》中的安妮公主让全世界观众记住了这个清雅秀美的年轻女子。之后的几年中她片约不断，在《修女传》、《谜中迷》、《蒂凡尼的早餐》、《窈窕淑女》、《盲女惊魂记》等影片中的出色表演为她赢得了多项殊荣。

二战之后，奥黛丽一直致力于慈善事业。上世纪50年代起赫本担任联合国儿童基金会大使，致力于慈善事业，晚年虽重病缠身仍多次远赴非洲为饱受战火蹂躏的儿童贡献力量。

Born in Brussels in 1929, Audrey Hepburn lived in the Netherlands till the end of the Second World War. After making a few films and appearing in the 1951 Broadway play *Gigi*, Hepburn played the lead role in *Roman Holiday* (1953), winning an Academy Award, a Golden Globe and a BAFTA(英国电影学院奖) for her performance.

Over the next several years, she was one of the most successful film actresses in the world, and often been called one of the most beautiful women of all time. She won BAFTA Awards for her performances in *The Nun's Story* and *Charade* (1963), and received Academy Award nominations for her work in *Sabrina*, *Breakfast at Tiffany's* and *Wait Until Dark*. She also played Eliza Doolittle in the film version of *My Fair Lady*.

Her war-time experiences inspired her passion for humanitarian work, and although she had worked for UNICEF since the 1950s, during her later life, she dedicated much of her time and energy to the organization.







只要太阳还在走，梦就不要罢休；只要地球还在转，追求就不要停止；只要大海还在流，路就绝不停留。相信自己能够走出困境，相信自己能够创造财富和成就，相信别人能做到的事情自己也能做到，相信这个世界依然是光明灿烂的……

为了人生不至于白过，从年轻时就应该创造一些令自己感动和留恋的日子，当这些日子成为生命中的过去时，它们就像陈年的老酒一样散发出浓郁的芳香，使生命充满回味，就像旅程中的航标灯一样，永远成为生命方向的导航。

纵看多丽丝·莱辛的一生，她都在用永不言败的信念与困境抗争。虽然愚昧、无知、乏味的生活曾像天罗地网一样束缚着莱辛的创作激情，但她用坚强、热情、构想的力量来审视分裂的文明与残酷的社会现实。她的作品取材于在非洲的亲身经历，以独特的自传体风格著称，是一部女性生活体验的磅礴史诗。她的故事就像北斗星一样激励着无数的人们，当人们仰望天空的时候，那颗最亮的星星会为人们指明方向。多丽丝·莱辛的追求最终得到了丰厚的回报，以88岁高龄夺得2007年度的诺贝尔文学奖，成为历史上年龄最长的获奖者。

*Never Say Die*

**永不言败的信念**

——诺贝尔文学奖得主莱辛



3 STAEDTLER YELLOW PENCIL 152 HB

多丽丝·莱辛的父母均为英国人，但是她是在伊朗出生的，那年是1919年。后来她的父母听说种玉米可以赚大钱，1925年全家搬至津巴布韦。莱辛的母亲辛勤耕作，在野蛮人的包围下依然过着文明的生活，而父亲购买的土地并未给他带来预期的财富。莱辛的童年苦乐参半。她在恶劣的生存环境中开辟了一片“乐土”，而母亲制定的严格家规让莱辛感到压抑。她先去了一所女修道院；之后又进入一所女子学校但很快退学，13岁时，莱辛的正规教育结束了。

**D**oris Lessing was born Doris May Tayler in Persia (now Iran) on October 22, 1919. Both of her parents were British. In 1925, lured by the promise of getting rich through maize(玉米) farming, the family moved to the British colony in Southern Rhodesia (now Zimbabwe). Doris's mother adapted to the rough life in the settlement, energetically trying to reproduce what was, in her view, a civilized, Edwardian(爱德华时代的) life among savages; but her father did not, and the thousand-odd acres of bush(未开垦的荒野) he had bought failed to yield the promised wealth.



Lessing has described her childhood as an uneven mix of some pleasure and much pain. The natural world, which she explored with her brother, Harry, was one retreat from an otherwise miserable existence. Her mother, obsessed with raising a proper daughter, enforced a rigid system of rules and hygiene(卫生) at home, and then installed Doris in a convent school, where nuns terrified their charges with stories of hell and damnation. Lessing was later sent to an all-girls high school in the capital of Salisbury, from which she soon dropped out. She was thirteen; and it was the end of her formal education.

和其他未完成高中学业的非洲女性作家一样，莱辛自学成才。虽说她当时并没想过要当作家，只是时时刻刻都在想着怎样摆脱困境。她从伦敦定购了大量书籍，完全沉浸在小说的世界里。母