

奥黛丽·赫本法则

elegance

魅力是女人  
最昂贵的品牌  
它穿透人的灵魂  
——奥黛丽·赫本

10秒钟让自己

魅力十足

*Become charming in 10 se*

湛兰 著

现代出版社



# 十秒钟 *Become charming In 10 second* 让自己魅力十足



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编 者: 湛兰

责任编辑: 杜宇

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邮政编码: 100011

电 话: 010-64267325 64240483(传真)

电子邮箱: xiandai@cnpitc.com.cn

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*T*

奥黛丽·赫本

*he following was written by Audrey Hepburn,*

*who was asked to share beauty tips.*

谈美

*The following*

*was written*

*by Audrey*

*Hepburn, who was*

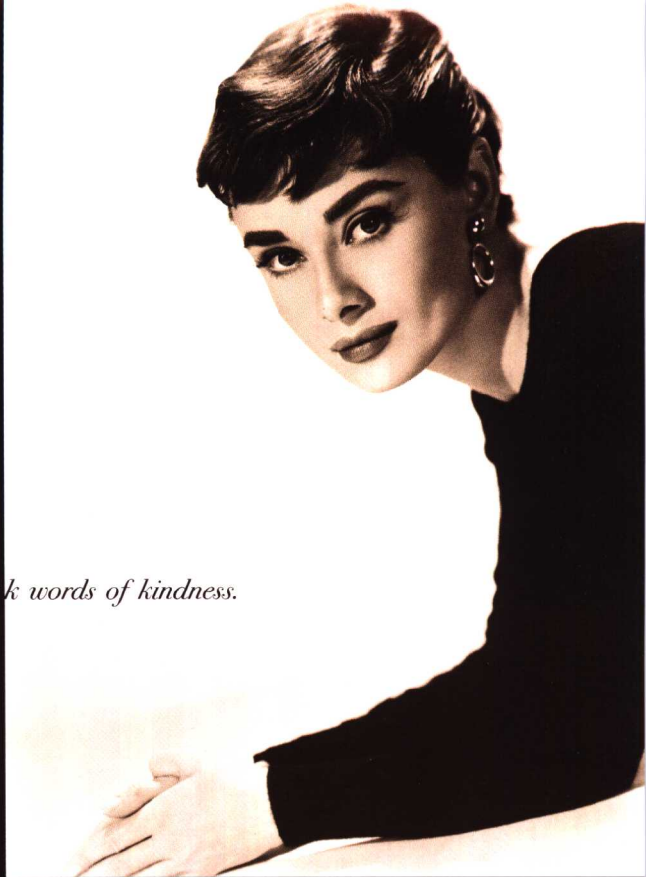
*asked to share*

*beauty tips.*





*For attractive lips, speak words of kindness.*



要有吸引人的双唇，请说美好的言语。





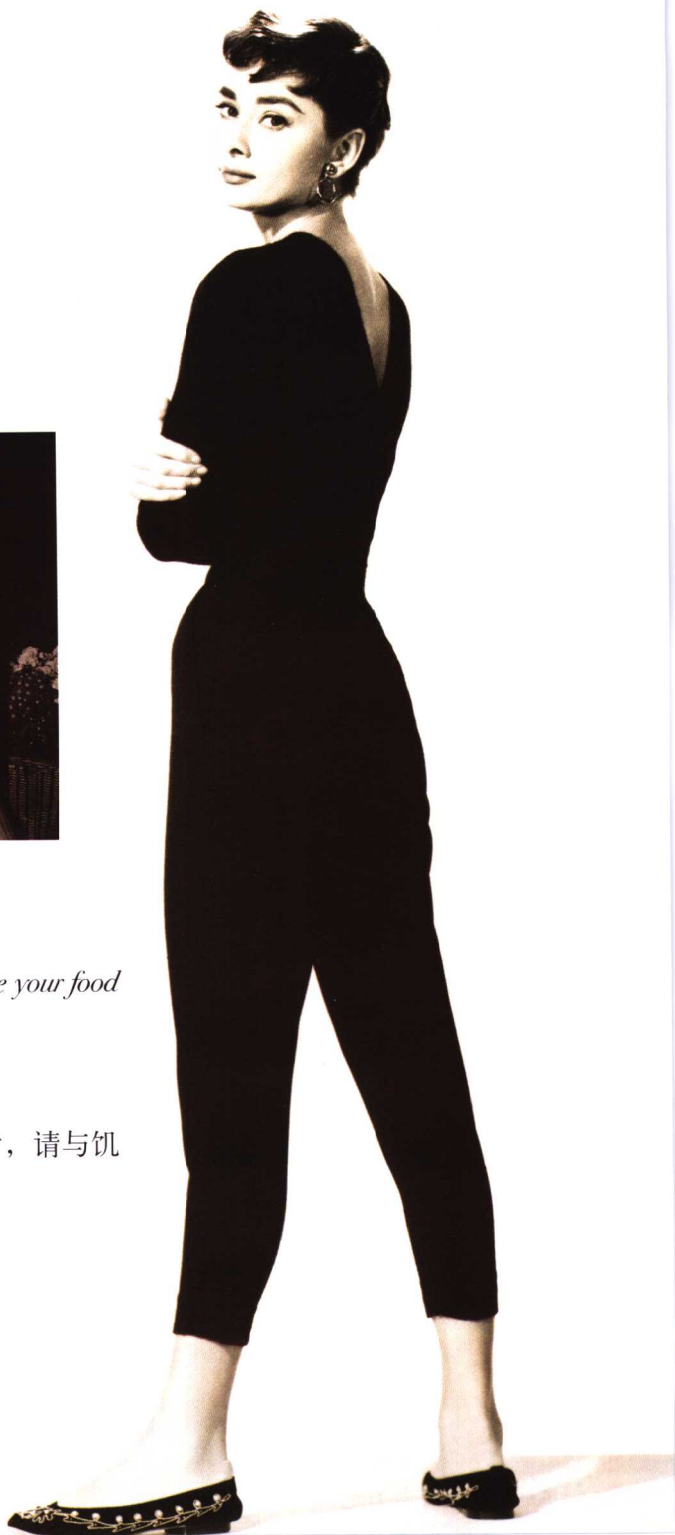
*For lovely eyes, seek out the good in people.*

要有美丽的双眼，请寻索他人的优点。



*For a slim figure, share your food  
with the hungry.*

要有纤细的身材，请与饥  
民分享你的食物。





*For beautiful hair, let a child run his or her fingers through it once a day.*

要有亮丽的头发，请让小孩每日触摸它。

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*For poise, walk with the knowledge that you  
never walk alone.*

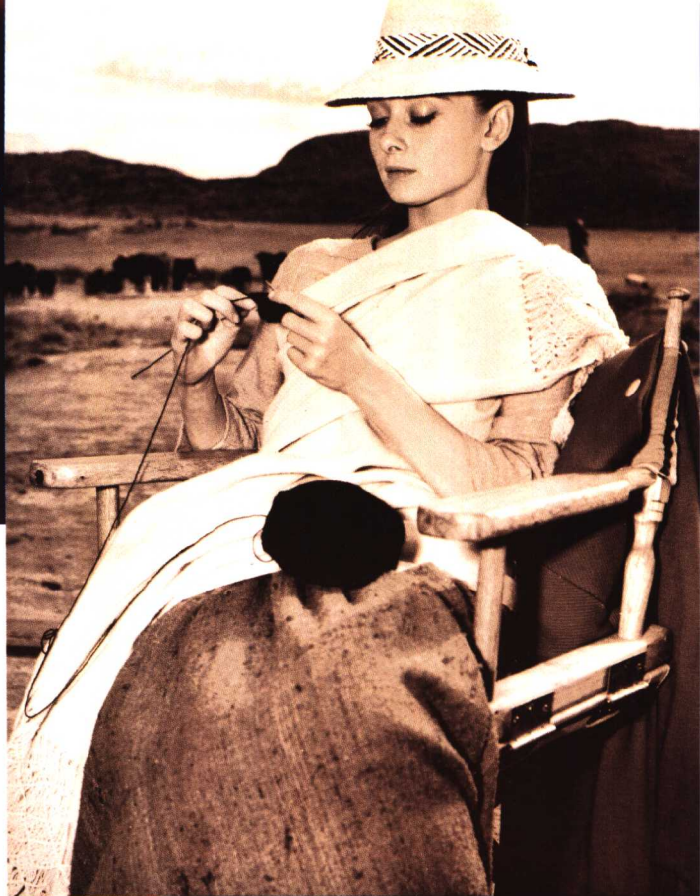
要有自信的态度，请学习你不曾学过的知识。

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

人之所以为人，是必须充满精力、自我悔改、自我反省、自我成长；并非向他人抱怨。







*Remember, if you ever need a helping hand, you'll find them at the end of each of your arms. As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.*

请记住，如果你需要帮助，你永远有自己的手。当你成长后，你会发觉你有两双手，一双帮助自己，一双帮助他人。





*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服饰、珠宝、  
发型；女人的美丽必须从她的眼中找到，  
因为这才是她的心灵之窗与爱心之房。



*The beauty of a woman is not in a facial mode, but the true beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows.*

女人的美丽不是表面的，应该是她的精神层面，  
是她的关怀、她的爱心以及她的热情。





*The beauty of a woman grows with the passing years.*

女人的美丽是跟着年龄成长的。