

Bilingual reading for Chinese students

中国学生双语阅读精品

快乐真言

A simple truth about happiness

英汉典藏版



每个人都是一座宝藏。平凡人也有超人的能量。成功的关键在于
何唤醒心中的巨人，挖掘自身的潜能。

山东电子音像出版社

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刘 庆 编著

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第一辑

编 著 刘 庆

责任编辑 王 伟

封面设计 李 明

出 版 者 山东电子音像出版社
(济南市胜利大街 39 号 邮编 250001)

发 行 者 山东电子音像出版社

印 刷 北京顺义康华福利印刷厂

经 销 各地新华书店

开 本 787 × 1092 毫米 1/32

印 张 168

字 数 2400 千字

版 次 2008 年 11 月第 1 次印刷

书 号 ISBN 978 - 7 - 89481 - 193 - 6

定 价 988.00 元(全 48 册 + 1CD)

如图书有印装质量问题,请与承印工厂联系。

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第一卷 快乐真言

我以前并不是一个非常快乐的孩子，像大多数十几岁的孩子一样，我总是沉浸在自己的烦恼中。但是，有一天，我豁然开朗，谁都有可能不快乐，因为那不需要任何勇气或努力。而快乐，却存在真正的挑战，需要不断地付出努力。

快乐真言

佚名

我以前并不是一个非常快乐的孩子，像大多数十几岁的孩子一样，我总是沉浸在自己的烦恼中。但是，有一天，我豁然开朗，谁都有可能不快乐，因为那不需要任何勇气或努力。而快乐，却存在真正的挑战，需要不断地付出努力。

也许很多人都未曾听说过，快乐也要付出努力。我们以为这种感受只是一些美好事物所产生的必然结果，纯粹是一种偶然，我们很少或者说根本无法控制。

然而，事实刚好相反：在很大程度上，我们自己控制着快乐。它是一场需要发起的战斗，而不是那种守株待兔的感觉。

要让生活更加快乐，我们必须扫除这些绊脚石，其中三个是：



与他人攀比。大多数人都喜欢与自认为比自己快乐的人比较——一个亲戚，熟人，或者通常是我们不甚了解的人。我曾经遇到一个年轻人，他的巨大成功和快乐让我羡慕不已。他说他非常爱自己漂亮的妻子和女儿们，也为能在自己喜欢的城市做一个电台脱口秀节目主持人而感到高兴。我记得当时自己以为他是那些为数不多的幸运儿之一，一切都那么轻而易举。

然后我们谈到了因特网，他告诉我。他感激它的存在，因为从网上能查到大量硬化症的信息——他的妻子一直承受着这种可怕疾病的折磨。我竟愚蠢地认为他的生活没有丝毫不快。

幻想完美。几乎每个人都对自己的生活有一番设想。可问题是，人们的工作，配偶和孩子很少能达到理想的境地。

就拿我的亲身经历来说：我的家族中以前从未有人离过婚，我也认为结婚是一辈子的事。所以，当我和妻

子在儿子出生3年后离婚时，觉得整个世界都崩塌了，我认定自己是一个失败者。

后来，我向再婚的妻子弗兰倾诉苦楚：我认为自己的家庭生活已经失败，而这样感觉一直无法摆脱。她问我，我们现在的家庭（包括她和前夫的女儿，我的儿子）有什么问题吗？我必须承认，除了只有一半的时间与儿子相处，令我感到痛苦外（我和前妻分担监护权），我们的家庭生活非常美满幸福。

“那么，为什么你不因此而庆幸呢？”她问道。

我正决定这样做，但首先我必须清除想象中的“完美家庭”。

“缺失的砖块”综合症。紧盯着某物微乎其微的瑕疵，会极大地破坏幸福，就像抬头看天花板，注意力只集中在缺失一块瓷砖的地方。正如一个秃顶的人告诉我，“无论何时走进一个房间，我看到的全是头发”。

一旦你确定了自己缺失的是
什么砖块，就要仔细思量，获得
它是否真的会让你快乐。然后，
你可在三种方式中选其一：找到



缺失的那块砖；用另一块替代；或者把它遗忘，把注意力集中在你生命中没有遗失的砖块上。

我花了几年时间研究快乐，得出的最重要的结论之一是：人们感受快乐的程度，与他们的生活条件并无太大关联。只要想想，这个结论便显而易见了。我们都知道，一些人的生活相对安逸，却并不快乐。我们也知道，有些人遭受了巨大的痛苦，却仍旧很开心。


第一个秘诀是感恩的心。所有快乐的人都满怀感激，而不知感恩的人则感受不到快乐。我们以为不快乐的人才会一味地抱怨，但事实上，正是抱怨使人们变得不快乐。

第二个秘诀是认识到快乐是一种其他事情的副产品。快乐最主要的来源，是能让生活更有意义的一切追求——从研究昆虫到打棒球。我们拥有更多的激情，就会感受更多的快乐。

最后，相信某种永恒会超越我们，我们的存在有更伟大的意义，这些会帮助我们享受更多快乐。我们需要精神上或宗教上的信仰，或是一种生活的哲理。你的人

生哲学应该包括这个公认的真理：在任何情况下，如果你都选择发现事实的积极面，那你会感到快乐；如果你选择关注消极面，你就会痛苦。快乐本身，很大程度上，取决于你所做的决定。





A simple truth about happiness

Anonymous

I was not a particularly happy child, and like most teenagers, I reveled in my angst. One day, however, it occurred to me that I was taking the easy way out. Anyone could be unhappy; it took no courage or effort. True challenge lay in struggling to be happy.

The notion that we have to work at happiness comes as news to many people. We assume it's a feeling that comes as a result of good things that just happen to us, things over which we have little or no control.

But the opposite is true: happiness is largely under our control. It is a battle to be waged and not a feeling to be awaited.

To achieve a happier life, it's necessary to overcome some

stumbling blocks, three of which are:

Comparison with Others. Most of us compare ourselves with anyone we think is happier—a relative, an acquaintance or, often, someone we barely know. I once met a young man who struck me as particularly successful and happy. He spoke of his love for his beautiful wife and their daughters, and of his joy at being a radio talk-show host in a city he loved. I remember thinking he was one of those lucky few for whom everything goes effortlessly right.

Then we started talking about the Internet. He blessed its existence, he told me, because he could look up information on multiple sclerosis—the terrible disease afflicting his wife. I felt like a fool for assuming nothing unhappy existed in his life.

Images of Perfection. Almost any of us have images of how life should be. The problem, of course, is that only rarely do people's jobs, spouses and children live up to these imagined ideals.

Here's a personal example: No one in my family had ever divorced. I assumed that marriage was for life. So when my wife

and I divorced three years after the birth of our son, my world caved in. I was a failure in my own eyes.

I later remarried but confided to my wife, Fran that I couldn't shake the feeling that my family life had failed. She asked me what was wrong with our family now (which included her daughter from a previous marriage and my son). I had to admit that, aside from the pain of being with my son only half the time (my ex-wife and I shared custody), our family life was wonderful.

"Then why don't you celebrate it?" she asked.

That's what I decided to do. But first I had to get rid of the image of a "perfect family".

"Missing Tile" Syndrome. One effective way of sabotaging happiness is to look at something and be fixated on even the smallest flaw. It's like looking up at a tiled ceiling and concentrating on the space where one tile is missing. As a bald man told me, "Whenever I enter a room, all I see is hair."

Once you've determined what your missing tile is, explore whether acquiring it will really make you happy. Then do one

of three things: get it, replace it with a different tile, or forget about it and focus on the tiles in your life that are not missing.

I've spent years studying happiness, and one of the most significant conclusions I've drawn is this: there is little correlation between the circumstances of people's lives and how happy they are. A moment's reflection should make this obvious. We all know people who have had a relatively easy life yet are essentially unhappy. And we know people who have suffered a great deal but generally remain happy.

The first secret is gratitude. All happy people are grateful. Ungrateful people cannot be happy. We tend to think that being unhappy leads people to complain, but it's truer to say that complaining leads to people becoming unhappy.

The second secret is realizing that happiness is a by-product of something else. The most obvious sources are those pursuits that give our lives purpose—anything from studying insects to playing baseball. The more passions we have, the more happiness we're likely to experience.

Finally, the belief that something permanent transcends us

and that our existence has some larger meaning can help us be happier. We need a spiritual or religious faith, or a philosophy of life. Your philosophy should encompass this truism: if you choose to find the positive in virtually every situation, you will be blessed, and if you choose to find the awful, you will be cursed. As with happiness itself, this is largely your decision to make.