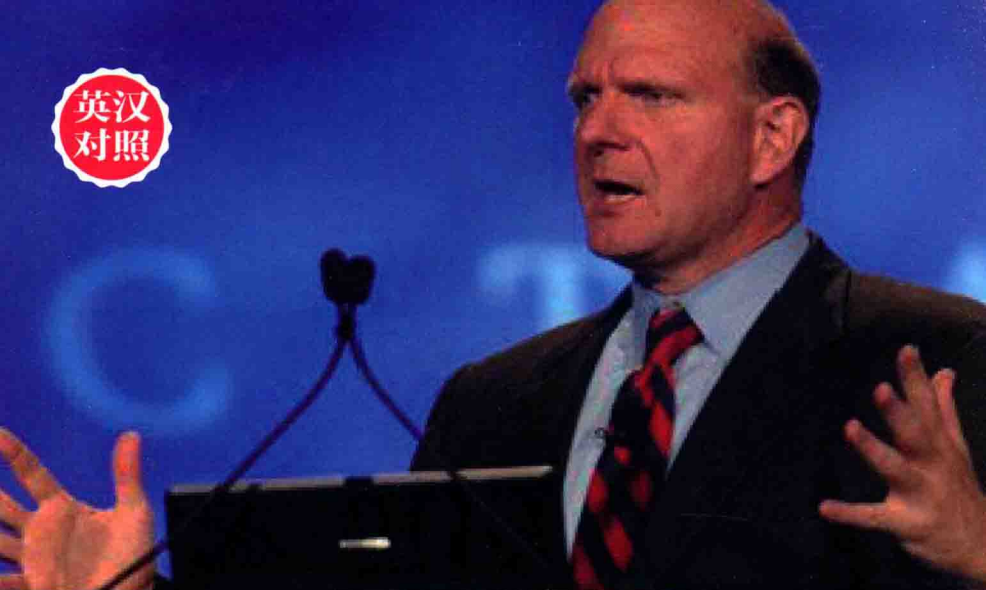


英汉
对照



SPEECHES IN FAMOUS UNIVERSITIES

名人名校演讲精粹

——Striving in the Face of Adversity
勇敢面对逆境

（美）史蒂夫·鲍尔默等◎著

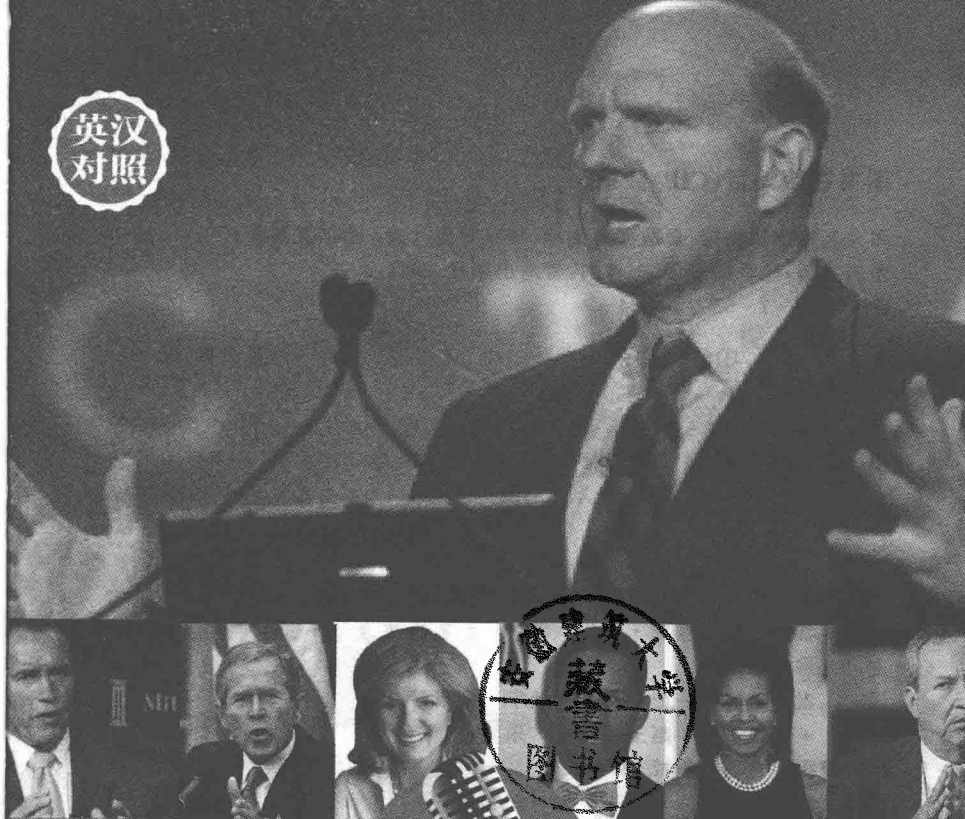
聆听各界精英的铿锵之声
汲取奋力前行的巨大力量



青岛出版社
QINGDAO
PUBLISHING HOUSE

国家一级出版社
全国百佳图书出版单位

英汉
对照



SPEECHES IN FAMOUS UNIVERSITIES

名人名校演讲精粹

—Striving in the Face of Adversity—

勇敢面对逆境

(美) 史蒂夫·鲍尔默等◎著

主 编 张 岩

译 者 孙晓楠 彭白羽 苏焕宁 刘淑玲
钱 璐 赵玉婷 王 乐 赵 妍



青岛出版社
QINGDAO PUBLISHING HOUSE

国家一级出版社
全国百佳图书出版单位

图书在版编目(CIP)数据

名人名校演讲精粹. 勇敢面对逆境: 英汉对照/(美) 鲍尔默等著;
张岩主编; 孙晓楠等译. —青岛: 青岛出版社, 2015. 4
ISBN 978-7-5552-1934-7

I. ①勇… II. ①鲍… ②张… ③孙… III. ①演讲—世界—选集—英、汉
IV. ①I16

中国版本图书馆 CIP 数据核字(2015)第 076421 号

书 名 名人名校演讲精粹——勇敢面对逆境
作 者 (美)史蒂夫·鲍尔默等
主 编 张 岩
译 者 孙晓楠 彭白羽 苏焕宁 刘淑玲
钱 璐 赵玉婷 王 乐 赵 妍
出版发行 青岛出版社
社 址 青岛市海尔路 182 号 (266061)
本社网址 <http://www.qdpub.com>
邮购电话 13335059110 0532-85814750(传真) 0532-68068026
责任编辑 曹永毅 江伟霞 E-mail: cyyx2001@sohu.com
责任校对 陈纪荣
封面设计 金 晓
照 排 青岛双星华信印刷有限公司
印 刷 青岛国彩印刷有限公司
出版日期 2015 年 5 月第 1 版 2015 年 5 月第 1 次印刷
开 本 32 开 (890mm×1240mm)
印 张 14.25
字 数 380 千
书 号 ISBN 978-7-5552-1934-7
定 价 29.80 元

编校质量、盗版监督服务电话 4006532017

青岛版图书售后如发现质量问题, 请寄回青岛出版社出版印务部调换。

电话 0532-68068638

建议陈列类别: 英语·演讲·励志

目 录

■政界精英

-
1. Striving in the Face of Adversity
勇敢面对逆境 / 米歇尔·奥巴马 2
2. Hold of Your Ideal
坚持梦想 始终如一 / 克里斯多夫·马修斯 24
3. Greatness Comes from the Spirit in Failure
伟大来自失败时表现出的精神 / 拉姆·伊曼纽尔 42
4. The World is Expecting a Developing New China
全世界期待一个发展中的新中国 / 乔治·布什 58
5. How to Build First-Class Universities?
如何建设世界一流的大学? / 劳伦斯·萨默斯 74
6. Six Rules of Success
成功的六个法则 / 阿诺德·施瓦辛格 102

■文艺界精英

-
7. Face the Challenges
面对挑战 / 斯蒂芬·科尔伯特 132

8. Six Things No Commencement Speaker Has Ever Said	
毕业演讲嘉宾从未说过的 6 件事 / 查尔斯·韦兰	152
9. Follow the Voice in Your Heart	
聆听自己的心声 / 梅雷迪斯·维埃拉	180
10. What Are You Going to Do With That	
你们要用它做什么——挣脱束缚的勇气 / 威廉·德莱塞维茨 ...	200
11. Faking Your Way to Your Authentic Destiny	
虚构自我 创造真实 / 杰伊·麦金纳尼	222
12. Sixteen Suggestions to Graduates	
给毕业生的十六点建议 / 苏珊·洛里帕克斯	244
13. Eight Suggestions that Help You Enter the Rest of Your Life	
助你走入未来人生的八条建议 / 布莱恩·肯尼	258
14. Taking Risks and Falling Forward	
勇于冒险, 倒向前方 / 丹泽尔·华盛顿	274
15. If Not Now, When?	
此刻不搏, 更待何时? / 理查德·塞拉	292
16. Failure — the Catalyst for Profound Reinvention	
失败——深刻变革的催化剂 / 科南·奥布莱恩	306

■ 商界精英

17. Perseverance is the Difference between Success and Failure

成功与失败的差别就在于坚持不懈/ 亚利安娜·赫芬顿 332

18. Passion and Tenacity

坚强与毅力/ 史蒂夫·鲍尔默 350

19. You Need to Come Home to Yourself

保持自我/ 约翰·雅各布·谢勒 366

20. Rest If You Must, but Don't Quit (Excerpt)

可以放松,但不可放弃(节选)/ 拉里·博克 394

■ 学界精英

21. Take Your Time and Find Your Passion

耐心寻找自己的激情/ 理查德·查尔斯·莱文 410

22. You Should Have Big Dreams

要有大梦想/ 伊莱亚·A·泽洪尼 428



政界精英

当你还有机会时,做些疯狂出格但有所收获的事情吧!

——克里斯多夫·马修斯

只有拥抱挑战而不是临阵退缩,只有设定自己理想的目标并为之奋斗,我们才能变成自己应该成为的人。

——米歇尔·奥巴马

跌倒时要学会谦恭和汲取智慧,因为这在你成功时会对你有帮助。你们一生中也会遇到失败,但是决定你们生命之峰高度的,是你们处于人生低谷时的表现。

——拉姆·伊曼纽尔

Striving in the Face of Adversity

Michelle Obama

Commencement Speech at University of Arkansas

May, 2010

Thank you so much. I am so **thrilled** and so honored to be here today to help celebrate the extraordinary young men and women of the Class of 2010. Thank you, Chancellor Davis, for that very kind introduction, and for continuing your family tradition of inspired leadership at this university. I also want to recognize Governor Mike Beebe and Mrs. Ginger Beebe, Senators Blanche Lincoln and Mark Pryor, Representative Mike Ross, Attorney General Dustin McDaniel and Mayor Carl Reus. Thanks also to Carl L. Johnson, Vice Chairman of the University of Arkansas Board of Trustees, the members of the Board of Trustees and B. Alan Sugg, President of the University of Arkansas System.

And graduates, let's all take a moment to thank the unsung heroes here today — your families: the **folks** who pushed you and believed in you, the folks who answered all those late night phone calls, even when you were just calling to ask for money, the folks whose love **sustains** you every single day. Because today is their day too. So let's give them a round of **applause**.

勇敢面对逆境

米歇尔·奥巴马

阿肯色大学毕业典礼演讲

2010年5月



非常感谢。今天有幸与大家一起庆祝2010届非凡的青年男女毕业,我十分激动。谢谢您,戴维斯校长,感谢您热情的介绍,也感谢您将激发领导才能这一家族传统在这所大学传承下来。我还要感谢麦克·比贝先生及金吉·比贝夫人,参议员布兰奇·林肯和马克·普莱尔,众议员马克·罗斯,司法部长达斯汀·麦克丹尼尔以及卡尔·莱德斯市长。也感谢阿肯色校理事会副会长卡尔·约翰逊先生、理事会全体成员以及阿肯色州立大学系统主席艾伦·萨格。

同学们,让我们抽出一分钟的时间来感谢今天的无名英雄——你们的家人:他们鼓励你,信任你,总是接听你半夜的来电,哪怕你只是打电话要钱,正是他们的爱支撑你度过每一天。今天也是他们的节日,所以让我们向家人致以热烈的掌声。

thrill /θril/ *v.* 激动,紧张

folk /fəuk/ *n.* 双亲

sustain /səs'tein/ *v.* 支持

applause /ə'plə:z/ *v.* 鼓掌,赞许

Finally, to the stars of today's show, the class of 2010 — congratulations, we are all so proud of you. You've worked so hard and invested so much of yourselves.

During your time here, your teachers have become mentors, your classes have become passions and career **ambitions** and your classmates have become lifelong friends. From the day you arrived as freshmen, you have taken all this school has to offer and made it your own. And in doing so, you've become part of a proud tradition — one that began 135 years ago, just a decade past slavery, on that September day when the Branch Normal College first opened its doors.

Things were very different back then. There were no lecture halls or dorm rooms, no **athletic** facilities or libraries. The first campus was little more than a run-down frame house in **desperate** need of repairs. The first class consisted of just seven students, some of whom could barely read at a first grade level.

Life was full of uncertainty for these students. There was no clear path to success — no guarantee of opportunity when they graduated.

Still, with hope in their hearts, and faith in their God-given potential, they came here anyway, they came to do the only thing they could — they came to learn. Just imagine how those seven students would feel if they could see all of you here today? If they could see how their tiny schoolhouse has become the Flagship of the Delta — a great university with a network of **alumni** across this country. Imagine their pride in seeing all this institution has accomplished: the Vesper Choir performing at the Vatican; the ROTC^① program producing a U.S. Army General; the Golden Lions making it to the NCAA^② tournament ;

最后,我要对今天的主角,2010 届毕业生说——祝贺你们,我们为你们感到骄傲。你们投入了全部精力,学习十分刻苦。

大学时代,老师是你们的良师益友,学业是你们的激情与职业抱负所在,同学则成了一生的挚友。从你们踏入校园那天起就孜孜不倦地学习,并将学到的东西化为己用。在这一过程中,你们也成了学校优良传统的一部分——这一传统始于 135 年前,即取消奴隶制度后 10 年。9 月的一天,这所师范院校分校第一次敞开了自己的大门。

那时候,一切都与现在不同。当时没有大讲堂或宿舍,也没有运动设施或图书馆。最初的校园就是个亟待修整的破败的木屋。第一堂课只有 7 个学生,他们中有的人阅读水平勉强达到一年级水平。

对他们而言,生活充满了不确定性。成功之路十分渺茫,他们毕业后不一定能获得就业机会。

然而,他们心中充满希望,天赋的潜能让他们满怀信心。不管怎样,他们来到了这所学校,他们来做唯一能做的事情——学习。大家可以想象一下,这 7 名同学看到今天的你们会作何感想?如果他们看到曾经狭小的校舍变成了三角洲地区的旗舰学校——一所校友遍天下的一流学校;看到母校取得的这些成绩:维斯帕合唱团在梵蒂冈演出,预备军官训练营中走出了一位美国陆军上将,金狮队入围大学体

ambition /æm'biʃən / *n.* 雄心,抱负

athletic /æθ'letik / *adj.* 运动的

desperate /'despərit / *adj.* 极其需要的

alumni /ə'lʌmnaɪ / *n.* 男毕业生,校友

and generations of doctors, lawyers, educators and others who have gone on to improve the lives of millions. And do you think they could ever have dreamed that their school band would be chosen to march at the inaugural **parade** of a United States President, and that President would be an African American man named Barack Obama?

Graduates, when you think about how far you've come, when you think about how far this university has come, it just once again reminds you that God is good.

And today, we celebrate not just your achievements, but the achievements of all those who came before you, those who poured everything they had into building this school and giving you opportunities they never could've imagined for themselves.

But even today, with all the progress that's been made, and all that you've achieved, I know that for so many of you, the journey hasn't been easy. Many of you probably grew up like me in neighborhoods where few had the chance to go to college where being **teased** for wanting academic success was a fact of life, where well-meaning, but misguided folks questioned whether a girl with a background like mine could succeed at a school like Princeton^③.

But like me you knew you wanted something more. Just like those first seven students at this school, something inside of you drove you to set your sights higher. It was that internal drive that kept you focused, kept you out of trouble, and earned you admission to this University.

I'm sure you all remember the joy you felt when you opened those acceptance letters. But I'm sure that some of you also remember the **initial** shock you experienced when you first

育总会锦标赛,还有一代又一代的医生、律师、教师及各行各业的工作者改善了无数人的生活;看到这些他们会多么骄傲。你认为他们会想到母校的乐队能被选中在美国总统就职时参加表演吗?他们会想到总统会是一个叫巴拉克·奥巴马的非裔美国人吗?

同学们,看到自己走了这么远,母校走了这么远,你们就会再次想起,上帝是公平的。

今天,我们不仅要庆祝你们的成就,更要庆祝前人的成就。他们倾其所有、竭尽全力建设这所大学,给你们提供了他们自己想都不敢想的机会。

然而,即使是今天,你们取得了巨大进步,获得了优异的成绩,对很多人而言,生活之旅仍然充满艰辛。很多人可能和我一样,生活的社区中很少有人有机会上大学,想获得学术成就而遭人嘲笑是无法改变的现实,很多善意但被误导的人质疑,像我这种背景的女孩是否能在普林斯顿这种名牌大学中大有作为。

但像我一样,你们知道自己想获得更多。就像这所大学最初的7名学生一样,内心的某种力量促使你们将目光放得更长远。正是这种内心的力量让你们笃定专注,摆脱困境,获得了大学录取通知书。

我相信,你们都记得打开录取通知书时的快乐。但我也确定,有些人仍然记得初到大学时的震撼——大家意识到,期望可能设

parade /pə'reid / *n.* 游行

tease /ti:z / *v.* 嘲弄,欺负

initial /i'nifəl / *adj.* 最初的



arrived on **campus** — and realized that the expectations were perhaps a little higher and the work was harder than **anticipated**. But that didn't stop you instead, you dug deep, you stepped up your game — and ultimately earned yourself that **diploma**.

But now, after all you've done to get this far after all of your achievements and struggles a new set of challenges awaits. Suddenly, you're facing a future of debt in the form of tens of thousands of dollars of student loans — and you've got to find a job that will start paying the bills before the bill collectors come knocking. I know the feeling. It wasn't that long ago that my husband and I were still paying off our own loans.

It can start to feel like each time you overcome one obstacle and achieve something big, another obstacle is right there to take its place. The bar is set, then you work as hard as you can to reach that bar, and just when you think you've finally reached it, the bar moves even higher — even farther out of reach.

And I know that can be frustrating — particularly for young people like you who've been raised in a popular culture that doesn't always value hard work and **commitment**, a culture that instead glorifies easy answers and instant gratification, the fast food, the instant messaging, the easy credit. Your generation has come of age in a culture that celebrates fleeting reality TV fame rather than the hard labors of lasting success. It's a culture that elevates today's celebrity **gossip** over the serious issues that will shape our future for decades to come. It's a culture that tells us that our lives should be easy, that suffering and struggle should be avoided at all costs, and that we can have

定得有点高,任务远比想象得要艰难。但这没有阻挡你们前进的脚步,你们深入学习,慢慢进步——最终你们获得了毕业证书。

然而,虽然走到今天,获得了如此多成绩,你们今后仍要面临新一轮的挑战。突然,你们发现未来要还清几万元的学生贷款——你们必须找份工作,在收账人上门讨要前开始还账。我了解这种感受。不久前,我和丈夫还在还我们的贷款。

大家可能觉得,每次克服了一个障碍,取得了巨大成就时,总有另一个障碍在前面等着你。标杆已经设定好了,你要做的就是努力达到这个标杆,你觉得自己终于接近目标时,标杆又抬高了——甚至远远超出自己的能力范围。

我知道这很令人沮丧——特别是对你们这群年轻人。你们所处的主流文化并不重视努力工作和承担义务,而是推崇简单答案、即时满足、快餐、即时通讯和放松信贷。你们这一代宣扬在电视真人秀中昙花一现,而不是通过努力工作获得永久成功。在这种文化的熏陶下,你们长大成人。这种文化重视今天的名人八卦,却忽视了会影响我们未来几十年生活的严肃问题。这种文化告诉我们,生活应该轻松自在,所以要不遗余力地避免受苦和奋斗,我们都能不费吹灰之力得

campus /'kæmpəs/ *n.* 校园

anticipate /æn'tisipeit/ *v.* 预期

diploma /di'pləʊmə/ *n.* 文凭

commitment /kə'mitmənt/ *n.* 承诺,奉献

gossip /'gɒsɪp/ *n.* 流言蜚语,闲话



everything we want without a whole lot of effort.

But we all know that life really doesn't work that way. Despite all those promises of easy money and fast profits, how many businesses do you know that succeed without the hard work and serious investments to produce a quality product? Despite all those expectations of **instant** progress and overnight change, how many leaders do you know that have made lasting contributions without major trials and **setbacks** along the way?

It took decades of struggle to end slavery, for women to earn the right to vote, and for us to free ourselves from the scourge of **segregation**. And we all remember what happened to our economy when we succumbed to the lure of easy credit, too-good-to-be-true-mortgages, and assurances that it's just fine to spend way beyond our means.

So graduates, I'd like to suggest that — contrary to what you might see on TV or in the **tabloids** — few things worth achieving happen in an instant, and there's often great value in great struggle.

I'm here to suggest that it's only by embracing, rather than shrinking from challenges; it's only by setting and striving for our own ambitious bars that we become what we are truly meant to be.

Think for a moment about those first seven students at this school. They arrived here at a time when newly freed people had few opportunities beyond sharecropping, when oppressive "black codes" still limited their freedom, and **lynching** and **mob** violence were facts of life. They had been raised in a society that viewed them not as potential students, or professionals, or even citizens — but as property — unfit for, and undeserving of ,

到自己想要的一切。

但我们都知道,生活不是这样的。尽管有低息贷款及快速收益之类的承诺,但有多少你们知道的企业不是通过努力奋斗和谨慎投资生产优质产品才获得成功的? 尽管很多人期望快速进步和一夜暴富,但有多少你们知道的领导者不是一路尝试、饱经挫折才做出永恒的贡献?

为了结束奴隶制度,使妇女获得选举权,让我们免受种族隔离的蹂躏,前人奋斗了几十年。大家都记得,我们屈服于放松信贷、美好而虚幻的抵押贷款,享受保险带来的超额消费给经济带来的灾难。

所以,同学们,我想说——和你们在电视或小报上看到的相反——转瞬即逝的东西很少值得拥有,只有努力奋斗获得的东西才是无价的。

我想说,只有拥抱挑战而不是临阵退缩,只有设定自己理想的目标并为之奋斗,我们才能变成自己应该成为的人。

想一想这所学校最初的 7 名学生。他们入学时,刚获得自由的黑人除了做佃农耕种外机会很少。那时,压迫性的黑人法令仍然限制着他们的自由,死刑和暴力也是无法改变的现实。当时的社会不把他们看作是有潜力的学生或专业人才,甚至不把他们当成公民——而把他们当成私有财产——认为他们不适合也不配受到教育,但他们内心

instant /'ɪnstənt / *adj.* 即时的,速成的

setback /'setbæk / *n.* 挫折,失败

segregation /segrɪ'geɪʃən / *n.* 种族隔离

tabloid /'tæbloɪd / *n.* 小报

lynch /lɪntʃ / *v.* 处以私刑

mob /mɒb / *n.* 暴民