

偶像明星励志演讲















「听最具感召力的声音」 「读最地道流畅的英文 首诵最闪亮激昂的段落 感悟偶像的傲人魅力 体味世界的励志回声 收藏灵魂的智慧光芒



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The Most Influential and Best Inspirational Voices

听力+词汇+文化

影响你一生的

偶像明星励志演讲

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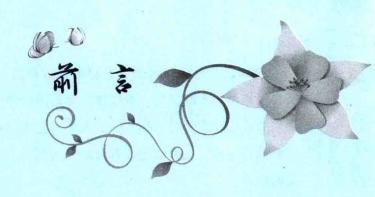
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对于英语学习者来说,多听多看多练英语演讲是学习地道英语的最佳途径之一,也是训练语音语调最有效的辅助手段。你不用担心这些演讲是否有语法问题,也不用担心用词是否准确,表达是否到位。因为一些名人的演讲稿通常是字斟句酌精心完成的。此外,通过演讲学英语还可以潜移默化地帮助自己提升对英文的驾驭能力,增强英语的语感和美感。

本书精选 22 篇演讲,其中的明星人物大抵来自娱乐界。他们有的是大导演,有的是超级明星,有的是体育天才,有的是畅销书作家。但无一例外他们都具有非凡的魅力,广泛的影响力,巨大的感召力,可以说他们是当下最出色最受到关注的人物。同时因为他们经过了艰辛,坚持着梦想,最终取得骄人的成绩。他们总是能够鼓舞你,激励你,感动你,用真实的人生阅历为你的生活注入新的活力和动力。

就像史诗巨片《阿凡达》的导演卡梅隆所说,人生之中,失败是一个选项,但畏惧不是。人生难免失败,但是从不停歇脚步去追求梦想才是应有的姿态。这也是银幕英雄施瓦辛格,用他从健美先生一路走到奥斯卡不断超越自己的亲身经历所告诉我们的道理。

奥斯卡不缺乏明星,然而奥斯卡颁奖典礼上的宠儿,无一不是经历了诸多的历练才能站在领奖台上。风光无限的哈莉·贝瑞获奖时痛哭失声,不断地说着感谢的话。的确我们身边有太多人需要我们去感谢,他们带给我们关爱,带给我们欢乐,慰藉我们的孤独,体味我们的悲伤。

你们一定还记得,迈克尔·杰克逊离世的消息传出,有多少人为之伤心不已。他生前用歌声传递的信念,在他死后也一定不断被传递。传递出年轻人的激情以及不羁的想象力和担当,传递出时代对爱和信仰的召唤,传递出不畏艰险追求梦想的气概。这些东西是如此的珍贵,罗琳借此创作出传世的《哈

利·波特》,乔丹借此缔造了自己的篮球神话。同样,这些也是我们每一个人所需要甚至渴求的品质。细细体会他们演讲中的每一句话,都是饱满的热情和不息的爱。这些都是不屈不挠的天才。让我们就着这光辉,即使拾得只言片语的真诚和斗志,也要从今天起直面一切恐惧,为自己,为世界,奏出生命中最美的乐章。

随书赠送的 MP3 演讲音频,都是演讲者的原声音频。这些声音铿锵有力,或给你启迪,或让你感动,或给你温暖,或激发你前行的信念。同时,也让你更有机会品味最地道的英语表达。此外,在每一篇文章之后,为读者提炼了演讲中具有指引性、励志性的"启示",方便模仿与背诵。地道实用的英语学得多了积累得多了,你就能很自然地表达出极为纯正的英语,既能提升你的书面语表达能力,也可以提升你的口语表达能力。

准备好了吗? 让我们从现在开始,去聆听那些激动人心的声音吧!

时间仓促,以及水平有限,难免有错误和不足之处,希望教育界同仁和 广大读者朋友不吝赐教。您的意见请直接发往本人信箱:zhenglish@126.com, 以便再版时进一步更正、完善。谢谢!

北京千鹤园

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Some things are good only to a certain degree. 有些事情只有做到了一定程度才能恰到好处。



In these days a such abundance in advancement and what we can do, it pains me to think that we do so little for our children. 如今社会进步了,我们可做的事情很多。每当想到我们为孩子们做得太少,就感到良心颇为不安。



We are all human beings and sometimes we have to lose things before we can truly appreciate them. 我们都是凡人,以至于有时总要失去之后才懂得珍惜。





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I could never imagine what I would achieve through football. 我永远都无法 想象我在足球方面能取得多大的成就。



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What made us accelerate so quickly recently and how can we continue this pace? There is only one explanation: the democratization of education. 是 什么让我们的文明在最近这些年迅猛发展,我们又该如何保持这个速度呢? 答案只有一个:教育的民主化。



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I have so many people that I know I need to thank. 我的身边有太多我需要去感谢的人。



 Best Performance by the Actress — Kate Winslet in a Motion Picture for 66th Golden Global Award

I can't just believe it came to my way and falling to my hands like this. 我难以置信我有这个机会,剧本会青睐于我。



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22. Take Fear Head On 直面恐惧——汤姆·汉克斯

Fear at your back, faith in front of you. Which way will you lean? Which way will you move? Move forward! Move ever forward! 当信心在你的前面. 恐惧 在你的在后方时,你会往哪个方向倾斜?你会往哪个方向移动?各位,向前 行吧。永远都要向前行!



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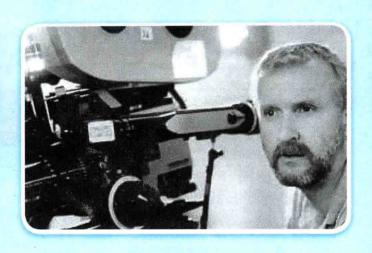
If you really want to fly, just harness your power to your passion. Honor your calling. Everybody has one. Trust your heart and success will come to you. 如果你真的想要飞翔, 就把力量投入到你的激情当中。尊重你内心的召唤。 每一个人都会有内心的召唤。相信你的心灵, 你就会取得成功。

VIII



Failure Is an Option, but Fear Is Not

失败是一个选项,但畏惧不是



背景资料

詹姆斯·卡梅隆无疑是一位成功的导演,他大胆的尝试和对梦想的坚持让他的电影备受瞩目。3D 巨制《阿凡达》更是取得空前的票房和口碑。本篇是詹姆斯·卡梅隆 2010 年在 TED 大会 (TED 是 Technology, Entertainment, Design 的缩写, 这个会议的宗旨是"用思想的力量来改变世界")所做的演讲。詹姆斯·卡梅隆以自述的方式从回忆自己的童年爱好开始,一直追溯到自己从电影学院毕业后走上导演道路的人生经历。在演讲的最后,卡梅隆告诉人们:"失败是一个选项,但畏惧不是。"

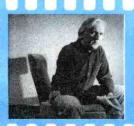
So, that's the thought 1 would leave you with, is that in whatever you're doing, failure is an option, but fear is not.

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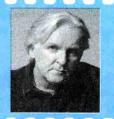
最名人档案

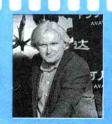
胜名	詹姆斯·弗朗西斯·卡梅隆 (James Francis Cameron)	
性别	男	
职业	导演	
图 籍	加拿大	1 100
出生日期	1954年8月16日	
毕业院核	加利福尼亚州州立大学	
成功点睛	执着于梦想,不怕失败;心中有盏明灯,指引到达 理想的彼岸。	
代表作品	《泰坦尼克号》、《魔鬼终结者》、《异形》、《真实的 谎言》、《阿凡达》等。	
个人成就	1998年第70届奥斯卡最佳导演奖; 1998年第70届奥斯卡最佳电影剪辑奖; 1998年第55届金球奖最佳导演奖; 1998年堪萨斯城影评人协会最佳导演奖; 1998年拉斯维加斯影评人协会最佳导演奖; 2010年第67届金球奖最佳导演奖; 2010年第15届帝国电影协会最佳导演奖; 包揽电影史票房榜前二名; 其执导影片共夺得5届奥斯卡最佳视觉效果奖。	

名人简介 詹姆斯·卡梅隆, 著名电影导演, 1954年8月16日生于加拿大 擅 长拍摄动作片以及科幻电影。他导演的这些电影经常超出预定计划以及预 算,不过都很卖座。1984年自编自导的科幻片《魔鬼终结者》使他一夜成 名。多才多艺的他除导演外, 又是编剧还是制作和剪辑, 他的电影主题往 往试图探讨人和技术之间的关系。目前电影票房史上最卖座的两部电影《春 坦尼克号》(1997)和《阿凡达》(2009)都是他执导的作品。其中《阿凡达》 堪称世界电影之最,全球票房超过27亿美元。









I grew up on a steady diet of science fiction. In high school I took a bus to school an hour each way every day. And I was always absorbed in a book, science fiction book, which took my mind to other worlds, and satisfied this...in a narrative form, this insatiable sense of curiosity that I had.

And you know that curiosity also manifested itself in the fact that whenever I wasn't in school I was out in the woods, hiking and taking "samples", frogs and snakes and bugs and pond water...and bringing it back, looking at it under the microscope. You know, I was a real science geek. But it was all about trying to understand the world, understand the limits of possibility.

And my love of science fiction actually seemed to be mirrored in the world around me, because what was happening, this was in the late 60's, you know we were going to the moon, we were exploring the deep oceans. Jacques Cousteau was coming into our living rooms with his amazing specials that showed us animals and places and a wondrous world that we could never really have previously imagined. So, that seemed to resonate with the whole science fiction part of it.

And I was an artist, I could draw, I could paint. And I found that because there weren't, you know, video games and this saturation of CG movies and all of this

我是看科幻小说长大的。高中 时,我每天来回坐一小时的公交车 上学。我总是沉迷于科幻小说,这 些书将我带到了另外的世界,用 叙述的方式满足了我无止境的好 奇心。

大家知道好奇心 可以通过事实表现出 来。每当我不在学 校, 我总会在树林里 游荡, 寻找一些"样



水……我把它们带回家放在显微镜 下观察。你们知道,我真的是一个 科学发烧友。但是我总是试图认知 这个世界, 想找到它潜力的极限。

我对科幻小说的热爱或许是那 个时代的写照。60年代末期,人类 登上了月球,同时还去探索深海。 雅克·库斯托的特别节目走进千家 万户。我们看到了不同的动物和地 方,一个我们以前从未想象过的世 界。这或许和科幻小说可以产生共 鸣吧。

我是一个艺术家。我会画画。



bug [bAq] n. 虫子

resonate ['rɛzənet] v. 产生共鸣

insatiable [ɪn'seʃɪəbl] adj. 永不满足的 manifest ['mænəfɛst] vt. 清楚表示, 显露 geek [qik] n. 怪诞可笑的人, 反常的人 saturation [sæt[ə're[ən] n. 饱和;浓度

imagery in the media landscape, I had to create these images in my head. You know, we all did, as kids having to read a book, and through the author's description, put something on the movie screen in our heads. And so, my response to this was to paint, to draw alien creatures, alien worlds, robots, spaceships, all that stuff. I was endlessly getting busted in math class doodling behind the textbook. That was, the creativity had to find its outlet somehow.

And an interesting thing happened. The Jacques Cousteau shows actually got me very excited about the fact that there was an alien world right here on Earth. I might not really go to an alien world on a spaceship someday. That seemed pretty dark and unlikely. But that was a world I could really go to, right here on Earth, that was as rich and exotic as anything that I had imagined from reading these books.

So, I decided I was going to become a scuba diver at the age of 15. And the only problem with that was that I lived in a little village in Canada, 600 miles from the nearest ocean. But I didn't let that daunt me. I pestered my father until he finally found a scuba class in Buffalo, New York, right across the border from where we live. And I actually got certified in a pool at a YMCA in the dead of winter in Buffalo, New York. And I didn't see the ocean, a real ocean, for another two

我也会画油画。我发现没有电脑游戏和电脑合成,没有媒体的那些影响,我只能自己在脑海中创造这些形象。你们知道我们像孩子们一样,读书的时候会根据作者的描述在脑海中想象出一些电影的画面。我对此的反应就是画一些外星生物,外星球,机器人,宇宙飞船等东西。在数学课上,我总是在数学课本背面乱画。那是发泄创造力的一种途径。

有趣的事情发生了,雅克·库斯 托的节目让我兴奋地确定了地球上 真的存在我们不了解的世界。我并 不一定真的要在某一天坐飞船去外 星世界。那儿看起来漆黑一片,存 在的可能性很小。但这是一个我真 能去的地方,就在地球之上,那里 和我读书时想象的一样丰富多彩, 引人入胜。

所以在15岁时,我决定成为一名潜水员。唯一的问题是我住在加拿大的一个小乡村,离最近的海有600英里远。但是我并没有因此而气馁。我一直缠着父亲,直到他在边境对岸的美国纽约州的布

doodling ['du:dl] n. 乱写, 乱画 exotic [Eg'zatɪk] adj. 奇异的, 醒目的 daunt [dɔnt] vt. 使 (某人) 气馁, 威吓 outlet ['aut'lɛt] n. 发泄的途径 scuba ['skjubə] n. 水中呼吸器 pester ['pɛstə-] vt. 烦扰, 纠缠



years, until we moved to California.

And since then, in the intervening 40 years, I've spent about 3,000 hours underwater and 500 hours of that was in submersibles. And I've learned that deep ocean environment, and even the shallow oceans are so rich with amazing life that really is beyond our imagination. Nature's imagination is so boundless compared to our own meager human imagination. I still, to this day, stand in absolute awe of what I see when I make these dives. And my love affair with the ocean is ongoing, and just as strong as it ever was.

But, when I chose a career, as an adult, it was film making. And that seemed to be the best way to **reconcile** this urge I had to tell stories, with my urges to create images. And I was, as a kid, constantly drawing comic books, and so on. So, film making was the way to put pictures and stories together. And that made sense. And of course the stories that I chose to tell were science fiction stories: *Terminator*, *Aliens*, and *The Abyss*. And with *The Abyss*, I was putting together my love of underwater and diving, with film making. So, you know, merging the two passions.

Something interesting came out of *The Abyss*, which was that to solve a specific narrative problem on that film, which was to create this kind of liquid water creature; we actually embraced computer generated

法罗找到了一个潜水培训班。在那里,隆冬季节,我在基督教青年会的一个游泳池里获得了证书。在接下来的两年我还是没有看到真正的大海,直到我们搬到了加利福尼亚州。

从那时起,在我们搬家后的40年里,我在水下待了3,000个小时,其中潜水的时间有



500个小时。我了解到深海环境甚至是浅海环境都是那么丰富多彩,那里生活着许多超出我们想象的神奇生物。比起我们有限的想象力,大自然的想象力无边无垠。直到今天,当我潜水的时候我仍然心存敬畏。我对于大海的爱仍然继续着,就像以前一样强烈。

但是长大后,我选择的职业是 拍电影。拍电影看起来是我实现讲 故事和创造形象的愿望的最好方 式。孩提时,我就一直坚持画连环 画等等。所以说拍电影可以把这些 图画和故事联系在一起。这种组合 animation, CG. And this resulted in the first soft-surface character, CG animation that was ever in a movie. And even though the film didn't make any money, barely broke even, I should say, I witnessed something amazing, which is that the audience, the global audience, was mesmerized by this apparent magic.

You know, it's Arthur Clarke's law that any sufficiently advanced technology is indistinguishable from magic. They were seeing something magical. And so that got me very excited. And I thought, "Wow, this is something that needs to be embraced into the cinematic art." So, with *Terminator 2*, which was my next film, we took that much farther. Working with ILM, we created the liquid metal dude in that film. The success hung in the balance on whether that effect would work. And it did. And we created magic again. And we had the same result with an audience. Although we did make a little more money on that one.

So, drawing a line through those two dots of experience, came to, this is going to be a whole new world, this was a whole new world of creativity for film artists. So, I started a company with Stan Winston, my good friend Stan Winston, who is the premier make-up and creature designer at that time, and it was called Digital Domain. And the concept of the company was that we

方式很有道理。当然我讲的故事都 是科幻故事:《魔鬼终结者》、《异 形》和《深渊》。拍《深渊》的时候, 我把我对电影和潜水的热爱结合起 来。因此,你也能看出来,这也是 将两种热情结合起来。

拍摄《深渊》时,我产生了一些有趣的想法。当我们要解决电影中一个具体的叙事问题时,要塑造一个液态水的生物时,我们使用了计算机合成动画——电脑图形。电脑图形的应用产生了电影史上第一个电脑制成的角色,一个软表面形象。虽然这部电影没有赚钱,甚至让公司差点破产,但我想说我见证了令人惊叹的东西,全世界的观众都会为这逼真的魔法着迷。

根据亚瑟·克拉克定律,任何 高难度的技术和魔法都没有什么区 别。他们觉得自己看到了一些神奇 的东西。这让我感到很兴奋。我想, "哇,这应该被用到电影艺术中去。" 所以,在我接下来的电影《终结者 2》中,我把这种技术又推进了一步。 我们和工业光学魔术公司在这部电 影中创造了一个透明金属人。这部

mesmerize ['mɛsməraɪz] vt. 使入迷 cinematic [sɪnɪ'mætɪk] adj. 电影的 dot [dat] n. 点, 小圆点

apparent [ə'pærənt] adj. 表观的, 实在的 dude [djud] n. 男人, 小伙子 premier ['primɪə] adj. 首位的; 首要的

