

用英语 点亮人生

胡敏◎主编

一部改变无数人命运的英语读本

Succeed with English



中国出版传媒股份有限公司中国对外翻译出版有限公司



用式话 法 总

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序言

如果世界上仅有一种方法能够成功,那一定是用心,英语学习也不例外。

记得我孩子上高一的时候,他的英语在班上还处于中等水平,对英语也没有特别的兴趣。那年刚好是北美新托福网络考试第一次开考,第一个考了满分120分的竟然是中国大陆刚刚过去的高中女生,她并不是美国土生土长的。人家采访她,询问学习经验,问她是怎么成功的。她回答说:"看 Friends (《老友记》)看了无数遍,看电影电视、英语材料,看完后用英文写观后感、读后感。有话多写,没话少写,哪怕只写一个单词。"

在饭桌上,我给我的孩子讲了这个女生的故事。他听后,一颗沉睡的心如梦方醒,毕竟比起愚公移山、精卫填海那么遥远那么传奇的故事,这是一个活生生的例子。接下来在一年内他把《老友记》看了6遍,向托福满分的那位姐姐学习,榜样的力量让他豁然开朗。

刚开始的时候看得出来他很痛苦,看不懂,听不明白,有时候我们看着他是含着泪、咬着牙、跺着脚在那挣扎,也要逼迫自己去听、去学。他把自己关在屋子里看,第一遍什么字幕都不看、第二遍中文字幕、第三遍英文字幕,再后来基本上不要字幕……他到网上查大量的相关资料,一股脑儿地往前走。仔细地算一下:《老友记》每集 20 分钟,总共 237 集,看一遍下来大约需要 80个小时,看 6 遍要用 480个小时。在一年的时间内看完,意味着每天要看一个多小时。持之以恒,水滴石穿。后来他决定要去美国上大学,顺利拿到托福和 SAT 两个不错的成绩后,自己打电话面试,跟学校咨询、交流,最终去了美国。这些都是他自己去规划、去努力、去坚持的结果,我们从来没有督促过他。现在他已经在美国几年了,有空时他还会情不自禁地拿出《老友记》的片段再看一看,因为那是经典。他现在对《老友记》已经熟悉到你任意暂停一个画面,他都能把后面的对话直接背出来。

这让我想起了最近看过的一本英文原著 Outliers (《异类》),其中有个章节让我记忆犹新:一个心理学家在柏林顶级的音乐学院做了一个试验,将在学院学习小提琴的学生分为三组:第一组是学生中的明星人物,具有成为世界级小提琴演奏家的潜力;第二组是大家认为"比较优秀"的;第三组是被认为不可

能达到专业水准,只可能到中学当音乐老师的;第四组是业余爱好者。他们都被问到一个问题:从接触小提琴开始到现在,一共练习过多少个小时?结果发现,在5岁到20岁之间,第一组具有成为世界级小提琴演奏家潜力的学生投入了至少10000个小时;第二组比较优秀的,练习时间是8000小时;第三组,未来只能到中学当音乐老师的,他们的练习时间只有4000小时;第四组,只是作为业余兴趣的,大约是2000个小时。后来进一步的研究和统计结果表明:不管是哪个行业、哪个领域,能够成为世界水平的人才,他的练习时间必须要超过10000个小时,这才是真正意义上的十年磨一剑。

事实上,比尔·盖茨在回忆自己早期的成长过程时说道:大二时他决定从 哈佛大学出来创业,在此之前他就已经无间断地编写了七年的程序,每周编程 至少30个小时,这个时间加起来远远超过了10000个小时。

对比我们的英语学习,无论是想出国留学,还是想驰骋国际职场,英语水平最少应该达到未来的音乐老师的水准,即需要花4000个小时,可是同学们做到了么?即便只是需要用英语来交流沟通,至少要投入2000个小时,试问我们的时间到位了么?道理如出一辙,很多人英语没有学出来,试问我们真正花大力气、集中地去学习了么?如果拿出悬梁刺股的毅力来,还有什么铁杵不能磨成针的呢!

古人云: "熟读唐诗三百首,不会作诗也会吟"。语言的输入决定输出,语言的重复决定品质! 英语也是如此,重复的次数不够,你就学不好英语。学习英语,没有别的办法: 第一,花时间了没有? 第二,重复的遍数够不够? 一篇课文学 50 遍,没有啃不下来的; 一篇课文 5 遍都没看,怎么可能真正掌握!

精诚所至、金石为开!任何事情的成功,道理其实都很简单。所谓的捷径,就是只要你执着地去把某件事情做到极致,最后你就一定能获得成功。

新航道国际教育集团总裁兼校长

2013年1月



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Doing the Best You Can



Learning is part of your life. You need a lot of concentration. Some of us think this is "hard work". I don't like to think of it as hard work. Instead, I think of it as something new to learn.

The process of learning is always the same. It doesn't matter what the subject is—whether you're learning to drive a car, or type, or play tennis, or think in a positive manner. In the beginning, we may make mistakes. But, we continue to practice. The more we practice, the fewer mistakes we make. It gets easier, and we do it a little better. Of course, you won't be "perfect" the first day. You should just do the best you can. That's good enough for a start. Say to yourself often, "I'm doing the best I can."

Adapted from *You Can Heal Your Life*By Louise L. Hay

concentration n. 专心

instead ad. 反而 think of...as... 认为…是…

process n. 过程 matter v. 有关系 subject n. 科目 whether...or... 无论是…还 是... type v. 打字 play tennis 打网球 positive a. 积极的 manner n. 态度 in the beginning 起初 make mistakes 犯错误 the more...the fewer... ···越 多…越少 of course 当然 perfect a. 完美的 enough ad. 足够地



尼你最大的努力

学习是你生活的一部分,你需要专心致志。我们中有些人认为这是"苦差事",可我不这么想,我反而认为这是学习新东西。

学习过程总是一样的。跟你学的课程是什么没有关系——无论你是学开车、学打字、学打网球,还是学会积极思考问题。开始的时候,我们也许会犯一些错误,但我们会继续练习,练习得越多,我们犯的错误就会越少。这样学习就会变得更容易,我们也就会做得更好。当然,你不可能第一天就很"完美"。你只需要竭尽全力,开头这样就足够了。你要经常对自己说:"我在尽最大的努力。"



The Belligerent Samurai

belligerent a. 好斗的 samurai n. 武士 stay away from 不接近 have quite a temper 很容 易生气 monk n. 僧侣 on the way to 在去…的路 market n. 集市 challenge sb. to do sth. 要 求某人做某事 explain v. 阐明 know about 了解 heaven n. 天堂 hell n. 地狱 demand v. 要求 scornfully ad. 轻蔑地 pull sth. out 拔出某物 sword n. 剑、刀 yell v. 叫喊 How dare you! 大胆! disrespect v. 不敬, 无礼 look into sb.'s eyes 直视某人 calmly ad. 平静地 lesson n. 教训. 告诫 bow v. 鞠躬

There once was a belligerent samurai from Japan. Most people stayed away from him, because he had quite a temper. One day, he met a monk on the way to the market. The samurai challenged him to explain something to him.

"You're a monk. You know about heaven and hell. Explain them to me," the samurai demanded.

"You can't tell me what to do! I have no time for you!" the monk scornfully replied.

The samurai pulled his sword out and yelled, "How dare you! I could kill you for disrespecting me!"

The monk looked calmly into the samurai's eyes and said, "That is hell."

The samurai understood the monk's lesson. He bowed, thanked the monk, and began to walk away.

The monk smiled and said, "and that is heaven."

Adapted from *Emotional Intelligence*By Daniel Goleman



好斗的武士

从前有个好斗的日本武士,多数人都不敢靠近他,因为他很容易生气。有一天,他 在去集市的路上碰到了一个和尚,便要求他解释一件事情。

"你是和尚,你了解天堂和地狱,你给我解释一下。"武士要求道。

"你不能对我指手画脚!我没时间跟你啰嗦!"和尚轻蔑地回答说。

武士拔出剑来,大吼道:"大胆!我能杀了你这无礼的东西!"

和尚静静地直视着武士,说:"这就是地狱。"

武士明白了和尚的告诫,于是他鞠了一躬,谢了和尚,然后就准备离开。

和尚笑了笑,说:"这就是天堂。"

Getting a Horse to Move



An out-of-towner drove his car into a ditch in a desolate area.

Luckily, a local farmer came to help with his big strong horse named Buddy.

He hitched Buddy up to the car and yelled, "Pull, Nellie, pull." Buddy didn't move.

Then the farmer yelled, "Pull, Buster, pull." Buddy didn't respond.

Once more the farmer commanded, "Pull, Jennie, pull." Nothing.

Then the farmer said, "Pull, Buddy, pull." And the horse easily dragged the car out of the ditch.

The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong

name three times.

The farmer said, "Oh, Buddy is blind, and if he thought he was the only one pulling, he wouldn't even try!"

Adapted from the Internet By Anonymous

out-of-towner n. 外地人 drive v. 驾驶 ditch n. 沟 desolate a. 荒无人烟的 area n. 地区 local a. 当地的 hitch up 把牲畜套到车上 yell v. 叫喊,叫嚷 pull v. 拉 respond v. 响应,反应 once more 又一次 command v. 命令

drag v. 拖, 拉 motorist n. 开汽车的人 appreciative a. 感激的 curious a. 好奇的 call...by the wrong name 叫 错…的名字 three times 三次 blind a. 瞎的, 盲的



会试。"

调动马的积极性

一个外地人在荒山野地把车开进了沟里。

幸运的是,一位当地农夫赶着他那匹名叫巴迪的高头大马过来帮忙了。他把巴迪拴在车上,喊道:"使劲拉,内莉,使劲拉。"巴迪一动不动。接着农夫又喊道:"使劲拉,巴斯特,使劲拉。"巴迪没有反应。农夫再一次下命令:"使劲拉,詹妮,使劲拉。"还是没有动静。然后农夫又说:"使劲拉,巴迪,使劲拉。"结果马毫不费力地把车从沟里拉了出来。那位开车的人既十分感激又格外好奇,他问农夫为什么三次叫错马的名字。农夫说:"是这样,巴迪是瞎子,如果它觉得拉车的只有它一个,它甚至连试都不

climb n. 攀登, 攀爬 square-foot n. 平方英尺 bachelor n. 单身者 apartment n. 公寓 do one's dishes 洗碗. bathtub n. 浴缸、澡盆 kitchen n. 厨房 start out 开始 feel sorry for oneself 自怜 自叹 be mad at 对···极为愤怒 fortunately ad. 幸运地 willing a. 愿意的 settle for 勉强接受 mentally ad. 心理上地 emotionally ad. 感情上地 spiritually ad. 精神上地 passion n. 激情 dynamic a. 有活力的 professional a. 职业的 best-selling a. 畅销的 audiotape n. 录音带 program n. 节目 of all time 有史以来 company n. 公司 annual a. 年度的 revenue n. 总收入

million n. 百万

Tony Robbins

Tony Robbins began his climb to success while he was living in a 400-square-foot bachelor apartment. He had to do his dishes in the bathtub because he didn't even have a kitchen.

"I started out," he says, "feeling sorry for myself. Feeling nothing could change. Being mad at the world and my past."

"But fortunately, I was able to change. And the change came from not being willing to settle for that any more. Knowing that inside I was much more than I was living: mentally, emotionally, and spiritually. And I was able to find my passion."

From these beginnings, Robbins went on to become one of the world's most dynamic professional speakers—with two best-selling books, the best-selling audiotape program of all time, and nine companies with annual revenues of \$50 million.



From Leadership from Within

By Peter Urs Bender

托尼・罗宾斯

托尼·罗宾斯是从住在 400 平方英尺的单身公寓的时候开始向成功攀登的。他不得不在澡盆里洗碗,因为他连厨房都没有。

"刚开始的时候,"他说,"我觉得自己是个倒霉蛋,认为一切都不会改变。我对整个世界和自己的过去都感到极为愤怒。"

"不过幸运的是,我的命运发生了变化。这种变化来自我不再愿意得过且过。我知道在内心深处,我比当时的状况要好得多:无论是在心理上、感情上,还是在精神上。而且我找到了我的激情。"

有了这样的开头,罗宾斯发展成为了世界上最具活力的职业演讲人之一。他出版了两本畅销书,发行了一直以来最为畅销的录音带节目。他还开了9家公司,年收入达5千万美元。

Practice Makes the Master



You were born with the right to be happy. You are alive, so enjoy your life. Say no when you want to say no, and yes when you want to say yes. You have the right to be you. You can only be you when you do your best. When you don't do your best you are denying yourself the right to be you.

If you do your best always, over and over again, you will become a master of transformation. Practice makes the master. By doing your best you become a master. Everything you have ever learned, you learned through repetition. You learned to write, to drive, and even to walk by repetition. You are a master of speaking your language because you practiced. Action is what makes the difference.

From *The Four Agreements*By Don Miguel Ruiz



master n. 大师

某物 over and over again 一再地 transformation n. 变革

repetition n. 重复

make the/a difference 有影响



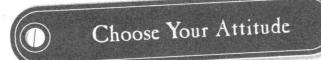
实践成大师

你生来就有幸福的权利。你是活着的人,所以享受生活吧。想说"不"的时候你就说"不",想说"是"的时候你就说"是"。你有权利做你自己。只有充分展示自己,你才能做你自己。如果不充分展示自己,你就是在剥夺你做自己的权利。

如果你总能一次又一次地充分展示自己,你就会成为一名变革大师。实践能生巧, 尽力成大师。你掌握的一切都是通过重复学到的,写字、驾驶、甚至走路,概莫能外。 正是由于大量的练习,你才学会了你的语言。行动起着重要作用。 attitude n. 态度

notice v. 注意到 height n. 身高

researcher n. 研究者 wholeheartedly ad. 全心全 genetics n. 遗传学 heredity n. 遗传 proper a. 适当的 acquired a. 习得的 trait n. 特征 choose...over... 选择…而放 弃… negative a. 消极的 improve v. 改善 quality n. 质量 enable v. 使能够 accomplish one's dream 实 现梦想 work at 用功 sit around 坐着没事干



Your attitude is often one of the first things people notice about you. You may not be able to change your height or your body type, but you can change your attitude. Many researchers believe—and I wholeheartedly agree—that a positive attitude is not a product of genetics and heredity but, with proper training, an acquired trait. The best thing about your attitude is that if it's bad, it can be made better, and if it's good, it can be made even greater.

Each of us has the power to choose a positive attitude over a negative one. If you want an attitude that works for you, that improves the quality of your life and enables you to accomplish your dreams, you have to work at it. You can't just sit around and wait for a positive attitude.

Adapted from Attitude Is Everything

By Keith Harrell



选择积极的态度

你的态度经常是人们首先注意到的内容之一。你也许无法改变你的身高或体型,但是你可以改变你的态度。许多研究者相信——而我也完全同意——积极的态度并不是遗传的结果,而是通过适当的训练获得的一种特征。关于态度,好就好在如果它不好,你可以让它变好一点;如果它已经很好,你可以让它好上加好。

我们每一个人都有权利放弃消极的态度而选择积极的态度。如果你想让你的态度对你有利、改变你的生活质量并且使你实现你的梦想,那么你就得付出努力。你不能指望干坐着就能把积极态度等到手。

How Much Is Enough?



The rich industrialist from the North was horrified to find the southern fisherman lying lazily beside his boat, smoking a pipe.

"Why aren't you out fishing?" asked the industrialist.

"Because I have caught enough fish for the day," said the fisherman.

"Why don't you catch some more?"

"What would I do with them?"

"You could earn more money," was the industrialist's reply. "With that you could have a motor fixed to your boat and go into deeper waters and catch more fish. Then you would make enough to buy nylon nets. These would bring you more fish and more money. Soon you would have enough money to own two boats...maybe even a fleet of boats. Then you would be a rich man like me."

"What would I do then?" asked the fisherman.

"Then you could really enjoy life."

"What do you think I am doing right now?"

From Chicken Soup for the Soul at Work

By Anthony DeMello



industrialist n. 实业家 the North 美国北方地区 horrify v. 使震惊 southern a. 南方的 fisherman n. 渔夫 lie v. 躺 lazily ad. 懒洋洋地 pipe n. 烟斗 catch v. 捕捉

motor n. 发动机 fix v. (使) 固定 water n. 水体 (指河、湖等) nylon n. 尼龙 net n. 网 own v. 拥有 a fleet of 一队

right now 现在

多少是够?

北方实业家很有钱,看到南方渔民懒洋洋地躺在船边,抽着烟斗,他很是震惊。

- "你为什么不出去捕鱼呢?"实业家问道。
- "因为今天我已经捕到了足够的鱼。" 渔夫回答说。
- "你为什么不多捕点呢?"
- "我捕那么名鱼做什么?"