



双 语 美 文 阅 读 书 系

*The scroll of life*

生 | 命 | 卷 | 轴

非凡人生的秘诀

主编：张德玉

非凡的人生不是无根之木，无源之水。  
它需要合理分配自己的时间、精力和心思，  
为实现自己的生活目标而努力。

走出忧虑和失败，  
全身心地迎接成功和安逸。

不要得过且过，  
创造性地好好利用生命中的分分秒秒吧！

让我们从今天开始，  
根据本书的“秘诀”和自身情况，  
创造一个属于自己的非凡人生吧！

内蒙古人民出版社



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生命卷轴

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# 人生的5个球

试着把生活想象成一个游戏——在空中抛接5只球。它们是：工作、家庭、健康、友谊和精神。你尽量想让他们牢牢固定于空中，很快，你就会发现，惟有工作是只橡皮球，抛之于地，还会返弹回来。而另外4只——家庭、健康、朋友和精神都是玻璃球，如果将其中任一抛至地上，不可避免会留下疤痕、裂缝、受损甚至粉身碎骨，毫无办法将之复原。因而，你必须懂得维系生活的均衡。

如何维系生活的均衡呢？

切勿盲目与他人比较，而低估自身的价值。须知，人与人之间有差异，才会显出个性。

切勿视他人的追求为自己的目标，惟有你自己知晓自身所需。

切勿淡漠心灵深处的东西。珍视它们，如同生命；反之，生活将空洞黯然。

切勿让生命从手指间悄然流逝，充斥昨日的忧伤和明天的憧憬。活在今天，将会让每个日子充满阳光。

切勿屈服认输，一息尚存，奋斗不止。

切勿妄自菲薄，我们各有所长，亦各有所短，才会彼此相依。

切勿惧怕冒险，我们因冒险而学会勇敢。

切勿以真爱难求为由而紧闭心扉。给予爱，才能得到爱；紧抓住爱，只会失去爱；赋予爱一双翅膀，才会令爱长驻。

切勿做生命的匆匆过客，将自己源自何方以及去往何处抛至脑后。

切勿忘怀，得到他人的理解是人生最强烈的感情需求。

切勿停止学习，知识不会成为负担，带着它，你可轻装上路。

切勿虚度时光，切勿出言不善，正所谓，覆水难收。

生活不是一场比赛，而是一段旅途，需要我们细细品味。

昨天已成历史，明天仍是未知，而今天是上帝的恩赐。正因如此，我们称今天为“礼物”。



# Strive for balance in your life

Imagine life as a game in which you are juggling some five balls in the air. You name them: Work, Family, Health, Friends, Spirit. And you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls family, health, friends and spirit are made of glass. If you drop one of these, it will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.

How?

Don't undermine your worth by comparing yourself to others. It is because we are different that each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you.

Don't take for granted the things closest to your heart. Cling to them as you would to your life, for without them, life is meaningless.

Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live all the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us each together.

Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.

Don't run through life so fast that you forget not only where you've been, but also where you are going.

Don't forget, a person's greatest emotional need is to feel appreciated.

Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry easily.

Don't use time or words carelessly. Neither can be retrieved.

Life is not a race, but a journey to be savored each step of the way.

Yesterday is history, tomorrow is a mystery and today is a gift: that's why we call it "the present".

## 非凡人生的七大秘诀

非凡的人生不是无根之木，无源之水。它需要合理分配自己的时间，精力、心思，为实现自己的生活目标而努力。走出忧虑和失败，全身心地迎接成功和安逸。不要得过且过，创造性地好好利用生命中的分分秒秒吧！让我们从今天开始，根据下面的“秘诀”和自身情况，创建属于自己的非凡人生。

1. **化繁为简。**非凡的人生源于简单的生活。人们往往误解了简单的含义，即不参加工作。当生活真正简化，你就会有时间和精力从事喜欢的工作，并为之奋斗。创建非凡的人生，首先要有自己的空间。

2. **不懈努力。**非凡的人生源于个人的苦心经营。这可能需要重新分配时间，或调整理财方式；用新的方式把精力投向能引领非凡人生的地方去。有付出就会有回报。

3. **分清主次。**非凡的人生源于分清主次。不要被琐碎的事所吸引，而撇开重要之事，不然，时间、精力和金钱便会浪费。要想达到目的，就要善于梳理头绪。扫清障碍。分清轻重缓急。

4. **有备无患。**非凡的人生源于懂得储存——储存物品、时间、空间、精力和金钱。那样，获得就会远远多于所期望的——就会得到5年的生活费，而不是6个月的；一整天的闲暇时间，而不是15分钟。储存能减少顾虑，从而使决定不受限制，思想不会犹豫。

5. **专心致志。**非凡的人生源于专注。做事三心二意，会耗费一个人75%以上的精力。很多人不知道如何清除杂念，因为他们从未想过换种方式生活。看看周围那些令你羡慕的人的生活吧！看自己能从他们身上学到些什么？向他们请教，寻求专注的方式，把精力集中到真正重要的事情上。

6. **坚定信念。**非凡的人生源于信心十足。信心直接决定胜负成败。有动力的人目标明确，并会想尽一切办法去实现。生活中会反复遇到很多问题，相信这些问题终会解决，是创造美好生活的关键。

7. 立刻行动。非凡人生源于行动。有句大家熟悉的古谚，“千里之行始于足下”。即使再小的事情，诸如从沙发走到冰箱前，也需要亲自行动。从今天开始行动吧，不要再找借口，说等涨工资了，等孩子长大了，或者等天气好了再说吧。从今天开始，去努力实现心中的梦想，这是最好的时机。只有这样，才能开创美好的明天。

# Seven secrets to a great life

**A** great life doesn't happen by accident. A great life is the result of allocating your time, energy, thoughts, and hard work towards what you want your life to be. Stop setting yourself up for stress and failure, and start setting up your life to support success and ease. A great life is the result of using the 24/7 you get in a creative and thoughtful way, instead of just what comes next. Customize these "secrets" to fit your own needs and style, and start creating your own great life today!

**1. S—Simplify.** A great life is the result of simplifying your life. People often misinterpret what simplify means. It's not a way to remove work from your life. When you focus on simplifying your life, you free up energy and time for the work that you enjoy and the purpose for which you are here. In order to create a great life, you will have to make room for it in yours first.

**2. E—Effort.** A great life is the result of your best effort. Creating a great life requires that you make some adjustments. It may mean reevaluating how you spend your time, or choosing to spend your money in a different way. It may mean looking for new ways to spend your energy that coincide with your particular definition of a great life. Life will reward your best effort.

**3. C—Create Priorities.** A great life is the result of creating priorities. It's easy to spend your days just responding to the next thing that gets your attention, instead of intentionally using the time, energy and money you have in a way that's important to you. Focus on removing the obstacles that get in the way of you making sure you are honoring your priorities.

**4. R—Reserves.** A great life is the result of having reserves—reserves of things, time, space, energy, money. With reserves, you acquire far more than you need—not 6 months living expenses, but 5 years worth; not 15 minutes of free time, one day. Reserves are important because they reduce the fear of consequences, and that allows you to make decisions based on what you really want instead of what the fear decides for you.

**5. E—Eliminate distractions.** A great life is the result of eliminating distractions. Up to 75% of your mental energy can be tied up in things that are

draining and distracting you. Eliminating distractions can be a difficult concept to many people, since they haven't really considered that there is another way to live. Look around at someone's life you admire. What do they do that you would like to incorporate into your own life? Ask them how they did it. Find ways to free up your mental energy for things that are more important to you.

**6. T—Thoughts.** A great life is the result of controlling your thoughts so that you accept and allow for the possibility that it actually can happen to you! Your belief in the outcome will directly dictate how successful you are. Motivated people have specific goals and look for ways to achieve them. Believing there is a solution to the same old problems you encounter year after year is vitally important to creating a life that you love.

**7. S—Start.** A great life is the result of starting. There's the old saying everyone's familiar with "a journey of a thousand miles begins with a single step." In order to even move from the couch to the refrigerator, you have to start. There's no better time to start than today. Don't wait for a raise, or until the kids get older, or the weather is better. Today, right now, is the right day to start to take a step in the direction of your heart's desires. It's what you do today that will make a difference in your life tomorrow.

# 自制力

自制力是获取幸福和成就事业不可或缺的能力。它植根于自尊，掌控着所有美德。一个人如果屈从于自己的情感冲动，便会从此失去精神自由。

历史上的许多伟人都具有一种特质，即自律。自律能使人更勤奋，更理性地追求成功。日常生活中，同样要求人们具有这种特质。要想成为领头人，其首要条件就是要克制自己。每当激动万分或气愤不已时，便是检验自律能力之时。此刻，人们首先要做的，就是平和心气。

当今社会特别需要培养人的这种特性。一些没有受过良好教育或培训年轻人仓促进入商界后，做事急躁而毫无成效。和逞英雄相比，耐性更能检验人的品性。

我们应该适当地自我反省。只有做到自知，才能做到自律。然而，反省过多会导致精神病态，过少则会让我们粗心大意，草率行事。

确定能加强自制力的两种方案，一是注重良知，二是心怀善意。一个人要想在事业上取得成功，就必须很好地把握和控制自己的所有才能；他们必须受到良好的教育和训练，这样才能心悦诚服地快速学会服从自身的意愿。

# Self-control

Self-control is essential to happiness and usefulness. It is the master of all the virtues, and has its root in self-respect. Let a man yield to his impulses and passions, and from that moment he gives up his moral freedom.

It is the self-discipline of a man that enables him to pursue success with superior diligence and sobriety. Many of the great characters in history illustrate this trait. In ordinary life the application is the same. He who would lead must first command himself. The time of test is when everybody is excited or angry, then the well-balanced mind comes to the front.

There is a very special demand for the cultivation of his trait at present. The young men who rush into business with no good education or drill will do poor and feverish work. Endurance is a much better test of character than act of heroism.

A fair amount of self-examination is good. Self-knowledge is a preface to self-control. Too much self-inspection leads to morbidness; too little conducts to careless and hasty action.

There are two things which will surely strengthen our self-control. One is attention to conscience; the other is a spirit of good will. The man who would succeed in any great undertaking must hold all his faculties under perfect control; they must be disciplined and drilled until they quickly and cheerfully obey the will.



## 机会

空气无处不在，我们自由自在地呼吸，这是再自然不过的事了。然而一旦失去空气，我们便只能存活几分钟。在大多数情况下，人人都能呼吸空气，都需要空气。有些人呼吸空气只为碌碌无为地活着，或者在懊悔中蹉跎岁月。有些人则利用它提供的能量为自己创造绚丽多姿的人生。

机会也是如此，它无处不在，我们自认为能理所当然地得到。但是，有的机会并不能创造成功。只有抓住机会，采取行动，才能创造价值。许多人都渴望夺得先机：好像机会能自行创造成功，那是不可能的。

就像需要空气才能呼吸一样，你需要机会才能成功。但是，机会远远不是呼吸新鲜空气那么简单，你必须很好地利用它。这并不取决于机会本身，而是取决于你。你拥有怎样的机会并不重要，重要的是，你怎样把握手中的机会。