

双语美文阅读书系

The sevolt of life

生一命一卷一轴

成功者的品格

主編: 张德玉

身一个人生来就是一个先留从未存在过的新新维个体。

他在人生中成功立业的业力与主唱来。

第一个人都可以以其独特的方式观察。

禁垢、触维、体技和思索大手世界。

4---个人都可以是自己的努力成为一个有价值。

有失順、有成層、有削並力。

有成并的人、印度功光

内蒙古人民出版社

双 语 美 阅

成功者的品生 命卷生

读

书

系



内蒙古人民出版社

图书在版编目 (CIP) 数据

生命卷轴,成功者的品格;英汉对照/张德玉主编,

呼和浩特:内蒙古人民出版社,2008.1

(双语美文阅读书系)

ISBN 978 -7 -204 -09426 -4

I. 生… II. 张… III. ①英语 - 汉语 - 对照读物②格言 - 汇编 - 世界 IV. H319. 4; H

中国版本图书馆 CIP 数据核字 (2008) 第 014045 号

双语美文阅读书系

主 编 张德玉 责任编辑 崔泽仁

封面设计 宗沅雅轩

出版发行 内蒙古人民出版社

地 址 呼和浩特市新城区新华大街祥泰大厦

印 刷 三河市腾飞印务有限公司

开 本 700×1000 1/16

印 张 320

字 数 2500 千

版 次 2008 年 2 月第 1 版

印 次 2008年2月第1次印刷

印 数 1-5000 套

书 号 ISBN 978 - 7 - 204 - 09426 - 4/1·1918

定 价 440.00元(共20册)

目・录

要学会如何学习 1	
三种目标 4	
不要盲目追随 6	
合理利用时间 8	
理性选择书籍 10	
尖子生的秘密 12	
失败者的顽固习性 14	
阳光总在风雨后 16	
勇挑重担 18	
在暴风雨中翱翔 20	
有价值的教育 22	
培育我们的心灵 24	
我会 26	
书籍——快乐之源 28	
自信最重要 30	
获取经验和智慧的最好方法 32	

学会充分利用时间 34

To learn how to learn 2 Three kinds of goals 5 Don't follow blindly 7 Make proper use of time 9 To choose books reasonably 11 The secrets of top students 13 Set patterns of the losers 15 Storms always give way to the sun 17 Dare to carry burden 19 To soar above the storm 21 Valuable education 23 Cultivate our heart 25 1 Will--- 27 Books-the source of delight Self-confidence is the most important 31 The best way to learn the experience and wisdom 33 Learn to make full use

of time 36

How to handle adversity 40 How to communicate effectively 43 Keep the right mindset 46 Stress 48 The secrets of fulfilling one's dreams 50 The character of the winners 52 Never feel complacent 55 The secrets of lucky dog 58 How to understand onesslf thoroughly 61 Problem is an opportunity 63 Each person has his or her own purpose 65 Overcoming shyness 67 Combining work with relaxation 69 On persistence 71 The most important "Secret" of the super-achievers 73 Nothing will be achieved without enthusiasm 75 Five secrets of living life to the fullest 78 Changing your way of thinking 81 Optimism and pessimism 83 Never give up 85 Experience 87

如何应对逆境 38

如何有效沟通 42

保持正确的心态 45

压力 47

实现梦想的秘密 49

成功者的品格 51

永不满足 54

幸运儿的秘诀 56

如何充分认识自我 60

困难是一种机遇 62

人各有志 64

克服羞怯 66

劳逸结合 68

论持之以恒 70

优秀学生最重要的"秘诀" 72

没有热情,将一事无成 74

充实生活的五大秘诀 76

换个角度想问题 80

乐观与悲观 82

永不放弃 84

经验 86

成功者的品格 生 命 卷 轴

从读书中获得乐趣	88	Deriving pleasure from
		reading 89
专心是心灵的一种习惯	90	Concentration is a habit
	į	of mind 91
第七次尝试	92	Try a seventh time 94
书本知识与实际经验	96	Book knowledge and
		experience 97
选择老师	98	Choosing a teacher 99
		Seize and make use of
把握并利用机会	100	opportunity 101
兴趣和好奇	102	Interest and curiosity 103
弱点还是强项	104	Weakness or strength 106
论书	108	On books 110
脱离贫穷的七大要领	112	Seven cures for a lean
		purse 114
谁会得到幸运女神的眷顾	116	Meet the goddess of
		good luck 117
五大黄金定律	118	The five laws of gold 120
巴比伦的骆驼商人	122	The camel trader of
	ŀ	Babylon 124
巴比伦的石板	126	The clay tablets from
	ļ	babylon 128
创造成功的机会	129	The man and the
		opportunity 131
热情的创造奇迹	133	The triumphs of
		enthusiasm 135
铁一般的意志	137	An Iron will 139
		Possibilities in spare
闲暇时间中的财富	140	moments 142
你能行	144	l Knowican 146
		,

要懂得把握时机 147 On time or the triumph of promptness 149 坚持的奖赏 151 The reward of persistence 153 奋起 155 Getting aroused 157 思考与性格 159 Thought and character 161 思考对环境的影响 163 Effect of thought on circumstances 166 思想与目标 169 Thought and purpose 171 成功中的思考成分 173 The thought-factor in achievement 175 Visions and ideals 179 梦想与理想 177 平静 181 Serenity 183 Finding what you do not 探寻未知的美好 185 seek 187 杰出人物的成功秘诀 189 The secret of winners 191 让注意力为你的人生定位 193 Concentration finds the way 195 任何事物都有可取之处 197 There is Good in all things 199 A school for failures 203 失败者的学堂 201 注重自制力的培养 205 Self-direction 207 集中注意力能带给我们什么 209 How to gain what you want through concentration 211 意力可以使我们摆脱恶习 213 Concentration can overcome bad habits 215 信念 217 Beliefs 218 论毅力 220 Perseverance 221 勇气 222 Courage 223 信任 224 Trust 225 自信 226 Confidence 227

成功者的品格 生 命 卷 轴

书籍 228 Book 230
你接受挑战吗 232 Do you accept challenges? 233
与书为伴 234 Companionship of books 235
论读书 236 Of studies 238
论人间荣誉之虚渺 240 On the Instability of Human glory 241
常识 242 Common sense 245

要学会如何学习

你有没有想过孩子们为什么要上学?你很可能会说孩子们上学是为了学 习本国语和外国语,还有算术、地理、几何、历史、自然科学以及其他学科。 这显然没错,但他们为什么要学习这些科目呢?他们在学校学到的就是这些吗?

我们送孩子上学是为他们将来长大成人后能独立生活做准备。他们学习本国语是为了能够明确地告诉别人自己的所求和所知,并且能够理解别人的话语。他们学习外国语是为了能从外国人的著作和言谈中有所获益,并让其他国家的人们理解自己的意图。通过学习算术,他们可以测量和计算日常生活中的事物;通过学习地理,他们可以了解周围的世界;通过学习历史,他们能够了解每天交往的人。他们在学校里学到的所有知识几乎都能在日常生活中得到实际应用,但这难道是他们上学的唯一理由吗?

当然不是。教育的目的不仅仅局限于明理识事。我们上学的首要目的是要学会如何学习;这样离开学校后,我们才能继续学习。一个真正会学习的人将是永远一帆风顺的,这是因为无论何时遇到他以前没有做过的事,他都会很快学会如何用最好的方法完成它。而没有受过教育的人要么无法完成,要么做得很糟。因此,学校的目的不应仅仅教授语言、算术、地工等科目,而且应该教会学生学习的方法。

To learn how to learn

Have you ever asked yourself why children go to school? You will probably say that they go to learn their own language and other languages, arithmetic, geography, geometry, history, science and all the other subjects. That is quite true; but why do they learn these things? And are these things all that they learn at school?

We send our children to school to prepare them for the time when they will be big and will have to work for themselves. They learn their own language so that they will be able to tell others clearly what they want and what they know, and understand what others tell them. They learn foreign languages in order to be able to benefit from what people in other countries have written and said, and in order to make people from other countries understand what they themselves mean. They learn arithmetic in order to be able to measure and count things in their daily life, geography in order to know something about the world around them, and history to know something about human beings they meet every day. Nearly everything they study at school has some practical use in their life, but is that the only reason why they go to school?

No. There is more in education than just learning facts. We go to school, above all, to learn how to learn, so that, when we have left school, we can continue

to learn. A man who really knows how to learn will always be successful, because whenever he has to do something new which he has never had to do before, he will rapidly teach himself how to do it in the best way. The uneducated person, on the other hand, is either unable to do something new, or does it badly. The purpose of schools, therefore, is not just to teach languages, arithmetic, geography, etc., but teach pupils the way to learn.

三种目标

目标有三种: 短期目标、中期目标和长期目标。

短期目标通常着眼于眼前的活动,人们可以以天为单位,逐目实施。这样的目标可以在一周或不到一周、或两周乃至数月内实现。人们不应忘记,没有坚固的基础就没有坚固的建筑物;同样,不去扎扎实实地实现短期目标,我们就不可能在实现长期目标上有大的作为。在完成长期目标之后,我们应当标明日期,并在已实现的目标基础上规划新的短期目标。

中期目标以短期目标为基础。中期目标可能涉及一个学期或整整一个学年,甚至可能延续数年之久。无论何时,每一次你只能向前迈一步,绝不能便自己失去信心或者把自己压得喘不过气来。这样每完成一步,你就会增强对自己能力的信心:你有发展潜力,可以事业有成。随着列出的目标实现日期表的加长,你的动力和要求也会增加。

长期目标可能与我们对未来的憧憬有关。长期目标可能跨越五年或者更长的时间。人生不是静止不变的。我们绝不应当让长期目标束缚我们的手脚,限制我们的行为。

Three kinds of goals

There are three kinds of goals: short-term, medium-term and imag-term goals.

Short-term goals are those that usually deal with current activities, which we can apply on a daily basis. Such goals can be achieved in a week or less, or two weeks, or possibly months. It should be remembered that just as a building is no stronger than its foundation, our long-term goals cannot amount to very much without the achievement of solid short-term goals. Upon completing our short-term goals, we should date the occasion and then add new short-term goals that will build on those that have been completed.

The medium—term goals build on the foundation of the short—term goals. They might deal with just one term of school or the entire school year, or they could even extend for several years. Any time you move a step at a time, you should never allow yourself to become discouraged or overwhelmed. As you complete each step, you will enforce the belief in your ability to grow and succeed. And as your list of completion dates grow, your motivation and desire will increase.

Long-term goals may be related to our dreams of the future. They might cover five years or more. Life is not a static thing. We should never allow a long-term goal to limit us or our course of action.

不要盲目追随

"有一回我画一个人牵两只羊,画了两根绳子。有一位先生告诉我去掉一根绳子:'绳子只要画一根。牵了一只羊,后面的都会跟来。'我恍然自己阅历太少。后来留心观察,发现果然如此:就算走向屠场,也没有一只羊肯离群而另觅生路的。后来发现鸭子也是如此,赶鸭的人把数百只鸭子放在河里,不需用绳子系住,群鸭自能互相追随,聚在一块。上岸的时候,赶鸭的人只要赶上一两只,其余的都会跟上岸。即使在四通八达的港口,也没有一只鸭肯离群而走自己的路的。"

在这里说的是动物们的盲从。然而,无数事实证明,盲从并不是低等动物们的专利,作为高等动物的人何尝不是如此呢?

说实话,羊和鸭子只不过是没有思维的低等动物,故它们的盲从并不可悲。而人是有思维的高等动物,"万物之灵"也盲从,实在是可悲至极!当然,也有清醒的智者,他们绝不盲目追随。可遗憾的是,清醒的智者又常常陷入孤立,成为众矢之的,这又是一种悲哀。

Don't follow blindly

Once I drew a picture about a man leading two sheep with two ropes. A gentleman told me to get rid of one rope. He said: Lead one and the others will follow. I then realized I still had a lot to learn and began to observe as much as I could. My investigation showed it was true. Even if the leading sheep headed towards the slaughterhouse, the others followed unswervingly Later I found the same was true of ducks. Hundreds of ducks can be driven with one of them as a leader. You don't have to bind them with ropes on the water, for they will automatically come one after another to gather. If you want them to land, you have only to make one or two of them to do so. All the others will follow, none of them will leave the flock even if there are other channels to go elsewhere—none choosing to go its own way."

What is described here is about animals' blind following. But it is not limited to such low-level animals. It is also true for human beings.

Frankly speaking, it is not lamentable for sheep and ducks because they are inferior animals with no faculty of thinking. Human beings, however, are superior animals capable of thinking—the most intelligent of all creatures. Why should they also follow suit so blindly? Isn't it really lamentable? Of course, there are exceptions some of them are wise enough to keep a sober mind, never to follow blindly. But they are often, regretfully, isolated by others, or even worse, become the targets of public criticism. That's another aspect of the lament.



合理利用时间

有句谚语说:"时间就是金钱。"这句话的意思是,一时片刻只要用得有效,都会让我们的口袋增添一些钱。如果我们的时间使用得当,就能生产出有用的和重要的产品,在市场上卖得一定的价钱;或者充实我们的经验,增长我们的才干,待到适当时机我们就能挣得金钱。那些对浪费时间毫不在意的人该记住这一点。

再说,我们的生命无非就是我们的时间,因此浪费时间也就是一种自杀。我们想到死便惊恐不已,因而不惜一切努力、麻烦和费用来保全我们的生命。可是我们对于损失一个小时或一天的时间无动于衷,忘记了我们的生命原本就是我们生活的每一天、每一小时的总和。因此浪费一天或一个小时就是丧失一天或一个小时的生命。人生短暂,总共不过七八十年。可是将近三分之一的时间必须用于睡眠,吃饭也得花去好几年;陆路、海上旅游又是几年;再加上娱乐活动的几年;在病床边照看至亲至爱的几年。现在如果从我们的寿命中扣除所有这些岁月,我们将会发现,能受我们支配的有效的工作时间大约仅二三十年而已。谁能记住这一点,谁就不会心甘情愿地浪费他生命的分分秒秒。

所有的时间都是宝贵的,而我们的童年和青年时期的光阴比一生中其他 阶段更为宝贵。因为只有在这两个阶段我们才能获取知识,增长才干。如果 我们让这些生命的早晨时光悄悄溜走,这损失永远也无法弥补。储蓄金钱, 产生利息,到时候会翻两三倍;同样,童年和青年时期的宝贵时光,如果使 用得当,必将带来不可估量的利益。

Make proper use of time

Time," says the proverb, "is money." This means that every moment well-spent may put some money into our pockets. If our time is usefully employed, it will either turn out some useful and important piece of work which will fetch its price in the market, or it will add to our experience and increase our capacities so as to enable us to earn money when the proper opportunity comes. Let those, who think nothing of wasting time, remember this.

Our life is nothing more than our time. To kill time is therefore a form of suicide. We are shocked when we think of death, and we spare no pains, no trouble, and no expense to preserve life. But we are too often indifferent to the loss of an hour or of a day, forgetting that our life is the sum total of the days and of the hours we live. A day or an hour wasted is therefore so much life forfeited. Our life is a brief span measuring some seventy or eighty years in all. But nearly one third of this has to be spent in sleep; some years have to be spent over our meals; some in making journeys on land and voyages by sea; some in merry-making; some in watching over the sick-beds of our nearest and dearest relatives. Now if all these years were to be deducted from the term over which our life extends, we shall find about twenty or thirty years at our disposal for active work. Whoever remembers this can never willingly waste a single moment of his life.

All time is precious; but the time of our childhood and of our youth is more precious than any other portion of our existence. For those are the periods when alone we can acquire knowledge and develop our capacities. If we allow these morning hours of life to slip away, we shall never be able to recoup the loss. Just as money laid out at interest doubles and trebles itself in time, so the precious hours of childhood and youth, if properly used, will yield us incalculable advantages.