

美 文 阅 双 语 系

生|命|卷|翰

医就好

土調: 水福 式 快乐无疑是一种自我意识, 就是自己觉得快乐。 遗憾的是,我们常因五音五色析建。 只把快乐停在空中,我们有大多为自己解解的理由, 我们心中蓄满了无数的念头,称为梦。 梦中融进了许多情,情里融进了太多的图水和汗水。 慢慢地就有了或忠或喜。其实, 人生就一个關、個周上没有绝对的起点和终点。 也没有绝对的形大成败, 自我才是感知快乐的圆心, 方事只是这个圆的半径

双 语 美 文 阅

快乐就好

读书

系



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想想好事情

不经意问我们会身处逆境,那么请追忆生命中那些充满快乐与幸福的时 光吧!

追忆它如何将快乐赐予你,于是你便勇气倍增,生活中的难题也将迎刃 而解。

在重重困难面前举步维艰时、回想你努力奋斗最终取得胜利的时刻。

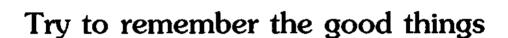
那样,不管生活如何艰难,我们都可坦然而过。

当你觉得身心疲惫时,寻找一个心灵憩息之所、让自己得以片刻休息。

要给自己留点时间去梦想,去充电,以全新的自我迎接未来的一天。

当你感觉心中的弦绷得太紧时,去找点有趣的事做做。如此,你的压力 便渐渐消失,而你的想法也渐趋明朗。

当困难接踵而至时,要明白、就生命的整个历程而言,这些困难犹如空气中的尘埃一样无足轻重——想想好事情。



When times become difficult and you know they sometimes will), remember a moment in your life that was rifled with joy and happiness. Remember how it made you feel, and you will have the strength you need to get through any trial.

When life throws you one more obstacle than you think you can handle, remember something you achieved through perseverance and by struggling to the end.

In doing so, you'll find you have the ability to overcome each obstacle brought your way.

When you find yourself drained and depleted of energy, remember to find a place of sanctuary and rest.

Take the necessary time in your own life to dream your dreams and renew your energy, so you'll be ready to face each new day.

When you feel tension building, find something fun to do. You'll find that the stress you feel will dissipate and your thoughts will become clearer.

When you're faced with so many negative and draining situations, realize how minuscule problems will seem when you view your life as a whole—and remember the positive things.



让自己轻松一刻

没有人可以做任何事。每个人都必须做出选择,接受调整。问题是许多人都会选择将自己和健康放置最后。他们关心房子和车子,胜过他们自己。他们将别人的需求放于首位。如果是偶尔的事,那也是可以的。如果能保持平衡,那也没问题。但是许多人的那种生活方式使他们非常疲惫,感觉失控。幸运的是,生活不需要那样。

一句俗语非常有用:是索尔·高登与哈罗德·布罗舍尔合作的一本书的名字——《生活变幻莫测——吃了甜点再说》。如果好东西常常放置在最后,它们通常会消失。将工作放于健康和快乐之前,工作很快就会取代健康和快乐。

请注意它是怎样发生的:人们忙于工作,觉得时间很短;他们将锻炼和吃饭的时间省去;后来就减少休息的时间。很快,他们忙碌到没有时间去探望朋友;他们停止读书或是打球,6个月都不散步。这不是生活的好方式。

该怎样解决这种情况呢?总而言之、懂得取舍。看清你生活中想要的是什么,将其放置首位。以日常生活为基础,包括固定的膳食,足够的睡眠和与家人共处的时间。锻炼、休闲、友谊和爱好也是生活的基本方面。关键是做自己的事情,不管怎样,只要感觉自己和生活舒适就好。抽个空儿小睡一会、散散步、弹弹钢琴。当然,你必须将最近的许多麻烦事替换掉。不要将公文包从办公室带回家。不要将自己的房间打扫得像你母亲的房间一样洁净。将更多的时间用于你想做的事情,而不是必须做的事情。

将你的名字列入想要制造快乐的人的名单中。不要"我第一"或是"唯我独尊",而要"我也是"。平衡才是目标。许可才是关键。就从此刻开始!

Give yourself a break

To one can do it all. Each of us has to make choices and accept tradeoffs. The problem is, many people choose in ways that put themselves
and their health last. They take better care of their houses and cars than they
do of themselves. They put everyone else's needs ahead of their own. That's fine
if it's occasional. It would eyen be okay if there was a balance. But most people
living that way are wearing themselves out, feeling out of control. Fortunately, life
doesn't have to be like that.

One phrase can be very helpful: It's the name of a book by Sol Gordon and Harold Brochure, Life Is Uncertain—Eat Dessert First! If the good stuff always gets left until last, it usually doesn't happen. Work before health and pleasure soon becomes work instead of health and pleasure.

Notice how it happens: Folks get busy and run short of time; they stop exercising or start skipping meals; next they steal time from their sleep. Soon they get too busy to see friends; they stop reading or playing ball, and six months go by without a long walk. That's not a great way to live.

So what is the solution? In a word, prioritize. Decide what you want in your life, and put that first. On a daily basis, that should include regular meals, adequate sleep and time with your family. Exercise, leisure, friendships and hobbies should also be regular aspects of life. The point is to do something for yourself: whatever makes you feel good about yourself and your life. Take a nap. Take a walk. Take time to play the piano. Of course, you'll have to trade off some of the things that are currently clogging your schedule to make room for your new priorities. Stop bringing your briefcase home from the office. Stop keeping your house as clean as your mother kept hers. Fill more of your time with want—to—dos instead of have—to—dos.

Add your name to the list of people who're trying to make happy. Not "me first" or "me only" but "me, too." Balance is the goal. Permission is the key. And the time to start is now.

无知常乐

普通人只会使用电话、却无法解释电话的工作原理。他把电话、火车、 铸造排字机、飞机都看作自然而然的事情。对于这些事、他既不产生怀疑、 也不去了解。我们每个人真正下工夫去了解、弄清楚的似乎只是很小范围内。 的某几件事。大多数人把目常工作以外的一切知识都当成花哨无用的东西。 然而,我们还是时时抗拒着我们的无知。我们有时也会清醒起来,进行思索。 我们信手拈来一个什么题目、思考它、甚至入迷---关于死后的生命。或者 关于某些据说亚里士多德也迷惑不解的问题,例如,"打喷嚏,从中午到子 夜则吉,从子夜至中午则凶,是什么原因呢?"为求知识而陷入无知,这是 人类所欣赏的最大乐事之一。归根结底, 无知的最大快乐在于提出问题。一 个人如果丧失了这种提问的快乐、或者把它换成了教条的答案、并且以此为 乐,那么,他的头脑已经开始僵化了。朱厄尔这样勤学好问的人是我们所养 慕的,他到了60多岁居然还能坐下来研究生理学。我们大多数人还没到他 这么大的岁数就早已不再有自己无知的感觉了。我们甚至对自己一点浅薄的 知识感到沾沾自喜,而把与日俱增的年龄看成是通向无所不知的天然学堂。 我们忘记了: 苏格拉底因智慧而名垂后世, 并不是因为他无所不知, 而是因 为他在 70 岁高龄时还明白自己依然一无所知。



Ignorance make one happy

The average man who uses a telephone could not explain how a telephone works. He takes for granted the telephone, the railway train, the linotype, the airplane. He neither questions nor understands them. It is as though each of us investigated and made his own only a tiny circle of facts. Knowledge outside the day's work is regarded by most men as a gewgaw. Still we are constantly in reaction against our ignorance. We rouse ourselves at intervals and speculate. We revel in speculations about anything at all--about life after death or about such questions as that which is said to have puzzled Aristotle, "why speezing from noon to midnight was good, but from night to noon unlucky." One of the greatest joys known to man is to take such a flight into ignorance in search of knowledge. The great pleasure of ignorance is, after all, the pleasure of asking questions. The man who has lost this pleasure or exchanged it for the pleasure of dogma, which is the pleasure of answering, is already beginning to stiffen. One envies so inquisitive a man as Jewell, who sat down to the study of physiology in his sixties. Most of us have lost the sense of our ignorance long before that age. We even become vain of our squirrel's hoard of knowledge and regard increasing age itself as a school of omniscience. We forget that Socrates was famed for wisdom not because he was omniscient but because he realized at the age of seventy that he still knew nothing.

喜悦的能力

在心智的各种能力中,有一种能力对于许多儿童和艺术家来说是与生俱来的,而且一旦获得它,就终身不会失去。这种能力就是对一件事物,甚至对每件事物都感到喜悦的能力。之所以感到喜悦,并不是因为那件事物是达到其他目的的手段,只是因为这件事情本身,正如一个情人觉得他所喜爱的对象是十全十美一样。一个心智健康的儿童也许会把他的手放在夏天的草地上,抚摸着它,他觉得坚实的大地也有点弹性,因而打心眼里感到欣喜。他并不会考虑这草地对于人们玩游戏或用来放羊会有多大好处。如果这样的话,那就是一心贪图钱财的追求者的恶劣行径了。但这孩子内心的喜悦却是至真至纯的,是对这件事物的内在特性感到真正的心醉神迷。不管这些事物是什么,也不管它们对什么有用或者没用,它们自然地存在着,有着自己动人的外观与感觉,就像一张面孔那样;油漆下面冰凉的钢铁,温暖可亲的彩色木料,拿在手中一揉就碎的令人着迷的土块,微微含着目晒与荨麻的干燥气味,各种普通的事物都有着可爱的差别,因而都凸显了其独特的性格。

初到伊甸园的业当左右张望,充满喜悦,这正是一个正常的儿童在做什么或看什么时所感到的欣喜之情。如果让他拿起人们使用的真意的帮予去做点普通的劳动,那他肯定会感到一种神秘的喜悦。当他经过一番碎壁。帮助园丁把花园里的杂草除掉,两只脚像缩进身体里似地走了度。 读法 人类的那样),他会在一片纯粹的喜悦之光的照耀下安然睡去。

The faculty of delight

A mong the mind's powers is one that comes of itself to many children and artists. It need not be lost, to the end of his days, by any one who has ever had it. This is the power of taking delight in a thing, or rather in anything, everything, not as a means to some other end, but just because it is what it is, as the lover dotes on whatever may be the traits of the beloved object. A child in the full health of his mind will put his hand flat on the summer tuff, feel it, and give a little shiver of private glee at the clastic firmness of the globe. He is not thinking how well it will do for some game or to feed sheep upon. That would be the way of the wooer whose mind runs on his mistress's money. The child's is sheer affection, the hue eestatic sense of the thing's inherent characteristics. No matter what the things may be, no matter what they are good or no good for, there they are, each with a thrilling unique look and feel of its own, like a face; the iron astringently coop under its paint, the painted wood familiarly warmer, the clod crumbling enchantingly down in the hands, with its little dry smell of the sun and of hot nettles; each common thing a personality marked by delicious differences.

The joy of an Adam new to the garden and just looking round is brought by the normal child to the things that he does as well as those that he sees. To be suffered to do some plain work with the real spade used by mankind can give him a mystical exaltation: to come home with his legs, as the French say, reentering his body from the fatigue of helping the gardener to weed beds sends him to sleep in the glow of a beatitude that is an end in itself...



专注于我们想得到的,而不是我们所拥有的,这是我见过的一种最具普遍性和破坏性的心理趋向。我们拥有多少,似乎并无太大区别,我们欲望的清单不断扩充,使我们永远不满足。"当我实现了这个愿望,就会快乐。"一旦这个欲望得到满足,以后还会出现相同的欲求心理。

我们想要这个或那个。如果得不到,就会不断地去想那些没有的东西, 总是感到不满足。而如果得到了,在新的条件下,我们又产生同样的心理。 所以,尽管我们得到了,还是不开心。如果我们一味地渴求新的欲望,将无 法找到幸福。

幸运的是,我们想要获得幸福,有这样一种方法:转换我们思考的重心,从想要的转移到拥有的。我们可以试着去想伴侣的可贵品质,而不去希求她该如何与现在不同;可以为自己拥有一份工作充满感激,而不去抱怨薪水太低;可以设想闭门在家的种种乐趣,而不是渴望去夏威夷度假。可以这样去考虑的事物无穷无尽!一旦你意识到自己又陷入这个思维陷阱——"我希望生活不是这样"时,要退后一步,重新思考,深呼吸,想想你所拥有的。这样,感激之情便会油然而生。当你关注的不再是自己想要的,而是所拥有的时,你最终得到的一定会比想要的更多;如果你关注伴侣的优秀品德,她就会更可爱;如果你对工作充满感激,而不是抱怨,你会做得更好,工作效率会更高,薪水也可能提高;如果你在家能自得其乐,而不是等着去夏威夷享受,你会找到更多的乐趣。假设你真的去了夏威夷,往往会更快乐,即使因为某种偶然没能去成,仍然会过得开心。

记住,从现在开始,多想想你拥有的,而不是你想要的。如果你这样做,你的生活就会比以前更美好,那种感受或许将是你生命中第一次,你将会懂得心满意足的含义。

Think more about what you have

One of the most pervasive and destructive mental tendencies I've seen is that of focusing on what we want instead of what we have. It doesn't seem to make any difference how much we have; we just keep expanding our list of desires, which guarantees we will remain dissatisfied. The mind-set that says "I'll be happy when this desire is fulfilled" is the same mind-set that will repeat itself once that desire is met.

We want this or that. If we don't get what we want, we keep thinking about all that we don't have and we remain dissatisfied. If we do get what we want, we simply recreate the same thinking in our new circumstances. So, despite getting what we want, we still remain unhappy. Happiness can't be found when we are yearning for new desires.

Luckily, there is a way, to be happy. It invol nanging the emphasis of our thinking from what we want to what we have. Rather than wishing your spouse was different, try thinking about her wonderful qualities. Instead of complaining about your salary, be grateful that you have a job. Rather than wishing you were able to take a vacation to Hawaii, think of how much fun you have had close to home. The list of possibilities is endless! Each time you notice yourself falling into the "I wish life were different" trap, back off and start over. Take a breath and remember all that you have to be grateful. When you focus not on what you want, but on what you have, you end up getting more of what you want anyway. If you focus on the good qualities of your spouse, she'll be more loving. If you are grateful for your

job rather than complaining about it, you'll do a better job, be more productive, and probably end up getting a raise anyway. If you focus on ways to enjoy yourself around home rather than waiting to enjoy yourself in Hawaii, you'll end up having more fun. If you ever do get to Hawaii, you'll be in the habit of enjoying yourself. And, if by some chance you don't, you'll have a great life anyway.

Make a note to yourself to start thinking more about what you have than what you want. If you do, your life will start appearing much better than before. For perhaps the first time in your life, you'll know what it means to feel satisfied.