

# 动力英语

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Feature Article 特别关注

## The Fine Art of Cultivating Friendships 将友谊进行到底

Opinion 个人观点

Is Work the Love of Your Life?  
工作——生命中的至爱？

Color Spots 调色板

Kill Bill

《杀死比尔》与昆汀·塔伦蒂诺

Ways of Life 生活方式

Don't Hunt for a Job, Farm for It  
有“心”者事竟成



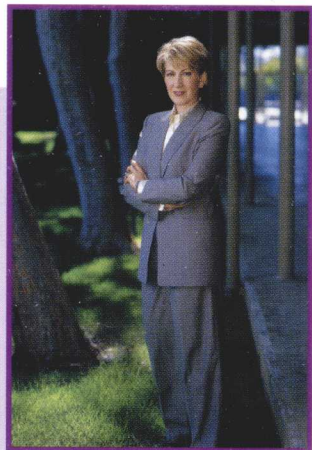


# Perfect Enough: Carly Fiorina and the Reinvention of Hewlett-Packard

(中文译名:《卡莉·费奥瑞纳传——世界第一女CEO》)

惠普因卡莉·费奥瑞纳而更知名、更充满活力；卡莉·费奥瑞纳因惠普而更睿智、更美丽。华尔街最惊心动魄的收购战；令电脑业界最为震撼的资产重组；最昂贵的世纪豪赌；在新经济思维与传统观念的巨大碰撞中，世人永远记住了她——卡莉·费奥瑞纳。

1997年7月，卡莉·费奥瑞纳接管了惠普公司。从那时开始，整个世界都在关注她的最终命运。她比此前的任何女性都更深地进入了传统的男性领域。费奥瑞纳能否利用她富有魅力的推销技巧、朴素的智慧和钢铁般的意志，帮助一个资产400亿美元的公司摆脱痛苦的凋敝期？如果她不幸失败，她的失误是否会毁灭惠普这家地位尊崇、堪称硅谷元老电脑和复印机公司？这本书将带你解答这一切。



## Shark Diving

鲨鱼潜水——体验“与鲨共舞”的惊心动魄

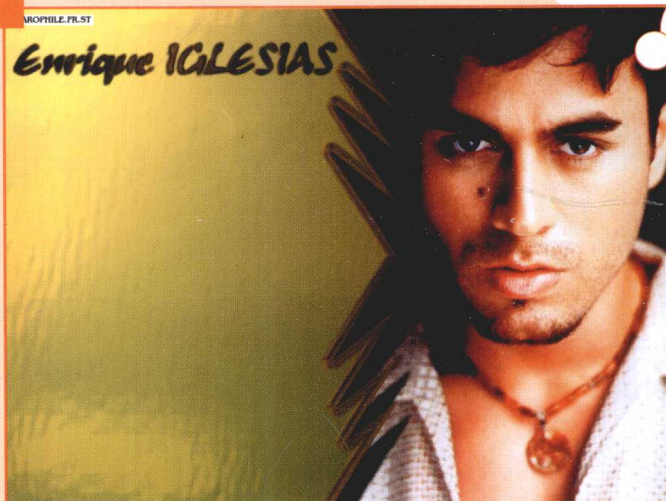
It goes without saying that shark diving is not for the faint of heart.

Though you might be lucky enough to witness the awesome spectacle of a great white hurtling out of the sea, the real treat begins when you're locked into a steel cage



and lowered underwater. There you'll be in the middle of a churning war zone of the ocean's most formidable predators as they're driven into a feeding frenzy. On the bright side, you can wet yourself and nobody will know. (详见内文P.23页)

Enrique IGLESIAS



## 安里奎·伊格莱希亚斯：《七次想念》

情歌王子安里奎的最新英文大碟，也是他的第三张英文专辑《七次想念》（*Enrique Iglesias : 7*）终于上市。安立奎这一张最新专辑命名为《七次想念》，原因除了是他个人的第七张录音室大碟之外，也是因为他以前在足球队时的球衣号码就是7，恰好也有幸运之意，希望这个专辑名称同时能带给他好运。

这张专辑跟安里奎以往招牌式的伤感情歌风格大不一样。这是张热门的流行摇滚集，而安里奎亲自参与了其中每一首歌的创作。自1996年出道至今，安里奎在短短几年间成为了世界巨星，3000万张的专辑销量，包括1800万张的拉丁专辑，个人拥有16首冠军单曲的全球纪录，不计其数的大小奖项，这些都奠定了他在当今乐坛举足轻重的地位。



# Kill Bill

## 《杀死比尔》

The Bride was beaten and shot multiple times and left to die on her wedding day. She survives but is in a coma. Four years later she wakes up and sets out to kill everyone who tried to kill her.

This is the story of Quentin Tarantino's latest film

*Kill Bill* . (详见内文 P.19 页)



前些天我们大学同学聚会，说好了大家一起聊聊，结果还是有人因为加班没赶过来。到场的各位也都像是“难兄难弟”，大家忙得似乎都有些无奈。这一辑《动力英语》中有许多文章都是围绕着这个主题展开的。忙其实并不是件坏事，记得当初无所事事时的无聊和烦闷，那时总在想要能有多好呀！

不过忙起来的“副作用”也很明显。首先你很容易因为忙而忽略亲人、朋友，这期的“特别关注”讲的就是 *The Fine Art of Cultivating Friendships* (《将友谊进行到底》)。如何将友谊走到底呢？正如文章最后所说，无论结识朋友的方式是老套还是新潮，给友谊“保鲜”的方法只有一个：那就是花时间和朋友在一起。

关心了朋友，也来想想自己，你忙起来的时候感觉如何呢？或者换句话说，Is work the love of your life? 你会说“I can't believe I'm getting paid to do the thing I love most in the world.”吗？如果答案是肯定的话，根据《工作——生命中的至爱？》一文观点，了解到你找到工作乐趣的过程，是非常值得的。想来也对，如果每个人都能像你一样把工作当成乐趣，先不说工作效率会提高多少，你的人生也会因此更加精彩；到了人生的暮年，虽然也许不能像 *Seven over 70* 《70正当年》中讲述的那些在商界、政界的大人物们那般叱咤风云，但能像他们一般对工作乐此不疲也是件不错的事情呀。

你了解导演昆汀·塔伦蒂诺吗？他曾经轰动一时的作品《低俗小说》想必一定有所耳闻。据说这位世界知名的大导演曾经只是一家录像带租赁店的小店员。凭着对电影的热爱，当然还有自己的天赋，他在电影界闯出一片自己的天地。塔伦蒂诺说过：“Collecting video is sort of like marijuana. Laser discs, they're definitely cocaine. Film prints are heroin.”看来，他的成功和他对电影的痴迷是分不开的。所以如果你对自己的工作感兴趣，就更容易找到工作的乐趣啦！如今他的新片《杀死比尔》一经放映，立即引起人们的关注。想了解更多关于他和他的电影故事就请走进宋云峰老师的专栏吧。

也许有了对工作的热诚和痴迷还不够，还要有一些计策才能找到让你心仪的工作，在 *Don't Hunt for a Job, Farm for It* (《有“心”者事竟成》) 中，就来教你如何做个有心人。

当然在工作之外也要学会调节自己，四月的愚人节是个让自己开心，也可以逗别人开心的日子。“快乐酒吧”这回让你猜猜这些愚人节的故事是真是假。

不管怎么说，工作占据了每天生活的很大一部分。所以让我们一起努力快乐的工作、快乐的生活，快乐的享受每一天吧！



工作和爱情,  
难道真的是鱼和熊掌吗?

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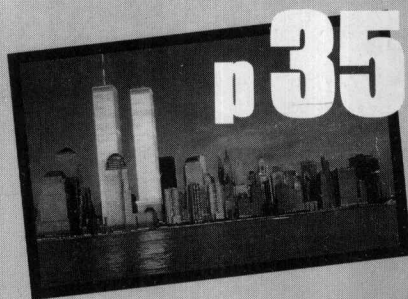
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封封 Color Spots  
二三 调色板

愚人节最典型的

活动当然就是大家互相

捉弄了。有的人将写有“我

是傻瓜我怕谁”的纸条贴到同

事的背上，只要一提到一路上被

恶搞的“回击率”弄得一吐露水的

后者就令人忍俊不禁；还有人

把里面藏着砖头的破帽子搁在

马路当中，然后躲在一旁看谁

来了踢它一脚后便哇哇大叫；

动物园的工作人员还会接到

不少打给菲什(Fish)小姐

或莱昂(Lion)先生的

电话……



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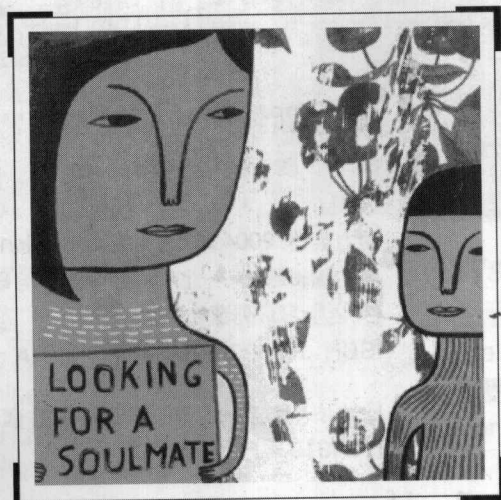
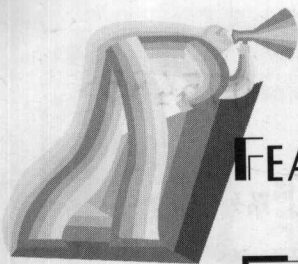
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Is it really harder  
to find friends today,  
or just harder  
to find the time  
for them?

# The Fine Art of Cultivating Friendships

## 将友谊进行到底

■ By Sally Abrahms

■ 慕萧 注

The invitation was intriguing<sup>1</sup>. It read:

*Girlfriends! I've been waiting for a long time to have an unpressured but purposeful forum for us girls to get together. Well, I am taking the bull by the horns, biting the bullet, stepping up to the plate (aren't there some feminine phrases out there?).<sup>2</sup> Come Friday to my home at 9 a.m. Bring your own coffee (I don't make good coffee!). I'll have, tea, water, and fruit. Don't dress and remember, we're here to gab<sup>3</sup>. This is about friendship, not food!*

1. intriguing: 引起兴趣的, 有迷惑力的。

2. take the bull by the horns: 勇敢地面对困难 (或危险等), 不畏艰险; bite the bullet: 勇敢地行动; step up to the plate: 自告奋勇; feminine: 女性的, 妇女的。这句话中用到的三个词组意义相近, 但这三个词组的男性色彩都较浓, 故而有括号里那句话。

3. gab: 闲聊, 空谈。

My friend Barbara's guest list included mothers from her children's school, friends from various civic groups, old friends, and a woman she just met.

"Who has time to go out to lunch or to a movie?" she reasoned. "It's hard to fit people, especially new ones, in our lives. That's why I loved the idea of having something where I can be with all my friends together."

Barbara is a rare and exotic bird. Women (and men) have always flocked to her.<sup>4</sup> She's got what my mother would call "the gift of friendship."

## The bonding blues<sup>5</sup>

But even if you have that gift, you can't always use it. As a male or female adult it can be difficult to make friends and nurture old ones, not to mention find time for our kids, our spouses, and ourselves. Grownups don't have the built-in venues like school, sports, or summer camp.<sup>6</sup>

Telecommuters<sup>7</sup> can feel particularly isolated because they have fewer opportunities during the day to make meaningful relationships. So can working at an outside office when many of your friends stay at home or the other way around.<sup>8</sup>

In addition, when you're building your career, there are often job moves that involve leaving some friends and having to connect with new people. Forty-three million Americans move annually, and that's a lot of uprooting and starting over.<sup>9</sup>



4. 芭芭拉是个很怪的家伙，总是被女人（还有男人）簇拥着。rare and: [表示强调]非常，很；exotic: 异乎寻常的，奇异的；bird: <俚>人，家伙。

5. bonding: (尤指因经常交往所致的) 亲密关系形成(如母子、母女之间)；blues: <口>沮丧，忧郁。在本文中，bonding blues指成年女性在自身和友人之间原本亲密的关系因空间分隔、工作繁忙等因素而变得疏远后所体会到的失落心情。

6. 成年人没有学校、运动会或夏令营那样的固定场所(来维系交往)。built-in: 内在的，固定的；venue: 举行场所，(行动、事件等的)发生地点。

7. telecommuter: (在家里通过使用与工作单位连接的计算机终端) 远距离工作者，与“SoHo族”类似。

8. the other way around (或about): 相反地，以相反方式。

9. uprooting: 搬家，迁居；starting over: 重新开始，此处指“换工作”。

Summer camp

以相反方式

每年地

搬家

换工作

Divorce changes friendships, too. Some friends you and your ex had as a couple may stay close to one of you and become estranged from the other.<sup>10</sup>

## It takes effort, you know?

While I had a great group of friends in high school, I've lost touch with most. Why didn't we stay close? The usual reasons: time, distance, changes, new friends, life.

My friend Ilene wouldn't buy<sup>11</sup> that. She is in constant touch with six of her high school friends. Their lifestyles and marital status vary and they live in four different East Coast states. Yet the four women and two men vacation together with their families, celebrate special birthdays, and attend other important events in their friends' lives. Now they are planning to rent a villa in Italy with their partners and spouses this fall to celebrate the boomers' 50th birthdays.

"Our group has remained very close because each and every one of us is willing to put the time and energy into keeping it that way," Ilene tells me. They shoot for<sup>12</sup> a reunion three to four times a year. "If we haven't seen one another for awhile, we'll invent an excuse to get together," she says.

Alan, a member of that group, told me "these guys are in my thoughts constantly. I call upon them for love, companionship, advice, and commiseration<sup>13</sup>. We absolutely accept each other for who we are. This has been proven time and again through the various changes and choices we've all made."

They have a kind of togetherness that's healthy but unusual.



10. (在你们离婚后)你和前任配偶共有的一些朋友也许会跟你们当中的一个保持密切联系,而与另一个人疏远。

11. buy: <口>同意, 接受。

12. shoot for: 为……努力, 争取得到。

13. commiseration: 同情, 怜悯。

## How we find friends

The truth is that all our rushing around makes it tricky to establish friendships and maintain them. Tricky but not impossible.<sup>14</sup> People still make friends the old fashioned way, by sharing experiences, whether it's on the job, through the kids, in a trade organization, or at a health club.

Some people find that tending a friendship is easier when they arrange to meet regularly. My friend Andy has had a weekly tennis game in New York City for the past several years with the same guys. My husband goes to a late movie and often dinner at least twice a month with his friend Merrill. Another friend, Kitti, hosts her female colleague friends off-season at her summer home on Martha's Vineyard and to other fun hot spots.<sup>15</sup>

There are less conventional but equally effective methods. My neighbor Polly has created a full social network by "picking up" and befriending other dog owners at her local park. She once hosted a Dog Bones and Cocktails party to get to know people better. Some of these folks are now her close friends.

The world of cyberspace has also made it easier to meet people and to reconnect with old friends. The other day I opened my e-mail. A college pal from San Francisco forwarded a joke to me. A mutual friend from Washington, D.C., I haven't heard from in more than ten years saw my name on the joke list and e-mailed me. The old warmth was still there. We've renewed our friendship and plan to get together later this year.

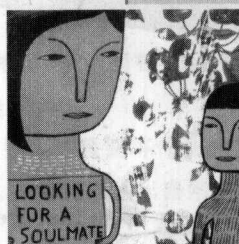
Whether you make friends in traditional or contemporary ways, there is still only one sure way to keep them: invest the time. If you do, chances are that you'll see a positive return on that investment for years to come.<sup>17</sup> ■

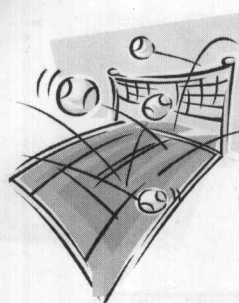
14. 事实是，四处奔波的生活使得我们很难建立和维系友谊。很难，但并非不可能。tricky: 难对付的，需谨慎对待的。

15. off-season: 在淡季；Martha's Vineyard: “玛莎的花园”，位于新英格兰区南边的一个小岛，是著名的观光度假区；hot spot: 热闹的娱乐场所。

16. pick up: 偶然结识。

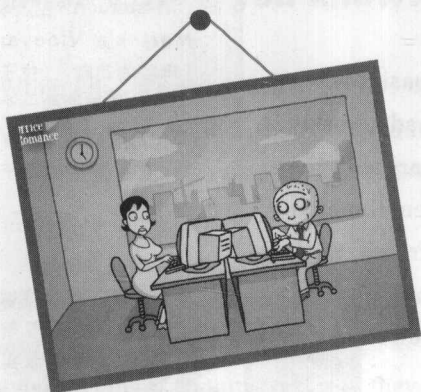
17. 如果你这么做的话，这份投资很可能会在以后的许多年里带给你实实在在的回报。





工作和爱情，难道真的是鱼和熊掌吗？

# Is Work the Love of Your Life?



## 工作—— 生命中的至爱？

■ By Judith Timson

■ 晴山 选译

As we gear up to that great Hallmark holiday,<sup>1</sup> here's a Valentine's Day card you won't see on the shelves: "To my beloved job—you've made me happy in so many ways. Life would be a cold, barren place without you and all that you provide—food on the table, a place to go during the day, really amusing co-workers and a chance to aim for excellence in all that I do. Thank you for being there."

Well, it's possible to love your job (although perhaps not that much). It's even desirable, according to that master of neuroses, Sigmund Freud<sup>2</sup>, who once decreed that love and work are the

当我们兴致勃勃地期待着那美妙的“贺曼”假日时，你不会在货架上找到这样一张情人节卡片：“致我心爱的工作——你带给我许许多多的快乐。没有你和你所给予我的一切——桌上的食品、白日里的去处、令人开怀的同事，还有一个在每件事情中追求卓越的机会——生活会是冰冷、单调的所在。谢谢你在我身边。”

是的，你完全可能爱上自己的工作（虽然也许爱得并不那么深）。按照精神分析大师弗洛伊德的看法，工作甚至是令人向往的。他曾宣称爱

1. gear up: 兴奋地准备好，焦急地等待；  
Hallmark: 在这里指全球知名的贺曼公司，该公司尤其以生产贺卡而闻名。此处的“Hallmark holiday”是指要寄送贺卡的比较隆重的节假日，这篇文章的写作时间正值情人节。

2. Sigmund Freud: 弗洛伊德，奥地利精神病学家、精神分析学派心理学创始人。

cornerstones of our humanness. Most people, he said, need both to be satisfied.

But most people, being human, lead lives that are often out of whack<sup>3</sup>, filled with longing, ambivalence and imbalance. If their job is going well, their love life is disastrous; if they have finally figured things out on the romantic front, the job might be on the back burner<sup>4</sup>. Maybe both are in a state of blah, negatively feeding off<sup>5</sup> each other. Or maybe both—lucky people—are going great guns<sup>6</sup>.

There is obviously a profound connection between love and work.

There's love FOR your work.

How many times have you heard, and even envied someone who says: "I can't believe I'm getting paid to do the thing I love most in the world."

It's always worth finding out how they managed that feat, unless of course the words are being uttered by a Hollywood star who has just been handed the equivalent of the gross national product of a small country to make his latest blockbuster.

I prefer to listen to the doctors, teachers, fashion buyers, therapists, scientists, consultants, firefighters, stockbrokers and many more people in jobs of varying status who confess they simply love their work. It's always worth asking them about their own process of discovery.

Then there is love AT work, which all the

and work is人性的基石。他说，大多数人都需要在两方面同时得到满足。

然而，大多数人不过是凡夫俗子，他们常常过着不健康的生活，其中充满了各种欲望、矛盾和不协调。要是工作顺利，爱情生活就一团糟；要是在情场上有所收获，工作就可能被摆到了次要位置；也许两方面都索然无味，而且互相掣肘；或者两方面——真是幸运哪！——都非常成功。

显然，爱情和工作之间有着某种深层次的联系。

那就是对工作的热爱。

多少次，你听到，甚至羡慕有人会这么说：“真不敢相信，有人付钱让我做这世界上我最爱做的事情。”

找出别人达致此等伟业的方法总会有所启发，当然，如果这些话出自刚刚收到最新大片片

酬——相当于一个小国的国民生产总值——的好莱坞明星之口，事情又当别论。

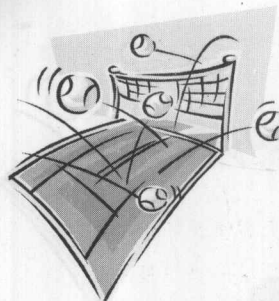
我更愿意听听其他一些人的意见，他们中有医生、老师、时装采购员、治疗师、科学家、咨询师、消防员、股票经纪人以及其他许多来自各行各业的人，

他们坦言自己爱岗敬业。去了解他们找到工作乐趣的过程是值得的。

还有就是在工作中萌生的爱，世上所有的



3. out of whack: 〈美口〉不正常，有毛病。
4. back burner: 一时非优先的地位，次要地位。
5. feed off: 以……作为食物（或能量等）的来源。
6. go great guns: 〈俚〉发达，非常成功。



sexual harassment and non-fraternizing guidelines in the world have not managed to dampen. People — especially but not exclusively the young and available — will fall in love with each other in the workplace. It's as simple as that.

Yet a recent story in *The Wall Street Journal* by respected writer Susan Shellenbarger gave me pause. She referred to an obscure Swedish study, several years old, that concluded the modern day office environment was a "homewrecker." No, not because personal relationships suffer when one or both of the partners put in long, gruelling hours on the job. The seven-year study of 37,000 employees at 1,500 workplaces said that simply being at the office could destroy your marriage — if you work predominately with members of the opposite sex. It could increase your divorce rate "by a startling 70 per cent, compared with an office filled with co-workers of the same sex."

The research dealt only with statistics and workers of compatible age, and didn't look at actual affairs. But it said divorce is contagious and a married person is "43 per cent more likely to get divorced" if one-third of his or her co-workers are recently divorced. Office divorces, in fact, can break out in "a measles pattern." (And here I was worried about the avian flu.)<sup>7</sup>

性骚扰和不友善行为指南都没能遏制它。人们——尤其是，但不单是年轻未婚的人——会在工作中坠入爱河。就这么简单。

然而，受人尊敬的作者苏珊·莎兰巴格最近在《华尔街日报》上发表的一篇文章却让我有些

犹豫。她提及了几年前瑞典

的一项并不引

人注意的研究。

该研究的结

论是，现代的办

公环境充当了

“家庭破坏者”一

角。不，这样说的

原因不在于夫妻双

方或其中一方工作

时间太长、太紧张，

从而令个人关系受到

不利影响。这项历时7

年、对1,500个工作地点的37,000人的研究发现，就算只是在办公室呆着也可能令你婚姻破裂——如果你的同事大多是异性的话。“与同事都是同性的办公室相比”，这样的办公环境会使离婚率升高“令人吃惊的70%”。

这项研究仅仅针对统计数据和同年龄段的雇员，并没有对具体的桃色事件进行研究。但研究认为离婚有传染性，如果一名已婚人士的同事有三分之一最近离婚的话，那么这位已婚者的“离婚概率会提高43%”。实际上，办公室里的离婚可能以“麻疹形式”暴发（现在我担心的是禽流感。）



7. 这里是作者的幽默说法。麻疹的传染性很强，用它做比喻就是想说明在办公室里离婚似乎也有传染性，往往能引起连锁反应。而现在这个时候在美国禽流感是首先需要控制的传染病之一，所以作者说他现在所担心的是禽流感（又称 bird flu / chicken flu）。

Moving on, what about work as escape from domestic love? American author Arlie Russell Hochschild was one of the first to put her finger on<sup>8</sup> why women who finally got out of the house and into the workplace were loving it despite the punitive hours and double dose of work when they got home: It was an escape from all those tasks without closure — like laundry, dishes and supervising homework.

In other words, women found out what men have always known: Saying, 'Yes let's put that issue on the table,' while dressed in a really nice suit was, for some, way more exciting than staring at a fridge full of food and muttering, 'Yes, let's put THAT on the table.' Work and home, concluded Ms. Hochschild, were actually "enmeshed but competing emotional cultures."

With that in mind, I'll give the last word to a lovely lawyer I e-mailed about another matter (no, definitely not divorce, thank you): "Hey will a good memo keep you warm at night? Will an office directive wipe away your tears? Will a full agenda comfort you when you need comforting? Will a staff meeting fill your need for fun and adventure? ... You can like your work, be energized by it, but save your love for people and hopefully that one special person. Oops, did I forget to mention I met my sweetie 18 years ago at the office?"

Love and work. Hallmark should be on to this. ■

接下来,用工作来逃避家庭感情又如何?为什么那些最终跨出家门、走入职场的女性喜欢工作,尽管这意味着她们回家后要面对加倍繁重的家务?美国作家阿里·拉塞尔·豪奇斯查尔德率先道破了个中奥秘:工作可以逃避这些无休无止

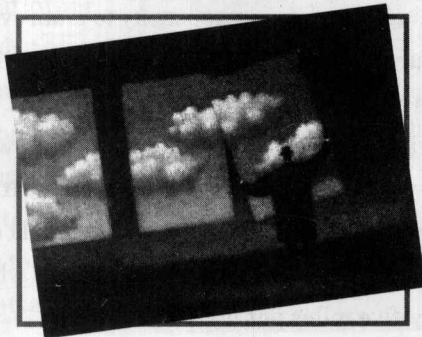
的劳役——比如洗衣服、刷碗和监督(孩子的)家庭作业。

换句话说,女性发现了男性一直都了解的事情:对于一部分女性来说,穿着考究的套装说“好,让我们把

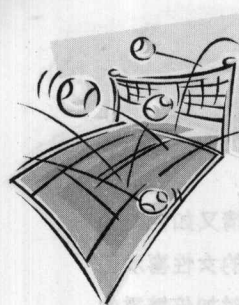
事情摆到桌面上来谈”要比盯着满满一冰箱的食品,小声嘟囔,“好,让我们把它们摆到桌面上”让人兴奋多了。豪奇斯查尔德女士总结道,工作和家庭实际上是“纠缠不清而又互相竞争的情感文化”。

讲了这么多,我想把最后一句留给一位可爱的律师,我曾通过电子邮件和她讨论过另一个问题(不,绝对不是离婚,谢谢):“嘿,一个周全的备忘录会让你在夜里感到温暖吗?办公室里的一个指示会擦干你的泪水吗?当你需要安慰的时候,一个满满的日程会让你感到舒心吗?全体员工会议会满足你的娱乐和冒险需要吗?……你可以喜欢你的工作,因它而活力充沛,但还是把爱留给人们,最好是那个特别的人。哦,我是不是忘了说,18年前,我就是在办公室遇到我的爱人的?”

爱情和工作。贺曼公司应对此有所了解。■



8. put one's finger on:〈口〉确切地指出。

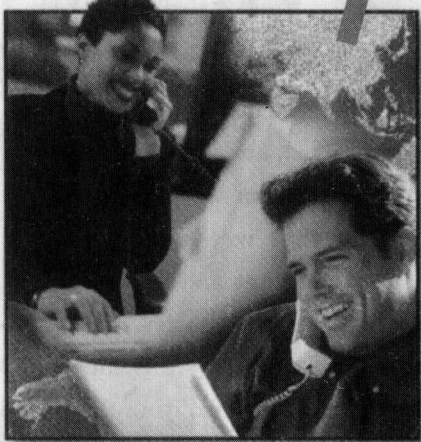


忙忙忙,

忙是为了自己的理想  
还是为了不让别人失望?

# Too Busy for Our Own Good

## 不可不忙?



For some reason, those of us who inhabit the more industrially developed nations of the world seem to believe that doing more will somehow yield us more.

When we mistakenly enter into this thought pattern, we come dangerously close to mistaking activity for accomplishment<sup>1</sup>. Despite what most of us have been unconsciously conditioned to believe, the two are not necessarily connected.<sup>2</sup>

As I drove to the office this morning, a young woman reminded me of our propensity to cram every waking moment of our existence with projects and tasks in hopes that we might gain more control over our lives.<sup>3</sup> The young woman was driving a car in the lane next to me. As we headed down the expressway, I couldn't help notice her: It was the first time I have ever seen anyone eat breakfast, talk on the phone, apply eye makeup, and sort through papers while driving a car at sixty-five miles per hour.

1. mistake activity for accomplishment: 误将行动当作成就。
2. 虽然我们大多数人已经惯于不自觉地相信这一点, 但这二者之间并没有必然联系。
3. 早上我开车去上班时, 一个年轻女子让我想到, 我们习惯于用各种计划和任务来填满生活中除了睡觉之外的每个时刻, 希望这样就可以更好地掌控自己的生活。propensity: 倾向, 习性; cram: 把……塞满, 挤满。

This woman wasn't alone in her pursuit of multitasking nirvana, either.<sup>4</sup> The fellow driving just behind her was reading a newspaper, drinking coffee, and yelling at three arguing kids seated in the backseat. This perpetual multitasking is not a problem we succumb to only while driving.<sup>5</sup> Just this morning, as I sat in Central Park enjoying the shade of a 200-year-old oak tree, I happened to catch sight of a jogger talking on his cell phone and fiddling with his Palm Pilot while he ran.<sup>6</sup> Similar observations by friends in Europe and Asia suggest this is not just an American ill; it seems to be part of a worldwide phenomenon.

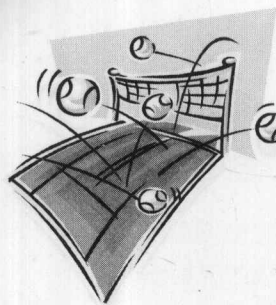
We're all too busy for our own good. Most of us live as if we will be judged at our final reckoning according to the number of crossed-off items on our cosmic to-do list.<sup>7</sup> I'm not sure what it is that causes otherwise rational people to think that, by working harder, faster, and longer, they'll get everything done, when they know by experience the exact opposite is true.

Often the harder, faster, or longer we work at a task the less effective we become, and in most cases getting "everything done" is a human impossibility. We're just not built to move at the pace most of us tend to push ourselves to.

The technology we once thought would make our lives simpler is actually producing the obverse effect<sup>8</sup>. Cell phones, PDAs (Personal Digital Assistants) with satellite capabilities, voice mail, E-mail, and the like, bring the world within our reach. Unfortunately, they also bring us within the reach of the world.

Our tender senses are assaulted every moment by billions of new and changing sights, sounds, smells, and other sensations. More information is hurled at our minds today than at any time in history, and we are reacting negatively to the overload. The human attention span is shrinking in response to the ever-increasing number of demands being placed on it, and our nerves are raw from wear.<sup>9</sup> To maintain our sanity and preserve a small scrap of solitude, we learn to block most of the sensations that we deem nonessential. In

4. 不是只有她一个人在追求这种多重任务的境界。  
**multitasking**: 多重任务处理, 这是指那个女人同时进行好几项活动。  
**nirvana**: 无忧无虑的境界。
5. 我们无时无刻不在受着多重任务的影响, 不只是在开车的时候。  
**perpetual**: 永恒的, 长期的;  
**succumb to**: 听任。
6. 我偶然瞄到一个慢跑者一边跑步一边打手机/同时摆弄着他的掌上电脑。  
**fiddle with**: 无目的地摆弄;  
**Palm Pilot**: 即 Personal Digital Assistant (个人数码助理) 为掌上电脑的一种。
7. 从我们大多数人的生活方式看来, 似乎对我们进行最后清算的依据就是我们那无穷无尽的“待做事项”单上有多少已完成的项目。  
**reckoning**: 账单、清算;  
**crossed-off items**: 被划去的项目, 指“待做的事”的单子上已被完成的项目;  
**cosmic**: 无限的, 无穷尽的。
8. **producing the obverse effect**: 适得其反。  
**obverse**: 对应的, 这里指“与我们所想的相反的”。
9. 面对不断增加的需要加以注意的事物, 人们的注意力越来越难以集中, 神经也因为过度紧张而发痛。  
**attention span**: [心]注意广度(指注意力耐久集中的时间长度)。此处 **the human attention span is shrinking** 指注意力难以集中。



consequence, all that is sensuous and spiritual ricochets off the impenetrable wall we have erected.<sup>10</sup>

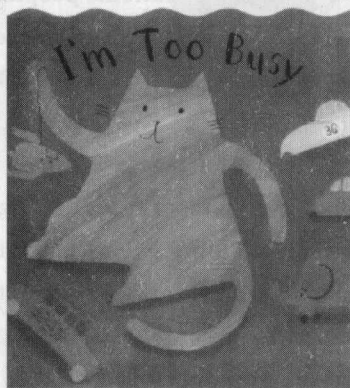
Such is another of life's follies: In a vain attempt to quiet our tired minds and draw closer to the sound of our souls, we strain out<sup>11</sup> the very things that will bring us peace, joy, and the spiritual connection we seek. The absurdity is this: The more we fail in attaining peace through filtration, the harder we try. Until one day we have blocked so much from our lives, we find that we're not really living at all; we're merely alive.

In order to draw closer to our soul, we need less in our lives, not more. Instead of hurrying to fill the voids in our schedule with more activity, we need to take time to experience the sensual and spiritual side of life: We need to nourish the relationship with our soul and allow it to grow.

We seem to be able to make time for everything else, but we need to make time for the sensual things in life, the things that really make life worth living. We need to make time for doing nothing at all, so we can once again experience the joy of serenity<sup>12</sup>. We need to slow down a bit, so we can become in synch with<sup>13</sup> nature.

To help us get to know each other better, we need to share things like the gift of humor with each other. We also need to take time to share an honest compliment or a simple hug with everyone we meet. We need to tear down the walls that we have built between our souls and the souls of others. ■

## Multi Task



10. 结果，所有令感官和精神愉悦的东西都从我们筑起的那道无法穿透的墙上弹开了。sensuous: 感官方面的，给感官以快感的；ricochet/'rɪkəʃet/: 跳飞，弹回；impenetrable: 不能穿过的，透不过的。

11. strain out: 这里意思是“将……过滤出去”。

12. serenity: 宁静，安详。

13. in synch with: 与……协调。