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双语阅读

最美丽的英文

The most Beautiful English

人人受益的心灵智慧书，学习英文的最佳课外书。

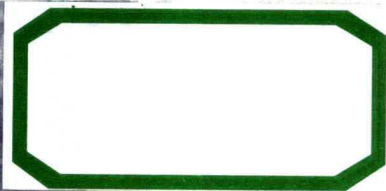
给心灵洗个澡

全集

王姿萱 编译

没有经历过坎坷的心灵是浮躁的，没有经历过失败的心灵是脆弱的。生命的过程是一次又一次的蜕变，如蝉脱翼，有痛苦，有挣扎，最终我们迎来了成长的喜悦。给心灵洗个澡，每个人的心中都会有一片净土，心灵会变得宁静，灵魂会得到慰藉。

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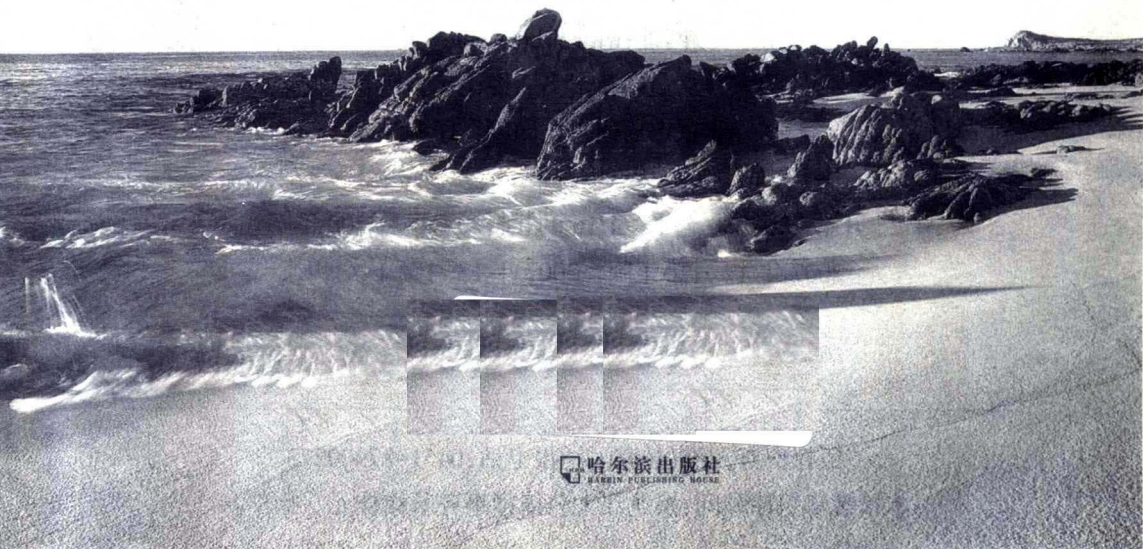
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图书在版编目(CIP)数据

给心灵洗个澡全集:英汉对照/王姿萱编译. —哈尔滨:
哈尔滨出版社, 2007.12

ISBN 978-7-80753-091-6

I. 给... II. 王... III. ①英语-汉语-对照读物 ②散文-
作品集-世界 IV. H319.4:I

中国版本图书馆 CIP 数据核字(2007)第 138270 号

责任编辑:王洪启 杨广斌

装帧设计:飞鸟工作室

给心灵洗个澡全集

王姿萱 编译

哈尔滨出版社出版发行

哈尔滨市香坊区泰山路 82-9 号

邮政编码:150090 营销电话:0451-87900345

E-mail:hrbcbs@yeah.net

网址:www.hrbcbs.com

全国新华书店经销

北京市通州兴龙印刷厂印刷

开本 720×980 毫米 1/16 印张 22 字数 300 千字

2007 年 12 月第 1 版 2007 年 12 月第 1 次印刷

ISBN 978-7-80753-091-6

定价:26.80 元

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本社常年法律顾问:黑龙江大公律师事务所徐桂元 徐学滨



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第一卷 每一天都是上帝的恩赐

Part 1 Everyday is a Gift





Secrets Every Achiever Knows

Anonymous

In October 1982, a 25-year-old woman finished the New York City Marathon. No big deal—until you learn that Linda Down has cerebral palsy and was the first woman ever to complete the 26.2-mile race on crutches. Down fell half a dozen times, but kept going until she crossed the finish line, 11 hours after she started. Her handicap limited her speed but not her determination.

Henry Wadsworth Longfellow once wrote: “Great is the art of beginning, but greater the art is of ending.” How nice it would be if we all had a genie who could help us finish what we begin. Unfortunately, we don’t. But what we do have is a dynamic called discipline—which extracts a high price. Following one of Paderewski’s performances, a fan said to him, “I’d give my life to play like that.” The brilliant pianist replied, “I did.”

Accomplishment is often deceptive because we don’t see the pain and perseverance that produced it. So we may credit the achiever with brains, brawn or lucky breaks, and let ourselves off the hook because we fall short in all three. Not that we could all be concert pianists just by exercising enough discipline. Rather, each of us has the makings of success in some endeavor, but we will achieve this only if we apply our wills and work at it.

How can we acquire stick-at-itiveness? There is no simple, fast formula. But I have developed a way of thinking that has rescued my own vacillating will more than once. Here are the basic elements:

“Don’t” power This is as important as willpower. The ancient Chinese philosopher Mencius said, “Men must be decided on what they will not do, and then they are able to act with vigor in what they ought to do.”

Discipline means choices Every time you say yes to a goal or objectives, you say not many more. Every prize has its price. The prize is the yes; the price is the no. Igor Gorin, the noted Ukrainian-American baritone, told of his early days studying voice. He loved to smoke a pipe, but one day his professor said, "Igor, you will have to make up your mind whether you are going to be a great singer, or a great pipe-smoker, you cannot be both." So the pipe went.


Delayed gratification Mr. Scott Peck, M.D., author of the best-seller *The Road Less Traveled*, describes this tool of discipline as "a process of scheduling the pain and pleasure of life in such a way as to enhance the pleasure by meeting and experiencing the pain first and getting it over with."

This might involve routine daily decisions—something as simple as skipping a favorite late-night TV show and getting to bed early, to be wide awake for a meeting the next morning. Or it might involve longer-term resolves. A young widow with three children decided to invest her insurance settlement in a college education for herself. She considered the realities of a tight budget and little free time, but these seemed small sacrifices in return for the doors that a degree would open. Today she is a highly paid financial consultant.

The secret of such commitment is getting past the drudgery and seeing the delight. "The fact is that many worthwhile endeavors aren't fun," says syndicated radio and TV commentator Mort Crim, "True, all work and no play makes Johnny a dull boy. But trying to turn everything we do into play makes for terrible frustrations, because life—even the most rewarding one—includes circumstances that aren't fun at all. I like my job as a journalist. It's personally satisfying, but it isn't always fun."

Achieving a balance Never confuse discipline with rigidity. Perfection is not the aim; rather, strive for the peace of mind that comes from being in charge of yourself.

Most of us need interludes in our work to take a walk or eat snack—whatever revives and refreshes. Your breathers don't need to be lengthy to shake out the cobwebs and give some relief. Such rewards act as incentives for finishing a task, as well as helping you to maintain momentum. True discipline achieves a balance of producing, not driving. Even discipline needs to be disciplined.



Self-development Disciplined people are happier people because they are fulfilling inner potential. A woman at one of my seminars told me about her six-year-old daughter who swam with a team and practiced every morning for an hour, swimming 2000 to 3000 meters, she related a conversation her daughter had with a family friend.

“Do you like swimming?” the friend asked.

“Yes, I love it.”

“Is it fun?”

“No! ”

That six-year-old had learned what many adults never experience: the joy of discipline and self-development. Unfortunately, the very word discipline puts us off because it sounds restrictive and punitive—like a truant officer stalking us to make sure we toe the line. True discipline isn’t on your back needling you with imperatives; It is at your side, nudging you with incentives. When you understand that discipline is self-caring, not self-castigating, you won’t cringe at its mention, but will cultivate it.

Charley Boswell, a former University of Alabama football star with hopes of a professional baseball career, lost his eyesight in World War II, but that didn’t stop him “to become the National Blind Golf Champion 17 times.” He was quoted as saying, “I never count what I’ve lost. I only count what I have left.” That is self-development—that is discipline.

Habit-changing strategies Many a person’s downfall comes in trying to change a bad habit by focusing on an undesirable behavior to replace it.

Countless people tell me they would like to eat better but don’t want to “give up” tasty food. Rather than thinking about what they can’t have, they should think about what they can eat. Fruit juice with sparkling mineral water is a delicious substitute for high-calorie soft drinks; snacks and cookies prepared with whole grains and fried fruits give candy bars good competition.

It isn’t easy to change old habits. An overweight woman came to me during a seminar and said, “I’m so undisciplined. I can’t stick to a diet and my house is always a mess. I feel like a slob.” I told her she wasn’t totally undisciplined. “You made it to this conference. You arrive promptly at each session, and you are neatly dressed.” She almost smiled, and

then I added, “There’s probably a reason why you haven’t been able to lose weight or get your home in order.”

Later, I found out there was a big reason. She was widowed a year before. Her husband had been an alcoholic who verbally abused her all 24 years of their marriage. It never occurred to her that a poor self-image was keeping her from effecting positive changes. With this realization, she took the next step in bringing more discipline to her life—by going for counseling. Meanwhile, some of her friends offered to come to her house and help her clean up, putting her even more solidly on a habit-changing course.

Mind over matter I remember my school days and Mom’s regular reveille: “Time to get up!” I agonized in bed until the last minute and ran my mother’s patience short. Then I went away to college and had to get myself up. Finally, tired of waging war with waking, I decided that when the alarm rang, I would rise—just because I wanted to, regardless of how I felt. It has worked ever since.

In *Feeling Good*, *The New Mood Therapy* David D. Burns, M.D., writes: “Motivation does not come first, action does! You have to prime the pump. If you wait until you’re ‘in the mood,’ you may wait forever.” When you don’t feel like doing something, you tend to put it off, but it’s often after we get involved in a task that we become highly motivated.

Discipline is habit-forming. A little leads to more, because the benefits prove increasingly desirable. When you finally overcome inertia, you will feel better all around. We are at our best—physically and mentally—when we are disciplined.

