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HOW TO
STOP
WORRYING AND
START
LIVING

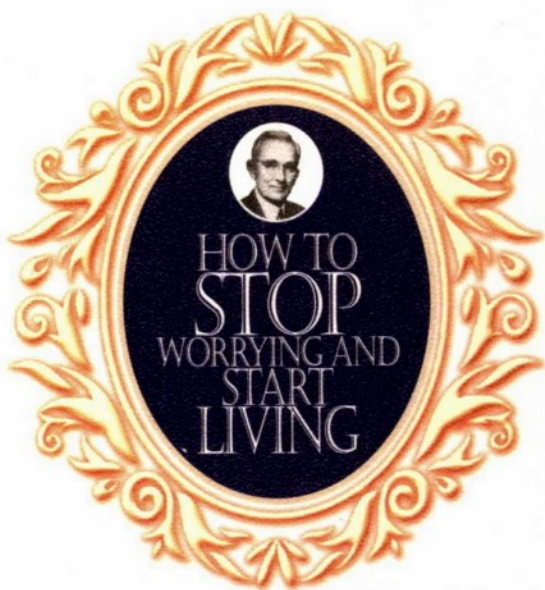
人性的优点

如何克服忧虑开启新的人生

DALE CARNEGIE

[美] 戴尔·卡耐基 / 著

天津社会科学院出版社



改变你生活的健康快乐指南书

英文版销量高达600万册

本书是卡耐基三大经典著作之一，全球销量高达600万册，自问世以来，引导无数人消除内心焦虑，摆脱生活愁苦，过上了快乐幸福的日子。卡耐基在此书中提供了一套自我解忧的公式，对生活在21世纪高节奏与强压之下的现代男女来说，本书的条条建议与忠告如良师之益言，亲友之暖语。它将帮助您调整自己的心理，开创新的生活！

读者通过本书可以学到

- 克服忧虑的准则
- 分析忧虑的基本技巧
- 如何培养消除忧虑的习惯
- 保持平安快乐的7大办法
- 不要为批评而烦恼
- 保持精力旺盛的6种方法

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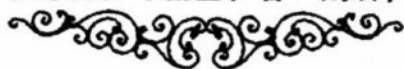
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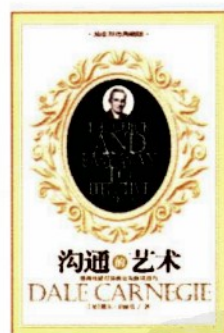
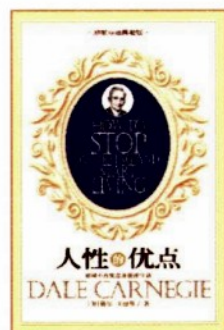
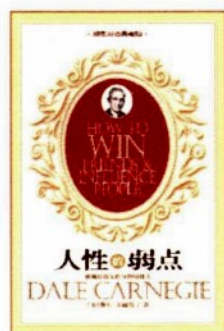
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戴尔·卡耐基

(1888.11.24-1955.11.1)

美国著名演讲家、作家，公共演说与个性发展心理学领域先驱。他于1888年11月24日出生于密苏里一个贫穷农民家庭，上高中和大学期间就积极加入辩论俱乐部。师范学院毕业后，他在内布拉斯加当过推销员，到纽约当过演员，后成为美国青年基督教协会的一名讲师，讲授公共演说课程，从此成为成人教育运动的积极推动者和主导者。他的畅销书《如何赢得友谊与影响他人》（中译名《人性的弱点》）英文版销量高达1500多万册，被译成许多语种出版。他的著作之所以如此受到读者欢迎，在于书中讲述的故事真实，说理性强，阐明的法则简洁而具有普适性。他有两句著名的格言：“相信你成功，你就能成功”、“学会喜爱、尊敬与欣赏他人”。他的另两本书《如何克服忧虑开启新的人生》（中译名《人性的优点》）和《如何充满自信地进行公共演说》（中译名《沟通的艺术》）一直是全球自我教育与成人训练的范本。1955年11月，戴尔·卡耐基于纽约森林山庄去世，结束了他平凡而伟大的一生，给世人留下了无尽的人生宝藏。

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PART ONE

Fundamental Facts You Should know about Worry

克服忧虑的基本准则

精力的浪费、精神的苦闷，都会
紧随一个为未来而担忧的人。我们要
精心地为明天而考虑、计划和准备，
而不是为明天而担忧。



Chapter 1

生活在“今天的密封舱里”

1871 年春天,一位年轻人手拿一本书,他看到了一句话,正是这句话对他的前途产生了莫大的影响。他是蒙特瑞尔综合医院的一位医科学生,他的生活中总是充满了忧虑:担心怎样通过期末考试,担心该做些什么事情,担心到哪里去,担心怎样才能开业,担心怎样才能生活……

正是这句只有 21 个英文单词的话,使他成为同代人中最有名的医学家。他创建了世界知名的约翰斯·霍普金斯医学院,成为牛津大学医学院的客座教授——这是英国医学界的最高荣誉——他还被英国国王册封为爵士。在他去世以后,人们用两大卷书——厚达 1466 页的篇幅——完整地讲述他的一生。

他的名字叫做威廉·奥西耶爵士。1871 年春天他所看到的那句由托马斯·卡莱尔所写的话,帮助他度过了无忧无虑的一生,这句话就是:“我们首要去做的事情不是去观望遥远的将来,而是去明明白白地做手边之事。”

42 年之后,在一个春暖花开之夜,郁金香开满了校园,威廉·奥西耶爵士正在对耶鲁大学的学生发表演讲。他对那些耶鲁大学的学生们说,像他这样一位曾经在四所大学当过教授,写过一本很受欢迎的书的人,似乎应该有一个“特殊的头脑”,但其实不然。他说,他的一些好朋友都知道,他的大脑其实“最普通不过了”。

那么他成功的秘诀到底是什么呢?他认为,这完全是因为他生活在一个“只有今天的密封舱”里。他这句话是什么意思?让我们先看看下面这则故事吧!

在奥西耶爵士到耶鲁演讲的几个月以前,他乘坐一艘巨轮横渡大西洋,他看见船长站在舵室里,掀下一个按钮,轮船立即发出一阵机械运转的声音,船舱的几个部分立刻彼此隔绝开来——分成了几

Live in "Day-tight Compartments"

In the spring of 1871, a young man picked up a book and read twenty-one words that had a profound effect on his future. A medical student at the Montreal General Hospital, he was worried about passing the final examination, worried about what to do, where to go, how to build up a practice, how to make a living.

The twenty-one words that this young medical student read in 1871 helped him to become the most famous physician of his generation. He organised the world-famous Johns Hopkins School of Medicine. He became Regius Professor of Medicine at Oxford—the highest honour that can be bestowed upon any medical man in the British Empire. He was knighted by the King of England. When he died, two huge volumes containing 1,466 pages were required to tell the story of his life.

His name was Sir William Osier. Here are the twenty-one words that he read in the spring of 1871—twenty-one words from Thomas Carlyle that helped him lead a life free from worry: "*Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand.*"

Forty-two years later, on a soft spring night when the tulips were blooming on the campus, this man, Sir William Osier, addressed the students of Yale University. He told those Yale students that a man like himself who had been a professor in four universities and had written a popular book was supposed to have "brains of a special quality". He declared that that was untrue. He said that his intimate friends knew that his brains were "of the most mediocre character".

What, then, was the secret of his success? He stated that it was owing to what he called living in "daytight compartments." What did he mean by that?

A few months before he spoke at Yale, Sir William Osier had crossed the Atlantic on a great ocean liner where the captain standing on the bridge, could press a button and—presto! —there was a clanging of machinery and various parts of the ship were immediately shut off from one another—shut off into watertight compartments. "Now

个完全封闭防水的隔水舱。在对耶鲁大学的学生演讲时,奥西耶说:

“你们每个人的身体组织都要比那艘海轮精美得多,你们要走的航程也遥远得多,我要劝诫各位的是,你们也要学会怎样控制一切,生活在一个‘只有今天的密封舱’里,这才是确保航行安全的最好方法。只要你到舵室去,就会发现那些大的隔离舱都可以使用,按下按钮,注意倾听你生活的每一个层面,用铁门把过去隔断——隔断已经逝去的昨天;按下另一个按钮,用铁门把未来也隔断——隔断那些尚未来临的明天。这样你就保险了——你有的只是今天……切断过去,将已逝的过去埋葬;切断那些把傻子引上死亡之路的昨天……明日的重担,加上昨日的重担,就会成为今日的最大障碍,要把未来像过去一样紧紧地关在门外……未来也取决于今天……没有明天这个东西,人类得到救赎的日子就是现在。精力的浪费、精神的苦闷,都会紧随着一个为未来担忧的人……那么把船前船后的大隔舱都关断吧,准备养成一个好习惯,生活在‘只有今天的密封舱’里。”

这么说来,我们是不是不要憧憬明天,不应该为明天而努力呢?不!绝不是这样!在那次演讲中,奥斯勒继续说,为明日做好准备的最好方法就是集中你所有的智慧、所有的热诚,把今天的工作做得尽善尽美,这就是你迎接未来的唯一办法。

奥斯勒爵士还告诫耶鲁大学的学生以基督徒的祷告开始每日的生活:“请主赐予我们今天,以作为今日的面包吧!”

请记住,祷告者只是在祈求今天的面包。他们并未抱怨昨天吃过的过期的面包,他们并未说:“主啊!近期玉米产区严重干旱,明年也许还会面临旱灾,我们明年之秋该吃什么呀?如果我失去工作,仁慈的主啊!我那时从何处找到面包?”

奥斯勒教我们只为今天的面包而祷告。也只有今天的面包才是你能吃到的。

一定要为明天着想,不错,要精心地考虑、计划和准备,而不是为明天而担忧。

在第二次世界大战时期,军事领袖必须为将来计划,可是他们绝不能有任何焦虑。“我把我们最好的装备,供应给最好的士兵。”指

each one of you," Dr. Osier said to those Yale students,

"is a much more marvelous organisation than the great liner, and bound on a longer voyage. What I urge is that you so learn to control the machinery as to live with 'day-tight compartments' as the most certain way to ensure safety on the voyage. Get on the bridge, and see that at least the great bulkheads are in working order. Touch a button and hear, at every level of your life, the iron doors shutting out the Past—the dead yesterdays. Touch another and shut off, with a metal curtain, the Future—the unborn tomorrows. Then you are safe—safe for today!... Shut off the past! Let the dead past bury its dead.... Shut out the yesterdays which have lighted fools the way to dusty death.... The load of tomorrow, added to that of yesterday, carried today, makes the strongest falter. Shut off the future as tightly as the past.... The future is today.... There is no tomorrow. The day of man's salvation is now. Waste of energy, mental distress, nervous worries dog the steps of a man who is anxious about the future.... Shut close, then the great fore and aft bulkheads, and prepare to cultivate the habit of life of 'day-tight compartments'."

Did Dr. Osier mean to say that we should not make any effort to prepare for tomorrow? No. Not at all. But he did go on in that address to say that the best possible way to prepare for tomorrow is to concentrate with all your intelligence, all your enthusiasm, on doing today's work superbly today. That is the only possible way you can prepare for the future.

Sir William Osier urged the students at Yale to begin the day with Christ's prayer: "Give us this day our daily bread."

Remember that that prayer asks only for *today's* bread. It doesn't complain about the stale bread we had to eat yesterday; and it doesn't say: "Oh, God, it has been pretty dry out in the wheat belt lately and we may have another drought—and then how will I get bread to eat next autumn—or suppose I lose my job—oh, God, how could I get bread then? "

No, this prayer teaches us to ask for *today's* bread only. Today's bread is the only kind of bread you can possibly eat.

By all means take thought for the tomorrow, yes, careful thought and planning and preparation. But have no anxiety.

During the war, our military leaders planned for the morrow, but they could not afford to have any anxiety. "I have supplied the best men with the best equipment we have," said Admiral Ernest J. King,

挥美国海军的海军上将欧内斯特·金说：“然后尽可能向他们作出最明智的命令，我所能做的就是这些。”

“若是一条船沉了”，金继续说道：“我不能把它捞起来。要是船在往下沉，我也挡不住。我把时间花在解决明天的问题上，要比为昨天的问题而后悔好得多了，何况我如果总是为这些事情烦心的话，我也不能支持很久。”

不论是在战时还是在和平时代，一个好想法和坏想法的分别是：好的想法考虑到原因和结果，从而产生一个很合乎逻辑、很有建设性的计划；而坏想法通常会导致一个人的紧张和精神崩溃。

我最近很荣幸能访问阿瑟·苏兹柏格，他是世界上最有名的《纽约时报》的发行人。苏兹柏格先生告诉我，当第二次世界大战的战火烧过欧洲的时候，他感到非常吃惊，对未来非常担忧，以致几乎无法入睡。他常常在半夜爬下床来，拿着画布和颜料，望着镜子，想画一张自画像。他对绘画一无所知，可他还是画着，好让自己不再担心。苏兹柏格先生告诉我，最后，他用教堂里的一首赞美诗中的一句话作为他的座右铭，终于消除了他的忧虑，得到了内心的平安。这一句话是：“仅只一步足矣。”

带引我，仁慈的灯光……
让你常在我脚旁，
我并不想看到远方的风景，
只要前行一步就好了。

大概就在这个时候，有个当兵的年轻人也同样学到了这一课，他的名字叫做泰德·本杰米诺，住在马里兰州巴尔的摩城——他曾经忧虑得几乎完全丧失了斗志。他写道：

1945年4月，我忧愁得患了一种病，医生称之为结肠痉挛症，这种病使人极为痛苦，如果战争那时还不结束，我想我整个人都会垮了。

我当时整个人筋疲力尽。我在第94步兵师，担任士官，负责建立和保持一份在战争中死伤和失踪者的记录，还要帮忙发掘那些在战争激烈的时候被打死的、被草掩埋在坟墓里的士兵。我要收集那