

最新

THE MOST ELOQUENT SPEECHES

OF THE CELEBRITIES

——Write a Fantastic Story of Your Life

名人 励志演讲 精粹

(美) 蒂姆·库克等◎著

——书写精彩人生



激情四射的
演讲

震撼人心的
声音

启迪心灵的
睿智



总有一种声音
发人深省 催人奋进

青岛出版社
QINGDAO PUBLISHING HOUSE



名人励志演讲精粹

——书写精彩人生

主 编 徐莉娜

作 者 (美)蒂姆·库克等

译 者 宫英瑞 冯 瑛 高 雪 张亚军 陈纪荣
葛燕君 于元元 张世明 曲茹茹 刘晓莉
孟 嫒 许亚梅 王雪燕 庞文婧 赵文静
赵雅静 边 琳 赵博海

图书在版编目(CIP)数据

书写精彩人生:英汉对照/徐莉娜主编;宫英瑞等译.

—青岛:青岛出版社,2016.7

(名人励志演讲精粹)

ISBN 978-7-5552-3596-5

I . ①书… II . ①徐… ②宫… III . ①演讲—世界—选集—英、汉 IV . ① I16

中国版本图书馆 CIP 数据核字(2016)第 038531 号

书 名	名人励志演讲精粹——书写精彩人生
主 编	徐莉娜
作 者	(美)蒂姆·库克等
译 者	宫英瑞 冯 瑛 高 雪 张亚军 陈纪荣 葛燕君 于元元 张世明 曲茹茹 刘晓莉 孟 嫫 许亚梅 王雪燕 庞文婧 赵文静 赵雅静 边 琳 赵博海

出版发行	青岛出版社
社 址	青岛市海尔路 182 号(266061)
本社网址	http://www.qdpub.com
邮购电话	0532-68068026
责任编辑	曹永毅 江伟霞 E-mail: cyx2001@sohu.com
装帧设计	刘 晶
照 排	青岛双星华信印刷有限公司
印 刷	青岛国彩印刷有限公司
出版日期	2016 年 7 月第 1 版 2016 年 7 月第 1 次印刷
开 本	32 开(890mm × 1240mm)
印 张	13.75
字 数	376 千
书 号	ISBN 978-7-5552-3596-5
定 价	28.00 元

编校印装质量、盗版监督服务电话 4006532017 0532-68068638

印刷厂服务电话 0532-88194567

目 录

■文艺界精英

Write a Fantastic Story of Your Life 书写精彩人生 / 玛丽·希金斯·克拉克	3
You Are Your Own Professor Now (Excerpt) 成为自己的教授(节选) / 史蒂芬·科尔伯特	13
Change The World (Excerpt) 改变世界(节选) / 比尔·奈	23
The Power of “WE” “我们”的力量 / 约翰·邦·乔维	31
Do not Let Fear Hinder Your Success 不要让恐惧阻碍你成功 / 查理·戴	43

■商界精英

Build a Bridge to a Better World 搭建桥梁,通往成功 / 达伦·沃克	63
Take Some Time to Really Think (Excerpt) 花些时间,认真思考(节选) / 凯蒂·柯丽克	79



Change the World like Steve Jobs Did (Excerpt)	
像史蒂夫·乔布斯那样改变世界(节选)/蒂姆·库克	93
To Be a Pathfinder (Excerpt)	
成为开拓者(节选)/杰夫·伊梅尔特	107
Avoid Conformity	
避免盲从/埃文·斯皮格尔	123
Discover Your Purpose and Passion	
找到目标 点燃激情/罗恩·沙伊克	131
What Types of Innovators does the World Need?	
世界需要什么样的创新者?/苏珊·德斯蒙德-赫尔曼	143
Three Magic Codes of a Successful Life	
成功人生的三点秘诀/德鲁·休斯顿	157
Free Your Mind to Evolve Faster: Reboot, Rewrite and Rethink (Excerpt)	
不沉湎于琐事 才能快步迈向成功——改变、重塑与反思(节选)/	
斯科特·伊里	173

■ 学界精英

Happy Maps (Excerpt)	
快乐地图(节选)/丹尼尔·奎尔恰	189
Changing the World (Excerpt)	
改变世界(节选)/萨曼莎·鲍尔	197
Why We All Need to Practice Emotional First Aid (Excerpt)	
情感急救(节选)/盖伊·温奇	209

How to Manage for Collective Creativity (Excerpt) 如何发挥集体创造力(节选) / 琳达·希尔	227
Dare to Take Responsibilities 敢于负责 / 斯考特·考恩	245
The Price of Altruism 利他精神的价值 / 马修·李卡德	253
To the South Pole and Back — the Hardest 105 Days of My Life 往返南极——生命中最艰难的 105 天 / 本·桑德斯	267
What I Learned from Spending 31 Days Underwater 我在水底 31 天学到了什么 / 法比恩·库斯托	285
The Mathematics of Love 爱情的数学秘诀 / 汉娜·弗里	297
Be Stubborn and Optimistic in Life 生活需要执着与乐观 / 乔伊斯·卡洛尔·欧茨	315
You Are an Infinite Being with Infinite Possibilities (Excerpt) 你无所不能, 拥有无限可能(节选) / 博纳德·哈里斯	329
Poetry that Frees the Soul 诗歌解放被囚困的灵魂 / 克里斯蒂娜·多梅内克	345
The Ways to Change the World (Excerpt) 改变世界的方式(节选) / 布莱恩·史蒂文森	355
The Joy of Surfing in Ice-cold Water 冰水冲浪的乐趣 / 克里斯·布卡德	365



You Have Everything You Need to Succeed

你具备成功的一切条件 / 米歇尔·奥巴马 377

Take Your Responsibilities (Excerpt)

担起责任(节选) / 玛德莱娜·奥尔布莱特 395

Being Grateful for What You Have

常怀一颗感恩的心 / 巴拉克·奥巴马 407

Follow Your Heart (Excerpt)

心随所想(节选) / 米歇尔·奥巴马 413

A Good Education Is the Wealth of a Lifetime

良好的教育是一生的财富 / 米歇尔·奥巴马 423



文艺界精英

我向大家保证,在你们的一生中,一定会有伟大的发现。你们的发现能够像因特网的发明一样改变全球的交流方式。

——比尔·奈

课程有止境,学习无止境。你的文凭是一把钥匙。它不仅为你开启了可能之门,同样也为他人开启可能之门。

——约翰·邦·乔维

你不必无所畏惧,只要不让恐惧阻止你前进就可以。

——查理·戴

Write a Fantastic Story of Your Life

Mary Higgins Clark

Commencement Address at the Catholic University of America

May 16, 2015

☆ The years to come will fly at an increasingly accelerated pace. Make the most of every day of every one of those years. Write the story of your lives so that your novel will be more than a best seller. Write it and live it so that it becomes a classic.

Cardinal Wuerl, President, John Garvey, fellow honorees, Trustees, Faculty, members of the graduating class, and families and friends of the graduates, I am delighted to address the class of 2015 this morning on this defining moment in their lives.

Over the years I've attended many graduations and the same words keep coming up—milestones, memories, dreams, hope, the future. I don't mean that these words are hackneyed, because they are appropriate to the day.

Today, you graduates of the Catholic University of America have completed another milestone. The first one you achieved upon your graduation from grammar school. The second occurred on your graduation from high school. I am aware that for some of you the mathematics are a little different. You are the ones who came back to earn your degree. My

书写精彩人生

玛丽·希金斯·克拉克

美国天主教大学毕业典礼演讲

2015年5月16日



☆ 接下来的几年会以越来越快的速度飞逝而过。要充分利用好每一年的每一天。书写自己一生的故事吧，让你的小说胜过一本畅销书。用心地写，用心地活，让它成为一部经典作品。

维尔枢机主教、校长、约翰·加维、荣誉学位获得者们、各位理事、全体教职员工、毕业生们以及毕业生的家人们、朋友们：今天早上，我很高兴能在 2015 届毕业生的这个人生关键时刻来演讲。

这些年来，我参加过许多毕业典礼，相同的词在演讲中反复出现——里程碑、回忆、梦想、希望、未来。我不是说它们都是陈词滥调，因为今天谈论它们很合时宜。

今天，美国天主教大学的毕业生们又竖起了一座里程碑。从文法学校毕业的那一天，你们竖起了第一座里程碑。高中毕业的那一天，你们竖起了第二座里程碑。我意识到对于一些人而言，算法不太一样，你们是工作以后回来攻读学位的同学。我非常敬佩这些同学，因为在

hat's off to those for whom this is true. Balancing a family and a job while you study isn't easy. Today you are about to receive either a masters or doctoral degree. You are now ready to take on the world.

Remember that most of you are here today because of both the sacrifices of your family and your own efforts. **Appreciate** what others have done for you. Be worthy of the faith others have in you. Justify the sacrifices they made. Be proud of all the hours you yourself have worked to come to this day.

It would be nice if I could give you terrific advice that would be a magic key into a magical world where any problems that do arise are solved in minutes; where from this moment on you will live happily and successfully ever after, but we all know that isn't the way it works. So instead I'll gossip with you for a few minutes about real life because instant happy endings aren't real life.

I believe that at our cradles the legendary godmothers come to bequeath a gift. Some people receive many, others just one, but everybody does get one special gift. In my case, the godmother, who might have given me the voice of a **nightingale**, was out of town; I can't hit middle C on key. I was always the last one the boys asked to dance because I don't have a sense of rhythm. And no one has ever begged an invitation to my dinner table. But one godmother came and whispered, "I bequeath you the gift of being a storyteller."

I am very happy that she was the one who showed up that day. I want you to know, with all the certainty of your being, that each one of you, at your cradle, was given a special gift. Find it, feel it inside you, then nurture it to fruition.

Regularly in the media we see the smiling face of someone holding a winning ticket. I'm sure we all wonder what we'd do if we were lucky enough to be that person. But there is a saying that I believe is true, "If

上学期间兼顾家庭与工作绝非易事。今天,你们将要获得硕士学位或博士学位,你们已经准备好到社会上一展身手。

请记住:大多数同学今天之所以能出现在这里是因为你们的家人和你们自己都付出了努力。要感激为你们付出的人,对得起别人对你们的信任,让他们的牺牲有价值。要为你们付出的所有努力感到自豪。

如果我能给大家提一条绝佳的建议,这条建议就好比开启魔法世界的神奇钥匙,能在问题出现后立马将它解决,让你们从此过上幸福、成功的生活,这样的话就太棒了。然而,我们都知道这是行不通的。因此,我要和大家聊一会儿真实的人生,因为马上就拥有幸福结局不是真实的人生。

我相信传说中的教母会来到我们的摇篮边,向我们赠送礼物。一些人收到了许多礼物,其他人只收到了一件礼物,但每个人都得到了一项特殊的天赋。就我而言,有可能赋予我夜莺般嗓音的教母出城了,于是我找不准中央 C 音。我总是男生最后邀请跳舞的对象,因为我没有韵律感。没有人渴望受邀来我家吃饭。然而,一位教母来了,她轻声说道:“我要赠予你讲故事的天赋。”

我很高兴那天出现的教母是她。我想告诉大家:你们的存在都具有必然性,在摇篮里的时候,你们就获得了一项特殊的天赋。找到它,在体内感受它,然后再培育它结出果实。

我们时常在媒体上看到某人的笑脸,他或她的手里握着一张中奖的彩票。我肯定我们都在想,如果自己足够幸运,成为那个中彩票的人,自己要做什么。然而,俗话说:“如果你想高兴一整年,就去中彩票

appreciate /ə'pri:ʃieit/ v. 感激

nightingale /'naitɪŋ,geɪl/ n. 夜莺

you want to be happy for a year, win the lottery. If you want to be happy for life, love what you do.”

When I was signing books a few years ago, a woman said to me, “You’re so fortunate. You had a lot of problems—your father’s early death when you were a child, your husband’s early death, the **struggle** to raise and educate five children.”

I waited for the punch line. “You see”, she explained, “I’ve been very fortunate. My parents were wonderful. We grew up in a comfortable home, my husband does very well, we love each other and we have great kids. But I haven’t experienced enough problems to have anything to write about.” My heart didn’t bleed for her, but she did have a point. We don’t want problems, but they do strengthen us. They force you to be on your toes, to overcome obstacles.

My books usually start with a **prologue**, a foreshadowing of what is going to happen later. Today you are starting to write your own suspense novel. It’s called *The Rest of My Life*.

By your choice of what you will be doing in September, you have already written the prologue. Did you choose medical school, are you going for your MBA, are you planning to become a Juris Doctoris, have you felt a call from God to follow him in a vocation? Whatever your choice, your prologue is written.

When I begin to plan a book, I don’t know exactly who the protagonist is, but I do know that he or she will be a person who combines faith, **optimism**, intelligence, generosity and a good sense of humor.

Let’s touch on the subject of a sense of humor. It is the leavening agent in life. If you don’t have one naturally, try to develop it. When everything piles up on you, the ability to laugh at fate or at yourself is a cure for both body and mind.

I always give my **protagonists** a good friend, a buddy who will rejoice

吧。如果你想高兴一辈子,就热爱你的工作吧。”

几天前,就在我签名售书时,一位女士跟我说:“你现在真是太幸运了。你曾遭遇很多不幸和困难——你幼年丧父,丈夫英年早逝,你还要努力抚养、教育 5 个孩子。”

我等着听关键部分。她解释道:“你知道吗?我一直很幸运。我的父母都棒极了。我们在一个舒适的家长大,我的丈夫很能干,我们相亲相爱,有几个出色的孩子,但我没有经历足够多的苦难,因此没有东西可写。”她的话没有让我的心滴血,但一语中的。我们不想遭遇不幸与困难,但不幸与困难使我们变得更强大,逼着你保持警惕,克服困难。

我的书通常由序言开始,序言中预示了接下来会发生什么。今天,你们要开始创作自己的悬疑小说了,小说的名字就叫作《我的余生》。

通过选择自己将在 9 月份做什么,大家已经写好了序言。你选择去上医学院?你选择去上工商管理硕士?你计划成为一名法律博士?你感受到了上帝的召唤,想要追随上帝的召唤,从事某一个职业?不论你的选择是什么,你的序言都已经写好了。

当我开始筹划写一本书时,我不知道主人公究竟是谁,但我知道他或她肯定是一个有信仰,有智慧,乐观、慷慨、幽默的人。

让我们谈谈幽默感这个话题。幽默感是人生的发酵剂。如果你们不是天生就有幽默感,就试着培养自己的幽默感。当所有的事都压在你们身上时,嘲笑命运或自嘲的能力可以治愈身心。

我总会给我的主人公安排一个好朋友——一个可以与主人公同

struggle /'strʌg(ə)l/ v. 努力; 奋力; 挣扎

prologue /'prɒləʊg/ n. 序言

optimism /'ɒptimiz(ə)m/ n. 乐观; 乐观主义

protagonist /prə'tæɡənɪst/ n. 主角

with them when the sun is shining and be there for them when the sky is falling in. That buddy may be a parent, a sibling, a lifetime pal, but I want all of you have that kind of person in your life.

When any writer begins a novel, the early pages seem to take forever. Then at some point they move at a quicker and quicker pace.

Any novel worth its salt has downward steps, problems that arise and need to be solved. I pray that you, the protagonist, will face up to your problems with determination and strength.

A novel has a goal. Yours I hope will be to lead a fulfilling, giving life. In today's society, too often traditional values have been replaced by situational ethics^①. You as graduates of Catholic University have the opportunity to become moral leaders in a world where so frequently moral values are consigned to the dustbin. Don't be afraid of exercising that leadership.

I warn you and promise you that the years to come will fly at an increasingly accelerated pace. Make the most of every day of every one of those years. Write the story of your lives so that your novel will be more than a best seller. Write it and live it so that it becomes a classic.

Now is the time to receive your degrees, to accept the congratulations of your families and friends, to enjoy your parties.

You are voyagers at the beginning of your new adventures. Now voyagers, with unwavering trust in God, set forth thy sails and have a wonderful life.

甘共苦的伙伴。这个伙伴可以是家长,可以是兄弟姐妹,也可以是一辈子的朋友,我希望你们所有人的生命里都有这样的人。

当一位作家开始写小说时,前面几页似乎很漫长。然后,在某一个节点,故事情节发展得越来越快。

任何一部名副其实的小说都有逆境,即出现有待主人公解决的问题。我祈祷身为主人公的你们有决心,有力量,直面自己的问题。

小说都有一个目标。我希望你们的目标是度过充实、为别人付出的一生。在当今社会,传统的价值观通常会被情境伦理取代。在这个道德观念经常会被丢进垃圾箱的世界,身为天主教大学的毕业生,你们有机会成为道德领袖。不要害怕行使领导的权力。

我告诫大家、向大家保证:接下来的几年会以越来越快的速度飞逝而过。要充分利用好每一年的每一天。书写自己一生的故事吧,让你的小说胜过一本畅销书。用心地写,用心地活,让它成为一部经典作品。

现在到了领取学位证书,接受家人、朋友的祝贺,享受派对的时候了。

你们就像是航海家,即将开启一段新的冒险旅程。现在,航海家们,带着对上帝坚定不移的信仰,扬帆起航,活出精彩人生吧。

voyager /'vɔɪɪdʒə(r)/ n. 航海家; 航行者



[About the Author]

玛丽·希金斯·克拉克是美国的一位悬疑小说作家,至今已出版了 51 部作品,部部畅销。她的首部作品《孩子们到哪里去了》(*Where are the children*)已印刷了 75 次。

[Background of the Speech]

美国天主教大学成立于 1887 年,是美国天主教会国立大学。在今年的毕业演讲中,玛丽·希金斯·克拉克将人的一生比作一部著作,鼓励毕业生们发掘自己的才能,活出精彩人生。

[Notes]

① situational ethics: 情境伦理,即评判某一行动是否符合道德标准,要考虑到行动发生时的特殊情境。情境伦理学倡导人们根据复杂多变的实际情况,灵活采取相应的实用性伦理准则。

(葛燕君)