

# 英文 Beautiful English 美丽

种下行为收获习惯，种下习惯收获态度，种下态度则会收获命运。每个人都是一座宝藏，凡人也有超人的能量，成功的关键在于如何养成好的习惯，培育好的态度，唤醒心中的巨人，开发自己的宝藏。

## 态度决定一切

*Attitude Is Everything*

方雪梅 编译

态度是一种先入为主的东西。好的态度能弥补不足，坏的态度则会使优势变成劣势。你的态度决定了你的未来，它是通向成功之门的金钥匙，它会直接影响你的工作和生活质量。本书精选了50余篇有关态度的哲理美文，从不同的角度告诉我们，生活中态度决定一切，它是一种态度，一种认知，一种充满爱的生活方式。



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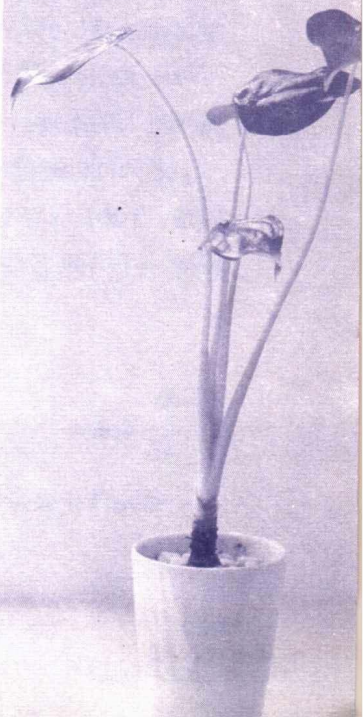
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## 卓越源于态度

Excellence Comes from Attitude

生活没有了态度，就失去了梦想；没有了梦想就失去了希望；没有希望，就失去了方向。不要忽视最贴近心灵的东西，不要沉浸于往昔或未来，不要害怕承认自己不够完美，不要害怕遭遇风险，不要说真爱难寻，让我们在生活中明确态度，创造卓越。





## 态度培养的重要性

佚名

在学习的各个领域,最重要的是培养态度。影响大多数人行为的不仅是逻辑思维方式,还有对事物的情绪反应。

“一朝被蛇咬,十年怕井绳。”就是一个例子,另一个例子就是像希特勒这种人物的崛起。这两个例子都强调了一个事实——态度源于经历。在第一个例子当中,这种经历直接而深刻,而在第二个事例当中,则是间接和渐进的。

小学启蒙老师对态度的影响是至关重要的。的确如此,一部分原因是小孩子的态度是从他所尊敬的成年人的言语中学到的。

另一个原因是,小孩子在某个问题上的深入探索大多都是在学校中进行的,而在家,只会偶尔涉及,或者可能闻所未闻。对一个孩子来说,如果他以前对墨西哥一无所知,那么他的老师对这一区域的理解及其言语,将会极大地影响他对墨西哥人的态度。

老师可以通过社会研究、科学论证和恰当的课堂氛围,来培养学生正确的态度。但是,当孩子带着不良的态度来学校时,教师试图使用批评责备的方式去改变他的情绪,是很不明智的做法。老师可以帮助他们获得建设性的经历,以达到良好的效果。



态度源于经历,孩子对事物的态度,同他的学校、教师有很大关系。

# The Importance of Developing Attitudes

Anonymous

Of all the areas of learning the most important is the development of attitudes. Emotional reactions as well as logical thought processes affect the behavior of most people.

“The burnt child fears the fire” is one instance; another is the rise of figures like Hitler. Both these examples also point up the fact that attitudes come from experience. In the one case the experience is direct and impressive, in the other it is indirect and gradual.

The class room teacher in the elementary school is in strategic position to influence attitudes. This is true partly because children acquire attitudes from those adults whose words they respect.

Another reason why it is true is that pupils often search somewhat deeply into a subject in school that has only been touched upon at home or has possibly never occurred to them before. To a child who had previously acquired little knowledge of Mexico, his teacher’s method of handling such a unit would greatly affect his attitude toward Mexicans.

The teacher can develop proper attitudes through social studies, science matters, the very atmosphere of the classroom, etc. However, when children come to school with undesirable attitudes, it is unwise to attempt to change their feelings by criticizing them. The teacher can achieve the proper effect by helping them obtain constructive experience.



## 态度最重要

佚名

杰里真是个讨厌的家伙，他是那种整天心情愉快、乐观向上、能说会道的人。如果有人问他最近怎么样，他一定会说：“好极了，再好不过了。”

刚认识杰里时，我还是一家餐饮公司的年轻管理员，而他却已经是一位出色的经理了。因为他良好的态度，一些服务员甘愿跟随杰里辗转于各个公司。他天生善于激励人。如果哪个员工心情不好，杰里总能告诉他如何积极应对。

他的这种作风的确令人称奇。于是，有一天，我问杰里：“我不明白，你为什么总能积极乐观，你是如何做到的呢？”

杰里答道：“每天早晨醒来，我都对自己说，‘杰里，今天你有两种选择：心情愉快或是闷闷不乐，’我选择愉快。每当有不幸的事情发生时，是选择接受伤害，还是吸取教训？我选择后者。每次别人向我抱怨时，是接受牢骚，还是指出生活的积极面？当然，我选择后者，生活就是这些选择。”

我思考着杰里的话。不久，我离开餐饮业去寻找属于自己的位置。尽管我们失去了联系，但每当我选择生活而不是应付生活时，就会想起他。

几年后，我听说杰里遭遇了一件令人难以想象的事：一天早上，他没有关后门，三个劫匪冲了进去，把枪口对准他，让他打开保险箱。当时他因紧张，手从锁上滑了下来。情急之下，劫匪打穿了他的手，又向他的腹部开了三枪。救护车来时，他躺在地上已经奄奄一息。人们迅速把他送往当地的外伤中心，经过 18 个小时的手术和几个星期的护理，杰里终于在一个月后出院了，可是体内还残留着子弹碎片。

大约六个月后，当我见到杰里，询问他的身体状况时，他说：“好极了，再好不过了。想不想看看我的伤疤？”我没看他的伤疤，只是问了抢劫发生时他的想法。

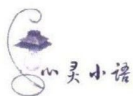
“我首先想到的是，”杰里答道，“应该把后门锁好。后来，我倒在地上想，我有两个选择：活下去还是死亡？我选择活下去。”

“难道你不害怕吗？当时你失去知觉了吗？”我问。

杰里继续说道：“医生们很好，他们不断地告诉我，我会好起来。但当他们把我推进急诊室时，我看到医护人员的表情不禁担心起来。在他们眼里，我完全是一个死人了。我知道我必须有所行动。”

“你做了什么？”我问。

“一个高大的护士冲我大喊，‘杰里，你对什么药物过敏吗？’‘有，’我回答道。‘什么？’她问。医护人员都停下来等我回答。我深深地吸了一口气，喊道，‘子弹！’他们都笑了起来，我告诉他们，‘看，我选择活下去，把我当活人而不是死人来做手术吧’。”杰里活了下来，部分归功于他的医生们，但更主要的是因为他坚毅的态度。



种下行为会收获习惯，种下习惯会收获态度，种下态度则会收获命运。每个人都是一座宝藏，凡人也有超人的力量，成功的关键在于如何唤醒心中的巨人，发掘自身的宝藏。态度是一种认知，一种充满爱与开放的生活方式。不同的态度，造就不同的人生。

# Attitude Is Everything

Anonymous

Jerry was the kind of guy you love to hate. He was the type of person who was always in a good mood, always up, always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins! "

I met Jerry when I was a young manager in the restaurant industry. He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Jerry and asked him, " I don't get it! You can't be a positive, up person all the time. How do you do it?"

Jerry replied, "Each morning I wake up and say to myself, 'Jerry you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood.' I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life. Life is all about choices."

I thought about what Jerry said. Soon, I left the restaurant business to pursue my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to life.

Several years later, I heard that Jerry had done something you are never supposed to do in the restaurant business: he had left the back door open one morning and three armed robbers walked in, and held him up at gunpoint. While trying to open the safe, he got nervous and his hand slipped off the combination. The robbers got nervous and blew a hole through his hand and then three right through the middle of his abdomen. He lay there on the floor dying as the paramedics were called. They rushed him to the local trauma center and he was in surgery for 18 hours and intensive cares for weeks, and finally emerged from the hospital a month later with fragments of the bullets still in his body.

I saw Jerry about six months later. When I asked him how he was, he replied, “If I were any better, I’d be twins. Wanna see my scars?” I declined to see his wounds, but I did ask him what had gone through his mind when the robbery was happening.

“The first thing that went through my mind,” Jerry replied, “was that I should have locked the back door. Then, as I was lying on the floor, I was thinking that I had two choices: I could choose to live, or I could choose to die. I was choosing to live.”

“Weren’t you ever scared? Did you lose consciousness?” I asked.

Jerry continued the story, “The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room, I got really scared when I saw the expressions on the doctors, and nurses’ faces. They all looked like I was a dead man. I knew I needed to take action.”

“What did you do?” I asked.

“Well, there was a big, burly nurse shouting at me, ‘Jerry, are you allergic to anything?’ ‘Yes,’ I shouted back. ‘What?’ she asked. The doctors and nurses stopped and waited for my reply. I took a deep breath and yelled, ‘Bullets!’ They all started laughing, and I told them, ‘Look, I am choosing to live. Operate on me as if I am a living man, not a dead man’.”

Jerry lived in part because of his doctors, but in large part because of his indomitable attitude.

# 更美好的明天

赫伯特·克拉克·胡佛

人们常常不能理解，历史学家为什么要千方百计地去保存数以百万计的历史书籍、文献和记录？我们为什么要有图书馆？这些文献和史书又有什么用处？我们为什么要记载并保存人类的行为、政治家的谈判和军队的征战？

因为有的时候，经验之音可以帮助我们驻足、观察和倾听。还因为，有时过去的记载经过正确的检验，可以给我们以警示，告诉我们该做什么，不该做什么。

假如我们想要营造永久的和平，就一定要从人类的经验和人类追求理想的记录之中去探究其渊源。从男男女女的刚毅、勇敢和奉献的故事中，我们获得了青春的灵感。远自基督教殉道者的故事，近至当代布达佩斯的英勇烈士，历史记载着人类的苦难以及克己、忠诚和英勇的事迹。当然，这些记载一定会给处于困惑、茫然之中并渴望和平的人们带来益处。

历史的最高目标是使世界变得更加美好。历史对那些热衷于战争的人加以警告，对那些追求和平的人予以鼓励。总之，历史帮助我们学习。昨日的记载可以使我们不再重蹈覆辙。而这些由历史学家所拼合的无数镶花式的图案，将成为展示人类进步的伟大壁画。



忘记历史就等于背叛。历史永远是我们的精神家园，我们的活教科书。让我们在历史长河的深处，发掘出思想与智慧的光芒，创造更美好的明天。



# A Better Tomorrow

Herbert Clark Hoover

People often wonder why historians go to so much trouble to preserve millions of books, documents and records of the past. Why do we have libraries? What good are these documents and the history books? Why do we record and save the actions of men, the negotiations of statesmen and the campaigns of armies?

Because, sometimes, the voice of experience can cause us to stop, look and listen. And because, sometimes, past records, correctly interpreted, can give us warning of what to do and what not to do.

If we are ever to create enduring peace, we must seek its origins in human experience and in the record of human idealism. From the story of the fortitude, courage and devotion of men and women, we create the inspirations of youth. From stories of the Christian martyrs, right down to Budapest's heroic martyrs of today, history records the suffering, the self-denial, the devotion and the heroic deeds of men. Surely from these records there can come help to mankind in our confusions and perplexities, and in our yearnings for peace.

The supreme purpose of history is a better world. History gives a warning to those who would promote war. History brings inspiration to those who seek peace. In short, history helps us learn. Yesterday's records can keep us from repeating yesterday's mistakes. And from the pieces of mosaic assembled by historians come the great murals which represent the progress of mankind.