

美丽英文

# BEAUTIFUL ENGLISH

终身典藏的励志经典 享用一生的智慧箴言  
Freedom from the Known  
重新遇见自己，重新定义自己，发挥自己的天赋，这将决定  
你的命运，影响你的前途。

杨柳青 编译

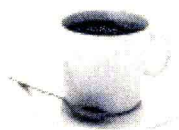
天津教育出版社

重新遇见自己



美丽英文<sup>®</sup>

第三辑




# 重新遇见自己

FREEDOM

From The Known

杨柳青 编译

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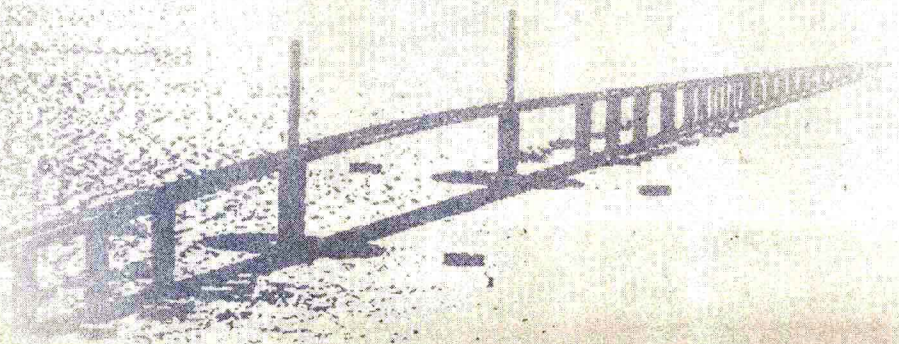
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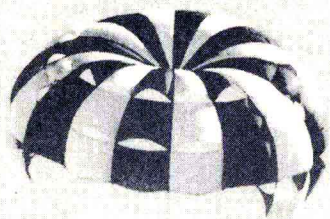
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如果我覺得沮喪，就放聲歌唱；如果我感到悲傷，就露出微笑。



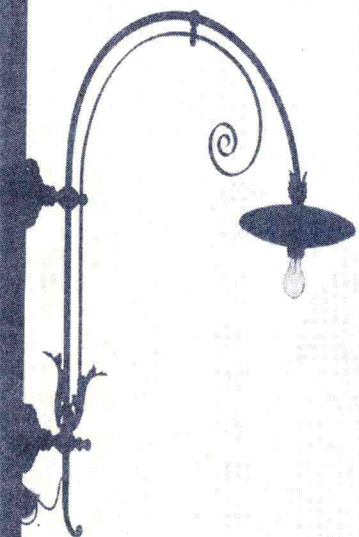


如果我身体不适,就加倍工作;如果我陷入恐惧,就埋头苦干。



我们成就了自己,因为纺织着明天的正是我们自己。





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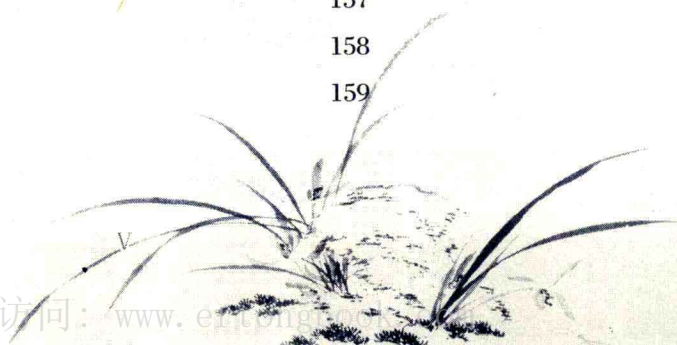
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# 聆听自己的心声

## *Follow My Heart*

梦想如此美妙。你以自己的方式和感觉去追随梦想，心中默默地祈祷。若你的梦想始终如一，一定会在某一天得以实现。梦想永远不会破灭，有的梦很悲哀，有的梦却很欢乐。梦想的确能变成现实。





# 做自己情绪的主人

佚名

潮涨潮落；冬去夏来；暑消寒长，日升日落；月圆月缺，雁来雁往；花开花谢，春种秋收。自然界万事万物都处于情绪的循环变化中，我是大自然的一部分，所以，我也有如潮水般的情绪，时涨时落。

很少有人懂得，这是大自然的一种愚弄。每天早晨，我醒来时，心情都与昨天有所不同。昨天的欢乐可能成了今天的悲伤，然而，今天的悲伤可能发展成明天的欢乐。在我的内心深处，好像有一个轮子，不断地从悲伤转到欢乐，从狂喜转到绝望，从快乐变为忧郁。

就像花儿，今天绽放的喜悦会慢慢消退，变成明天凋谢的绝望，但是我会记住，今天枯萎的花朵同样孕育着明天绽放的种子，正如今天的悲伤也播种了明天的欢乐。

要让每一天都卓有成效，我该如何控制这些情绪呢？如果我心浮气躁，那么这一天将会在失败中度过。植物树木的繁盛依赖于天气，但我创造着自己的天气，可以随时掌控。

那么我要怎样控制自己的情绪，让每一个日子充满快乐和成效呢？我要学会这个千古秘诀：行为受控于情绪的人是弱者，强者只会用行为控制情绪。每天醒来时，我要这样对抗悲伤、自怜、失败的情绪，这样才不会被它们俘虏——

如果我觉得沮丧，就放声歌唱。

如果我感到悲伤，就露出微笑。

如果我身体不适，就加倍工作。

如果我陷入恐惧，就埋头苦干。

如果我自惭形秽，就换上新装。

如果我犹疑不决，就提高分贝。

如果我囊中羞涩，就想象财富将至。



如果我力不从心,就回忆以往的成功。

如果我自轻自贱,就铭记自己的目标。

从今以后,我懂得,只有能力较低的人才会一直处于最佳状态,而我并非低能者。总有些时候,有些力量企图将我毁灭,而我必须不断地与之对抗。其中失望与悲伤很容易识破,但是,还有其他一些力量往往带着微笑靠近我,并向我伸出友谊之手,可它们却能将我毁灭。我同样要与它们抗争,永远不放弃对它们的掌控——

如果我骄傲自负,就追寻失败的记忆。

如果我沉湎享乐,就想想挨饿的过去。

如果我安于现状,就想想竞争对手。

如果我居功自傲,就回想屈辱的时候。

如果我自以为是,就试试能否让风止步。

如果我腰缠万贯,就想想那些食不果腹的人。

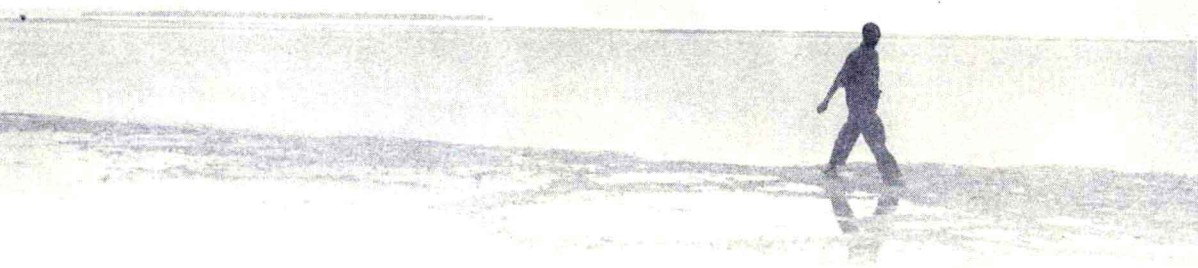
如果我目空一切,就想想自己怯懦的时候。

如果我不可一世,就抬起头来仰望群星。

从此,我将都能识别和辨认人类所有情绪变化的奥秘,包括我自己在内。从今以后,无论我的个人情绪如何变化,我都会随时做出积极的行动来控制。当我控制了自己的情绪,就掌握了自己的命运。也将成为自己的主人,变得卓尔不群。

心灵小语

人们都在为生计奔波着,为工作忙碌着,稍有不如意就会暴躁不安、自伤自怜。紧张的忙碌常常使你忘记整理自己的心情,忘记生活的初衷应该是快乐与轻松。做自己情绪的主人吧,淡化外在的得失荣辱,你会发现,生活是如此美好。



# Today I Will Be Master of My Emotions

*Anonymous*

The tides advance; the tides recede. Winter goes and summer comes. Summer wanes and the cold increases. The sun rises; the sun sets. The moon is full; the moon is black. The birds arrive; the birds depart. Flowers bloom; flowers fade. Seeds are sown; harvests are reaped. All nature is a circle of moods and I am a part of nature and so, like the tides, my moods will rise; my moods will fall.

It is one of nature's tricks, little understood, that each day I awaken with moods that have changed from yesterday. Yesterday's joy will become today's sadness; yet today's sadness will grow into tomorrow's joy. Inside me is a wheel, constantly turning from sadness to joy, from exultation to depression, from happiness to melancholy. Like the flowers, today's full bloom of joy will fade and withers into despondency, yet I will remember that as today's dead flower carries the seed of tomorrow's bloom so, too, does today's sadness carry the seed of tomorrow's joy.

And how will I master these emotions so that each day will be productive? For unless my mood is right the day will be a failure. Trees and plants depend on the weather to flourish but I make my own weather, yet I transport it with me.

And how will I master my emotions so that every day is a happy day, and a productive one? I will learn this secret of the ages: Weak is he who permits his thoughts to control his actions; strong is he who forces his actions to control his thoughts. Each day, when I awaken, I will follow this plan of battle before I am captured by the forces of sadness, self-pity and failure—

If I feel depressed I will sing.

If I feel sad I will laugh.  
If I feel ill I will double my labor.  
If I feel fear I will plunge ahead.  
If I feel inferior I will wear new garments.  
If I feel uncertain I will raise my voice.  
If I feel poverty I will think of wealth to come.  
If I feel incompetent I will remember past success.  
If I feel insignificant I will remember my goals.

Henceforth, I will know that only those with inferior ability can always be at their best, and I am not inferior. There will be days when I must constantly struggle against forces which would tear me down. Those such as despair and sadness are simple to recognize but there are others which approach with a smile and the hand of friendship and they can also destroy me. Against them, too, I must never relinquish control—

If I become overconfident I will recall my failures.  
If I overindulge I will think of past hungers.  
If I feel complacency I will remember my competition.  
If I enjoy moments of greatness I will remember moments of shame.  
If I feel all-powerful I will try to stop the wind.  
If I attain great wealth I will remember one unfed mouth.  
If I become overly proud I will remember a moment of weakness.  
If I feel my skill is unmatched I will look at the stars.

Henceforth I will recognize and identify the mystery of moods in all mankind, and in me. From this moment I am prepared to control whatever personality awakes in me each day. I will master my moods through positive action and when I master my moods I will control my destiny. I will become master of myself. I will become great.