

Catch the Star
That Will Take You to
Your Dreams
摘取 梦想 的
启明星

俞敏洪 ★ 编审 王强 ★ 录音



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The DNA of Success

Earl Mann

Today we're going to talk about DNA: that thing that makes you who you are, that thing that makes you who you can become, that thing that is coded into your *essence*¹⁾ and determines what your *capacity*²⁾ is, what your limits are! Your DNA is your "Decisions and Actions." That's what determines who you are!

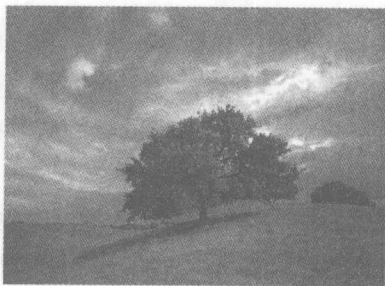
If you do enough research and listen to enough scientists on human potential, they will tell you that you are *precisely*³⁾ where you are in life because of the decisions and actions that you've taken up to this point. Understanding this is critical to going forward with success. If you are today the result of all the decisions and actions up to this point, then who you are tomorrow will be the result of all the decisions and actions you take between now and then. So, understanding that, getting your hands and mind around this

DNA, is the key. Every decision you make, every action you take is either in support of or in opposition to your achievement of whatever you have determined as your own individual success.

But understand this: If you have the winner's DNA, everything changes. Everything is changing. You look out into the world and you see *allies*⁴⁾ instead of enemies. You see keys instead of locks. You see solutions instead of obstacles. Getting your mind around these "Decisions and Actions" makes your path to your individual goals that much clearer. People with the winning DNA don't request that the path to their success be easy. They don't even request that it be fair. They just request that it be worth it because if they know that it's worth it, then they can do whatever is necessary to achieve it. All that is necessary, the only thing that is necessary, is that you understand that the only thing between you now and you where you want to be is all the "Decisions and Actions" that you can *squeeze*⁵⁾ in between.

Give yourself a DNA test. Ask yourself, "What are the decisions I am making and what are the actions I am taking? Why am I making those decisions? Why am I taking those actions? Where are those decisions taking me? Where are those actions leading me? Are they taking me to a place that is worth it?" If they are, then we will all see you when you arrive; because there is nothing on this planet that can stop you.

Decide. Act. And expect a great day!



注释

- 1) essence ['esəns] *n.* 本质, 精髓
- 2) capacity [kə'pæsəti] *n.* 智能, 才能, 能力
- 3) precisely [pri'saɪsli] *adv.* 恰好, 的确如此
- 4) allies ['ælaɪz] *n.* 同盟者
- 5) squeeze [skwi:z] *v.* 压, 挤

成功的DNA

厄尔·曼

今天，我们来谈谈什么是DNA。DNA造就了你本身，决定着你可以成为什么样的人，构成你的本性，决定着你的能力以及你的不足。你的DNA是你的“决心和行动”，那是决定你之所以是你的因素。

在有关人类潜能方面，如果你能进行充分的调查，并广泛倾听科学家的意见，就会发现，正是你此前所有的决定和行动决定了你现在在生活中的位置。明白这一点对于迈向成功至关重要。如果今天的你是由你此前的决心和行动所造就的，那么明天的你将取决于你现在和以后的一切决心和行动。因而，理解这一切，让双手和思想围绕着这种DNA行动，这是关键所在。你所下定的每个决心，所采取的每次行动，要么有助于你沿着自己心中的成功之路前进，要么就与之相抵触。

但要明白这一点：如果你拥有赢家的基因，一切就会因此而改变。一切都在变化之中。放眼世界，你看到的是朋友而不是敌人，是钥匙而不是枷锁，是解决方案而不是障碍困难。心系这些“决心和行动”会让你通向个人目标

的道路更加畅通。具有赢家基因的人不会要求让自己的成功之路舒适安逸。他们甚至不会要求这条路要公平，而是希望值得为之拼搏，因为如果知道值得付出，他们就能够付出一切必要的努力使梦想成真。全部的必要条件只有一个，那就是，你要理解横亘于此时的你和你理想中的自己之间的惟一一样东西，就是你能够在两者之间所塞入的所有决心和行动。

给自己做一次DNA测试。扪心自问：“我现在做的是什么决定，所采取的是什么行动？我为何要做这些决定？为何要采取这些行动？那些决定将会把我带到何处？那些行动将会引导我走向何方？它们会引领我走向值得一搏的地方吗？”如果答案是肯定的，那么当你到达时，我们都会看见你，因为这世上没有任何东西能够阻止你。

做决定吧。行动起来。这样你会迎来美好的一天！

On Achieving Success

Ernest Hemingway

We cannot travel every path. Success must be won along one line. We must make our business the one life purpose to which every other must be *subordinate*¹⁾.

I hate a thing done *by halves*²⁾. If it be right, do it boldly. If it be wrong, leave it undone.

The men of history were not *perpetually*³⁾ looking into the mirror to make sure of their own size. Absorbed in their work they did it. They did it so well that the wondering world sees them to be great, and *labeled*⁴⁾ them accordingly.

To live with a high ideal is a successful life. It is not what one does, but what one tries to do, that makes a man strong. "Eternal *vigilance*⁵⁾," it has been said, "is the price of liberty." With equal truth it may be said, "Unceasing effort is the price of success." If we do not work with our might, others will; and they will *outstrip*⁶⁾

us in the race, and pluck the prize from our grasp.

Success grows less and less dependent on luck and chance. Self-distrust is the cause of most of our failures.

The great and *indispensable*⁷⁾ help to success is character. Character is a *crystallized*⁸⁾ habit, the result of training and *conviction*⁹⁾. Every character is influenced by *heredity*¹⁰⁾, environment and education. But these apart, if every man were not to be a great extent the architect of his own character, he would be a *fatalist*¹¹⁾, and irresponsible creature of circumstances.

Instead of saying that man is a creature of circumstance, it would be nearer the mark to say that man is the architect of circumstance. From the same materials one man builds palaces, another *hovel*¹²⁾. Bricks and *mortar*¹³⁾ are mortar and bricks, until the architect can make them something else.

The true way to gain much is never to desire to gain too much.

Wise men don't care for what they can't have.

注释

- 1) subordinate [sə'bo:dɪnət] *adj.* 次要的, 从属的
- 2) by halves: 不完全地
- 3) perpetually [pə'petjuəli] *adv.* 永恒地, 终生地
- 4) label ['leɪbəl] *v.* 把……称为
- 5) vigilance ['vɪdʒɪləns] *n.* 警惕, 警戒

- 6) outstrip [ˌaʊtˈstri:p] *v.* 超过
- 7) indispensable [ˈɪndɪsˈpensəbl] *adj.* 必不可少的, 必需的
- 8) crystallized [ˈkrɪstəlaɪzd] *adj.* 成形的, 定形的
- 9) conviction [kənˈvɪkʃən] *n.* 坚信, 确信
- 10) heredity [hɪˈredəti] *n.* 遗传
- 11) fatalist [ˈfætəlɪst] *n.* 宿命论者
- 12) hovel [ˈhʊvəl] *n.* 茅舍, 小屋
- 13) mortar [ˈmɔ:tə] *n.* 灰泥



- 1) subordinate [səˈbɔ:dɪnət] *adj.* 次要的, 从属的
- 2) by nature, 本性上
- 3) responsibly [rɪˈspɒnsəbəl] *adv.* 负责任地, 适当地
- 4) label [ˈleɪbəl] *n.* 标签
- 5) vigilance [ˈvɪdʒələns] *n.* 警惕, 警戒

关于获得成功

欧内斯特·海明威

我们不可能把每条路都走一遍。必须执着于一条道路才能获得成功。我们必须有一个终生追求的目标，其他的则从属于这个目标。

我痛恨做事半途而废。如果这件事是对的，就大胆勇敢地去做；如果这件事不对，就不要去做。

历史长河中的伟人并不是靠终日瞻视镜中的自己来衡量自身的形象的。他们的形象来自对事业全身心的投入与追求。他们是如此的卓越超凡，于是芸芸众生觉得他们很伟大，并因此称他们为伟人。

为崇高的理想而活着是一种成功的生活。使人变强大的，不是这个人做了什么，而是他努力尝试去做什么。有人说过，“恒久的警惕是自由的代价”，那同样也可以说，“不懈的努力是成功的代价。”倘若我们不尽全力工作，别人会尽全力，随后他们将在竞争中超越我们，从我们手中夺取胜利的果实。

成功越来越不依赖于运气和巧合。丧失自信是我们失败的主要原因。

性格是取得成功不可或缺的重要助力。性格是一种固化成形的习惯，是不断培养并坚信于此的结果。每个人的性格都会受到遗传因素、环境和教育的影响。但除此之外，如果人在很大程度上不能成为自己性格的构筑者，那么他就会沦为宿命论者，从而成为环境的失败造物。

与其说人是环境的造物，不如说人是环境的建筑师更贴切些。同样的材料，有人能用其建造出宫殿，而有人只能建成简陋的小屋。在建筑师将其变成他物之前，砖泥依然是砖泥。

想得到的多就永远不要奢望太多。

智者不会在意他们得不到的东西。

The More Loving One

W. H. Auden

Looking up at the stars, I know quite well
 That, for all they care, I can go to hell,
 But on earth indifference is the least
 We have to *dread*¹⁾ from man or beast.
 How should we like it were stars to burn
 With a passion for us we could not return?
 If equal affection cannot be,
 Let the more loving one be me.
 Admirer as I think I am
 Of stars that do *not give a damn*²⁾,
 I cannot, now I see them, say
 I missed one terribly all day.
 Were all stars to disappear or die
 I should learn to look at an empty sky
 And feel its total dark *sublime*³⁾.
 Though this might take me a little time.