

英汉对照·品读人生丛书

关于自信

相信自己

Self-confidence

编译：王亚男 冯朝莉 徐浩



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钱这东西

卷首语

总有一种感动无处不在。

总有一种情怀轻舞飞扬。

总有一种生活，在别处，闪动异样的光芒。

阅读，让我们的生活在情调与知性中享受更多……

故事与见闻，犹如生活的魅力与智慧，合着我们自身生命的光与影，陪伴我们一路前行。

快乐和圆满，幻想与失落，飞扬的眼泪，行走江湖的落拓，不与人说的痛苦，渐行渐远的繁华，坚持的勇气，点点滴滴的小意恩……

人生让我们感受到的，也许远远不只是这些；更多的是挫折后生长的力量，沉闷时的豁然开朗，是屋檐那静静的南山上盛开的人淡如菊的境界，是闹市中跋涉红尘、豪情万丈的冲动，是很纯粹的一杯午后的香醇的咖啡……

漫步红尘，有领悟来自他人的故事，有灵犀来自偶然的相遇，在这里，一种从未见过的却可能早就在我们心底的生活方式有可能与我们邂逅。

让我们一起阅读吧，感受生长的智慧、风雅与力量。



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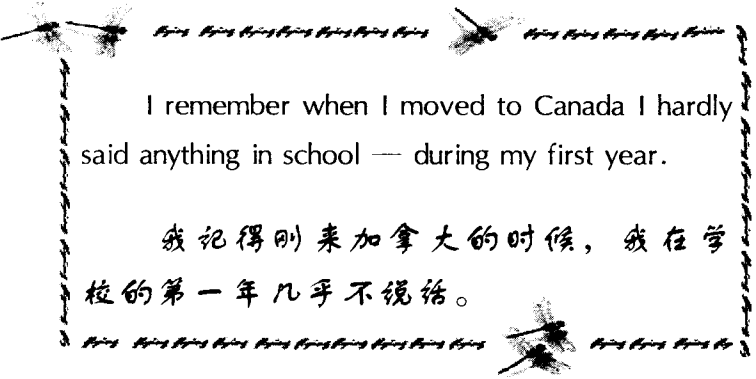
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Keep Going

一直向前



I remember when I moved to Canada I hardly
said anything in school — during my first year.

我记得刚来加拿大的时候，我在学
校的第一年几乎不说话。





Every successful person — from Bill Gates to Ted Turner will tell you that they only accomplished their goals because they always believed in themselves. They were not born with Self Confidence — Ted Turner is a classic example. He created the belief in himself, never accepting anyone who doubted him. Today he is one of the richest men in the world.

Self Confidence is something you can create and perfect — just like Bill Gates, Ted Turner or anybody else that you consider successful. In fact if you examined the track record of every successful person — you'll find that they failed more often than they succeeded. They didn't dwell[●] on their failures. They concentrated on their goals, believed in themselves and pushed ahead.

Recently Kurt Warner was named the National Football League's Most Valuable Player Again! Several years ago nobody wanted him. He was playing in the arena[●] and world football league. He was never even a great quarterback[●] in college and hence — everybody overlooked him. He finally got his chance three years ago when he was a backup for the Saint Louis Rams. The starting quarterback was gone for the season because of an injury. Kurt Warner stepped in and dazzled[●] fans, the league and his peers as he led the Rams to a Super Bowl Championship. Kurt Warner never gave up on himself. He never stopped believing in himself and kept going. Sure there were many failures along the way to win the Super Bowl — not being drafted[●] out of college is just



每个成功的人——从比尔·盖茨到特德·特纳，都会告诉你，他们正是因为自信才达到目标的。他们不是天生就自信——特德·特纳就是一个经典的例子。他创造自信，从来不接受任何怀疑他的人。今天他成了世界上最富有的人之一。

自信可以创造，可以完善——就像比尔·盖茨、特德·特纳或者任何一位你认为成功的人一样。事实上，如果你考察每位成功人士的轨迹，你将发现他们失败的次数比成功的次数要多。他们不会对自己的失败念念不忘。他们把精力集中在自己的目标上，相信自己，促使自己前进。

近一段时间，库尔特·华纳再次被命名为国家橄榄球联盟最有价值的球员！几年前根本没人想要他。他那时在国家橄榄球联盟踢球。在大学期间及之后，他甚至从来没成为过一名好的四分位，每个人都忽略了他。最终，三年前他得到了一个机会，那时他是圣路易公羊队的候补队员。开始的四分位因为受伤不能参加联赛了，库尔特·华纳加入并且带领公羊队赢得了超级杯赛冠军，令球迷们、连队和他的队友们大加赞赏。库尔特·华纳从来没放弃过自己。他从来没不自信过，而且一直向前。当然在赢得超级杯赛的过程中也有很多的失败——他没有被从大学中

① dwell [dwel]

v. 细想

② arena [ə'ri:nə]

n. 运动场

③ quarterback

[kwɔ:tə'bæk] n. (橄榄球) 四分位

④ dazzle ['dæzl]

v. 使人赞赏

⑤ draft [dra:ft]

v. 选派



one of them. But he didn't focus on his failures. He kept his eye on the present and succeeding — always believing he would succeed. And he did!

Successful people are not always successful. But they don't focus on their failures — and this helps create the self confidence that propels^① them to greater success. They develop their mind power and feed their subconscious^② a daily dose of positive thinking that increases their self esteem and confidence.

Friends, I've traveled a long way from home. I'm a man of Indian descendant^③, born in Kenya, grew up in Canada and enjoy a successful career in Television News. I have been an anchor^④, a Programmer, a producer, and am always a public speaker. I have talked to thousands of people with ease. I have delivered the news live to millions of people. I could not do any of this if I did not have any self confidence or did not believe in myself. In fact when I set out to become a journalist some people thought I was crazy. Why? Because no other person of Indian descendant had been on television delivering the news. I was the first in Canada and the first in the United States. I could not have done any of this without self-confidence.

I was not born with self-confidence. My mother will tell you that as a young child I was quite shy and quiet. I remember when I moved to Canada I hardly said anything in school — during my first year.



选派出来只是失败之一。但是他不死盯着自己的失败不放。他着眼于现在和成功，一直相信他会成功。并且他真的成功了！

成功的人并不总成功。但他们不会集中精力在失败上——这帮助他们建立自信，这种自信推动他们取得更大的成功。他们发展自己的思维能力，每天都用积极思维来滋养他们的潜意识，这增强了他们的自尊和信心。

朋友们，我从很远的家乡来到这里。我是印第安人的后裔，出生在肯尼亚，在加拿大长大，在电视新闻方面比较成功。我曾经做过主持人，节目编制人员，制片人，并且一直是公众演讲家。我曾轻松地成千上万的人谈过话。我曾向成万上亿的人直播过新闻。如果我不自信的话，我一件事情都做不成。实际上，当我开始做记者的时候，一些人认为我疯了。为什么呢？因为没有一个人印第安人的后裔在电视上播过新闻。我在加拿大和美国都是第一个。没有自信这些事我都别想干。

我不是天生就自信的。我妈妈会告诉你，我小时候十分的害羞，也很安静。我记得刚来加拿大的时候，我在学校的第一年几乎不说话。

⑥ **propel** [prə'pel]

v. 推进

⑦ **subconscious**

[sʌb'kɒnʃəs] *adj.* 潜意识的，下意识的

⑧ **descendant**

[di'sendənt] *n.* 后代，后裔

⑨ **anchor** ['æŋkə]

n. 主持人



My point is that you can create your own self confidence — by developing your own subconscious mind power. If you seriously want to create Self Confidence then you need to change the way your mind focuses on things. You need to teach yourself to create a new way of thinking and develop what I call a success vibration●. You need to develop and work with your subconscious mind power.

How many times have you met someone for the first time and just got the sense that they're successful. Or you see someone and they just give off this feeling of success. You've never exchanged a word with them — but you just sense that they are successful. You're picking up what I call a “success vibration.” You can do the same! Yes you can.



我的要点是你可以通过发展自己潜意识的思维能力来创造你的自信。如果你真的想要创造自信，你需要改变你看问题时集中要点的方式。你需要教会自己一种新的思考方法，并且培养成功感应（我的术语）。你需要发展并且使用你的潜意识能力。

有多少次，当你第一次见到一个人，你就能感觉到他们很成功。或者你看到一些人，他们正在散发着成功感。你从来没和他们说过话，但是你感觉到了他们的成功。你正在学习我所谓的“成功感应”。你可以做同样的事情！是的，你可以。

● vibration

[vai'breiʃən] n. 感应，

共鸣

