

# 美丽 | 英文

## 做自己想做的事

### You will be Master of Yourself

成功之路的指引明灯 追梦之旅的心灵伴侣

生命只有一次。在有生之年，如何做自己想做的事，去自己想去的地方，做自己想做的人？这是摆在每个人面前的一大难题。小故事，大智慧。本书所选篇章既感性，又富哲理，既有成功的欢乐，又有失败的痛苦。真实地展现出一道人生风景线，为你揭开成功的面纱。

# Beautiful English

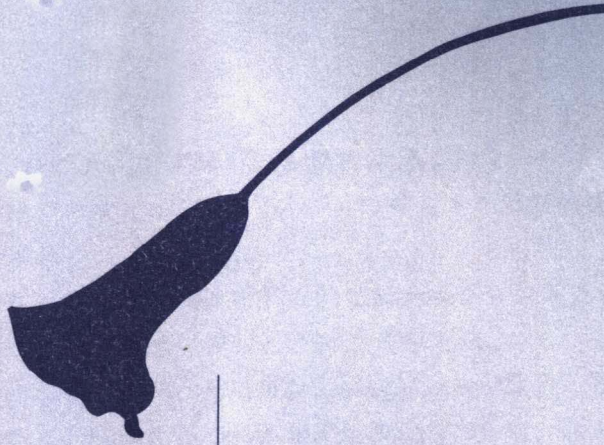
🌸 英汉典藏版 🌸

🌸 本书适用对象：高中生、大学生及对知识仍抱有热望的人们

艾柯 编译



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# 做自己想做的事

You will be Master of Yourself

每个人平和或躁动的心情都会传递给整个世界。如果我们的内心充斥着矛盾、仇恨、怀疑和愤慨，就不可能创造一个和平的世界。不论是否把内心的情感表达出来，我们无意中都在向外传递着自己的喜怒哀乐。不论我们内心激起的波纹是哪一种，都会波及他人，与他们的生命波纹共振，创造或美好、或不和谐的生活。

——《生命的波纹》

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### 做自己想做人

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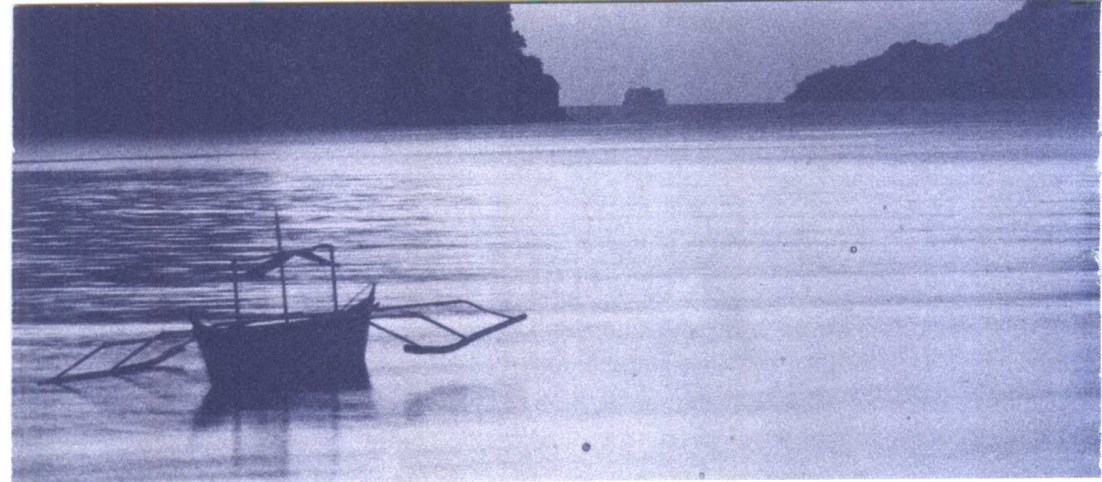
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# 如果

If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or, being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise;  
  
If you can dream — and not make dreams your master;  
If you can think — and not make thoughts your aim;

如果所有的人都丧失理智，谴责你，  
你还能保持清醒；  
如果所有的人都怀疑你，  
你还能坚信自己，同时容忍他们的怀疑；  
如果你能耐心地等候，而不感到厌倦，  
或者，即使被骗，也不要骗人，  
或者，即使被恨，也不要恨人，  
不要盲目乐观，不要夸夸其谈；

如果你敢于追梦——而不让梦成为你的主宰；  
如果你乐于思考——而不仅靠想来达成目标；



If you can meet with triumph and disaster,  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to broken,  
And stoop and build'em up with worn-out tools;

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on!";

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch;  
If neither foes nor loving friends can hurt you;  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run—  
Yours is the Earth and everything that's in it,  
And— which is more — you'll be a Man my son!



如果你获得成功或遭受挫折，  
同样地，把他们都看成骗子；  
如果你能忍受自己说过的事实，  
被欺诈者扭曲，去诱骗愚蠢的人，  
或者，看着倾注毕生心血的东西被毁坏，  
然后俯下身，用破烂不堪的工具来修复；

如果你获得无数的胜利后，  
冒险使你从荣耀之颠跌落，  
失败后，从头再来，  
对于失败，不要有丝毫抱怨；  
如果你能强迫沉寂自己的心智、精力和体力，  
在别人都离去后，使你仍能恒久坚守  
永不放弃，即使当你的内心空无一物，  
只有意志力告诉自己：“坚持！”

如果你能与众人交谈，并保持你的美德，  
或者，与王者同行——也不远离众人；  
如果仇敌和好友都不加害于你；  
如果所有的人都依靠你，但谁也不苛求；  
如果你用六十秒的时间进行短跑，  
来填充那不可饶恕的一分钟——  
你就拥有了全世界，一切都属于你；  
而且——更重要的是——孩子，你会成为一个顶天立地的人。

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Beautiful English

Arouse Our Soul

唤醒心灵的巨人

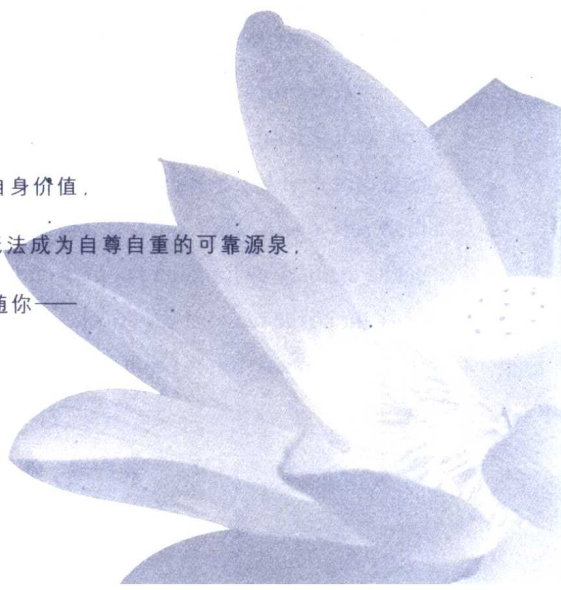
Arouse Our Soul

不要根据自己的外表来衡量自身价值。

容颜终会改变衰老——根本无法成为自尊自重的可靠源泉。

而你内在的真我则会永远伴随你——

它才是自尊自重的真正源泉。





## Establish a Sound Relationship with 珍爱你的身体 Your Body

*"I find that when we really love and accept and approve of ourselves exactly as we are, then everything in life works."*

— Louise Hay

**T**he moment you arrived here on this Earth, you were given a body. The body you are given will be yours for the duration of your time here. Love it or hate it, accept it or reject it, it is the only one you will receive in this lifetime. It will be with you from the moment you draw your first breath to the last beat of your heart.

Since there is a no-refund, no-exchange policy on this body, it is essential that you establish a sound relationship with it. So, the challenge here is to make peace with your body, and share its valuable lessons of acceptance and self-esteem. If you are open to all these lessons, it can impart to you valuable bits of wisdom that will guide you along your path of life.

**Acceptance** Acceptance is the act of embracing what life presents to you with a good attitude. Unfortunately, for many people, their body is the target for their harshest judgments and the barometer by which they measure their self-worth. They hold themselves up to an unattainable standard and berate themselves for failure of perfection. Imposing harsh judgments on your body limits the range of experiences you allow yourself to enjoy.

How many times has a potentially wonderful day at the beach been

spoiled by your judgments about how you look in a bathing suit? Imagine how liberating it would be to happily walk across the warm sand without feeling self-conscious.

I have a friend who dreams of learning to scuba<sup>①</sup> dive, but refuses to even try, because she worries about how she would look swaddled in a tight rubber wet suit. What a pity! Though a good sense of self-acceptance would allow her, and you, to fully participate<sup>②</sup> in all aspects of life, without

“我发现当我们认真去爱、去接受和欣赏真我时，生活就会百事顺通。”

——路易斯·黑

从你降临人世的第一刻起，便拥有了一个身体。这个身体会伴随你一生，不论你是爱，还是恨；是接受，还是拒绝，它都是你此生拥有的绝无仅有的一个躯体。从你的第一次呼吸到最后一次心跳，它都与你相伴相随。

既然这个身体无法退还，无法更换，那么最重要的是，你要用心去珍爱它。所以，这个挑战就是如何与你的身体“和平相处”，并分享它最有价值的教训——自我认可和自尊自重。如果你接受这些教训，它会启迪你获得宝贵的智慧，为你的人生之路指点迷津。

**自我认可** 它是用正确的态度拥抱生活赋予你的一切。遗憾的是，很多人对自己的身体百般挑剔，并将它作为自身价值的衡量标准。他们为自己定立一个高不可及的标准，并为不完美而深深自责。这种对身体的苛求使你享受生活的乐趣受到了限制。

多少次，本可以在沙滩上度过无比精彩的时光，你却为自己穿着泳衣的样子而紧张不安。试想，如果没有这种自我意识，在温暖的沙滩上漫步，会是多么惬意、愉快。

我有一个梦想学习斯库巴潜水的朋友，但她决不潜水，甚至拒绝尝试。因为她担心穿着湿漉漉的紧身橡胶衣会很难看。真可惜！其实只需要有良好的自我认可意识，她，还有你，就能毫不犹豫地全身心地享受生活的每个方面。当你能完全接受真我，你就会朝着

reservation, immediately. You know you are moving in the right direction when you can accept your body exactly as it is in its present form. True acceptance comes when you can appreciate your body as it is, and no longer feel that you need to alter it to be worthy of someone's love — most especially your own. Of course, it doesn't mean that you should never endeavor to improve your body, or that you have to be resigned to what you have been given. What this does mean, however, is that you need to stop criticizing, finding fault with your body. The drive for self-improvement is completely healthy as long as it comes from a place of self-love rather than a feeling of self-contempt. Love all the parts of yourself, and if you can't love them, change them. If you can't change them, then accept them as they are.

Don't you know the Special Olympics are filled with people who have accepted their bodies despite obvious handicaps? As to your body, you can either continue to complain bitterly and immerse yourself in self-deprecation<sup>①</sup>, or you can make the mental shift into acceptance. Either way, the reality remains the same.

Acceptance or rejection of your body only carries weight in your mind; it has no bearings on how you actually look, so why not choose the ease of acceptance rather than the pain of rejection? The choice is yours.

**Self-esteem** Self-esteem is feeling worthy and able to meet life's challenges. It is as essential as the air we breathe, and just as intangible. It comes from the depths of our core, yet it is reflected in every single outward action we take, grand or small. It is the essence from which we measure our worth and the most important building block in the foundation of our intangible<sup>②</sup>. If self-esteem is a lesson that you need to learn, you will be tested over and over until you feel confident about who you are and believe in your intrinsic value. Mind you, do not measure your worth by external appearance. Looks will change and fade — ultimately being an unreliable source of self-esteem, while your true inner self will always be with you — actually being the underlying source of self-esteem.

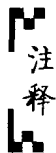


正确的方向发展；当你能够自我欣赏，不再觉得要改变身体才能取悦某人——特别是取悦自己时，你就真正获得了自我认可意识。当然，这并不意味着应该放弃提升自身条件的努力，或者对自身所有的一切都听天由命。我的意思是，你不要再去苛求、挑剔自身的缺点。当自我提高是源于自尊自重而非自轻自贱时，它完全是有益健康的。去珍爱身体的每一个部分吧！如果你不爱惜它们，就改变它们；如果你无法改变它们，就接受它们！

你知道吗？参加残奥会的人们，尽管有着明显的残疾，却能接受自己的身体。对于你的身体，你可以继续抱怨、自怨自艾，或者你可以转变思想，接受它。不管怎样，你的身体仍是同一个。

接受或者拒绝身体只会给你带来精神压力，而你的形象实际上与此毫无瓜葛。那么，为什么不选择轻松地接受，而要承受抵触的痛苦呢？这在于你的选择。

**自尊自重** 它是相信自身价值并能接受人生挑战。它就像我们呼吸的空气一样，看似无形，确是不可或缺的。它源自心灵深处，我们外在的一举一动，不论庄重盛大还是谨小慎微，都会体现出它来。它是衡量我们自身价值的本质所在，也是我们形成自身无形价值最重要的基石。倘若自尊自重是一门必修课，你会不断地受到测试，直到你感到自信，并相信自身固有的价值。切记：不要根据自己的外表来衡量自身价值，容颜终会改变、衰老——根本无法成为自尊自重的可靠源泉，而你内在的真我则会永远伴随你——它是自尊自重的真正源泉。



- ① scuba [ˈsku:bə] *n.* 水中呼吸器  
② participate [pɑ:ˈtɪsɪpeɪt] *v.* 参与；参加；分享  
③ deprecation [ˌdeprəˈkeɪʃn] *n.* 强烈不赞成；反对  
④ intangible [ɪnˈtændʒəbl] *adj.* 难以明了的；无形的