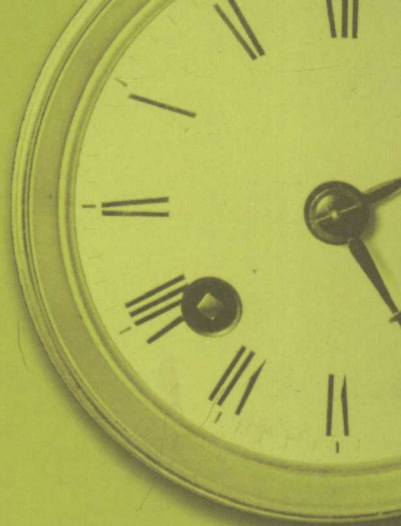




美国民意评比最优秀的电台节目

在世界二十多个国家和地区播出



编著：Jhan 和 Iris Tiafau Hurst

制作人：Greg 和 Fawn Andermann（项慧芳）

翻译：顾德宁 顾燕

美国著名励志演说家亲自录音并配中英文对照书



想一分钟

东南大学出版社
音像出版社



「我」與「你」的距離，
其實就在這「一分鐘」
的距離。

「一分鐘」的距離，
其實就在這「一分鐘」
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编者: Jhan 和 Iris Tiafau Hurst夫妇拥有丰富多彩的人文背景, 作为大学讲师, 他们以其充满激情和智慧“夫妻组合”演说而享誉世界。在过去的22年中, 他们生活和工作的足迹遍及美国、新加坡、印度尼西亚、新西兰、萨摩亚群岛和斐济。Jhan在密苏里大学和加尼福尼亚大学获得神学和哲学学士及硕士学位。Iris在太平洋岛国——西萨摩亚群岛出生和长大。她在堪萨斯Emporia州立大学获得工商管理学士学位。Jhan 和Iris有两个儿子。

制作人: Greg 和 Fawn Andermann (项慧芳)夫妇拥有中美合璧的文化背景, 是经验丰富的媒介制作者, 他们现拥有和运作多家传媒, 如专门促进中美文化交流和英语教学的网站www.ReadUSA.cn 和www.ReadUSA.com, 还有专司电影和电视制作的专业公司, 他们所摄制的作品多次在国际上获奖。他们借助对中美文化和中英文融会贯通的理解和把握, 对《想一分钟》的中译文做了精益求精的校对和润色。

翻译: 顾德宁和顾燕夫妇是热心于中美科技文化交流及英语教育的中国记者和编辑, 现分别供职于中国新华日报报业集团的新华日报社和扬子晚报社。他们有一个正在上高中的儿子, 他们翻译《想一分钟》, 就是希望让年轻人在学习英语的同时, 也明白一些做人的道理。

Meet the Writers

Jhan and Iris Tiafau Hurst are an internationally renowned multi-cultural husband-wife team of university lecturers and motivational speakers. Over the past 22 years they have lived and worked professionally in the US, Singapore, Indonesia, New Zealand, Samoa and Fiji. Jhan's bachelor's and master's degrees in theology and philosophy were earned from universities in Missouri and California. Iris was born and raised in the Pacific Island Nation of Western Samoa. She graduated with a bachelor's degree in business marketing and management from Emporia State University in Kansas. Jhan and Iris have two sons.

Meet the Producers

Greg and Fawn Andermann (Xiang Huifang) are a multi-cultural team of media producers that presently own and operate www.ReadUSA.cn and www.ReadUSA.com, two websites designed to teach English and promote cultural understanding between China and America. They also operate A2Media (www.A2Media.net), an international award winning media production company that makes films and TV programs.

Meet the Translators

Gu Dening and Gu Yen (husband and wife) are Chinese reporters and editors. The Gu's have a strong heart and commitment to increase cultural exchange in the arts and sciences between China and the US. They currently work for Xinhua News Group, Xinhua Daily and the Yangtzi Evening Post. They have one son who attends high school. Through translating the *Think a Minute*, the Gu's wish to encourage Chinese youth to learn English while learning important life lessons of how to be a better human being and successful person.



Think a minute 想一分钟

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Heinz discovered his survival skill of talking and reasoning with others. It was a major turning point that changed his life—and later changed the world.

汉斯发现自己具有与别人交谈和沟通的生存技巧。这事成了改变他生活的转折点,此后,这又改变了世界。

2. Don't Defeat Yourself 不要击败自己(录音时间 1:52) 6

If you want others to believe in you, you have to believe in yourself first. No one can make you feel inferior unless you let them.

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如果要别人相信你,首先必须相信你自己。没有人能使你感到自卑,除非你自己愿意自卑。

3. Passion Brings Prosperity 激情带来成功(录音时间 1:38) 10

Passion is believing and loving something no matter how hard it is to get there. It's like a powerful river that will make its way through no matter what.

激情是热爱,坚信无论办成某事多难,你都能达到目的。这就像强劲的河流奔腾不息,势不可挡。

4. Know Your Enemy 认清敌手(录音时间 1:45) 14

You know that your real enemy is in your own mind. You see nothing can defeat or ruin your life more than your own wrong thinking about yourself.

你真正的敌人是你自己的心灵。没有什么东西比你对自己的误识更能击败和中伤你了。





5. The Real Competition 真正的竞争(录音时间 2:02) 18

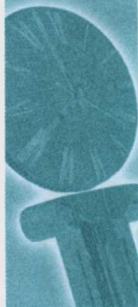
When we compete only to win and beat the other person, it not only makes us bad losers, but also bad winners. That kind of competing only produces people with a bad heart and character, full of selfish, greed, pride, and jealousy.

当我们仅仅为了获胜而打击对手时,我们不仅成为糟糕的失败者,还会沦为可鄙的得胜者。这样的竞争会使人的心灵和个性发生扭曲,使其充满着自私、贪婪、骄傲和嫉妒。

6. No Parking 不能停车(录音时间 2:10) 22

Once we pull over and park, the ride of our stops, because we stop ourselves from reaching our potential and living every day to the fullest. We stop trying, learning and improving to make ourselves and our life the best it can be.

一旦我们离开了车道而停下来,我们生命的进度也停了下来,生活没有了抱负,就使我们不能把每一天都过得非常充实。于是,我们就失去可通过努力、学习



和提升来使自己生命达到极致境界的机会。

7. Parrots and Eagles 鹦鹉和老鹰 (录音时间 1:51) 26

Eagles have an inner drive to explore and experience everything out there. They have the courage to change and take risks. And they're not afraid to leave their familiar, comfortable nest to search for more.

鹰对探索和体验世上万物有着不可遏制的内在冲动。它们有改变和承担风险的勇气。它们不怕离开自己熟悉而舒坦的巢穴,它们要去寻求更多的东西。

8. Don't Be Crabby 不要牢骚满腹 (录音时间 1:58) 30

Successful people look at life through a telescope and see how great it can be, but small, jealous people look at life through a microscope and only see the faults and mistakes of others. Being envious and jealous of others is just a slow method of suicide that'll kill both your health and happiness.

成功的人通过望远镜看人生,看到人生可以达到多么伟大境界,而卑微和心



胸狭隘的人却用显微镜看人生,盯住别人的过失和错误不放。羡慕和嫉恨别人是一种扼杀了你的健康和幸福的慢性自杀。

9. A Better Way 更好的道路(录音时间 1:40) 34

We may all live under the same sky, but we don't all have the same horizon. Expanding your horizon means choosing to see the bigger picture and opportunities for success all around you.

我们同在蓝天下,但却有着不同的地平线。开拓你的地平线,这就意味着你能抓住更好的成功机会,看到更壮观的美景。

10. The Sweat of Success 成功的汗水(录音时间 1:40) 38

You and I can never succeed in life without discipline and hard work. Because it takes work and sweat to succeed in your job and career, in school, in sport, in your marriage and family.

不通过磨练和努力,你我都不会在生活中获得成功。因为在你的工作和职业生涯中,在学校、在体育活动中,在你的婚姻和家庭中,都需要汗水才能培育成功。



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11. The Very Best 好了还要好(录音时间 1:48) 42

Successful people do sweat the small stuff, they work hard at the details. That's what makes them successful. But many times we just can't be bothered to do our very best work.

成功的人一丝不苟,努力尽善尽美,这就是他们成功的诀窍。但是,在很多时候,我们懒得把自己的工作做到最好。

12. Work Works 做有效的工作(录音时间 1:59) 46

Who use 50% of their ability really stand out from the rest. And the very few who actually give their full 100% of strength and smarts to their work become the most successful.

谁在工作中使用他们能力的50%,就能够出类拔萃。极少数将自己的力量和智慧百分之百地投入工作的人,就成为最成功的人。





13. Create Your Own Luck 创造自己的运气(录音时间 1:59) 50

We have to work hard and do what it takes to be in the way of luck and success when it comes. Otherwise, we'll miss it because we weren't ready.

我们必须努力工作,尽力走在运气和成功降临的路上,否则就会因为我们没有准备好而错失良机。

14. Persistence Pays 苦尽甘来(录音时间 2:14) 54

Nothing can bring success like persistence. Talent cannot, for there are many talented people who are not successful. Education will not, for the world is full of educated losers. Only persistence and determination can give you the power to succeed.

没有什么比坚持不懈更能通向成功之路。才干不能,许多有才干的人并没有成功;教育不能,这世界充满了受过教育的失败者;惟有坚持不懈和决心,才能给你成功的力量。

15. Perseverance Prevails 坚持就是胜利(录音时间 2:20) 58

We often think of great artists and musicians as being brilliant geniuses who just naturally and easily perform, without effort or practice. But the truth is most of them simply kept working hard every day until they finally produced their masterpieces.

我们常常以为,那些伟大的艺术家和音乐家是光辉灿烂的天才,他们天生就才华横溢,做事易如反掌,但实际上,他们中间大多数人就是靠日复一日的艰苦工作,最终产生了他们的大师之作。

16. Success Is Mostly Failure 失败乃成功之母(录音时间 2:08) 62

If you want the rainbow, you've got to put up with the rain. You see it takes courage and strength to keep going toward your goal each time you fail. Failing should make us better not bitter.

不经风雨,怎见彩虹。要知道,每次失败时,你都需要拥有继续朝着目标前进的勇气和耐力。失败应该使我们有所长进,而不是变得沮丧。



17. Plan in Hand 运筹帷幄 (录音时间 1:59) 66

If you fail to plan, you plan to fail. Success is not accident! It doesn't just magically happen. You have to plan for it to happen. So why not start living your life on purpose? First dream it, then do it.

如果你不能做计划,那你就在计划失败。成功不是偶然的,不会神奇地出现。为获成功,你必须做计划。你为什么不在现在就过上有目标的生活呢?先梦想它,然后实现它。

18. Live Before You Leave 把握人生 (录音时间 2:05) 70

We have to learn to be comfortable with uncomfortable challenges, because we can't discover new oceans unless we've got the courage to lose sight of the shore. We've got to believe that the best jobs haven't been found yet.

我们必须学习对不舒服的挑战感到舒服,因为除非我们有勇气看不见现有的海岸线,否则我们就不能发现新的海洋。我们必须相信,最好的工作还没有被做出。

19. Live Your Dreams 生活在梦想中(录音时间 2:19) 74

The prize goes to the person who sees the future the quickest, And the best way to predict the future is to invent it. After all, if you don't know where you're going, how will you know when you get there? Dreams are what get you started, but discipline is what keeps you going all the way.

荣耀应属于那些最先看到未来的人。然而,预见未来的最好方法就是创造未来。总而言之,如果你不知道将去何处,怎么能知道何时到达呢?梦想使你起跑,而自强不息却可使你跑完全程。

20. The Main Thing 把握重点(录音时间 2:07) 78

It's important that we keep the main thing. And if you want to be successful in your job, business, or managing your family, or your studies, whatever we do, we must get the main thing done. Instead of wasting out time and energy doing things that aren't important.

把握重点是非常重要的。如果你想在自己的工作和生意上获得成功,或管理





好你的家庭、你的学业或其他的事情,无论我们做什么,我们必须抓住重点,不要在不太重要的事情上花费过多的时间和精力。

21. Expect the Best 期望最好的(录音时间 2:19) 82

If you expect the best from people, they'll usually want to give you their best. Treat a person just how he appears to be on the outside, and you'll make him even worse. But treat a person live he's already a success, and you'll help make him the best he can be.

如果你希望看到人们最好的一面,人们就常常把最好的一面做给你看。以人的外在表现对待一个人,只能使他更加糟糕。但是,如果把他看成是一位成功者,这将使他竭尽全力,做得最好。

22. Live and Learn 生活就是学习(录音时间 2:13) 86

If we want a good life, we need to be a good student of life, and realize we can learn something from everybody. In fact, it's when we stop learning that we stop living.