



Polish Your English  
英文全知道

# 每天 用英语读点 励志训言

# Everyday English



主编 杨金鑫 梁俊茂

## 名校校训、名门家训、励志演讲全知道

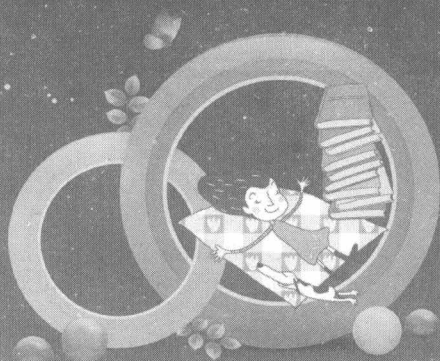
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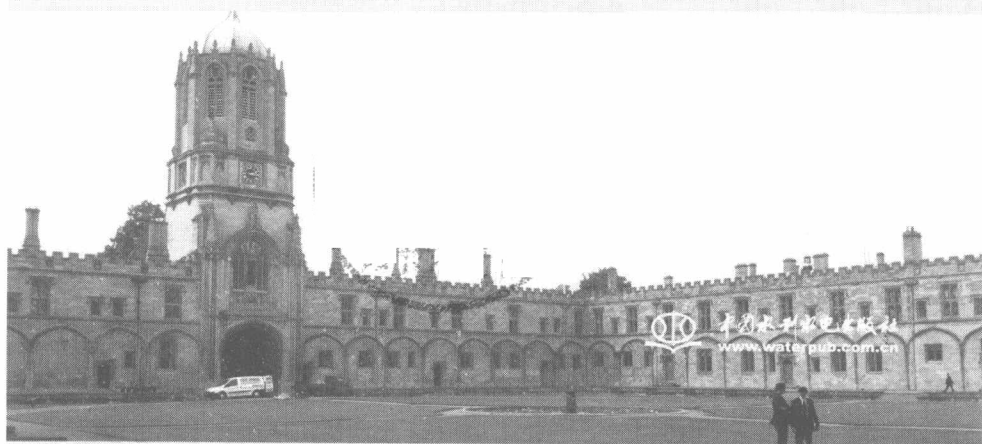
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## 内容提要

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直面人生的勇气、改变命运的动力，由心而生。本书有足以让你受益一生的好英文，给你激励和启发，让你沉而思，起而行，坚而不摧，韧而不拔。当你疲惫时，这里有智者的教诲；当你迷茫时，这里有仁者的心声。你的人生之路上会有风雨，也会有彩虹，但是有了励志经典的陪伴，你终会感受到雨过天晴。本书会教你学会坚强，学会思考，学会珍惜。请静静感受这些蕴意深刻的英文吧！总会有一段文字，或者一句话，在你的心灵深处荡起涟漪！

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## Preface 序

# 每天只需进步一点点

本套书专为下列人士打造：

学生：金牌英语阅读力、写作力训练计划，考试乐无忧！

上班族：积累英语竞争力，升职加薪必备！

网友：上网聊天，和老外互动无障碍！

身边有哪些鲜活的经典英文值得收藏和学习？来这里找寻答案吧！

“英文全知道”丛书共收录了人生中最不可或缺的5个方面的英文，包括管理智慧、励志训言、幸福私语、生活时尚、学科经典。集结最精华的英文内容，一步一步带你了解人生中必备的生存秘诀，洞悉什么样的人格特质才能成为人生的强者，引领你用英文学习最有效的人生成功之道。

### 《每天用英语读点管理智慧》

用洞察力、理性思维、知识与技能来充实自己！

巨商、大师、名企管理精髓全知道，让你更能胜任今天和明天的工作！

管理类的书籍数不胜数，但本书简单而又深刻。沉稳的英文里透着真挚，轻松的语句中到处是价值颇丰的宝贵经验。在许多专家、学者、培训师把管理讲得高深、玄妙、繁复的时候，本书让管理智慧回归简单，告诉你企业管理至简、至明、至易、至中的道理和方法。这里有商界巨子的真实案例，有管理大师的睿智箴言，有跨国名企的管理之道，有实用的管理知识，有教你成为“金领”的方法……本书不仅是你用英文了解管理的入门书籍，更像是一本指导你如何在工作、生活中努力活出自我的指南，无论带着怎样的角度阅读本书，都能得到不一样的收获。

### 《每天用英语读点励志训言》

希望是长着羽毛的生灵，带你攀上心灵的巅峰！

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《每天用英语读点幸福私语》

你站在幸福金字塔的第几层？

爱、家庭、事业、理想……幸福就在当下，每天给自己一个幸福的理由！

你幸福吗？幸福，是寒冬里的一抹暖阳，是晚归时恋人的一句关爱，是朋友暖暖的一声问候，是一次美好的邂逅，是一双善意的眼睛……幸福看似遥不可得，其实触手可及。幸福就像狗尾巴，眼看就要得到了，它却永远跑在前头。但只要你放下追逐，自信地往前走，就会发现其实它一直跟着你。幸福从来不是寄托于他人身上，而是在自身的血脉里延伸。如果你还不知道如何让幸福来敲门，就请翻开这本书，每天坚持读一篇，从优美英文的字里行间找到那个懂爱的自己。幸福，会不请自来。

《每天用英语读点学科经典》

经典经得起考验，值得一读再读，常读常新！

经济、金融、理财、心理、人文、科技、艺术，你不可不知的各学科经典知识全在这里！

本书将带你走进经济学殿堂，了解十大经济学原理，纵览金融市场，打理私人小金库，品商业风云，赏人文精粹……一段段生动的文字，一句句原汁原味的英文，承载了各学科的经典知识，它们的价值和魅力在流光岁影里永不褪色，至今仍照耀着我们的生活。经典无可取代，知识点亮智慧人生，每天努力一点点，用知识改变你的生活！

《每天用英语读点生活时尚》

缤纷生活，雕刻时光！

理财、健康、育儿、时尚全知道，此刻让你的生活“鲜活”起来！

优雅而精致的生活是门艺术！生活中有无数的奥妙等待我们去参透，本书从贴近每一个人生活的现实入手，让你“通往”缤纷多彩的生活。这里有理财之道，有健康妙招，有育儿经验，有时尚典范，有心理解密，有社交攻略，有职场秘技……立即行动，每天用英语读点生活时尚元素，每一种元素都值得你去阅读，去欣赏，去省思。不知不觉间你会惊奇地发现，生活的风景竟然如此美丽！

用老外耳熟能详的经典段落，读出好英语！你不可不知的身边最经典英文，瞬间全知道。本套书的精彩内容均为精挑细选，每篇还标注了重要单词和短语，是练习英语阅读和写作的最佳材料。全套书内容深入浅出，贴近生活，鲜活生动，字字珠玑。每一段，每一句话，都是学习英语最实用、最生动的教材。在编排上，全套书每篇都采用中英对照编排方式，方便读者阅读。版式上除美观外，更兼顾实用，让读者用最少的时间，看到最多的文字。开始行动吧！每天抽出10分钟读一篇，让本套书成为你的贴身英语家教。

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2011年12月于北京

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# 1

## Chapter 1

### 攀上心中的巅峰

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李开复给就读于美国哥伦比亚大学女儿的一封信 I

### 1.1

## A Letter from Kaifu Lee

### 1 Dear Daughter:

As we drove off from Columbia, I wanted to write a letter to you to tell you all that is on my mind.

亲爱的女儿：

当我们驾车离开哥伦比亚大学的时候，我就想写一封信给你，把萦绕在我脑海中的一切统统告诉你。

2 First, I want to tell you how proud we are. Getting into Columbia is a real **testament** of what a great well-rounded student you are. Your academic, artistic, and social skills have truly blossomed in the last few years. Whether it is getting the highest grade in Calculus, completing your elegant fashion design, successfully selling your painted running shoes, or becoming one of the top orators in Model United Nations, you have become a talented and accomplished young woman. You should be as proud of yourself as we are.

首先，我想告诉你我们有多么地为你感到骄傲。能进入哥伦比亚大学已经证明你是一个全面发展的优秀学生。你的理论知识、艺术修养和社交技能在

#### Notes:

testament ['testəmənt] n.  
证明，遗嘱



Model United Nations 模拟联合国 简称MUN是模仿联合国及相关的国际机构，依据其运作方式和议事原则，围绕国际上的热点问题召开的会议。青年学生们扮演不同国家的外交官，作为各国代表，参与到“联合国会议”当中。代表们遵循大会规则，在会议主席团的主持下，通过演讲阐述“自己国家”的观点，为了“自己国家”的利益进行辩论、游说，他们与友好的国家沟通协作，解决冲突；他们讨论决议草案，促进国际合作；他们在“联合国”的舞台上，充分发挥自己的才能。模拟联合国活动源自美国，在美国发展的也最为成熟。

最近几年都突飞猛进，无论是你在微积分中获得最高分，抑或完成你优雅时尚的设计，成功售出你彩绘的跑步鞋，还是成为“模拟联合国”中最优秀的演讲家之一，你都毫无疑问已经成为一个多才多艺的成功女子。我们为有你这样一个优秀的女儿而骄傲，你也应该像我们一样为自己感到自豪。

③ I will always remember the first moment I held you in my arms. I felt a tingling sensation that directly touched my heart. It was an intoxicating feeling I will always have. It must be that "father-daughter connection" which will bind us for life.

我会永远记得第一次将你抱在臂弯的那一刻，一种无以言表的兴奋和激动一下子打动了我的心，那是一种让我永远陶醉的感觉。或许这就是将要把你我的生命捆在一起的所谓的“父女情结”吧。

④ I will always remember singing you lullaby while I rocked you to sleep. When I put you down, it was always with both relief (she finally fell asleep!) and regret (wishing I could hold you longer). And I will always remember taking you to the playground, and watching you having so much fun. You were so cute and adorable, and that is why everybody loved you so.

我也会永远记得我哼着摇篮曲轻轻摇你入睡，当我把你放下的时候，常常既感到解脱又感到惋惜：解脱，是因为你终于睡着了；而惋惜的是，我又多么希望能够多抱你一会儿啊！我还会永远记得带你到游乐场时，看你玩得是那么的开心。你是那么的天真可爱，以至于每个人都那么的喜欢你。

⑤ You have been a great kid ever since you were born, always quiet, empathetic, attentive, and well-mannered. You were three when we built our house. I remember you quietly followed us every weekend for more than ten hours a day to get building supplies. You put up with that boring period without a fuss, happily ate hamburgers every meal in the car, sang with Barney until you fell asleep. When you went to Sunday Chinese school, you studied hard even though it was no fun for you. I cannot believe how lucky we are as parents to have a daughter like you.

你自从生下来，就是个很棒的孩子。你总是文文静静、体贴他人、彬彬有礼、举止文雅。我记得我们建房子的时候，那时你刚刚三岁，每周末你都静静地跟着我们花十多个小时去运建筑材料。对于那段无聊的时光你毫无怨言，每顿都在车上吃汉堡也很开心，和恐龙巴尼一起唱歌，唱累了就睡。你去上周日中文学习班时，尽管一点也不觉得有趣，却依然很努力。作为父母，能有像你这样的女儿我们真的感到无比的幸运。

6 You have been an excellent elder sister. Even though you two had your share of fights, the last few years you have become best friends. Your sister loves you so much, and she loves to make you laugh. She looks up to you, and sees you as her role model. As you saw when we departed, she misses you so much. And I know that you miss her just as much. There is nothing like family, and other than your parents, your sister is the one person who you can trust and confide in. She will be the one to take care of you, and the one you must take care of.

你也是个姐姐。虽然你们俩以前总是打打闹闹，但是最近几年你们成了最好的朋友。妹妹很爱你，喜欢逗你笑，她崇拜你，把你当成她的榜样。我们分开后，她非常想你，我知道你也一样想她。世界上最宝贵的就是家人。除了父母，妹妹也是你最可信赖的人之一。她将是关心照顾你的人，而你也要关心和照顾她。

7 There is nothing we wish more than that your sisterhood will continue to bond as you grow older, and that you will take care of each other throughout your lives. For the next four years, do have a short video chat with her every few days, and do email her when you have a chance.

我们别无所求，只希望你们的姐妹情谊能随着年龄的增长愈久弥香，你们要相互关爱，终此一生。在未来的四年里，你要不时地和妹妹通通视频聊聊天，有机会就发发电子邮件。

8 College will be the most important years in your life. It is in college that you will truly discover what learning is about. You often question "what good is this course". I encourage you to be inquisitive, but I also want to tell you: "education is what you have left after all that is taught is forgotten". What I mean by that is the materials taught isn't as important as you gaining the ability to learn a new subject, and the ability to analyze a new problem.

大学时光将是你人生中最重要时光，你会在大学里真正发现学习的真谛。你经常问“学这个课程有什么用”。我鼓励你保持好奇心、善疑善问，但是我想告诉你的是：“所谓教育就是忘记你在学校所学的一切之后所剩下的东西。”我的意思是说，重要的不是你学到的知识，而是你学习新事物、分析新问题的能力。

9 That is really what learning in college is about – this will be the period where you go from teacher-taught to master-inspired, after which



Notes:

inquisitive [in'kwizitiv] adj.  
好奇的

you must become self-learner. So do take each subject seriously, and even if what you learn isn't critical for your life, the skills of learning will be something you cherish forever.

这才是大学里真正要学的东西——这将是你就从被动学习向自主学习转换的阶段，从那之后你将会变成一个自学者。所以，就算你所学的并不是你生活所需，你也要认真对待每一门功课，因为学习的能力将是你受用终身的宝贵财富。

**10** Do not fall into the trap of dogma. There is no single simple answer to any question. Remember during your high school debate class, I always asked you to take on the side that you don't believe in? I did that for a reason — things rarely "black and white", and there are always many ways to look at a problem. You will become a better problem solver if you recognized that. This is called "critical thinking", and it is the most important thinking skill you need for your life. This also means you need to become tolerant and supportive of others.

不要被教条所束缚，任何问题都不是只有一个简单的答案。还记得高中辩论课时，我总是让你站在你不认可的那一方来辩论吗？我之所以这么做是因为，事物并不是非黑即白，看待问题有很多的方法和角度。当你意识到这点的时候，你就会成为一个很好的问题解决者了。这就是“批判性思维”——一种你一生都会用到的最重要的思考方式，这也意味着你还需要包容和支持不同于你的其他观点。

**11** I will always remember when I went to my Ph.D. advisor and proposed a new thesis topic. He said "I don't agree with you, but I'll support you." After the years, I have learned this isn't just flexibility, it is encouragement of critical thinking, and an empowering style of leadership, and it has become a part of me. I hope it will become a part of you too.

我永远记得我去找我的博士生导师提出一个新论题时，他告诉我：“我不同意你，但我支持你。”多年后，我认识到这不仅仅是一种变通，更是一种对批判性思维的鼓励，一种敢于放权的领导风格。现在这已经成了我的一部分，我希望这也能成为你的一部分。

**12** Follow your passion in college. Take courses you think you will enjoy. Don't be trapped in what others think or say. Steve Jobs says when you are in college, your passion will create many dots, and later in your life you will connect them. In his great speech given at Stanford commencement, he gave the great example where he took calligraphy,

#### Notes:

critical thinking 批判性思维 “批判性思维”理念关注的核心问题是逻辑知识与逻辑思维能力之间的关系，或者更一般地，是知识和能力之间的关系。在英语中指的是那种能抓住要领，善于质疑辨析，基于严格推断，富于机智灵气，清晰敏捷的日常思维。在现代社会，批判性思维 (critical thinking) 被普遍确立为教育特别是高等教育的目标之一。

calligraphy [kə'ligrəfi] n. 书法

and a decade later, it became the basis of the beautiful Macintosh fonts, which later ignited desktop publishing, and brought wonderful tools like Microsoft Word to our lives.

在大学里，你要追随自己的激情，选择自己感兴趣的课程，不要被别人的想法或说法所困扰。史蒂夫·乔布斯曾说过，在大学里，你的激情会创建出很多的“点”，而在你后来的人生中你会把这些“点”串联起来。在他著名的斯坦福大学毕业典礼演讲中，他举了一个很好的例子：在大学里他曾修了书法课，十年后，这成了苹果机漂亮字库的基础，也因为此，才有了后来的桌面出版系统，才有了我们日常使用的像微软Word这样出色的工具软件。

**13** His expedition into calligraphy was a dot, and the Macintosh became the connecting line. So don't worry too much about what job you will have, and don't be too utilitarian, and if you like Japanese or Korean, go for it, even if your dad thinks "it's not useful." Enjoy picking your dots, and be assured one day you will find your calling, and connect a beautiful curve through the dots.

他对书法的探索就是一个“点”，而他创建的苹果电脑就是连接线。所以，不必过分担心将来会从事什么工作，也不要过于急功近利。假如你喜欢日语或者朝鲜语，那就去学，就算爸爸认为“那没用”。尽情地去选择你的“点”吧，你要坚信有一天你会发现自己的使命，并用这些“点”勾勒出一条美丽的曲线。

**14** Do your best in classes, but don't let pressure get to you. Your mother and I have no expectations for your grades. If you graduate and learn something in your four years, we would feel happy. Your Columbia degree will take you far, even if you don't graduate with honors. So please don't give yourself pressure.

在功课上尽自己最大力量，但不要给自己太多压力。你妈妈和我对你在成绩上没什么要求，只要你顺利毕业并在四年里学到了些东西，我们就很高兴了。即便你毕业时没有取得优异的成绩，就哥伦比亚大学的学历也会带你走很远。所以别给自己压力。

**15** During your last few months in high school, you were so happy because there was little pressure and college applications are finished. But in the past few weeks, we saw you are beginning to worry (did you know you bite your nails when you are nervous?). Please don't be worried. The only thing that matters is that you learned. The only metric you should use is that you tried. Grades are just silly letters that give the

vain people something to brag, and the lazy people something to fear.  
You are too good to be either.

在高中的最后几个月，因为压力小了，大学申请也办完了，你过得是那么地开心。但是在最近的几个星期，我们发现你又开始陷入忧虑了（你注意到你紧张时会咬指甲吗？）。请不必担心，惟一重要的是你学了，而惟一可以衡量你学习的就是你的努力程度。成绩只不过是爱慕虚荣的人用来吹嘘和懒惰的人所恐惧的愚蠢的数字而已，而如此优秀的你既不虚荣也不懒惰。



### 重点单词例句

- 1 The spacious plan of the city is a testament to the foresight of its founders.

给予这个城市充足空间的计划是其建立者高瞻远瞩的实证。

当testament作“遗嘱”解释时，专指“一种规定死后其财产分配的书面文件”。如：make one's testament 立遗嘱。

- 2 She is inquisitive about everything. 她什么都想知道。

- 3 calligraphy of Ming Dynasty 明代书法



李开复给就读于美国哥伦比亚大学女儿的一封信 II

## A Letter from Kaifu Lee

1.2



Notes:

genuine ['dʒenju:n] adj. 真实的, 真正的, 诚恳的

- 1 Most importantly, make friends and be happy. College friends are often the best in life, because during college you are closer to them physically than to your family. Also, going through independence and adulthood is a natural bonding experience. Pick a few friends and become really close to them – pick the ones who are genuine and sincere to you. Don't worry about their hobbies, grades, looks, or even personalities.

最重要的是，要广交善缘，乐观向上。大学的朋友往往是一生中最好的朋友，因为在大学里你和他们能够近距离地相处。另外，你们一起学会独立，一起长大成人，这是一种自然天性的经历，这种经历将会把你们紧紧相连。选几个真诚诚恳的朋友，跟他们成为密友，别在乎他们的爱好、成绩、长相甚至性格。

- 2 You have developed some real friendships in high school in your last two years, so trust your instinct, and make new friends. You are a genuine and sincere person – anyone would enjoy being your friend, so

be confident, outgoing, and proactive. If you think you like someone, tell her. You have very little to lose. Give people the benefit of the doubt; don't stereotype and be forgiving. People are not perfect, so as long as they are genuine and sincere, trust them and be good to them. They will give back. This is my secret of success – that I am genuine with people and trust them (unless they do something to lose my trust).

在高中的后两年你已经交了一些真心朋友，所以相信自己的直觉，去结交新朋友吧。你是一个真诚诚恳的人，谁都会乐意跟你做朋友的，所以自信起来、外向、主动一点，如果你喜欢某人，就告诉她，就算她拒绝了，你也没有损失什么。以最大的善意去对人，不要有成见，要宽容。人无完人，只要他们很真诚，就信任他们，对他们友善。他们将给你相同的回报，这是我成功的秘密——我以诚待人，信任他人（除非他们做了失信于我的事）。



#### Notes:

compare with 和……相比 与compare相关的习惯用语有：beyond compare无与伦比的，不可及的；past compare无与伦比的，不可及的；without compare无与伦比的，不可及的；not to be compared with相差极远，远不如；compare to 比拟，比作；compare unfavorably with劣于，不足与比较，相形见拙

③ Some people tell me that occasionally I would be taken advantage of. They are right, but I can tell you that that loss is nothing compared with what I gained. In my last 18 years leading people, I have realized that only one thing matters—to gain the trust and respect of others, and to do so, you need to trust and respect others first. Whether it is for management, work, or friendship, this is something you should ponder.

有人告诉这样有时我会被占便宜，他们是对的，但是我可以告诉你：以诚待人让我得到的远远超过我失去的。在我做管理的18年里，我学到一件很重要的事——要想得到他人的信任和尊重，只有先去信任和尊重他人。无论是管理、工作、交友，这点都值得你参考。

④ Do keep your high school friends, and stay connected to them, but do not use them as substitutes for college friendship, and do not spend too much time with them, because that would eat into your time to make new friends.

要和你高中时代的朋友保持联系，但是不要用他们来取代大学的友谊，也不要全部的时间都花在老朋友身上，因为那样你就会失去交新朋友的机会了。

⑤ Start planning for your summers early – what would you like to do? Where would you like to live? What would you like to learn? What have you learned in college that might change your mind? I think your plan of studying fashion is good, and you should decide where you want to be, and get into the right courses. We of course hope you come back to Beijing, but you should go where you think is best for you.

你还要早点开始规划你的暑假——你想做什么？你想呆在哪儿？你想学



#### Notes:

extracurricular

[ɛskstrəkə'ɹɪkjələ(r)] adj.

课外的, 业余的

exhilarating [ɪg'zɪləreɪtɪŋ]

adj. 令人喜欢的, 爽快的,

使人愉快的

点什么? 你在大学里学习是否会让你有新的打算? 我觉得你学习艺术设计的计划很不错, 你应该想好你该去哪儿学习相应的课程。我们当然希望你回到北京, 但是最终的决定是你的。

⑥ Whether it is summer-planning, or coursework planning, or picking a major, or managing your time, you should take control of your life. In the past, I have helped you quite a bit, whether it is in college application, designing your extracurricular activities, or picking the initial coursework. I will always be there for you, but the time has come for you to be in the driver's seat – this is your life, and you need to be in control.

不管是暑假计划, 功课规划, 抑或是选专业, 管理时间, 你都应该负责你的人生。过去不管是申请学校、设计课外活动或者选择最初的课程, 我都从旁帮助了你不少。以后, 我仍然会一直站你身旁, 但是现在是你自己掌舵的时候了。

⑦ I will always remember the exhilarating feeling in my life – that I got to decide to skip kindergarten, that I got to decide to change to computer science major, that I got to decide to leave academia for Apple, that I got to decide to go to China, that I got to decide to go to Google, and most recently, that I got to decide to start my own business. Being able to decide means you get to live the life that you want to. Life is too short to live the life others do or others want you. Being in control feels great. Try it, and you'll love it!

我常常记起我生命中那些令人振奋的时刻——在幼儿园决定跳级, 决定转到计算机专业, 决定离开学术界选择Apple, 决定回中国, 决定选择Google, 乃至最近选择创办我的新公司。有能力进行选择意味着你会过上自己想要的生活。生命太短暂了, 你不能过别人想要你过的生活。掌控自己的生命是很棒的感觉, 试试吧, 你会爱上它的!

⑧ I told your mom I'm writing this letter, and asked what she wanted me to say. She thought and said: "just ask her to take care of herself." Simple but deeply caring – that is how your mother is, and that is why you love her so much. In this simple sentence is her hope that you will become independent in the way you take care of yourself – that you will remember to take your medicine, that you will get enough sleep, that you will have a balanced diet, that you will get some exercise, and that you will go see a doctor whenever you don't feel good.

我告诉你妈妈我在写这封信, 问她有什么想对你说的, 她想了想, 说“让她好好照顾自己”, 很简单却饱含着真切的关心——这一向是你深爱的妈