



One Beautiful Article A Day

每天读点美丽英文 05 **人生可以走直线**
A Shortcut for Success

与美国人同步阅读的中英双语丛书

美国英语教师协会推荐

云耘 ◎ 编译

纯正地道的英文，深刻动人的故事，
经典睿智的哲理

云耘◎编译

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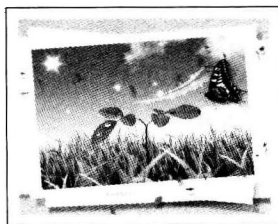
莫等失去才珍惜



Part 1

Never Give Up
不悲观，不放弃

如果失败了，请记住教训。不悲观，不放弃，面对现实。有时候成功只在于坚持。



Defeat 失败

Defeat, my Defeat, my solitude and my aloofness; you are dearer to me than a thousand triumphs, and sweeter to my heart than all world glory.

Defeat, my Defeat, my self-knowledge and my defiance, through you I know that I am yet young and swift of foot, and not to be trapped by withering laurels. And in you I have found aloneness and the joy of being shunned and scorned.

Defeat, my Defeat, my shining sword and shield, in your eyes I have read that to be enthroned is to be enslaved, and to be understood is to be leveled down, and to be grasped is but to reach one's fullness, and like a ripe fruit to fall and be consumed.

Defeat, my Defeat, my bold companion, you shall hear my songs and my cries and my silences, and none but you shall speak to me of the beating of wings, and urging of seas, and of mountains that burn in the night, and you alone shall climb my steep and rocky soul.



Defeat, my Defeat, my deathless courage, you and I shall laugh together with the storm, and together we shall dig graves for all that die in us, and we shall stand in the sun with a will, and we shall be dangerous.



失败，帮你否定了一条错的路，那摆在你面前的、通往成功的选择就又少了一项，成功概率又高了一成，难道这不值得感恩吗？



参考翻译（高昆）

失败，我的失败，我的孤独和超脱，对我来说，你比一千次胜利更可亲可爱，而对我的心灵来说，你要比所有的荣耀都甜美。

失败，我的失败，我的自知与反抗，通过你，我知道我还步伐矫健，宝刀未老，还没被干枯的月桂所捕获。在你那儿，我发现了孤独，品尝到了被遗弃和被嘲笑的欢乐。

失败，我的失败，我光芒四射的剑与盾，从你眼中，我读出登基为王就是钻入牢笼，被了解就是被拉下水，被抓牢就是达到成熟，像熟透的水果掉落下来被人吃掉一样。

失败，我的失败，我鲁莽的伙伴，你会听到我的歌唱、哭泣和沉默，你会跟我谈起羽翼翱翔、大海澎湃、山脉在黑夜里燃烧，你独自攀登我那陡峭多石的灵魂。

失败，我的失败，我不灭的勇气，你我将在暴风雨中狂笑，我们将为我们当中所有逝去的人掘墓，我们会坚定地站在太阳下，我们也会充满危险。



Do Not Ignore the Adversity 从另一个角度看逆境

All of us ought to be able to brace ourselves for the predictable challenges and setbacks that crop up everyday. If we expect that life won't be perfect, we'll be able to avoid that impulse to quit. But even if you are strong enough to persist the obstacle course of life and work, sometimes you will encounter an adverse event that will completely knock you on your back.

Whether it's a financial loss, the loss of respect of your peers or loved ones, or some other traumatic events in your life, these major setbacks leave you doubting yourself and wondering if things can ever change for the better again.

Adversity happens to all of us, and it happens all the time. Some form of major adversity is either going to be there or it's lying in wait just around the corner. To ignore adversity is to succumb to the ultimate self-delusion.

But you must recognize that history is full of examples of men and

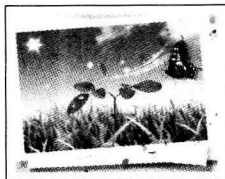


women who achieved greatness despite facing hurdles so steep that easily could have crashed their spirit and left them lying in the dust. Abraham Lincoln overcomes a difficult child-hood, depression, the death of two sons, and constant ridicule during the Civil War to become arguably greatest president ever. Helen Keller made an impact on the world despite being deaf, dumb, and blind from an early age. Franklin Roosevelt had polio.

There are endless examples. These were people who not only looked adversity in the face but learned valuable lessons about overcoming difficult circumstances and were able to move ahead.



逆境可以击败弱者，也可以成就强者。成为生命的强者，你需要勇于直面逆境。



参考翻译（胡尊艳）

每个人都应作好准备去迎接每天的挫折和挑战。如果我们期盼人生十全十美，就不要放弃对人生的追求。但即使你足够坚强，能够克服生活和工作中的困难，有时一些不好的事还是足以将你击垮。

无论是出现了财政危机，还是失去朋友、爱人的尊敬，或是遭受生命重创，这些风浪都会使你对自己产生怀疑，甚至怀疑人生的前景是否还会有光明。

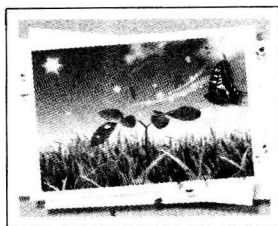
人生迟早要经历逆境。也许有的人正在经历，有的人在等待经历。忽视逆境无疑相当于自欺欺人。

但你不能否认，历史上还是有很多历经重重足以将他们彻底摧毁的磨难，但终获成功的人。亚伯拉罕·林肯克服了童年的不幸、情绪的低潮期，也克服了丧失两个儿子的悲痛以及内战中接踵而来的嘲笑，可以说他是有史以来最伟大的总统。尽管海伦·凯勒早年双目失明，双耳失聪，也不能说话，但她还是对世界产生了重大影响。



而富兰克林·罗斯福曾患小儿麻痹症。

这样的例子数不胜数。这些人不仅勇于直面逆境，而且从中汲取到了引领他们勇往直前的宝贵经验。



Learning From Failure 从失败中学习

Why are so many people so afraid of failure? Quite simply because no one tells us how to fail so that failure becomes an experience that will lead to growth. We forget that failure is part of the human condition and that every person has the right to fail.

Most parents work hard at either preventing failure or protecting their children from the knowledge that they have failed. One way is to lower standards. A mother describes her child's hastily made table as "Perfect"! Even though it wobbles on uneven legs. Another way is to shift blame, if John fails science, his teacher is unfair or stupid.

The trouble with failure-prevention devices is that they leave a child unequipped for life in the real world. The young need to learn that no one can be best at everything, no one can win all the time and that it's possible to enjoy a game even when you don't win. A child who's not invited to a birthday party, who doesn't make the honor roll or the baseball team, feels terrible, of course. But parents should not offer a



quick consolation prize or say “It doesn’ t matter” because it does. The young should be allowed to experience disappointment and be helped to master it.

Failure is never pleasurable. It hurts adults and children alike. But it can make a positive contribution to your life once you learn to use it. Step one is to ask “Why did I fail?” Resist the natural impulse to blame someone else. Ask yourself what you did wrong, how you can improve. If someone else can help, don’ t be shy about inquiring. Success, which encourages repetition of old behavior, is not nearly as good a teacher as failure. You can learn from a disastrous party how to give a good one, from an ill-chosen first house what to look for in a second. Even a failure that seems definitive can prompt fresh thinking, a change of direction. After 12 years of studying ballet a friend of mine auditioned for a professional company. She was turned down. “Would further training help?” she asked. The ballet master shook his head. “You will never be a dancer,” he said, “You haven’ t the body for it.”

In such cases, the way to use failure is to take stock courageously, asking “What have I left? What else can I do?” My friend put away her toe shoes and moved into dance therapy, a field where she’ s both competent and useful. Failure frees one to take risks because there’ s less to lose. Often there’ s a resurgence of energy—an awareness of new possibilities.