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英汉双语对照



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我最大的天赋就是驾驭语言的能力

奥普拉演讲访谈录

Oprah's Speeches and Interviews



YZLI0890165872

王瑞泽 主编



机械工业出版社
CHINA MACHINE PRESS



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马萍 王素青 武立祥 马林◎参编



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本书精选有“脱口秀女王”美誉的著名电视节目主持人奥普拉·温弗瑞的13篇演讲和4篇访谈。其中演讲包括她在5所大学所作的毕业演讲、在颁奖典礼上的4篇演讲、在纪念黑人民权运动领袖马丁·路德·金及罗莎·帕克斯仪式上的2篇演讲、在奥巴马竞选集会上的1篇助选演讲,以及告别《奥普拉秀》节目的1篇告别演讲;访谈包括她独家专访“流行乐之王”迈克尔·杰克逊、专访美国总统奥巴马、专访《哈利·波特》作者J.K. 罗琳,以及美国著名节目主持人芭芭拉·沃尔特斯专访奥普拉。本书内容广泛,既有励志演讲,也有深情告别演讲,既有令人捧腹的故事,也有发人深省的哲理,是深入了解奥普拉成长历程、成功秘籍以及绝佳口才的第一手材料。

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演讲篇



1 Five Lessons That Have Helped Me to Make My Life Better

助我成功的 5 大人生经验

在卫斯理学院毕业典礼上的演讲
(1997 年 5 月 30 日)

My hat's off to you¹! My hat's off to you!

[crowd cheers: Go Girl!]

You all have “gone” girls! I want to say thank you, Dr. Walsh and to the esteemed faculty, to those of you parents — what you have been through, God Bless you — and to the greatest class that has ever graduated from Wellesley. I must say — you are my heart, Dr. Walsh is right. I saw you walking in and I started to weep, and I don't consider myself a weeper, but I guess I must be if I started to weep, because I know what it takes to get through here and I am so proud of all of you for getting through.

Thanks for inviting me to this party, this celebration. I told Dr. Walsh as we were walking in, my graduation was nothing like this. Nobody was having this much fun. When Wendy, Stedman's daughter (Stedman is my beau, my fiance, don't ask me when we're going to get married) when Stedman's daughter, Wendy, was looking for a school four years ago, no doubt I was far more delighted than she when she chose Wellesley 'cause I knew what she was in for. I had wanted to come to this school. I wanted to be here but I

演讲背景：

奥普拉·盖尔·温佛瑞（Oprah Gail Winfrey）作为名人享受的待遇之一就是受邀参加大学一年一度的毕业典礼并发表演讲。所以成名后的奥普拉经常接到这样的邀请，但是一般她不接受，除非学校和她存在着某种关系，比如1997年5月30日她参加了卫斯理学院（美国著名女子学院之一）的毕业典礼并发表演讲，这是因为她的男朋友斯德曼的女儿那年毕业于该学院。而立之年的奥普拉在演讲中总结了影响自己成功的五大人生经验，这些经验对我们具有一定的借鉴意义。

我摘帽向你们致敬！向你们致敬！

[人群欢呼：“加油女孩！”]

你们都已经是“加过油”的女孩子了！我想说声“谢谢你”，沃尔什博士，向令人尊敬的教员们致意，向你们的父母致意——你们经历了多少苦难啊，上帝保佑你们——向卫斯理大学史上最了不起的毕业班致意。我必须说——你们是我的心肝，沃尔什博士说得对。我看到你们走进来我就开始哭泣，我不认为自己是好哭的人，但是假如我开始哭泣的话，我想我一定是个好哭的人，因为我知道你们经历了多少苦难才到达这里，所以我为你们到达这里而感到无比骄傲。

感谢你们邀请我来参加这次庆典。当我们走进来的时候我告诉沃尔什博士说，我的毕业典礼一点都不像你们今天的毕业典礼。没人像你们这样充满乐趣。当斯德曼的女儿温迪（斯德曼是我的情郎，是我的未婚夫，不要问我我们什么时候结婚）4年前找学校的时候，当她选择了卫斯理大学的时候，我比她还高兴，因为我知道她来到这里是为了什么。我也曾想上这个学校。我想

1 My hat's off to you: 我要脱帽向你致敬。这里奥普拉把博士帽子摘下来向毕业生们挥舞。

could get no scholarship. I wanted to be here and have lived these past years vicariously² through her. I was, as Dr. Walsh said, here with Wendy's father, Stedman, and Wendy's mother, Glenda, on Parents' Day and I was in awe of this place because, see, you all seem to have so much fun, without a keg or anything, and yet you all seemed so serious, so committed to this place with guts³ and with grace and I saw your sense of integrity and felt your intellect and realized that this was a very special, giving place⁴.

Wellesley is a gift to any woman who is willing to open her mind and her heart to it. It is! You are so blessed to have had this, although I know your first year you maybe didn't think it was such a gift because I was there for a lot of those phone calls that Wendy made home. "Daddy [in small girl's voice], this is hard, they just want you to study all the time." Yes, they do. That was the Freshmen Year. About mid-Sophomore Year, though, I think she had several epiphanies⁵ and realized what all of you had come to realize here, that you do this for yourself, you don't do this for anybody else and that everything you heard about this institution is true — it is a prestigious and powerful place that will wear you out, but what happens is something — that Woman Thing starts to kick in⁶ around mid-Sophomore Year. We saw it kick in with Wendy, that Woman Thing that happens. She came here a naive girl from Dallas and Stedman and Glenda, I, and all of those who loved Wendy, are grateful to you Wellesley for the woman in process that you gave us back. We are grateful for that.

You could feel the change about a year and a half after her being here because she went from "Daddy [small girl's voice], this is hard," to "Daddy [adult voice], I won't be able to go on the trip to Africa because I have to study, Daddy." That Woman Thing!

来这里，但是我没能拿到奖学金。我想来这里，我通过感受她的感受而间接地在这里度过了这几年。正如沃尔什博士所说，在父母节那天我和温迪的爸爸斯德曼、温迪的妈妈格伦达一起来到了这里，我对这个地方充满了敬畏之心，因为你们瞧，你们所有人看上去都充满欢乐，没有桶装啤酒或者别的，但同时你们看上去又都那么严肃认真，又都那么勇敢地而又优雅地爱着这个地方，我看到了你们真挚的表情，我感受到了你们智慧的光芒，我意识到这是一个非常特殊的让人得到很多东西的地方。

卫斯理大学是送给任何一位愿意同它敞开心扉的女士的礼物。它的确是！你们如此幸运地拥有这份礼物，尽管我知道你们在第一年的时候并不认为这是一份大礼，因为我接到了温迪打回家的好多电话。“爸爸，我在这里太难过了，他们只想让你一个劲地学习。”是的，他们的确如此。那就是大学一年级新生过的日子。但我想大约到大二中期吧，她过了几个主显节之后，她意识到了（你们在这里都意识到了）这么做是为了自己，而不是为了其他任何人，意识到了自己听到的关于这所学校的传说都是真的——它是一个会把你折磨死的地方，在这方面它名声在外且无比强大。但接下来发生的事情就是“女人经”开始出现了，这大概是在大二中期的时候。我们看到“女人经”在温迪身上出现了。她来到这里的时候是一个来自达拉斯的天真女孩，斯德曼、格伦达、我以及所有爱温迪的人感谢卫斯理大学把一个“加工”后的女人送还给了我们。对此我们充满感激之情。

大概她来这里一年到一年半之后，你就可以感受到她的变化，因为她从说“爸爸，我在这里太难过了”到说“爸爸，我不能够去非洲旅行了，因为我必须学习，爸爸”。那就是“女人经”！

2 vicariously: *adv.* 间接感受到地。

3 gut: *n.* 胆量。

4 giving place: 指一个可以让人得到知识、关怀和温暖的地方。与之对应的为“taking place”。

5 epiphanies: *n.* 主显节（每年1月6日纪念耶稣显灵的节日）。

6 kick in: 开始生效。

You all know this, that life is a journey and I want to share with you just for a few moments about five things (aren't you glad they aren't ten) five things that have made this journey for me exciting. Five lessons that I've learned that if I had gone to Wellesley I could have not made as many mistakes, but five lessons that I've learned that have helped me to make my life better.

First of all, life is a journey. I've learned to become more fully who you are and that is what I love about this institution, it allows women to come to the fullest extent of their possibilities who they really are and that's what life does — teach you to be who you are. It took me a while to get that lesson, that it really is just about everyday experiences, teaching you, moment in, moment out, who you really are. That every experience is here to teach you more fully how to be who you really are. Because, for a long time I wanted to be somebody else. I mean growing up I didn't have a lot of role models⁷.

I was born in 1954. On TV there was only Buckwheat⁸, and I was ten years old before I saw Diana Ross⁹ on "The Ed Sullivan Show" with the Supremes¹⁰ and said I want to be like that. It took me a long time to realize I was never going to have Diana Ross' thighs, no matter how many diets I went on¹¹, and I was not going to have her hair neither unless I bought some. I came to the realization¹² after being in television and having the news director trying to make me into something that I wasn't and going to New York and allowing myself to be treated less than I should have been — going to a beauty salon, you all know there is a difference between Black hair and White hair.

That is the one thing you learn the first week at Wellesley: how did you get your hair to do that? What I learned going to a beauty

你们都知道生活就是一段旅程，我想占用一点时间和你们分享 5 件让我的旅程充满刺激的事（难道你们不高兴吗？不是 10 件）。那是我学到的 5 个经验教训，假使我上了卫斯理大学，我也许不会犯那么多错误，但是正是这 5 个经验教训帮助了我，让我的生活变得更加美好。

第一，生活就是一段旅程。我学会了要更加充分地展示自己是谁，那就是我爱这所大学的原因所在，它让女性最大限度地展现真实的自我，那正是生活的本质——它教会你做你自己。我费了好长时间才得到那个教训，尽管实际上我们每天经历的事情时时刻刻都在教导我们记住自己是谁。这里的每次经历都更加充分地教会你们如何真真正正做自己。因为在很长一段时间里我想成为另外一个人。我指的是我长大后没有太多的榜样。

我出生于 1954 年。那时电视上只有“荞麦”，在 10 岁之前我只看过带着“至高无上”女子合唱团出现在“埃德·苏利文脱口秀”节目里的戴安娜·罗斯，我说我想成为她那样的人。过了很长一段时间我才意识到我永远不会拥有戴安娜·罗斯的大腿，无论我怎么节食，再说我也不会拥有她那样的秀发除非我去借。我意识到了这一点是在我进入电视业之后，新闻主任试图把我变成一个不是我自己的某某人，于是便去了纽约，让我接受不应该接受的招待——去了一家美容院，你们都知道黑人的头发和白人的头发不一样。

那就是你们在卫斯理大学的第一周里学到的一件事：你的头发怎么变成了那样？在新闻主任告诉我说，我的头发太厚，我的两个

7 role models: 楷模；榜样。

8 Buckwheat: 是美国电影《Little Rascals》（中译名“小淘气”）里的主人公名字。

9 Diana Ross: 戴安娜·罗斯（1944 —），美国摇滚时代著名黑人女歌手，是“至高无上”乐队里的主唱。

10 Supremes: 至高无上（美国一个女子合唱团）。

11 go on diets: 用规定食谱，节食。

12 come to the realization: 意识到。

salon and asking them, after the news director told me that my hair was too thick and my eyes were too far apart and I needed a makeover, sitting in a French beauty salon, allowing them to put a French perm on my Black hair and having the perm burn through my cerebral cortex and not being the woman that I am now, so not having the courage to say, “this is burning me,” and coming out a week later bald and having to go on the air¹³. You learn a lot about yourself when you are Black, and a woman and bald and trying to be an anchor woman. You learn you are not Diana Ross and that you are not Barbara Walters who I was trying to be at the time.

I had a lot of lessons. I remember going on the air many times and not reading my copy ahead of time. I was on the air one night and ran across the word “Barbados,” that may be Barbados to you but it was “Barb-a-does” to me that night and telling the story as an anchor woman about a vote in absentia in California, I thought it was located near San Francisco. This is when I broke out of my Barbara shell¹⁴, because I am sitting there, crossing my legs, trying to talk like Barbara, be like Barbara, and I was reading a story about someone with a “blaze” attitude which, if I had gone to Wellesley, I would have known it was blasé and I started to laugh at myself on the air and broke through my Barbara shell and had decided on that day that laughing was OK even though Barbara hadn’t at that time. It was through my series of mistakes that I learned I could be a better Oprah than I could be a better Barbara. I allowed Barbara to be the mentor for me, as she always has been, and I decided then to try to pursue the idea of being myself and I am just thrilled that I get paid so much every day for just being myself, but it was a lesson long in coming, recognizing that I had the instinct, that inner voice that told me that you need to try to find a way to answer to your own truth was the voice I needed to be still and listen to.

眼睛的距离太远我，需要进行一次化妆美容之后，我所知道的就是去了一家美容院，询问他们，坐在一家法国人开的美容院里，让他们在我的黑色头发上套上法国电烫发器，让电烫发器烤遍我的大脑皮层，让我成了一个不是现在这个模样的人，而我没有勇气说“这个东西烫着我了”，于是等我一周后出来时就成了一个秃头，我还得上电视进行广播。假如你是一名努力想成为新闻主播的光着头的黑人妇女，你会从中学到很多东西的。你会学到你不是戴安娜·罗斯，你不是我当初争取想成为的芭芭拉·沃尔特斯。

我有很多经验教训。我记得有很多次我在播新闻时没有提前念我的稿子副本。有一晚我在广播的时候碰到了一个单词“Barbados”，对你来说它可能就是“Barbados”，可是对我来说那晚它就成了“Barb-a-does”，作为一名女主播我讲述的是一个发生在加利福尼亚的缺席投票的故事，可我认为它在旧金山附近。这是我突破我的“芭芭拉壳”的时候，因为我坐在那里，双腿交叉，力图像芭芭拉那样说话，力图像芭芭拉一样，我在读一个有着“烈火”态度的人的故事时（假如我上了卫斯理大学我就该知道它是“厌世的”），我开始在广播里大笑自己，从“芭芭拉壳”里破土而出，从那天起我就坚定认为大笑没问题，即使芭芭拉在那一刻不笑。正是有这一系列的错误我才学会了一件事，即我可以成为一个更好的奥普拉而不是一个更好的芭芭拉，我可以让芭芭拉成为我的良师益友，事实上她一直就是，我那时决定追求做自己的理念，我现在感到非常兴奋的是我因为每天做自己而得到如此多的报酬，但它是一个经过很长时间才得到的经验教训，我认识到了我有天性，我内在的声音告诉我说“你需要努力找出一种方式来追寻属于你自己的真理”，而这个声音是我依然需要倾听的声音。

13 go on the air: v. 开始广播。

14 Barbara shell: 全名为 Barbara Walters (1929—) 是美国资深电视节目主持人，尤以主持访谈节目出名，是奥普拉早年的崇拜对象，参见本书第 17 篇内容。

One of the other great lessons I learned taught to me by my friend and mentor, Maya Angelou and if you can get this, you can save yourself a lot of time. Wendy and I have had many discussions about this, particularly when it comes to men, although she has a very nice one right now. Remember this because this will happen many times in your life:

When people show you who they are, believe them, the first time. Not the 29th time! That is particularly good when it comes to¹⁵ men situations because when he doesn't call back the first time, when you are mistreated the first time, when you see someone who shows you a lack of integrity or dishonesty the first time, know that that will be followed by many, many, many other times that will at some point in life come back to haunt or hurt you. When people show you who they are, believe them, the first time. Live your life from truth and you will survive everything, everything, I believe even death. You will survive everything if you can live your life from the point of view¹⁶ of truth. That took me a while to get, pretending to be something I wasn't, wanting to be somebody I couldn't, but understanding deep inside myself when I was willing to listen, that my own truth and only my own truth could set me free.

Turn your wounds into wisdom. You will be wounded many times in your life. You'll make mistakes. Some people will call them failures but I have learned that failure is really God's way of saying, "Excuse me, you're moving in the wrong direction." It's just an experience, just an experience.

I remember being taken off the air¹⁷ in Baltimore, being told that I was no longer being fit for television and that I could not anchor the news because I used to go out on the stories and my own truth was, even though I am not a weeper, I would cry for the people in the

其他良好的经验教训之一是由我的朋友兼导师玛雅·安吉罗教给我的，假如你能得到这个经验教训，你就能够省下一大把时间。温迪和我就这个经验教训展开讨论了好几次，尤其当涉及到男人的时候，尽管她目前有一个相当不错的男人。记住以下这个经验教训，因为在你一生中这种情况会发生很多次：

当人们向你展示他们是谁的时候，第一次相信他们。不是第29次！当谈到男人时这一招特别有用，因为当他第一次不回电话时，当你第一次被虐待时，当你第一次看清一个人向你展示不真诚或者不诚实时，你就知道那种情况会随后发生很多、很多、很多次，最终它将会在你生命的某一时点上回来缠绕你或伤害你。当人们向你展示他们是谁的时候，第一次相信他们。活出真我，你将超越一切，我相信你甚至将超越死亡。假如你能够真真实实地度过一生，你将会超越一切。我花了很长时间才知道了自己的真性，我在模仿别人的时候没有得到，我在想成为我不可能成为的某个人的时候也没有得到，只有在我愿意倾听时才在内心深处知道我自己的真性，而也只有我自己的真性才能够让我自己得到解放。

吃一堑长一智。在你生命中你会受很多伤，你会犯很多错。一些人称之为失败，不过我学到的则是失败只不过是上帝的如下说法：“抱歉，你走错了方向。”它只不过就是一次经历，只是一次经历而已。

我记得我在巴尔的摩被停止广播节目的时候，他们告诉我，我不再适合做电视节目，不能主播新闻，因为我常常在播新闻故事时控制不住自己，而事实是，尽管我不是一个好哭的人，但是我会为故事中的人物而哭泣，这对于一个正在报道一场火灾时因人们失去房屋而哭泣的新闻记者来说不是很有有效的做法。直到我

15 when it comes to: 提到；就……而论。

16 point of view: 观点；见地；立场。

17 off the air: 停播，停止广播。