

As long as one knows
where to go, the whole
world will make way

一个人知道去哪儿
全世界都会为他让路

Good English Every Day

那些激励你前行的声音

THOSE SPEECHES WHICH INSPIRE YOU TO GO ON

02



九天编辑部 / 编

Steve Jobs、Bill Gates、
Michael Jordan、Barack
Obama.....

They struggled to realize
their dreams in their
best years.

乔布斯、比尔·盖茨、
乔丹、奥巴马.....
他们用人生最好的年华做抵
押，去实现那个说出来被人
嘲笑梦想。



THOSE SPEECHES WHICH INSPIRE YOU TO GO ON

那些激励你前行的声音



九天编辑部 /

编



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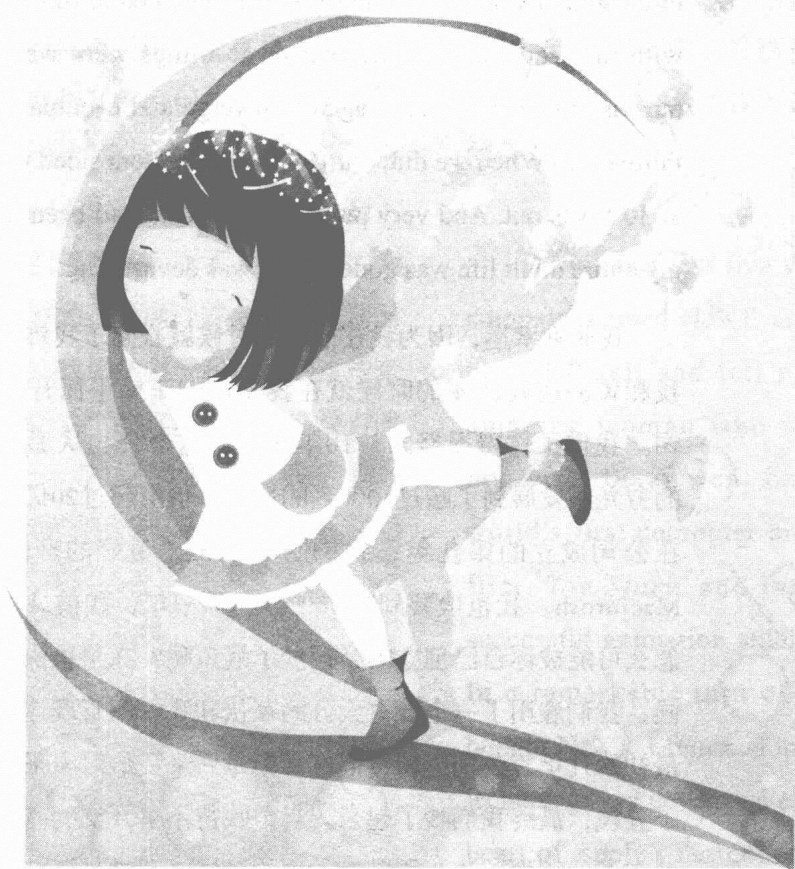
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Chapter 1

你有多努力，就有多幸运



Find what you love, and go all out

找到你喜欢的，
然后全力以赴

[史蒂夫·乔布斯/Steve Jobs]

演讲背景：

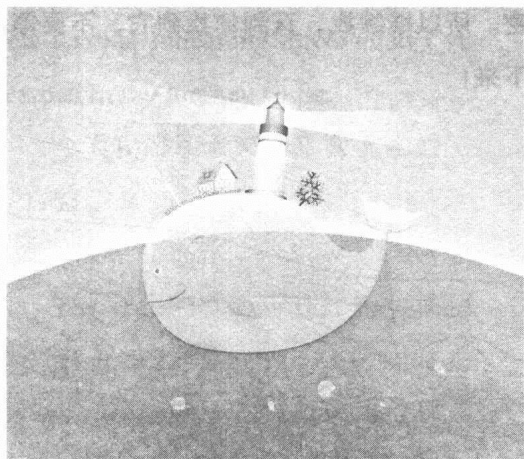
这是苹果公司和Pixar（皮克斯）动画工作室的CEO Steve Jobs（史蒂夫·乔布斯）于2005年6月12号在斯坦福大学的毕业典礼上的演讲稿。

I was lucky — I found what I loved to do early in life. Woz and I started Apple in my parents' garage when I was 20. We worked hard, and in 10 years Apple had grown from just the two of us in a garage into a \$2 billion company with over 4000 employees. We had just released our finest creation — the Macintosh — a year earlier, and I had just turned 30. And then I got fired. How can you get fired from a company you started? Well, as Apple grew we hired someone who I thought was very talented to run the company with me, and for the first year or so things went well. But then our visions of the future began to diverge and eventually we had a falling out. When we did, our Board of Directors sided with him. So at 30 I was out. And very publicly out. What had been the focus of my entire adult life was gone, and it was devastating.

我非常幸运，因为我在很早的时候就找到了我钟爱的东西。我和Woz在我20岁的时候就在我父母的车库里面开创了苹果公司。我们工作得很努力，10年之后，这个公司从那两个车库中的穷光蛋发展到了超过4000名的雇员、价值超过20亿的大公司。在公司成立的第九年，我们刚刚发布了最好的产品，那就是Macintosh。我也快要到30岁了。在那一年，我被炒了鱿鱼。你怎么可能被你自己创立的公司炒了鱿鱼呢？在苹果快速成长的时候，我们雇用了一个很有天分的家伙和我一起管理这个公司，在最初的几年，公司运转得很好。但是后来我们对未来的看法发生了分歧，最终我们吵了起来。当争吵得不可开交的时候，董事会站在了他的那一边。所以在30岁的时候，我被炒了。在这么多人的眼皮下我被炒了。在而立之年，我失去了整个生活重心，这真是毁灭性的打击。

I really didn't know what to do for a few months. I felt that I had let the previous generation of entrepreneurs down — that I had dropped the baton as it was being passed to me. I met with David Packard and Bob Noyce and tried to apologize for screwing up so badly. I was a very public failure, and I even thought about running away from the valley. But something slowly began to dawn on me — I still loved what I did. The turn of events at Apple had not changed that one bit. **I had been rejected, but I was still in love. And so I decided to start over.**

在最初的几个月里，我真是不知道该做些什么。我把从前的创业激情给丢了，我觉得自己让与我一同创业的人都很沮丧。我和David Pack和Bob Boyce见面，并试图向他们道歉。我成了人人皆知的失败者，我伸着想过逃离硅谷。但是我渐渐发现了曙光，我仍然喜爱我从事的这些东西。苹果公司发生的这些事情丝毫没有改



变这些，一点也没有。我被驱逐了，但是我仍然钟爱它。所以我决定从头再来。

I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.

我当时没有觉察，但是事后证明，从苹果公司被炒是我这辈子发生的最棒的事情。因为，作为一个成功者的极乐感觉被作为一个创业者的轻松感觉所重新代替：对任何事情都不那么特别看重。这让我觉得如此自由，进入了我最有创造力的一个阶段。

During the next five years, I started a company named NeXT, another company named Pixar, and fell in love with an amazing woman who would become my wife. Pixar went on to create the world's first computer animated feature film, *Toy Story*, and is now the most successful animation studio in the world. In a remarkable turn of events, Apple bought NeXT, I returned to Apple, and the technology we developed at NeXT is at the heart of Apple's current renaissance. And Laurene and I have a wonderful family together.

在接下来的五年里，我创立了一个名叫NeXT的公司，还有一个叫Pixar的公司，然后和一个后来成为我妻子的优雅女人相识。Pixar制作了世界上第一个用电脑制作的动画电影——《玩具总动员》，Pixar现在也是世界上最成功的电脑制作工作室。在后来的一系列运转中，Apple收购了NeXT，然后我又回到了Apple公司。我们在NeXT发展的技术在Apple的复兴之中发挥了关键作用。我还和Laurence一起建立了一个幸福的家庭。

I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. **Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way**

to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.

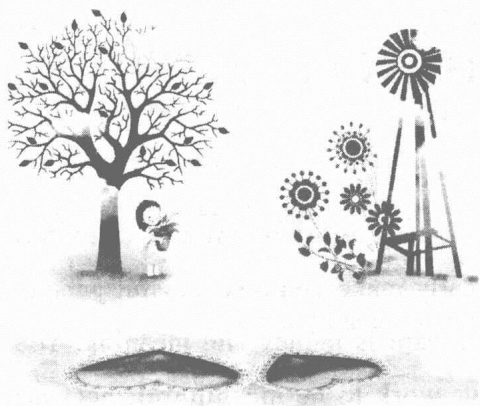
我可以非常肯定，如果我不被Apple开除的话，这些事情都不会发生。这个良药的味道实在是太苦了，但是我想病人需要这个药。有些时候，生活会拿起一块砖头向你的脑袋上猛拍一下。不要失去信心。我很清楚唯一使我一直走下去的，就是我做的事情令我无比钟爱。你需要找到你所爱的东西。对于工作是如此，对于你的爱人也是如此。你的工作将会占据生活中很大一部分。你只有相信自己所做的是伟大的工作，你才能怡然自得。如果你现在还没有找到，那么继续找，不要停下来，全心全意地去找，当你找到的时候你就会知道。就像任何真诚的关系，随着岁月的流逝只会越来越紧密。所以继续找，直到你找到它，不要停下来！



You can have it all. Just not all at once

你可以拥有一切，但不是马上拥有

[奥普拉·温弗瑞 / Oprah Winfrey]



奥普拉·温弗瑞，美国著名脱口秀节目主持人。本篇演讲是奥普拉·温弗瑞在2008年斯坦福大学的演讲稿。

So, today, I just want to share a few lessons—meaning three—that I've learned in my journey so far.

今天我想和大家分享我人生的三个经验。

The three lessons that have had the greatest impact on my life have to do with feelings, with failure and with finding happiness.

这三个经验对我的人生产生了很大影响，它们是关于感觉、失败和追求幸福的。

A year after I left college, I was given the opportunity to co-anchor the 6 o'clock news in Baltimore.

在我离开大学一年后，在巴尔的摩市我得到了一个共同主持6点新闻的机会。

And sometimes I wouldn't read the copy—because I wanted to be spontaneous—and I'd come across a list of words I didn't know and I'd mispronounce. And one day I was reading copy and I called Canada "ca nada". And I decided, this Barbara thing's not going too well. I should try being myself.

有时出于不想照本宣科，我不会去播报一些新闻。我还会遇到一些不认识的词，甚至还会念错词。一天当我播新闻时，我把“加拿大”读错了。我想这样下去学芭芭拉可不大好。我应该做回我自己。

And after eight months, I lost that job. But since they didn't want to pay

out the contract, they put me on a talk show in Baltimore. And the moment I sat down on that show, the moment I did, I felt like I'd come home. I realized that TV could be more than just a playground, but a platform for service, for helping other people lift their lives. And the moment I sat down, doing that talk show, it felt like breathing. It felt right. And that's where everything that followed for me began.

8个月后我失去了那份工作。因为他们不想违背合约，他们就让我去巴尔的摩主持一档脱口秀节目。从我开始主持那档节目的一刻开始，我感觉好像回到了家一样。我意识到电视不应该仅仅是一个娱乐场，更应该是一个以服务为目的的平台，以帮助他人更好地生活。当我开始主持节目的时候，就像呼吸一样。感觉好极了。这就是我工作真正的开始。

And I got that lesson. When you're doing the work you're meant to do, it feels right and every day is a bonus, regardless of what you're getting paid.

这就是我学到的经验。当你做

的是一份你喜欢的工作时，那感觉棒极了。无论你能挣到多少钱，你每天都会有很大收获。

So, how do I define success? Let me tell you, money's pretty nice. I'm not going to stand up here and tell you that it's not about money, because money is very nice. I like money. It's good for buying things.

那么我是如何定义成功的呢？让我告诉你，钱很美好。我不会告诉你们成功与金钱无关，因为钱是好东西。我喜欢钱，它能买东西。

But having a lot of money does not automatically make you a successful person. What you want is money and meaning. You want your work to be meaningful, because meaning is what brings the real richness to your life. What you really want is to be surrounded by people you trust and treasure and by people who cherish you. That's when you're really rich. **So, lesson one, follow your feelings. If it feels right, move forward. If it doesn't feel right, don't do it.**

但是拥有很多钱并不能使你自然而然地





成为一个成功者。你想要的是钱和意义。你希望你的工作更有意义，因为有意义使你的生活更加充实。你所希望得到的，是被信任你、珍视你的人包围。这才是你真正富有的时候。因此，第一个经验，跟随你的心灵。如果感觉对了，就继续前进。如果感觉不对，就不要做了。

Now I want to talk a little bit about failings, because nobody's journey is seamless or smooth. We all stumble. We all have setbacks. If things go wrong, you hit a dead end—as you will—it's just life's way of saying time to change course. So, ask every failure—this is what I do with every failure, every crisis, every difficult time—I say, what is this here to teach me? **And as soon as you get the lesson, you get to move on. If you really get the lesson, you pass and you don't have to repeat the class. If you don't get the lesson, it shows up wearing another pair of pants—or skirt—to give you some remedial work.**

现在我想谈谈失败。没有一个人的一生是一帆风顺的。我们都会遇到困难，受到挫折。如果事情出错了，你进入了死胡同，这正是生活在告诉你是时候改变了。所以，每当遇到困难和危机时，我都会问它教会了我什么？只要你及时吸取了教训，你就会

你有幸与众不同，那么请永远不要改变。

If you're lucky enough to be different,
don't ever change.

继续前进。如果你真正吸取了教训，你就会顺利通过考验，不再去经受失败了。如果你没有吸取教训，它会以另外一种形式出现在你面前，并给你一些补救。

Not a small topic this is, finding happiness. But in some ways I think it's the simplest of all. Gwendolyn Brooks wrote a poem for her children. It's called "Speech to the Young : Speech to the Progress-Toward." And she says at the end, "Live not for battles won. / Live not for the-end-of-the-song. / Live in the along." She's saying, like Eckhart Tolle, that you have to live for the present. You have to be in the moment. **Whatever has happened to you in your past has no power over this present moment, because life is now.**

追求幸福并不是一个小话题。但从某种程度上来说它又是最简单的话题。Gwendolyn Brooks（女诗人格温多琳·布鲁克斯）为她的孩子写了一首诗，诗名是《对年轻人的谈话：对前行者的谈话》。在诗的最后她说到，不要为了战胜而生活，不要为了歌曲的结束而生活，要享受生活。她说，像埃克哈特·托利一样，你



应当为了现在而生活，应当活在当下。无论过去发生了什么都不应该影响到现在，因为生活就是活在当下。

But I think she's also saying, be a part of something. Don't live for yourself alone. This is what I know for sure: In order to be truly happy, you must live along with and you have to stand for something larger than yourself, **because life is a reciprocal exchange. To move forward you have to give back.** And to me, that is the greatest lesson of life. **To be happy, you have to give something back.**

但是，我想她还说过，去参与一些事。不要仅仅为了自己而生活。我可以非常肯定的是为了追求真正的快乐，你必须为了一些

更有意义的事而生活。生活是互动的。为了前进，你必须后退。对于我而言，这是人生中最重要经验。想要获得快乐你必须付出。

The Stanfords had suffered the worst thing any mom and dad can ever endure, yet they understood that helping others is the way we help ourselves. And this wisdom is increasingly supported by scientific and sociological research. It's no longer just woo-woo soft-skills talk. There's actually a helper's high, a spiritual surge you gain from serving others. So, if you want to feel good, you have to go out and do some good.

斯坦福夫妇遭受了世上父母所能遭受的最大痛苦，然而他们懂得通过帮助他人来帮助自己。这种智慧渐渐地被科学和社会学研究所证实。这不仅仅是某种软技能的谈话。这事实上是在帮助者的高度，一种从帮助别人而获得的精神提升。所以如果你想快乐，去帮助别人吧。

But when you do good, I hope you strive for more than just the good feeling that service provides, because I know this for sure, that doing good actually makes you better. So, whatever field you choose, if you operate from the paradigm of service, I know your life will

have more value and you will be happy.

但是当你做好事时，我希望你不仅仅是为了获得快乐，因为我深知做好事可以让你变得更棒。所以无论你怎么选择，若你能以服务他人为榜样，我相信你的生活会有价值，你也会更快乐。

I was always happy doing my talk show, but that happiness reached a depth of fulfillment, of joy, that I really can't describe to you or measure when I stopped just being on TV and looking at TV as a job and decided to use television, to use it and not have it use me, to use it as a platform to serve my viewers. That alone changed the trajectory of my success.

我也很高兴做脱口秀节目，那种快乐是一种更深层次的成就感，我很难去表达和衡量。我决定以电视作为我的职业，我要用电视这个平台来为我的观众服务，而不是让电视利用我。这改变了我成功的轨迹。

You know, I've always believed that everything is better when you share it, so before I go, I wanted to share a graduation gift with you. Underneath your seats you'll find two of my favorite books. Eckhart Tolle's *A New Earth* is my current book club selection. Our New Earth webcast has been downloaded 30 million times with that book. And Daniel Pink's *A Whole New*

Mind: Why Right-Brainers Will Rule the Future has reassured me I'm in the right direction.

你们知道，我一直坚信，如果你和他人分享，那么事情就会变得更好。所以在我离开之前，我想和大家分享一下毕业礼物。在你们的座位底下，你们会发现两本我最喜欢的书。一本是埃克哈特·托利的《新世界》，这是目前我的流行书俱乐部的精选品。我们的New Earth广播已经被下载3亿次。另一本是丹尼尔·平克的《全新思维：为什么右脑思考者会统治未来》，是它使我确定我的人生正轨。

Congratulations!

祝贺大家!



趣

只含一个单词的英语句子

Absolutely! —— 绝对正确!

Adorable! —— 可爱极了!

Amazing! —— 太神了!

Anytime! —— 随时吩咐!

Almost! —— 差不多了!

Awful! —— 好可怕呀!

Baloney! —— 胡扯! 荒谬!

味
英
语

[米歇尔·奥巴马]
[Michelle Obama]

希望不死，永存斗志

Hope never dies, persistent spirit

演讲背景：

2012年9月4日，美国第一夫人米歇尔·奥巴马在民主党全国代表大会上发表演讲，为丈夫竞选助阵。整个演讲情真意切，不仅令现场不少听众热泪盈眶，也受到了舆论的一致好评。

Serving as your First Lady is an honor and a privilege...

but back when we first came together four years ago, I still had some concerns about this journey we'd begun.

While I believed deeply in my husband's vision for this country... and I was certain he would make an extraordinary President...like any mother, I was worried about what it would mean for our girls if he got that chance. How would we keep them grounded under the glare of the national spotlight? How would they feel being uprooted from their school, their friends,

and the only home they'd ever known?

And the truth is, I loved the life we had built for our girls...I deeply loved the man I had built that life with...and I didn't want that to change if he became President.

I loved Barack just the way he was.

成为诸位的第一夫人，是我的荣耀和幸运。但当我们四年前首次聚在一起的时候，我仍对我们即将展开的旅程心怀疑虑。

对我丈夫心中的祖国愿景，我满怀信心，对他将成为一位出色的总统，我也深信不疑。但是就像所有的母亲一样，我也曾担心如果他当选，这对我们的女儿们意味着什么。身处万众瞩目的聚光灯下，我们要如何让他们保持脚踏实地？当他们被迫离开从小熟悉的家、学校、和朋友时，会有什么感受？

说真话，我爱我们为女儿们所创造的生活，我深爱和我一起创造这生活的男人，而且我不愿意让这一切因为他当了总统而发生变化。

我爱的就是贝拉克原来的样子。

You see, even though back then Barack was Senator and a presidential candidate...to me, he was still the guy who'd picked me up for our dates in a car that was so rusted out... he was the guy whose proudest possession was a coffee table he'd found in a dumpster, and whose only pair of decent shoes was half a size too small.

But when Barack started telling me about his family that's when I knew I had found a kindred spirit, someone whose values and upbringing were so much like mine.

My father was a pump operator at the city water plant, and he was diagnosed with Multiple Sclerosis when my brother and I were young. And even as a kid, I knew there were plenty of mornings when it was a struggle for him to simply get out of bed.

But every morning, I watched my father wake up with a smile. And when he returned home after a long day's work, my brother and I would stand at the top of the stairs to our little apartment, patiently waiting to greet him....But despite these challenges, my dad hardly ever missed a day of work...he and my mom were determined to give me and my brother the kind of education they could only dream of.

You see, for my dad, that's what it meant to be a man.

你们瞧，即便当时贝拉克已经是一名参议员兼总统候选人了，对我而言，他仍是那个开着辆锈迹斑斑的破车来接我去约会的男子，仍是那个把一张从垃圾箱里翻出来的咖啡桌当作自己最了不起的财产的男子，那个仅有一双体面的比自己的脚还小了半号的鞋子男子。

然而，当贝拉克开始向我讲述他的家庭时——就在那一刻，我明白我遇到了一个志同道合的灵魂，他的价值观和成长经历与我惊人地相似。

我的父亲是城市水厂的一名水泵操作员，在我和哥哥很小的时候就被诊断出患有多发性硬化症。即使当时还小，我也知道有许多清晨，就连起床对他来说都是一场痛苦挣扎。

然而每天早晨，我都看到父亲面带微笑地醒来。然后，当他在一天漫长的工作后，我和哥哥会站在通往我家小公寓的楼梯顶上，耐心地等着迎接他回家，然而无论多么艰难，我父亲从未请过一天假，他和我母亲决心要让我 and 哥哥接受他们梦寐以求的教育。

你们瞧，对我的父亲来说，这是身为一个男人的责任。



Like so many of us, that was the measure of his success in life being able to earn a decent living that allowed him to support his family.

And as I got to know Barack, I realized that even though he'd grown up all the way across the country, he'd been brought up just like me.

Barack was raised by a single mother who struggled to pay the bills, and by grandparents who stepped in when she needed help. Barack's grandmother started out as a secretary at a community bank... and she moved quickly up the ranks... but like so many women, she hit a glass ceiling. Barack's family continued to scrape by. But day after day, she kept on waking up at dawn to catch the bus...arriving at work before anyone else...giving her best without complaint or regret. And she would often tell Barack, "So long as you kids do well, Bar, that's all that really matters."

就和我们中的很多人一样，这就是他衡量生命成功与否的方式——能否靠工作让自己的家庭过上体面的生活。

当我逐渐开始了解贝拉克之后，我发现虽然他在美国的另一头长大，他的成长经历却和我惊人地相似。

贝拉克成长在一个单亲家庭里，他的母亲依靠努力工作来维持家庭生活，在她实在无力支持的时候，祖父母也会伸出援手。贝拉克的祖母最初在社区银行当秘书，她升职很快，但就和其他许多女性一样，她的升职最终还是受到了性别限制。贝拉克一家只能勉强度日，但一天又一天，她仍然早起去赶公交车，比其他任何人都早到公司，她总是做到最好，从不抱怨，从不懊悔。而且，她常常这样告诉贝拉克：“只要你的孩子过得好，巴，其他什么都不重要。”



Each moment of your life is a picture you have never seen before and will never see again. So live each moment to make it count, and make each moment beautiful.

生活的每一刻都是独一无二的人生画卷，你以前从未见过，以后也将永不再见。享受生活，让每一刻都美丽绚烂。