

品读励志经典 启迪人生智慧

# SCROLLS FOR SUCCESS

# 羊皮卷

[美] 奥里森·马登等 著 羽玲 译

富足人生

励志英语读物

中英双语

紫宝石卷

黑龙江科学技术出版社

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YANGPIJUAN.FUZU RENSHENG

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[美] 奥里森·马登 快乐是生活的动力

By Orison Swett Marden / Cheerfulness as a Life Power



3 / 欢笑的价值

What Vanderbilt Paid for Twelve Laughs

9 / 用快乐装点生活

Taking Your Fun Every Day as You Do Your Work

14 / 探寻未知的美好

Finding What You Do Not Seek

19 / 展露心底的快乐感觉

“Looking Pleasant”

— Something to be Worked from The Inside

24 / 让心中充满阳光

The Sunshine-Man

[美] 塞隆·Q·迪蒙 集中的力量

By Theron Q. Dumont / The Power of Concentration

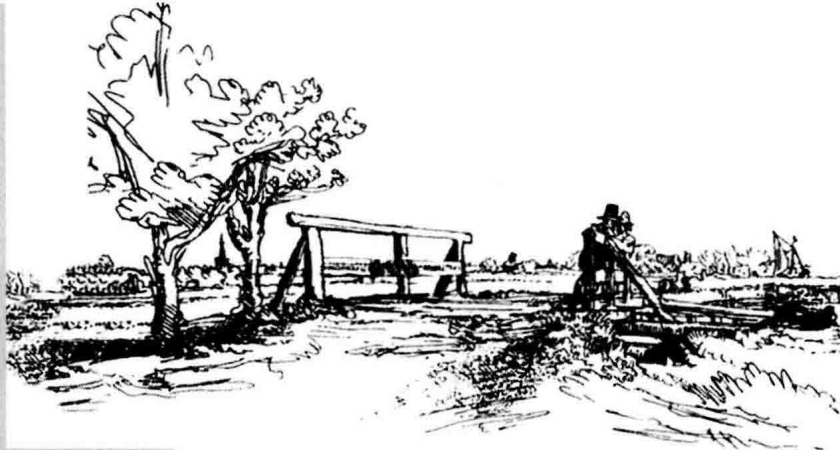


31 / 让注意力为你的人生定位

Concentration Finds the Way

35 / 任何事物都有可取之处

There Is Good in All Things



失败者的学堂 / 39

A School for Failures

注重自制力的培养 / 44

Self-Direction

集中注意力能带给我们什么 / 49

How to Gain What You Want through Concentration

精神需求 / 53

The Concentrated Mental Demand

集中注意力可以使我们摆脱恶习 / 57

Concentration Can Overcome Bad Habits

集中注意力在商业中的作用 / 61

Business Results through Concentration

关注勇气 / 65

Concentrate on Courage

关注财富 / 69

Concentrate on Wealth

你能做到集中注意力吗 / 73

You Can Concentrate, But Will You

集中精神可使你提高记忆力 / 77

Concentrate So You Will Not Forget

通过集中注意力来使欲望成真 / 81

How Concentration Can Fulfill Your Desire

理想 / 85

Ideals

以积极的思想武装头脑 / 89

Mental Control through Creation

[英]詹姆斯·艾伦 **思考的人** |||||  
By James Allen / As a Man Thinks

95 / 思考与性格

Thought and Character

100 / 思考对环境的影响

Effect of Thought on Circumstances

105 / 人就是自己环境的创造者

Man Is the Causer of His Circumstances

109 / 思想规律的作用

The Action of the Laws of Thought

113 / 痛苦是错误思想的结果

Effect of Wrong Thought Is Suffering

119 / 思想对健康和身体的影响

Effect of Thought on Health and the Body

124 / 思想与目标

Thought and Purpose

129 / 成功中的思考成分

The Thought-Factor in Achievement

134 / 梦想与理想

Visions and Ideals

139 / 平静

Serenity

[英]塞缪尔·斯迈尔斯 **金钱与人生** |||||  
By Samuel Smiles / Thrift

145 / 勤俭

Industry

150 / 要养成勤俭持家的好习惯

Habits of Thrift



杰出人物的成功秘诀 / 156

Examples of Thrift

开辟幸福人生 / 161

Methods of Economy

人寿保险中的经济之道 / 166

Economy in Life Assurance

“小事情” / 171

Little Things /

不要让自己债务缠身 / 175

Great Debtors

健康的生存环境是最宝贵的财富 / 179

Healthy Homes



## 社会是一所大学 [美] 乔治·洛里默

More Letters from a Self-Made Merchant to His Son / By George H. Lorimer

公司管理无小事 / 185

My Experiences of Business

当年轻人受到提拔时 / 189

When a Young Fellow Steps Up into a Big Position ...

不要轻易借钱给他人 / 193

Money Can Not Be Had for the Asking

做事要当机立断 / 197

The Importance of Deciding Promptly

世上只有两种人 / 200

There Are Two Kinds of Figures

婚姻就像封闭公司 / 203

Marriage Is a Close Corporation

用事实说话 / 207

Never Ask a Man What He Knows But What He Can Do

最重要的职责 / 211

The Most Important Duties of Your Job

215 / 让身边的员工成为精英  
You Get an Office Full of Crackerjacks

219 / 正确的管理方法  
You Can't Do the Biggest Things Unless You Can Handle Men

[美]阿尔伯特·哈伯德 **把信送给加西亚**  
By Elbert Hubbard / A Message to Garcia

225 / 作者的序言  
Foreword

229 / 把信送给加西亚  
A Message to Garcia

[美]布朗·兰登 **如何将欲望转化为现实**  
By Brown Landone / How to Turn Your Desires and Ideals into Reality

239 / 可以转化为现实的愿望  
What Desires Can You Make Come True?

243 / 将欲望转化为现实的力量  
Can You, Yourself, Make Your Ideals Become Realities

247 / 这样做,欲望才能成真  
To Attain Your Desires, All These Things Must Be Used

251 / 为目标点燃欲望之火  
Firing the Heart—Desire of Your Ideal



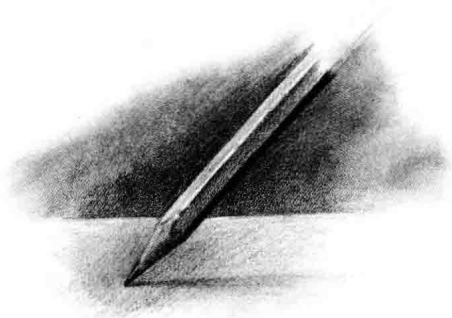


# 快乐是生活的动力

CHEERFULNESS AS A LIFE POWER

[美] 奥里森·马登 著  
By Orison Swett Marden





**奥**里森·马登(1848—1924),美国《成功》杂志的创办人,被公认为美国成功学的奠基人和最伟大的成功励志大师。

马登自幼不幸,7岁时便成了孤儿,但他一直勤奋不怠,致力于写作,并受到了苏格兰作家斯迈尔斯的激励,决心要让世界变得更美好。通过长期艰辛的工作,马登撰写了《一生的资本》、《思考与成功》、《伟大的励志书》、《成功的品质》、《高贵的个性》等大量鼓舞人心的著作。他的作品畅销全球,深受读者欢迎,他是一个用自己的奋斗经验激励青年人成功的大师。

《快乐是生活的动力》是一本关于心理学的通俗读本,以如何做一个“快乐的健康人”为题旨,从选择生活方式、培植社会关系等方面进行了精辟的分析。轻快的感觉犹如水流的波光,展开的微笑一如绽放的花朵;快乐的人给人以美的享受,快乐的生活会结出甜蜜的果实……打开本书,你会了解更多快乐的真谛,而你的心海,也会在不知不觉间,漾起喜悦的微澜。

契诃夫曾说：

愉快的笑声，这是精神健康的唯一标准。



## 欢笑的价值

What Vanderbilt Paid For Twelve Laughs

William K. Vanderbilt, when he last visited Constantinople, one day invited Coquelin the elder, so celebrated for his powers as a mimic, who happened to be in the city at the time, to give a private recital on board his **yacht**<sup>1</sup>, lying in the Bosphorus. Coquelin spoke three of his monologues. A few days afterwards Coquelin received the following memorandum from the millionaire: —

*You have brought tears to our eyes and laughter to our hearts. Since all philosophers are agreed that laughing is preferable to weeping, your account with me stands thus:*

*For tears, six times: \$600*

*For laughter, twelve times: \$2,400*

*\$3,000*

*Kindly acknowledge receipt of enclosed check.*

“I find nonsense singularly refreshing,” said Talleyrand. There is good philosophy in the saying, “Laugh and grow fat.” If everybody knew the power of laughter as a health tonic and life prolonger, the tinge of sadness which now clouds our face would largely disappear, and many physicians would find their occupation gone.

The power of laughter was given us to serve a wise purpose in our economy. It is Nature’s device for exercising the internal organs and giving us pleasure at the same time.

Laughter begins in the lungs and diaphragm, setting the liver, stomach, and other internal organs into a quick, jelly-like vibration, which gives a pleasant sensation and exercise, almost equal to that of horseback riding.



During digestion, the movements of the stomach are similar to churning. Every time you take a full breath, or when you **cachinnate**<sup>2</sup> well, the diaphragm descends and gives the stomach an extra squeeze and shakes it.

Frequent laughing sets the stomach to dancing, hurrying up the digestive process. The heart beats faster, and sends the blood bounding through the body. "There is not," says Dr. Green, "one remotest corner or little inlet of the minute blood-vessels of the human body that does not feel some wavelet from the convulsions occasioned by a good hearty laugh." In medical terms, it stimulates the vasomotor centers, and the spasmodic contraction of the blood-vessels causes the blood to flow quickly. Laughter accelerates the respiration, and gives warmth and glow to the whole system. It brightens the eye, increases the perspiration, expands the chest, forces the poisoned air from the least-used lung cells, and tends to restore that exquisite poise or balance which we call health, which results from the harmonious action of all the functions of the body. This delicate poise, which may be destroyed by a sleepless night, a piece of bad news, by grief or anxiety, is often wholly restored by a good hearty laugh.

There is, therefore, sound sense in the caption, — "Cheerfulness as a Life Power," — relating as it does to the physical life, as well as the mental and moral; and what we may call the laugh cure is based upon principles recognized as sound by the medical profession — so literally true is the Hebrew proverb that "a merry heart doeth good like a medicine."

Grief, anxiety, and fear are great enemies of human life. A depressed, sour, melancholy soul, a life which has ceased to believe in its own sacredness, its own power, its own mission, a life which sinks into **querulous**<sup>3</sup> egotism or vegetating aimlessness, has become crippled and useless. We should fight against every influence which tends to depress the mind, as we would against a temptation to crime. It is undoubtedly true that, as a rule, the mind has power to lengthen the period of youthful and mature strength and beauty, preserving and renewing physical life by a stalwart mental health.

I read the other day of a man in a neighboring city who was given up to die; his relatives were sent for, and they watched at his bedside. But an old acquaintance, who called to see him, assured him smilingly that he was all right and would soon be well. He talked in such a strain that the sick man was forced to laugh; and the effort so roused his system that he rallied, and he was soon well again.

Was it not Shakespeare who said that “a light heart lives long?”

Physiology tells the story. The great sympathetic nerves are closely allied; and when one set carries bad news to the head, the nerves reaching the stomach are affected, indigestion comes on, and one's countenance becomes doleful. Laugh when you can; it is a cheap medicine.

Merriment is a philosophy not well understood. The eminent surgeon Chavasse says that we ought to begin with the babies and train children to habits of mirth:

“Encourage your child to be merry and laugh aloud; a good hearty laugh expands the chest and makes the blood bound merrily along. Commend me to a good laugh, — not to a little snickering laugh, but to one that will sound right through the house. It will not only do your child good, but will be a benefit to all who hear, and be an important means of driving the blues away from a dwelling. Merriment is very catching, and spreads in a remarkable manner, few being able to resist its contagion. A hearty laugh is delightful harmony; indeed, it is the best of all music.”

“Children without **hilarity**<sup>4</sup>,” says an eminent author, “will never amount to much. Trees without blossoms will never bear fruit.”



当美国巨富威廉·范德比尔特最后一次访问君士坦丁堡时,有一天,他去拜访著名的喜剧演员科克兰。科克兰当时恰巧也在那个城市里,正在他位于博斯普鲁斯

海峡的游艇上举行一场私人朗诵会，他总共朗诵了三段独白。几天之后，科克兰收到了这位百万富翁写给他的一张便笺，内容是这样的：

你的表演使我们感动落泪，也使我们开怀大笑。因为哲学家认为笑比哭好，所以我应付给你如下款项：

六次落泪：六百美元。

十二次欢笑：两千四百美元。

共计三千美元。

随信附赠，敬请笑纳。

“这种做法虽然很不合常理，但却令人耳目一新。”塔列朗评价说。从这段话中反映出了“心宽体胖”的哲学道理。如果每个人都明白，欢笑的力量可以使人健康、长寿，那么，浮现在我们脸上的哀愁表情就会在很大程度上消失不见了，而许多医生也将失业了。

欢笑的力量能对我们的身体产生积极的作用：它是大自然的精心设计，用来增加内脏器官的活动，同时也给我们带来喜悦的感觉。

笑的过程始于肺和横膈膜，然后使肝、胃等其他内脏器官一起做快速的振动，能产生愉快的感觉，并起到相当于骑马一样的锻炼效果。

在消化过程中，胃部的活动很像在搅拌。每一次你进行深呼吸或大笑的时候，横膈膜会下降，使胃部受到额外的挤压和振动。经常笑一笑，会使胃不停地运动，能加速消化的过程；同时，心脏也会跳得更快，不断地把血液输送到全身。格林医生说：“在人身体的各个部位，无论多么细小的血管，都能感觉到开怀大笑所带来的波动。”用医学的术语来讲就是，笑刺激了血管收缩神经中枢，间歇性的血管收缩导致了血液流量增大。笑还能够加快呼吸，使全身发热。笑能使双眼变得明亮，增加排汗，扩张胸腔，迫使有害气体从肺部细胞中排出，恢复完美的生理平衡，也就是我们所说的健康状态。这种完美的平衡状态是由身体所有器官的和谐运动产生的，可能会被失眠、噩耗、悲痛或焦虑的情绪所打破，但一次开怀大笑常常就能使之完全恢复。

因此，才有了本书的标题——“快乐是生活的动力”，这里所说的生活，不仅是指物质生活，也指精神生活和道德生活。我们所说的“欢笑疗法”，是基于医学专业公认的原理——正像希伯来人的谚语所说的那样：“愉快的心情能起到药物的作用。”



悲痛、焦虑和恐惧是人类生命的大敌。一个人,如果心中充满了沮丧、烦躁和郁闷,不再相信自己的信仰、能力和使命,变得牢骚满腹、妄自尊大,生活单调乏味、毫无目标,那么,这样的生命可以说是残缺不全、毫无价值可言的。所以我们应该抵御所有能使心情变得压抑并能导致犯罪的诱惑。确定无疑的是,思想有能力延长青春、活力和美好,并通过稳定的心理健康来保持、更新生理生命。

前几天我在报上看到一则消息,说邻城的一个人的生命垂危,便把他的所有亲戚都叫到身边见最后一面。然而,一个来看望他的老熟人却笑着对他保证,他一切正常,很快就会康复。这个老熟人的语气如此肯定,以至病人高兴地笑了起来,结果激发了他的身体机能,使他重新拥有了活力,果然很快就康复了。

这充分证明了莎士比亚的那句名言——“愉快的生命得以长寿”。


生理学告诉我们,交感神经都是彼此相联的。当一条神经将坏消息传递到大脑时,抵达胃部的神经也会受到影响,引起消化不良,从而导致面容憔悴。能够笑的时候,就尽情地笑吧,它是最廉价的药物。

欢乐是人们还并不非常了解的一种哲学。名医查瓦希认为,我们应该从婴儿时代起就开始训练孩子们养成欢笑的习惯:

“鼓励你的孩子大声地欢笑。开怀大笑能扩张胸腔,使血液流动得更加顺畅。我所指的是尽情的欢笑——不是偷偷窃笑,而是那种响彻房间的大笑。那不仅对你的孩子有益,也会使听到笑声的人受益无穷,是驱散忧郁的一剂良方。欢乐是很有感染力的,能够迅速散播到周围,很少有人能抵挡它的魅力。开心的笑声是一种令人愉悦的音调,确实,它是最美妙的音乐。”

一位著名作家说:“郁郁寡欢的孩子,将来也成不了大器,就像不开花的树结不出果实一样。”

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健康、快乐的人生才是幸福的人生。这是一个人人都懂的简单道理,但又有多少人能真正做到这一点?愁眉苦脸是一天,喜笑颜开也是一天,明智的你,会做何选择呢?不要将自己囿于苦闷的樊笼中,敞开胸怀,放飞心情,还生命快乐的本来面目吧!

### 热词盘点

1. yacht [jɒt] n. 游艇

**例** I like to sail in a yacht.

我喜欢驾游艇游玩。

2. cachinnate ['kækeɪt] vi. 大声笑,哄笑

**例** He cachinnated till his sides ached.

他笑得肚皮都痛了。

3. querulous ['kwɜrʊləs] adj. 易怒的;发牢骚的

**例** One gets unsettled, depressed, and inclined to be querulous.

有的人变得心绪不宁,神情沮丧,动不动就爱发牢骚。

4. hilarity [hi'ræli:ti] n. 欢闹

**例** The announcement was greeted with much hilarity and mirth.

这一项宣布引起了热烈的欢呼声。

### 佳句欣赏

1. If everybody knew the power of laughter as a health tonic and life prolonger, the tinge of sadness which now clouds our face would largely disappear, and many physicians would find their occupation gone.

如果每个人都明白,欢笑的力量可以使人健康、长寿,那么,浮现在我们脸上的哀愁表情就会在很大程度上消失不见了,而许多医生也将失业了。

2. A depressed, sour, melancholy soul, a life which has ceased to believe in its own sacredness, its own power, its own mission, a life which sinks into querulous egotism or vegetating aimlessness, has become crippled and useless.

一个人,如果心中充满了沮丧、烦躁和郁闷,不再相信自己的信仰、能力和使命,变得牢骚满腹、妄自尊大,生活单调乏味、毫无目标,那么,这样的生命可以说是残缺不全、毫无价值可言的。

### 理解测试

1. How much did Vanderbilt pay for Coquelin's performance?

**答** \_\_\_\_\_

2. What's the Hebrew proverb mentioned in this article?

**答** \_\_\_\_\_

爱因斯坦曾说：

真正的快乐是对生活的乐观，对工作的愉快，  
对事业的兴奋。



## 用快乐装点生活

Taking Your Fun Every Day  
as You Do Your Work

Ten things are necessary for happiness in this life, the first being a good digestion, and the other nine, — money; so at least it is said by our modern philosophers. Yet the author of *A Gentle Life* speaks more truly in saying that the Divine creation includes thousands of **superfluous**<sup>1</sup> joys which are totally unnecessary to the bare support of life.

He alone is the happy man who has learned to extract happiness —not from ideal conditions, but from the actual ones about him. The man who has mastered the secret will not wait for ideal surroundings; he will not wait until next year, next decade, until he gets rich, until he can travel abroad, until he can afford to surround himself with works of the great masters; but he will make the most out of life today, where he is.

Paradise is here or nowhere, you must take your joy with you or you will never find it.

It is after business hours, not in them, that men break down. Men must, like Philip Armour, turn the key on business when they leave it, and at once unlock the doors of some wholesome recreation. Dr. Lyman Beecher used to divert himself with a violin. He had a regular system of what he called “**unwinding**<sup>2</sup>,” thus relieving the great **strain**<sup>3</sup> put upon him.

“A man,” says Dr. Johnson, “should spend part of his time with the laughers.”

Humor was Lincoln’s life-preserver, as it has been of thousands of others. “If it were not for this,” he used to say, “I should die.” His jests and quaint stories lighted the gloom of dark hours of national peril.

“Next to virtue,” said Agnes Strickland, “the fun in this world is what we can