

LQVQNG WEALTH

- ◎ 拥有更积极乐观的心态
- ◎ 看到、听到和感觉到自己的成功
- ◎ 认识、研究和平衡我们生命中的12个部分，使生活达到至善状态



生活的财富

[澳] 罗斯·汤森 著
莫再励 莫倚梅 译

广东人民出版社

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致中国读者的一封信

欢迎阅读本书。这是我在中国出版的双语丛书中的第三本。我非常高兴你选择了这本书，并且开始为自己的生活增添更多的成就和满足。

在本书中，我相信的是，一个人能够做到的事，另外一个人也同样能够做到。我们需要做的是为我们的生活制定计划，并且坚定地执行这些计划。

我们现在知道我们拥有许多方面的能力，包括平衡生活的能力。我的心愿是每一位亲爱的读者都能获得自己生命的平衡。

我再次感谢广东经济出版社对这个理念的认可，这个理念对世界上每一个地方的每一个人都非常重要。现在我欢迎你阅读本书并且享受这个过程。

最美好的祝愿

罗斯·汤森

附言：如果你想要告诉我本书对你的生活有怎样的影响，请给我发邮件至 roz@roztownsend.com

A Letter to the Chinese Readers

Welcome to my third bilingual book to be published in China. I am so excited that you have chosen this book and started the journey of adding even more success and fulfillment to your life.

In this book I believe that what is possible for one man is possible for us all. We just need to put some planning into our lives and follow these plans with integrity.

We now know that there are many intelligences which we all possess, including the intelligence of life balance. My wish is that each and every one of you dear readers, attain your best life balance.

My thanks again go to the Guangdong Economy Publishing House for realizing how important this idea is for everyone, in every part of the world. And now I welcome you to this book... enjoy the journey.

Best wishes

Roz Townsend

PS: If you would like to tell me how this book has impacted your life please email me at roz@roztownsend.com

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鸣 谢

I am grateful to many people and situations that have challenged me in my life. These have given me incredible learning experiences and have been the foundation of the book. The university of life is a wonderful teacher. I am fortunate to live in a time and place that has allowed me to learn, live and love.

My family has once again stood by me as I took on the challenge of this book. Their comments and support are a continuous source of love and energy. A special thank you to Iain for his insightful comments. Zoë and Bella also deserve a big hug for their patience and understanding.

我对于使我在生活中遇到挑战的人和事充满感激之情，这些人和事既给了我异常丰富的学习经验，也成为这本书的基础。生活本身的丰富多彩就是人生的最好教师。我幸运地生活在一个允许我学习、生活和热爱的时空中。

当我打算写这本书时，我的家庭又一次支持了我。亲人的建议和支持是源源不断的爱 and 精力的源泉。我特别感谢丈夫艾恩富于灼见的评论，两个女儿左厄和比拉的耐心和理解也同样值得我表示深深的感谢。

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I am privileged to have a number of wonderful friends and colleagues who helped keep me on task with the book:

Margaret McAllister for her book doctoring;

Vince O'Farrell for the illustrations.

I sometimes have difficulty staying focused and put into practice everything I know to be true. The following people have been overwhelmingly supportive in helping me develop a vision for what is possible with my life. They have encouraged me to create balance, harmony and success beyond my wildest fantasies. These wonderful people include Norman and Glenda Leonard, Dianne Sharp, Geoff Kirkwood, Robyn and Neville Smith, Heather Townsend, Marg Bubb, Marie Therese Slavin, Dottie Hughes, Rose Bolam, Cill Van Der Velden, Carole Hungerford, Paul Favero, Dan and Sue

同时，我也很幸运地得到几位出色的朋友和同事的帮助，从而使我能很好地完成本书。

玛格丽特·克里斯特提出过许多宝贵的批评意见；

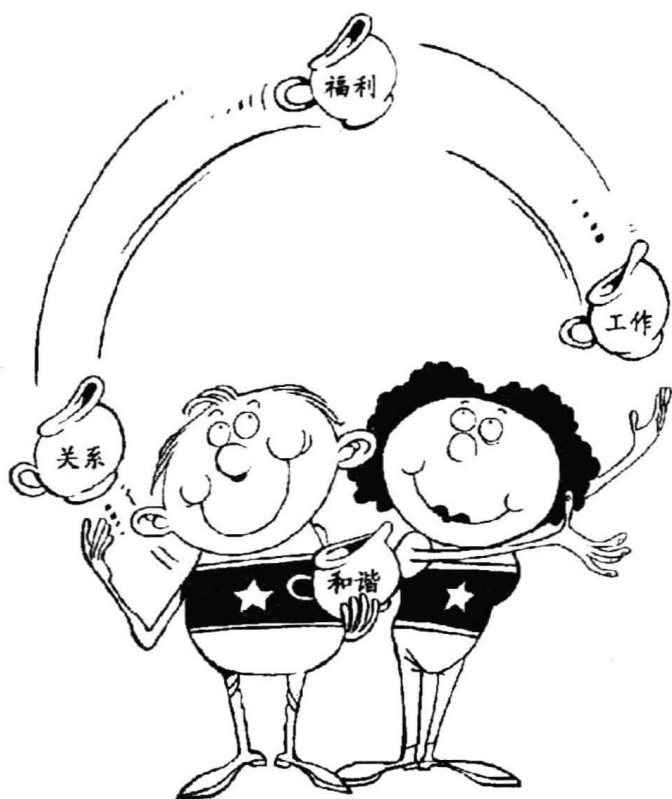
文斯·奥弗雷尔则为本书完成了插图。

在写作过程中，有时候我力图把自己认为是真实的东西全都写下来，然而这样很难突出写作重点。朋友们对于帮助我开拓自己生活的视野提供了巨大的支持，他们鼓励我在写作时抛弃不着边际的幻想，努力取得平衡、和谐和成功。这些优秀的朋友包括：诺曼和格林达·里纳德、戴安妮·夏普、格奥芙·卡伍德、罗宾和尼维·史密斯、希多·汤森、马可·布伯、玛丽·特利思·斯拉文、多特·休斯、罗斯·波琳、茨温多·维顿、凯罗·亨格福特、保尔·费瓦罗、但尼和苏·斯拉维、潘姆·扬、珍纳特·布伯，等等。此外还有其他许多朋友

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Silvey, Pam Young, Jeanette Bubb, and many other friends and colleagues. They kept me on track when I thought I'd lost the plot.

和同行，在本书的写作过程中，当我有时候似乎失去方向时，他们使我回到了正确的轨道。



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Introduction

导 言

The fact that you have picked up this book and are reading it now means that you would like to add more balance and harmony to your life. You have an awareness that life has more to offer and you are ready to receive. One way to help you develop your *Living Wealth* is to *begin with the end in mind*. If you were at the end of your life looking back over the years, how would you assess your life? Would you be able to say *who you were* and *what you'd achieved*? And how would you want to be remembered? What would you like people to say about you at your funeral? I can think of no-one who at the end of their life who would

当你拿起这本书来阅读时，事实已经表明你想让生活更平稳、更和谐。你知道生活中还有更多的东西等待着你，而你又准备去接受它们。有一种办法可以帮助你开发自己生活的财富：设想你已经到了思想的尽头。假如在临近生命的尽头时回顾以往的年华，你会怎样去评价自己的一生呢？你能否问：“我是谁？我取得了什么？”还有，你希望自己怎样被人们怀念？希望他们在你的葬礼上说些什么？我想，任何人都不会在这个时候说，“我给予别人的爱心太多了”，“我学得太多了”，或者“我对世界的贡献太多了”。

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say: “*I’ve loved too much,*”
“*I’ve learnt too much,*” and “*I’ve made too many improvements in the world.*”

It might seem a little morbid to say to you, “***Pretend that you have come to the end of your life and are looking back on who you are.***” But you’ll find that by doing this, you’ll gain valuable insights into who you are now, and how closely your life parallels your true desires. Why wait till the end of your life, when you can learn so much about who you are right now? By looking back on your life as though you have come to the end of it, you can start planning and taking control of your life immediately.

It is really sad to hear of people who have neglected to ask these questions until it is too late. My own father didn’t take the opportunity to contemplate some of these questions until he was badly

我的话或许听起来有点病态：“假定你已到了人生的尽头，于是回顾自己是怎样的人。”然而，这样做能使你更清楚地了解，你现在的一个人，你的一生是否符合你真正的愿望。当你现在能够知道自己是怎样的人时，为什么要等到风烛残年时才想到该这样做呢？假设自己到了生命的尽头而去回顾以往，一个人才有可能更有紧迫感地去计划和把握他现在的生活。

人们对自己问这些问题时往往为时已晚，这是真正令人悲哀的。我的父亲一直没有抓住机会深思这些问题，到后来患上很重的中风症时想这样做已经有些迟了。他去世前一个

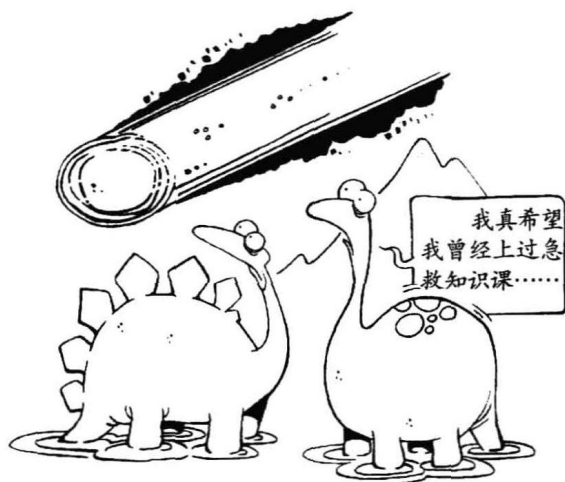
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affected by a stroke. We went to see him about a week before he died. It was with a feeling of helplessness that we listened to his parting words: "I wish I had been a better father." He implored another member of the family, "Enjoy life, have fun!"

Look back at those questions. How would **you** answer them if you were coming to end of your life?

星期，我们去看他，在痛苦无望中我们聆听了他的弥留之语：“真遗憾我不能做一个更好的父亲。”他恳切而深情地要我们“享受生活，快快乐乐地过一辈子”。

想一个前面提到的问题，到生命的尽头时你会怎样回答它呢？



What would you say? What would your family say about you? How about your friends? Work colleagues? By making choices *now* you can influence the result in your favour. *You* decide who you are. Decide how to *act*. Decide how to *react* to life's opportunities.

This book is giving you the opportunity to design a balanced and harmonious life. Will you take up the challenge?

If you keep doing what you've always done, You'll keep getting what you've always got.

— Anon

Suppose I told you that you could live the life you dream of simply by *closely examining 12 important aspects of your life* now. That if you made all 12 aspects as wonderful as could be, you would have a philosophy of life that would

你会说什么？你的家庭会说你什么？朋友和同事呢？现在就作出选择，你就可以左右自己所喜欢的结果。是你自己决定你是什么样的人，决定怎样去做，决定怎样去抓住生活的机遇。

本书将给你一个设计平衡与和谐的人生的机会，你不想接受这一挑战？

如果你行事一如既往，你的收获必定一如往常。

——无名氏

我可以告诉你，只要周密地研究你生活中的 12 个重要方面，你就可能很容易地塑造你所梦想的生活；要是你在这 12 个方面做得尽可能地完美，你就会有一种生活哲学，它对你和你周围的人都将十分有益。

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benefit not only you, but everyone around you.

There are many potential benefits of doing this, but let's just look at one right now: *self*. When we have high self-esteem, this impacts on everyone around us. We live longer, we're happier, we make better decisions. We're healthier and wealthier in every sense of the word.

The 12 parts are: family, social, spiritual, self, health, financial, fitness, education, career, work, community, re-creation.

Many years ago I worked with emotionally and behaviourally disruptive adolescents. Their self-esteem was so low that they would often come to school with home made tattoos or burn marks. On Monday mornings the girls would tell me how they tried to become pregnant on the weekend. Why? They felt that this was the only way to gain attention and affection

这样做有许多潜在的好处，先让我们来看其中一个方面：自我。当我们有高度的自尊时，这会影响周围每一个人。我们因此会更快乐，活得更长久，而且作出更好的生活定向。我们无论如何都将变得更健康，更富有。

这 12 个部分是：家庭、社会、精神、自我、健康、经济、身心健全、教育、事业、工作、社区、重新创造自我。

许多年前，我曾做那些在思想和行为方面有些越轨的青少年的工作。他们的自尊心很低，所以他们常常带着自己在家中粗制的文身或烧灼肌肤的记号上学。星期一早上往往会女学生告诉我，她们想怀上孩子而在周末怎样与男生鬼混。为什么？因为他们觉得这样做会引起别人的注意和羡慕，而且可以逃避学校生活。

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and to escape from school. Their “don’t care” attitudes, plus the graffiti they wrote and the other antisocial behaviour they got up to at weekends, were sure indications of their lack of self-esteem. Looking back, I have never met a vandal or delinquent who had high self-esteem. Antisocial behaviour and high self-esteem just don’t go together.

When people feel loved, do they vandalise or commit crimes? I don’t believe so. They make life richer and safer for everyone. When people have their lives in balance they feel good about themselves and others.

There are many parts to you. This book will show you how easy it is to get those parts into balance and harmony.

这些青少年在周末的玩世不恭的态度，加上在公共场所随意涂鸦以及其他反社会行为，足以证明他们缺乏自尊心。回想起来，我从来没有见过一个流浪汉或不良青少年是具有高度自尊心的。反社会的行为和高度自尊心无法共存。

当人们感到被人爱，他们会流浪、放荡不羁或者犯罪吗？我想肯定不会。他们会为自己和别人塑造一个更富有、更安全的生活。当人们过着平衡和谐的生活时，他们对自己、对别人都感到满意。

你的生活有许多方面，本书将告诉你在这些方面达到互相平衡与和谐是多么容易。