

百年励志经典系列丛书

快乐的人生

HOW TO HAVE A HAPPY LIFE



[美] 戴尔·卡耐基 著 青闰 张灵敏 译注 王琴文 插图

东华大学出版社

百年励志经典系列丛书

快乐的人生

HOW TO HAVE A HAPPY LIFE



[美] 戴尔·卡耐基 著 青闰 张灵敏 译注 王琴文 插图

东华大学出版社

图书在版编目 (CIP) 数据

快乐的人生 : 英汉对照 / [美] 戴尔·卡耐基著 ; 青闰, 张灵敏译注. -- 上海 : 东华大学出版社, 2012.8

(百年励志经典系列丛书)

ISBN 978-7-81111-998-5

I. ①快… II. ①戴…②青…③张… III. ①英语—汉语—对照读物②人生哲学—通俗读物 IV. ① H319.4:B

中国版本图书馆 CIP 数据核字 (2012) 第 007063 号

快乐的人生

[美] 戴尔·卡耐基 著

青闰 张灵敏 译注

东华大学出版社出版

上海市延安西路 1882 号

邮政编码 : 200051

联系邮箱 : dandes.shen@gmail.com

本社网址 : <http://www.dhupress.net>

淘宝店 : <http://dhupress.taobao.com>

营销中心 : 021-62193056 62373056 62379558

新华书店上海发行所发行 苏州望电印刷有限公司印刷

2012 年 8 月第 1 版 2012 年 8 月第 1 次印刷

印数 : 0001-5000 册

开本 : 890×1240 1/32 印张 : 13.25 字数 : 458 千字

ISBN 978-7-81111-998-5/H·364

定价 : 28.00 元

前言

“百年励志经典”是让亿万人获得幸福和成功的心灵密码，是温暖千万心灵、改变千万人生的传世宝典，包括《快乐的人生》、《品格的力量》、《生存的智慧》、《天使的百合》和《成功的机遇》。

这套书所选篇章全面、丰富、经典，所选内容贴近现实，经典睿智，通俗实用，励人心志，发人深省，催人奋进，涉及真理与思想、意志与信念、心态与命运、选择与放弃、为人与处世、财富与生活、智慧与人生、生命与启示、成功与梦想、理想与现实等重大人生课题。这些文章既可以使你感到心灵震撼，又可以使你从容自信，端正人生态度，找到生活方向，成就美满人生。

朋友，每当华灯初上，白天的喧哗与骚动渐渐平息，伴着明月清风，和着舒缓旋律，携一卷美文，品一杯香茗，坐在属于自己的空间，体验文字带给你的优美、睿智、灵动与流畅，感受时间从指缝间飘然而去，体味一种纯净、充实和有趣的生活，是何等美妙和惬意！

我们奉献给你的正是这样一种精神享受。她们既像一颗颗珍珠、一粒粒钻石，又像一缕缕阳光、一泓泓清泉，更像一处处圣火、一座座灯塔，启迪智慧，提升思想，是一套值得用心品味的人生经典。

在选材上，我们披沙拣金，尽可能多方位、多角度、多层面地展现其风姿与魅力。

在翻译上，我们反复斟酌推敲，力求准确到位，传神达韵，流畅优美，让你体味到汉语言的博大精深与独特韵味。

在设计上，我们追求精美韵致、别出心裁，让你一见倾心、爱不释手、一读难忘。

在翻译和注解过程中，我们得到了东华大学出版社沈衡编辑的悉心指导和大力支持，还得到了廉凤仙、张连亮、刘建东、崔芙蓉、王红、乔滢、王莹阁、王超、闫丽萍、王琦薇、魏艳萍、宋春艳等同志的热忱帮助，在此深表谢意。

青闰

2012年5月10日

目录

第一篇 培养恬静快乐心态的 7 种方法

- 5 一、可以改变人生的 8 个字
- 33 二、报复的高昂代价
- 53 三、如果这样做，你就永远不会为忘恩负义担忧
- 69 四、你愿意拿 100 万美元购买你拥有的一切吗？
- 85 五、找到自我，保持自我：记住世界上没有其他人像你
- 103 六、如果你有一只柠檬，就做一杯柠檬汁
- 121 七、如何用 14 天治好忧郁

第二篇 如何避免为批评担忧

- 155 一、记住没有人会踢一条死狗
- 163 二、这样做——批评就无法伤害你
- 173 三、我曾经做过的蠢事

第三篇 避免疲劳、保持精力和情绪高涨的 6 种方法

- 187 一、如何每天给清醒生活增加一小时
- 197 二、是什么让你疲劳——你能对此做什么
- 207 三、家庭主妇如何能避免疲劳——永葆青春
- 219 四、有助于防止疲劳和忧虑的 4 种良好工作习惯

CONTENTS

Part I Seven Ways to Cultivate a Mental Attitude That Will Bring You Peace and Happiness

- 4 1. Eight Words That Can Transform Your Life
- 32 2. The High Cost of Getting Even
- 52 3. If You Do This, You Will Never Worry about Ingratitude
- 68 4. Would You Take a Million Dollars for What You Have?
- 84 5. Find Yourself and Be Yourself: Remember There Is No One Else on Earth like You
- 102 6. If You Have a Lemon, Make a Lemonade
- 120 7. How to Cure Melancholy in Fourteen Days

Part II How to Keep from Worrying about Criticism

- 154 1. Remember That No One Ever Kicks a Dead Dog
- 162 2. Do This—and Criticism Can't Hurt You
- 172 3. Fool Things I Have Done

Part III Six Ways to Prevent Fatigue and Worry and Keep Your Energy and Spirits High

- 186 1. How to Add One Hour a Day to Your Waking Life
- 196 2. What Makes You Tired—and What You Can Do about It
- 206 3. How the Housewife Can Avoid Fatigue—and Keep Looking Young
- 218 4. Four Good Working Habits That Will Help Prevent Fatigue and Worry

229 五、如何消除产生疲劳、忧虑和不满的厌烦情绪

247 六、如何避免为失眠忧虑

第四篇 我如何战胜忧虑——32 篇真实故事

263 一、同时袭击我的 6 大烦恼

269 二、我能不出一小时把自己变成一个欢天喜地的乐观者

271 三、我如何克服自卑感

281 四、我住在真主的花园

289 五、我用来消除烦恼的 5 种方法

295 六、我经受过昨天。我也能经受今天

299 七、我料想自己活不到天亮了

303 八、我去健身房搞沙袋或到户外远足

305 九、我曾经是“忧心忡忡的落魄者”

309 十、我靠这句话为生

311 十一、我落到了最低点，却又挺了过来

315 十二、我曾经是世界上最大的傻瓜

319 十三、我总是设法保持自己的补给线畅通

325 十四、我在印度听到了一个声音

331 十五、当治安官走进我家前门时

337 十六、我曾经战胜的最强硬的对手是忧虑

341 十七、我向上帝祈祷，使自己摆脱孤儿院

345 十八、我举止像一个歇斯底里的女人

351 十九、我望着妻子洗盘子，学会了不再烦恼

- 228 5. How to Banish the Boredom That Produces Fatigue, Worry and
Resentment
- 246 6. How to Keep from Worrying about Insomnia

Part IV How I Conquered Worry—32 True Stories

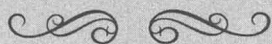
- 262 1. Six Major Troubles Hit Me All at Once
- 268 2. I Can Turn Myself in to a Shouting Optimist within an Hour
- 270 3. How I Got Rid of an Inferiority Complex
- 280 4. I Lived in the Garden of Allah
- 288 5. Five Methods I Use to Banish Worry
- 294 6. I Stood Yesterday. I Can Stand Today
- 298 7. I Did Not Expect to Live to See the Dawn
- 302 8. I Go to the Gym to Punch the Bag or Take a Hike Outdoors
- 304 9. I Was “the Worrying Wreck from Virginia Tech.”
- 308 10. I Have Lived by This Sentence
- 310 11. I Hit Bottom and Survived
- 314 12. I Used to Be One of the World’s Biggest Jackasses
- 318 13. I Have Always Tried to Keep My Line of Supplies Open
- 324 14. I Heard a Voice in India
- 330 15. When the Sheriff Came in My Front Door
- 336 16. The Toughest Opponent I Ever Fought Was Worry
- 340 17. I Prayed to God to Keep Me out of an Orphan’s Home
- 344 18. I Was Acting like a Hysterical Woman
- 350 19. I Learned to Stop Worrying by Watching My Wife Wash Dishes

- 355 二十、我找到了答案——保持忙碌
- 359 二十一、时间会解决许多事情
- 363 二十二、有人警告我不要说话，也不要动一下手指
- 367 二十三、我是一个排忧解难的高手
- 369 二十四、如果我不是停止忧虑，早就进坟墓了
- 373 二十五、先生，一次只做一件事
- 377 二十六、我现在要寻找绿灯
- 383 二十七、约翰·D·洛克菲勒如何多活了 45 年
- 399 二十八、看一本书，防止了我的婚姻触礁
- 403 二十九、我是在慢性自杀，因为我不知道如何放松
- 405 三十、发生在我身上的一次真正奇迹
- 409 三十一、挫折
- 411 三十二、我忧心忡忡，18 天没有吃一口固体食物

- 354 20. I Found the Answer—Keep Busy!
- 358 21. Time Solves a Lot of Things
- 362 22. I Was Warned Not to Try to Speak or to Move Even a Finger
- 366 23. I Am a Great Dismissor
- 368 24. If I Had Not Stopped Worrying, I Would Have Been in My Grave Long Ago
- 372 25. One at a time Gentleman, One at a Time
- 376 26. I Now Look for the Green Light
- 382 27. How John D. Rockefeller Lived on Borrowed Time for Forty-five Years
- 398 28. Reading a Book on Sex Prevented My Marriage from Going on the Rocks
- 402 29. I Was Committing Slow Suicide Because I Didn't Know How to Relax
- 404 30. A Real Miracle Happened to Me
- 410 31. Setbacks
- 410 32. I Was So Worried I Didn't Eat a Bite of Solid Food for Eighteen Days

《快乐的人生》指导人们如何培养恬静快乐心态，如何找到自我、保持自我，如何治好忧郁，如何避免为批评担忧，如何避免疲劳、保持精力和情绪高涨，如何战胜忧虑，从而改变你的人生。

他认为，消除错误思想和行为，在心灵中注入快乐，比割除身上的肿瘤和脓疮还重要。总之，这是一本引导人们踏上快乐人生的书。



Part I

**Seven Ways to Cultivate a
Mental Attitude That Will Bring
You Peace and Happiness**

❧ 第 1 篇 ❧

培养恬静快乐心态的 7种方法

1. Eight Words That Can Transform Your Life

A few years ago, I was asked to answer this question on a radio program: “What is the biggest lesson you have ever learned?”

That was easy: by far the most vital lesson I have ever learned is the importance of what we think. If I knew what you think, I would know what you are. Our thoughts make us what we are. Our mental attitude is the X factor that determines our fate. Emerson said: “A man is what he thinks about all day long.” ...How could he possibly be anything else?

I now know with a conviction¹ beyond all doubt that the biggest problem you and I have to deal with—in fact, almost the only problem we have to deal with—is choosing the right thoughts. If we can do that, we will be on the highroad to solving all our problems. The great philosopher who ruled the Roman Empire, Marcus Aurelius, summed it up in eight words—eight words that can determine your destiny: “Our life is what our thoughts make it.”

Yes, if we think happy thoughts, we will be happy. If we think miserable thoughts, we will be miserable. If we think fear thoughts, we will be fearful. If we think sickly thoughts, we will probably be ill. If we think failure, we will certainly fail. If we wallow in² self-pity, everyone will want to shun³ us and avoid us. “You are not,” said Norman Vincent Peale, “you are not what you think you are; but what you think, you are.”

一、可以改变人生的 8 个字

几年前，我在广播节目中应邀回答这个问题：“你曾经学到的最重要一课是什么？”

这个问题非常容易：到目前为止，我曾经学到的最重要一课就是“我们思想的重要性”。如果知道你想什么，我就会知道你是什么样的人。我们的思想会使我们成为什么样的人。我们的心态是决定我们命运的未知因素。爱默生说过：“一个人就是他一天到晚的所思所想。”……他怎么可能会成为别的什么呢？

我现在毫无疑问地深信，你和我必须对付的最大问题——事实上，几乎是我们必须对付的唯一问题——就是选择正确的思想。如果我们能做到这一点，我们会走上解决我们所有问题的康庄大道。统治罗马帝国的伟大哲学家马可·奥勒留总结为 8 个字——可以决定你命运的 8 个字：“生活是由思想造就。”

是的，如果思想快乐的东西，我们就会快乐。如果思想痛苦的东西，我们就会痛苦。如果思想可怕的东西，我们就会惧怕。如果思想病态的东西，我们就会生病。如果思想失败，我们肯定会失败。如果我们沉溺于自怜，人人都会想对我们退避三舍。诺曼·文森特·皮尔说：“你并不是你认为的样子，但你要那样认为，你就是那个样子。”

Am I advocating a habitual Pollyanna⁴ attitude toward all our problems? No, unfortunately, life isn't so simple as all that⁵. But I am advocating that we assume⁶ a positive attitude instead of a negative attitude. In other words, we need to be concerned about our problems, but not worried. What is the difference between concern and worry? Let me illustrate. Every time I cross the traffic-jammed streets of New York, I am concerned about what I am doing—but not worried. Concern means realising what the problems are and calmly taking steps to meet them. Worrying means going around in maddening, futile⁷ circles.

A man can be concerned about his serious problems and still walk with his chin up and a carnation⁸ in his buttonhole. I have seen Lowell Thomas do just that. I once had the privilege of being associated with Lowell Thomas in presenting his famous films on the Allenby-Lawrence campaigns in World War I. He and his assistants had photographed the war on half a dozen fronts; and, best of all, had brought back a pictorial⁹ record of T. E. Lawrence and his colorful Arabian army, and a film record of Allenby's conquest of the Holy Land. His illustrated talks entitled "With Allenby in Palestine and Lawrence in Arabia" were a sensation in London—and around the world. The London opera season was postponed for six weeks so that he could continue telling his tale of high adventure and showing his pictures at Covent Garden Royal Opera House. After his sensational success in London came a triumphant tour of many countries. Then he spent two years preparing a film record of life in India and Afghanistan. After a lot of incredibly¹⁰ bad luck, the impossible happened: he found himself broke in London. I was with him at the time. I remember we had to eat cheap meals at cheap restaurants. We couldn't have eaten even there if we had not borrowed money from a Scotsman—James McBey, the renowned artist. Here is the point of the story: even when Lowell Thomas was facing huge debts and severe disappointments, he was concerned, but not worried. He knew that if he let his reverses get him down, he would be worthless to everyone, including his creditors.

我是在提倡以一种惯常盲目乐观的态度对待我们所有的问题吗？不是，不幸的是，生活不会简单到那种地步。但是，我是在倡导我们采取积极的态度，而不是消极的态度。换句话说，我们需要关注我们的问题，而不是忧虑。关注和忧虑之间的区别是什么呢？让我举例说明。每当我穿过交通拥挤的纽约大街时，我会关心自己在做什么，而不是忧虑。关注意味着意识到问题是什么，然后平心静气地采取措施对付它们。忧虑则意味着抓狂而徒劳地兜圈子。

一个人可以在关注严重问题的同时，把康乃馨插在扣眼上昂首前进。我曾经看到洛厄尔·托马斯就是这样做的。我曾经荣幸和洛厄尔·托马斯联袂出演第一次世界大战艾伦比－劳伦斯战役的著名电影。他和几名助手曾经在6个前线拍摄了战争场面，最精彩的是用图片纪实再现了T·E·劳伦斯和他引人入胜的阿拉伯军队，并用电影记录了艾伦比征服圣地的经过。他有声有色的演讲《与巴勒斯坦的艾伦比和阿拉伯的劳伦斯在一起》在伦敦和全世界引起了轰动。伦敦的歌剧节延期了6周，以便让他在考文特花园皇家歌剧院继续讲述他的冒险故事，放映电影。在伦敦取得巨大成功后，他又成功地在许多国家巡演。随后，他花了两年时间准备拍一部印度和阿富汗生活的纪录片。在遭到许多令人难以置信的厄运之后，发生了难以忍受的事情：他发现自己不名一文。我当时和他在一起。我还记得我们不得不在廉价饭店吃便宜饭菜。如果我们不借一位苏格兰著名画家詹姆斯·迈克贝钱，我们无法在那里吃饭了。这就是这个故事的寓意：当洛厄尔·托马斯面临巨大债务和极度失望时，他非常关注，但并不忧虑。他知道，如果让逆运击垮，他就对大家毫无价值了，包括他的债权人。