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*Kaleidoscopic
Life of Modern Times*

生活万花筒

· 初级 ·

胡艳红 主编

· 华中科技大学出版社 ·

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*Kaleidoscopic
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生活 万花筒

四级·

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内 容 提 要

本书涉及人类情感、成功秘诀、语言学习、求职要诀、心理辅导及运动健身等多方面的生活题材，趣味性及知识性极强，语言规范。编者对重要的语言点都给出了相应的注释，对超纲词汇和较难理解的句子进行了翻译，基本上扫除了学生阅读时的障碍。此书一方面有助于扩大学生的知识面和词汇量；另一方面，能引导他们解决实际生活中面临的问题，从真正意义上做到提高学生的综合素质。

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前 言

1999年12月颁布的《大学英语教学大纲（修订本）》（以下简称新大纲）指出：“从语言学习的规律来看，英语应用能力的提高是建立在大量的语言输入、尤其是大量的阅读的基础之上的。”新大纲还提出：“大学英语教学还应有助于学生开阔视野，扩大知识面，加深对世界的了解，借鉴和吸收外国文化精华，提高文化素养。”

为了贯彻新大纲的精神，全国高等学校大学外语教学指导委员会英语组于2000年7月在大连召开工作会议，重点讨论了大学英语文库建设。会议确定了大学英语文库的编写原则和编写方案，会议提出，要“加紧大学英语文库建设”。

这套大学英语文库正是在上述思想指导下组织编写的，旨在使学生——读者通过大量阅读，巩固和加深所学语言知识，扩大词汇量，增强英语语感，达到双“提高”的目的，即：既提高英语语言应用能力，又提高文化素养。

这套文库内容十分丰富。从异彩纷呈的现代社会到五光十色的现代生活，从多姿多彩的各国文化到日新月异的科技世界，这套文库都有涵盖。这些内容分属五个系列，它们是：《社会聚焦集》、《文化广角镜》、《名人故事篇》、《科技新视野》和《生活万花筒》。每个系列均按语言难易程度分为初、中、高三个级别。原则上，初级适用于大学非英语专业一年级学生，中级适用于二、三年级学生，高级适用于四年级学生和研究生。

这套文库在选材、译注、体例和编排上均独具特色，不落窠臼。其主要特点有：

1. 各系列各级选文大都摘自国外报刊和互联网，仅个别选文有少量删改。文字规范，语言鲜活，有时代特征，并充分考虑了知识性和趣味性的统一。故这套文库不仅是学习英语、

提高语言应用能力的读物，而且是涉猎世界文化、社会、生活和科技知识的园地。每篇选文长度一般控制在 700—2 000 词之内（仅数篇确因内容不忍割舍的短文不足 700 词）。为方便读者做阅读速度的自我检测，文尾标出了该文的词数。

2. 每篇选文后均附有“Sentence Translations for Reference 参考译句”，以帮助读者加深对文中的长难句及全文的理解。这种在文中择句翻译的形式与全国大学英语四、六级考试中的“英译汉”题型是一致的，因此，它还有助于提高读者的英译汉能力，有助于他们备考英译汉测试。

3. 每篇选文以《大学英语教学大纲（修订本）》的词汇表为参照标准，直接在文中注出了超纲生词的词义，并且在不同文章中重复出现的生词重复注出词义。这样有利于读者打乱顺序任选文章阅读，也有利于读者加深对生词的记忆。此外，每篇选文还用脚注的形式针对有关语言难点和人物、典故进行注释，每条注释力求明快清晰、言简意赅。有的词语用了双语注释，目的是为了从各个方面来提高读者的英语应用能力。

4. 每篇选文均编撰了简明扼要的导读。读者在看到中英文对照的标题后，即可结合导读了解文章的主旨，有助于读者从语篇水平上加深对文章的理解；同时，导读还可以激发读者的兴趣，增强阅读的动力。

这套文库是华中科技大学、武汉理工大学和中国地质大学等三校联袂合作的成果。参加编写工作的有三校的老、中、青年英语教师和华中科技大学外国语言学及应用语言学专业部分硕士研究生，共计 30 多人。编写分工如下：华中科技大学负责《社会聚焦集》、《文化广角镜》和《生活万花筒》三个系列；武汉理工大学负责《名人故事篇》系列；中国地质大学负责《科技新视野》系列。

华中科技大学出版社对本文库的编写和出版给予了鼎力支持，投入了很大力量。本文库在编写过程中得到了华中科技大

学外语系、武汉理工大学外语学院和中国地质大学外语系领导的关心、支持以及许多大学生的帮助。我们全体编写人员在此谨表示衷心的感谢。

这套文库大部分选材来源于最新的有关原版书刊和互联网，编委会谨向原文作者一并致谢。

由于校际间合作编写这样的大型文库是我们的第一次尝试，经验不足；加上水平有限，时间匆促，疏漏与错误在所难免，敬希各方读者和同行不吝赐教。

大学英语文库编委会

2001年10月

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The Winner's Guide to Success

成功人士的成功之道



Everybody wishes to win success. But how? Motivational experts reveal what drives them.

How do successful people think? What drives them? To find out I interviewed some of the people most successful in motivating others: top motivational speakers and best-selling authors of how-to-succeed books. Here are seven keys to success that they share:

Take Full Responsibility

In a society in which people blame everyone from their parents to the government for their failure to get ahead, motivational superstars refuse to buy into the victim mentality. Their credo (信条) is "if it's to be, it's up to me."⁽¹⁾

They realize that when you say someone or something outside

of yourself is preventing you from succeeding, you're giving away^① your power. You're saying, "you have more control over my life than I do."

Consider Les Brown. Given up by his parents at birth and labelled "educable mentally *retarded* (弱智的)" as a child, he had every reason to lose hope. But when a secondary school teacher told him "someone else's opinion of you does not have to become your reality,"^[2] Brown realized that his future lay in his own hands. He went on to become a politician and author, and today earns \$20,000 per hour as one of America's top motivational speakers.

Brown understood that you can't control things in life such as nature, the past and other people. But you can control your own thoughts and actions. Taking responsibility for your life is one of the most *empowering* (有权力的) things you can do.

Live Life "on Purpose"

Perhaps what most separates motivational superstars from others is that they live life "on purpose"—they are doing what they fully believe they were put here to do. "Having a purpose in your life is the most important element of becoming a fully functioning person," says Wayne Dyer, author of the best-selling *Your Erroneous Zones*.

Not living life on purpose consists of^② expending just enough effort to get by^③ with the least amount of problems.^[3] When you live life on purpose, your main concern is doing the job right. You love what you do—and it shows. People want to do business with you because they sense your *commitment* (承诺).

How do you live your life on purpose? By finding a cause you truly believe in and creating a business around it. Mike Ferry, who was once a salesman of audiotape programmes, believed real-estate agents needed help developing sales skills. So he started the Mike

① give away: get rid of by giving 放弃, 本文意为放弃自己的权利。

② consist of: be made up of 由……组成

③ get by: be acceptable but not very good 勉强可行

Ferry Organisation, a training company for the real-estate industry. His company has generated more than \$20 million a year in sales.

Write out a Plan

Trying to achieve your goals without an action plan is like trying to drive through unfamiliar roads to a distant city. The wasted time, energy and money will probably cause you to give up before very long.

One of America's most successful sales trainers, speakers and authors, Brian Tracy, points out, "Goals that are not in writing are not goals at all. They are merely fantasies."

With a written map in hand, however, you'll enjoy the trip and arrive at your destination in the shortest possible time.

Be Willing to Pay the Price

Wanting a big house, a luxury car or a million dollars is nice, but the problem is that practically everyone wants these things. Successful people find out what it costs to make their dream come true—then make it happen.^[4] They don't complain about the work it takes.

Les Brown has a *callus* (老茧) on his left ear. Why? "When I decided to get into speaking, I had no *credentials* (介绍信), no reputation, no credibility or experience, so I had to call a lot of people," he says. "I called up over a hundred people a day to ask for an opportunity to speak to their group. This callus is worth several million dollars!"

Become an Expert

One striking factor about the motivational speakers I interviewed is their *phenomenal* (惊人的) *drive* (驱动力) to be the best. They'll do almost anything to improve their skills.

Patricia Fripp, who speaks to Fortune 500 executives on how to become more successful, took a comedy workshop and hired a private speech coach to improve her speaking ability. Fripp did this after being named one of the most electrifying speakers in North

America by a Trade Magazine.

If someone videotaped you at your job to make a *how-to* (指导性的) tape for other people, would you be proud of the tape or embarrassed? If the latter, decide today to work towards being the best in your field. Study the experts, find out what the best are doing, then do what they do.

Never Give up

It may sound obvious, but when you're truly committed to your goal, giving up isn't even an option. You must be willing to do whatever it takes to make it happen.

When Jack Canfield and Mark Victor Hansen compiled *Chicken Soup for the Soul*, they were turned down by more than a hundred publishers. But instead of giving up, they stayed focused on their goal. Eventually, a small *outfit* (一组人) decided to publish the book. It not only became a bestseller but also *hatched* (导致) an entire series of *Chicken Soup* books that have sold more than 12 million copies. That's the power of *perseverance* (毅力).

Spend as much of your day as you can on achieving your goals and dreams. Ask yourself, "Is what I'm doing now bringing me closer to my goal?" If not, do something that will.

Don't Delay

In his book *Live Your Dreams*, Les Brown recalls talking on the phone with a friend named Marion. The next day she died. Later Brown was helping clean out her office when he came across^① notes for a play. Unfortunately, it would never be published. Marion was the only one who knew the ending.

Remember, we don't have for ever. Top achievers know this, but rather than seeing it as negative or depressing, they use the knowledge to spur themselves on^②. They go after what they want—energetically and passionately accomplishing their dreams. You

① come across: meet by chance 偶然遇到

② spur...on: 激励

Sentence Translations for Reference

参 考 译 句

- [1] 在当今社会里，人们都将自己不能向前发展的原因归咎于包括父母及政府在内的所有人，而有着明确目标的超级明星们却不愿沦为这种思想的受害者。他们的信条是：假若它将存在，它将因我而存在。
- [2] 他人对你的看法并不能说明你的真实情况。
- [3] 生活无目的意味着只付出一定的努力来对付最少量的问题。
- [4] 成功人士往往找出使梦想实现的条件，然后努力使之实现。