

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright reflection on the water and a silhouette of the runner. The sky is filled with dramatic, dark clouds. The overall mood is inspiring and heroic.

人人是英雄

A HERO IN EVERY HEART

各行各業的傑出人物與我們分享其有力的信息，
激勵我們每個人內心深處的英雄。

傑克生·布朗·拉賓·斯皮茲曼◎著
羅效德◎譯

生活視窗16

人 人 是 英 雄

H. Jackson Brown, Jr. & Robyn Spizman 著

羅效德 譯

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前言

偶爾有人因其言語或行動極為獨特而深深地影響我們，改變了我們的一生。這些人讓我們的視野擴大，激勵我們追求更高層次的個人成就。他們是我們的英雄。

你可能在教室或運動場的更衣室找到他們，也可能在生產線或終點線上找到。他們或在外國，或就在隔壁。只要是尋求個人卓越以及尊重崇高價值的地方，就能找到他們。

長久以來，我們一直以英雄的榜樣來教導毅力和許諾的好處。現今社會充斥著憤世嫉俗和傲慢無禮。英雄的典範較從前更為重要。英雄代表我們對自己最深的信

念，並證明這最崇高的目標是可達到的。

我們精神上嚮往能提升到更新更高的境界。超群的成就總能鼓舞我們，擴大視野，使人生更為豐富。

希望本書的故事與觀察，能促使大家認識奉獻和美德的英雄本質。要記得，無論現在正在生命旅途的哪個階段，你絕不孤獨。因為在你的內心深處，有個如史詩層次的偉大英雄正在那裡，隨時等候召喚，加入奮鬥，去找尋並領取那最後的大獎——以勇氣和熱情追求那有目的的生命所得到的滿足感。

傑克生·布朗

田納西州芬谷，高松旅館

INTRODUCTION

Once in a while a person touches our lives with words and actions so special that they change us forever . These are the people who extend our vision and inspire us to higher levels of personal achievement . They are our heroes .

You ' ll find them in schoolrooms and locker rooms , on the assembly line and at the finish line , in foreign lands and right next door . You ' ll find them wherever the quest for personal excellence is practiced and wherever commitment to noble values is revered .

For centuries we ' ve used the exemplary lives of heroes

to teach us the benefits of persistence and commitment .
And with today ' s creeping cynicism and irreverence , the
model of the hero becomes more important than ever .
Heroes personify the best of what we want to believe
about ourselves and offer proof that our grandest goals are
achievable .

There is something in our spirit that longs to be elevated
to new heights of purpose . Extraordinary achievements
never fail to inspire us to raise our own sights and to color
outside the lines . The celebration of heroes we discover , is
ultimately the celebration of our own potential .

We hope you find the stories and observations in this
book inspiring lessons in the heroic qualities of sacrifice and
virtue . And may you remember that regardless of where
you find yourself on your life's journey , you never travel
alone . For there , in your own heart , is a hero of epic
proportion , ready at a moment's notice to join you in the

grand struggle to seek and claim the ultimate prize—the satisfaction of a life of purpose, pursued with courage and passion.

H. J. B.

Tall Pine Lodge

Fernvale, Tennessee

1. 已盡全力則無須後悔。

——喬治·海拉斯

NOBODY WHO EVER GAVE HIS
BEST REGRETTED IT.

——GEORGE HALAS

2. 贏家永不停止自我磨練。

——湯姆·蘭齊

A WINNER NEVER STOPS TRYING.

——TOM LANDRY

3. 我從不怪罪命運，因為生命錯綜複雜、變數太多。可是對於欠缺努力，則絕不寬容。

——費茲傑羅

I NEVER BLAME FORTUNE — THERE ARE TOO MANY COMPLICATED SITUATIONS IN LIFE. BUT, I AM ABSOLUTELY MERCILESS TOWARD LACK OF EFFORT.

——F. SCOTT FITZGERALD

4. 用表現代替言語。

——傑克生·布朗

LET YOUR PERFORMANCE DO THE TALKING.

——HJB

5. 遠離貶低你雄心壯志的人。小人總如此。真正的偉人卻讓人覺得自己亦能偉大。

——馬克吐溫

KEEP AWAY FROM PEOPLE WHO TRY TO BELITTLE YOUR AMBITIONS. SMALL PEOPLE ALWAYS DO THAT, BUT THE REALLY GREAT MAKE YOU FEEL THAT YOU, TOO, CAN BECOME GREAT.

——MARK TWAIN

6. 要記得，尚未有人找到無須耕耘即能收穫的方法。所有珍貴的目標均須付出代價。那就是專注、堅持、渴望。

我最喜歡的警句之一，是在汽水瓶上看到的：「未退瓶，不付押金。」我認為這表示，你在生命中所會取得的與所願付出的大約相等。所有優勝者為贏得勝利都做出極大的犧牲，因此有人跟我談他們的目標和夢想時，我會問一個問題：「你願意付出什麼？」

——約翰·納伯

四度奧運游泳金牌得主

Here's a reminder that no one has yet found a way to get something for nothing. All worthwhile goals come at a price, and the coins with which we pay are concentration, persistence, and desire.

One of my favorite sayings I got off a soda bottle: NO DEPOSIT, NO RETURN. To me that means you'll get out of life about what you're willing to put in. All champions have made great sacrifices to win their victories. So

when someone talks to me about their goals and dreams . I ask them one question: “ What are you willing to do about it? ”

——JOHN NABER

FOUR - TIME OLYMPIC GOLD MEDALIST , SWIMMING

7. 勇氣的定義並非屢戰屢敗，而是
屢敗屢戰。

COURAGE IS NOT DEFINED BY
THOSE WHO FOUGHT AND DID
NOT FALL, BUT BY THOSE WHO
FOUGHT, FELL, AND ROSE AGAIN.

8. 克里蘭德以這段有關勇氣和承諾的啓示，來激勵我們內心深處的英雄。

無論何時跌倒，我關心的人總在一旁將我扶起，我深深認為，伸出援手助人時，也就是你最頂天立地時。

在那枚手榴彈爆發前，我一直相信人靠自己奮鬥成功。但當時我手腳炸斷，躺在戰場，失去40%的身體，是別人來救了我的命。現在我對生命的看法改變了。

你可以復元。斷裂處可能變得更強壯。你比自己想像的要英勇得多。有人說過：「困境讓人更瞭解自己。」這對有些人來說是很可怕的。但多數人發覺困境確實使其更堅強。我就變得更堅強。必須如此才能生存。

——麥克斯·克里蘭德

喬治亞州秘書長

卡特總統任內曾擔任退伍軍人事務會會長

Max Cleland inspires and challenges the hero in our hearts with this message of courage and commitment.

Whenever I've fallen, people I care about have been

there to help me up . I feel so passionately that you never stand so tall as when you reach out to help another .

I believed in the idea of the self-made man until that grenade went off . I was laying on the battlefield without limbs . I had lost 40 percent of my body . Others came and saved my life . I see life differently now .

You can bounce back . It is possible to become strong in the broken places . You are a lot more courageous and heroic than you may think . Someone once said ,
“ Adversity introduces a man to himself . ” For some that's scary , but most people discover that adversity does make them stronger . I got stronger . You have to in order to survive .

——MAX CLELAND

SECRETARY OF STATE , GEORGIA

HEAD OF VETERANS AFFAIRS

UNDER PRESIDENT JIMMY CARTER

9. 英雄不比凡人更勇敢，但比他們
多勇敢五分鐘。

——愛默生

A HERO IS NO BRAVER THAN AN
ORDINARY MAN, BUT HE IS BRAVER
FIVE MINUTES LONGER.

——RALPH WALDO EMERSON