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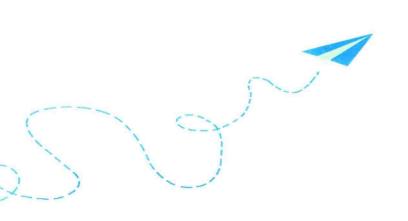
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### What Is Youth?

### Look, Energy, and Mind

Since I started writing this book, I have been struggling with a simple question: Why would any woman want to tell the others in the world any of her secrets to preserving youth? I couldn't care less about competition from men. When it comes to women, I must think twice. Why the heck would I want to make other women more beautiful and younger looking?

After struggling for a while, I finally figured out a very good reason to convince myself otherwise. I want women to be less jealous of me because they now feel better about themselves. I can only hope, of course.

Due to the killer schedule with my day job, I have been squeezing in any little time I can find to write this book.

## "年轻"意味着什么?

#### 容貌,精力与心灵

从开始写这本书起,我就一直纠结于一个简单的问题: 世上哪个女人会想把自己保持年轻的秘诀与众人分享啊? 我倒不在乎男人与我竞争;但如果是女人的话,我恐怕还得再犹豫犹豫——我到底为什么要让别的女人变得更美丽、更年轻呢?

纠结了一阵儿之后,我最后总算找到一个满意的理由来说服自己:所谓"赠人玫瑰,手有余香"嘛,也许她们对自我的感觉更好以后,就不会那么嫉妒我了。当然了,我也只能希望如此了。

我日常的工作行程十分密集,几乎要让人喘不过气,所以我只能努力挤时间,利用零零碎碎的空档见缝插针来写这本书。最近一次回国的时候,我和我的嫂子一起报名参加了





2007, at age 50 (2007年,50岁留影)

During my trip back to China recently, my sister-in-law and I joined a tour to Thailand. I received many inquiries from a group of millennials on the same tour about my skin. On the last day of our trip, one girl would not let me go until I let her touch my face. "It's like a baby's butt," she shouted to her pals.

So what are the secrets to preserving youth? I offer you eight secrets in this book.

I wish you happy reading!

Look, Energy, and Mind



一个去泰国的旅行团。旅行期间,同行的千禧一代<sup>①</sup>一直不停地咨询我是如何保养皮肤的。旅行最后一天,一个小姑娘求我让她摸摸我的脸,否则她就不肯放我走了。"哇,她的脸摸起来真像婴儿的屁股蛋儿一样哎!"她转身朝着同伴大声嚷嚷道。

言归正传,保持年轻的秘诀究竟是什么呢? 我将在本书中分享我的8个小秘密。

希望你们阅读愉快!

① 千禧一代,指出生于20世纪八九十年代的一代人。这代人的成长时期几乎和互联网/计算机科学的形成与高速发展时期相吻合。不安全和高消费是这一代人的特点,但他们并非纯物质主义者。调查显示,他们的价值观中,友情和家庭排在第一位,并不认为一份稳定的工作十分宝贵,也不会努力追求这一点。



### 1 The 70% Rule

### Eat Everything, But in Moderation

I often hear people say that fat is bad for you, bread is bad for you, cookies are bad for you, cake is bad for you, red meat is bad for you, seafood is bad for you, egg yolk is bad for you, whole milk is bad for you, and anything that is "regular" is bad for you. After excluding everything that is bad for me, I could barely find anything that's edible.

The question is: If it's edible, why is it bad? In my humble opinion, it is not about the kinds of food that we are eating. Rather, it is about the amount and variety of food that we eat. It's about balance. To me, there is a good reason for everything edible to exist, and everything edible offers its own unique nutrition that our body needs.

Nothing is bad for you unless you overeat. Nothing is good for you once you overeat. My principle is to eat everything but in moderation.



### 一 "七分饱"原则

#### 只要适度,无须忌口

生活中这样的说法不绝于耳:"脂肪对人体有害""面包对身体有害""饼干、蛋糕不利于健康""红肉对人体有害""海鲜吃多了不好""蛋黄对人体有害""全脂牛奶不好""任何一种没有经过特殊工艺处理的普通食物都对身体无益"……这下好了,把这些"不能吃的东西"排除一下,我简直不知道还有什么是能吃的了。

但问题来了:既然一样东西是可食用的,那又怎么会是有害的呢? 依我的愚见,其实重要的并不是我们"吃了什么",而是我们"吃了多少"以及饮食是否多样化——即饮食的平衡之道。在我看来,每一种食物都有其存在的理由,每一种食物都能为我们的机体提供其独有的营养。

所以,切勿过量,则物皆有益;一朝贪食,则得不偿失。 我的原则就是:只要适度,无须忌口。 People often make assumptions about the eating disorder they suppose me to have. "You must eat like a mouse, a tiny little bit," say folks when I first meet them and they check me out from head to toe. I hear this remark frequently, whether on a golf course, at a party, or when I am introduced to people. No. As a matter of fact, not only do I not eat like a mouse, I eat like a pig, but only up to 70% of my capacity.



Diet moderation glow your skin state (适度饮食,焕发健康肌态)



我身边的人总以为我铁定得了饮食紊乱症。每个第一次见到我的人,都会把我从头到脚打量一番说:"你肯定顿顿都只吃一小点儿,饭量跟小老鼠似的吧!"无论是在高尔夫球课上,朋友聚会上,还是被朋友介绍给其他人认识的时候,我常常得到类似的评价。但事实并非如此。实际上我不仅不像小老鼠似的挑食又吃得少,反而像猪一样,胃口好得很呢!只不过,很重要的一点是:我永远只吃到七分饱。

在过去的 50 多年里,我一直吃得颇好。我认为"吃得好"就意味着"来者不拒,均衡膳食"。如果说我真的对一样食物避之不及,那一定是它在色、香、味的某些方面出了问题。比如说我就不爱吃任何白肉(像鸡胸肉),因为它寡淡无味得让人实在难以下咽;我也同样不待见海参,因为它的样子实在无法勾起我的食欲。

我爱吃肥嫩的红肉,尤其是肋眼牛排(尽管我现在也吃的少了,希望有朝一日成为一个素食主义者);我喜欢吃水



Over the past half-century, I have been eating well. I consider that eating well means eating everything. If there is anything I do not eat, that is because I do not like its taste or its look. I don't care for any white meat, such as chicken breast, because of its lack of taste, and sea cucumber because of its uninviting look.

I love fat red meat, particularly ribeye steak, although I am eating less frequently, hoping one day to be a vegetarian. I like fruits, particularly persimmons from my tree. I like bread soaked with olive or sesame oil. I love dumplings, the ones filled with all kinds of stuff inside. I love mochi ice cream, especially with mango flavor, enjoying one or two at night before going to bed. When it comes to seafood, I eat all kinds of fish, shrimp, lobster, salmon eggs, eel, crab—anything you can name. It has to be tender, though, or raw. Of course, sashimi is my favorite. My typical weekday dinner is often comprised of salami, cheese and crackers.

Eat Everythin9, But in Moderation