

The Most
Influential and Best
Inspirational Voices

听力+词汇+文化

影响你一生的

名人励志演讲



倾听最具感召力的声音
听读最地道流畅的英文
背诵最闪亮激昂的段落

触摸巨人的美丽心灵
体味世界的励志回声
收藏灵魂的智慧光芒

主编 ◎ 方振宇

编者 ◎ 于娜 王玲



海豚出版社
DOLPHIN BOOKS

CIPG

中国国际出版集团

450分钟
绝对MP3
原声音频
免费超值赠送



The Most
Influential and Best
Inspirational Voices

听力+词汇+文化

影响你一生的 名人励志演讲

倾听最具感召力的声音
听读最地道流畅的英文
背诵最闪亮激昂的段落

触摸巨人的美丽心灵
体味世界的伟大与
光芒

主编 ◎ 方振宇

编者 ◎ 于娜 王玲



海豚出版社
DOLPHIN BOOKS
中国国际出版集团

图书在版编目 (CIP) 数据

影响你一生的名人励志演讲: 英汉对照 / 方振宇主编. — 北京: 海豚出版社, 2010.12

ISBN 978-7-5110-0424-6

I. ①影… II. ①方… III. ①英语—汉语—对照读物 ②演讲—汇编—世界 IV. ①H319.4:I

中国版本图书馆 CIP 数据核字 (2010) 第 247220 号

书 名: YINGXIANGNIYISHENGDEMINGRENLIZHIZHIYANJIANG
影响你一生的名人励志演讲

主 编: 方振宇

责任编辑: 董 锋

出 版: 海豚出版社

网 址: <http://www.dolphin-books.com.cn>

地 址: 北京市百万庄大街 24 号

邮 编: 100037

电 话: 010-68997480 (销售)
010-68998879 (总编室)

传 真: 010-68994018

印 刷: 北京嘉业印刷厂

经 销: 新华书店

开 本: 16 开 (710 毫米 × 1000 毫米)

印 张: 17.75

字 数: 300 千字

版 次: 2011 年 1 月第 1 版 2011 年 1 月第 1 次印刷

标准书号: ISBN 978-7-5110-0424-6

定 价: 29.80 元

版权所有 侵权必究



触摸灵魂的声音

对于英语学习者来说，多听多看多练英语演讲是学地道英语的最佳有效途径之一，也是训练语音语调最有效的辅助手段。你不用担心这些演讲是否有语法问题，也不用担心用词是否准确，表达是否到位。因为一些名人的演讲稿通常是字斟句酌精心完成的。此外，通过演讲学英语还可以潜移默化地帮助自己提升对英文的驾驭能力，增强英语的语感和美感。

本书精选了 19 篇具有代表性的名人英语演讲。这些名人或是国家领袖，或是关心民权民生的政治人物，或是创造经济财富的商界精英，或是用文字抒发情怀的作家记者，或是演艺界的娱乐名人。他们都在自己的领域里作出了杰出的贡献。他们思想深刻，见解独到，注定是站在时代前沿的人。

这些名人的演讲充满了智慧，富含启迪。它们或是结合自身经历立足于个人发展的谆谆教诲，像亚马逊 CEO 杰夫·贝索斯在普林斯顿大学演讲，他讲了自己创业的故事，以此鼓励毕业生：未来掌握在自己的手中，追寻自己的梦想，慎重选择；或是号召民众面对困难迎难而上，如美国第 32 任总统富兰克林·罗斯福，他就任于美国经济大萧条时期，国内民生凋敝、萎靡不振，他告诉大家，我们唯一害怕的是害怕本身，展示了带领民众走出低谷的豪情；或者充满人文关怀，如美国著名作家威廉·福克纳，他站在人类精神的高度，勉励作家文人心时充满爱、怜悯、同情和牺牲的精神；或是显示了追求自由平等的决心，如马丁·路德·金和南非总统曼德拉，他们在演讲中都表达了誓死捍卫民主和自由的决心；或是显示了对家庭的爱，并把这种爱升华为“老吾老，以及人之老；幼吾幼，以及人之幼”，如米歇尔·奥巴马，她在演讲中表达了对家庭的热爱，同时也为丈夫竞选呐喊助威——如果巴拉克·奥巴马当选总统，将会保证每个美国人都能享受卫生保健，确保本国的每个孩子都能得到世界一流的教育。精

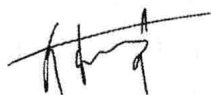


选出的这些演讲名篇题材涉猎广泛，风格迥异。无论你是被其恢宏的气势所震撼，还是被其精深的意蕴所折服，亦或是为其诙谐幽默而莞尔，都能感受到演讲者所传递的共同心声：一定要奋发向上，积极进取，做出个人应有的成绩，为时代、国家做贡献。

随书赠送的 MP3 演讲音频，为演讲者的原声音频。这些声音铿锵有力，或给你启迪，或让你感动，或给你温暖，或激发你前行的信念。同时，也让你更有机会品味最地道的英语表达。此外，在每一篇文章之后，都附有提炼出的演讲中具有指引性、励志性的“经典语录”，方便模仿与背诵。地道实用的英语学得多了、积累得多了，你就能很自然地表达出极为纯正的英语，既能提升你的书面语表达能力，也可以提升你的口语表达能力。

准备好了吗？让我们从现在开始，去聆听那些激动人心的声音吧！

时间仓促，以及水平有限，难免有错误和不足之处，希望教育同仁和广大学生朋友不吝赐教。您的意见请直接发往编者信箱：zhenglish@126.com，以便再版时进一步更正、完善。谢谢！



北京千鹤园



国家领袖 1



Hope and Responsibility

梦想与责任——巴拉克·奥巴马 2

And even when you're struggling, even when you're discouraged, and you feel like other people have given up on you, don't ever give up on yourself, because when you give up on yourself, you give up on your country. 即使当你苦苦挣扎、灰心丧气、感到其他人对你放弃时，也不要放弃自己，因为当你放弃自己时，你也抛弃了自己的国家。



We Must Be Strong

我们必须强大——威廉·杰斐逊·克林顿 18

We must not waste the precious gift of this time. For all of us are on that same journey of our lives, and our journey, too, will come to an end. But the journey of our America must go on. 我们不能浪费当前宝贵的时机。因为我们大家都在生命的同一旅途上，我们的旅途会有终点。但我们的美国之路必须走下去。



The Only Thing We Have to Fear Is Fear Itself

我们唯一害怕的是害怕本身——富兰克林·罗斯福 26

The only thing we have to fear is fear itself — nameless, unreasoning, unjustified terror, which paralyzes needed efforts to convert retreat into advance. 我们唯一害怕的是害怕本身——这种难以名状、失去理智和毫无道理的恐惧，把人转退为进所需的种种努力化为泡影。





I Am Prepared to Die for an Ideal

为理想我愿献出生命——纳尔逊·曼德拉.....40

I have fought against white domination, and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons live together in harmony with equal opportunities. It is an ideal which I hope to live for and to see realized. But if needs be, it is an ideal for which I am prepared to die. 我反对白人统治，也反对黑人统治。我珍视民主和自由社会的理想，在这个社会中，人人和睦相处，机会均等。我希望为这个理想而生，并希望能实现这个理想。但是如果需要，为理想我愿献出生命。



We Choose to Go to the Moon

我们选择登月——约翰·肯尼迪.....52

The greater our knowledge increases, the greater our ignorance unfolds. 我们学到的知识越多，认识到的无知就越多。



Never Tiring, Never Yielding, Never Finishing

永不疲惫，永不气馁，永不完竭——乔治·布什.....66

Never tiring, never yielding, never finishing, we renew that purpose today; to make our country more just and generous; to affirm the dignity of our lives and every life. 永不疲惫，永不气馁，永不完竭，今天我们重树这样的目标：使我们的国家变得更加公正、更加慷慨，去体现我们每个人和所有人生命的尊严。





I Have a Dream

我有一个梦想——马丁·路德·金 80

Let us not wallow in the valley of despair, I say to you today, my friends. And so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. 朋友们, 今天我要对你们说, 千万不要沉沦在绝望的深谷里。尽管眼下困难重重, 但我依然怀有一个梦想。这个梦想深深植根于美国梦之中。



I Quit, but I Will Continue the Fight

我放弃了, 但我会继续战斗——希拉里·克林顿 92

On the day we live in an America where no child, no man, and no woman is without health insurance, we will live in a stronger America. That's why we need to help elect Barack Obama our president. 当我们将有朝一日居住在一个让每个孩子、每个男人、每个女人都享有医疗保障的美国时, 我们便拥有了一个更强大的美国。这就是为什么我们要帮助巴拉克·奥巴马竞选总统职位。



Building the Foundations for Success

为成功做好准备——安妮·德·萨里斯 114

Knowing who we are and being confident enough to do what matters to us — that's what counts. 了解自己, 满怀自信, 做好我们认为重要的事情, 这才是最重要的。



Let's Elect Barack Obama President of USA

让我们选举巴拉克·奥巴马为美利坚合众国总统——迈克尔·奥巴马... 126

He knows that thread that connects us: our belief in America's promise, our commitment to our children's future — he knows that that thread is strong enough to hold us together as



one nation even when we disagree. 他知道联系我们的纽带是什么, 那是我们对美国的信任, 是我们对孩子未来的承诺——他知道这些纽带有足够强大的力量把我们作为一个完整的国家团结在一起, 即使我们意见不一致。

商界精英 141



Unleashing Your Creativity 释放你的创造力——比尔·盖茨 142

And I believe that through our natural inventiveness, creativity and willingness to solve tough problems, we're going to make some amazing achievements in all these areas in my lifetime. 我相信, 凭借人类与生俱来的发明创造能力和不畏艰难、坚韧不拔的品格, 在我的有生之年里我们将在所有这些领域都创造出可喜的成就。



Grab Your Dream When It Shows Up 当梦想来临时抓住它——拉里·佩奇 148

Overall, I know it seems like the world is crumbling out there, but it is actually a great time in your life to get a little crazy, follow your curiosity, and be ambitious about it. Don't give up on your dreams. The world needs you all! 总而言之, 我知道这个世界看起来已支离破碎, 但这确实是你们人生中一个伟大的时代, 你们可以疯狂一点, 追随你们的好奇心, 积极进取。不要放弃梦想。世界需要你们。



We Are What We Choose 选择塑造人生——杰夫·贝索斯 162

Cleverness is a gift, kindness is a choice. Gifts are easy — they're given after all. Choices can be hard. You can seduce yourself with your gifts if you're not careful, and if you do, it'll probably be to the detriment of your choices. 聪明是一种天赋, 而善良是一种选择。天赋得来很容易——毕竟它们与生俱来。而选择却颇为艰难。如果一不小心, 你可能被天赋所诱惑, 这可能会损害到你做出的选择。





The Spirit of Man

人类的精神——威廉·福克纳..... 174

He is immortal, not because he alone among creatures has an inexhaustible voice, but because he has a soul, a spirit capable of compassion and sacrifice and endurance. 人之不朽不是因为在动物中唯独他永远能发言, 而是因为他有灵魂, 有同情心、牺牲和忍耐精神。



Tribute to Diana

致戴安娜——查尔斯·斯宾塞..... 180

Diana was the very essence of compassion, of duty, of style, of beauty. All over the world she was a symbol of selfless humanity. All over the world, a standard bearer for the right of the truly downtrodden, a very British girl who transcend nationality, someone with a natural nobility who was classless. 在全世界, 戴安娜是同情心、责任心、风度和美丽的化身, 是无私和人道的象征, 是维护真正被践踏的权益的旗手, 是一个超越国界的英国女孩, 是一个带有自然的高贵气质的人, 是一个不分阶层的人。



Follow Your Bliss, Follow Your Heart

追随你的幸福, 倾听你的心声——安德森·库珀..... 190

But it actually was the best thing that ever happened to me. I decided that if no one would give me a chance, I'd have to take a chance, and if no one would give me an opportunity, I would have to create my own opportunity. 但这次失败却成了我人生中最有价值的经历。我下定决心, 如果没人给我机会, 我就自己寻找机会; 如果没人给我机会, 我就自己创造机会。





Failure Is an Option, but Fear Is Not
失败是一个选项，但畏惧不是——詹姆斯·卡梅隆..... 208

So, that's the thought I would leave you with, is that in whatever you're doing, failure is an option, but fear is not. 所以，这是我想给你的想法，不管你做什么，失败是一个选项，但畏惧不是。



Feelings, Failure and Finding Happiness
感觉、失败及寻找幸福——奥普拉·温弗瑞..... 224

If you really want to fly, just harness your power to your passion. Honor your calling. Everybody has one. Trust your heart and success will come to you. 如果你真的想要飞翔，就把力量投入到你的激情当中。尊重你内心的召唤。每一个人都会有内心的召唤。相信你的内心，你就会取得成功。

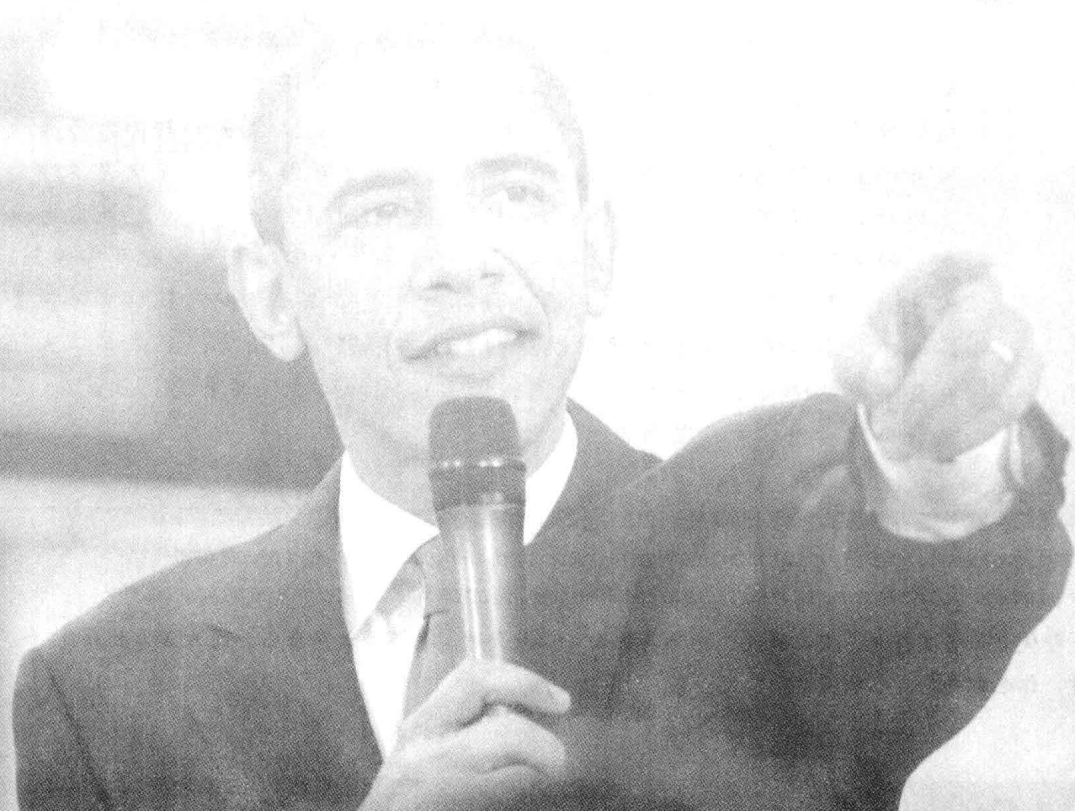


Sing the Melody Line in Your Life
奏出生命中最美的乐曲——波诺..... 248

If you want to serve the age, betray it. 如果你想对时代有所贡献，那么就去背叛它吧！



国家领袖



Hope and Responsibility

梦想与责任



A National Address to
School Children
Barack Obama
Wakefield High School,
Arlington, Virginia
September 8, 2009

背景资料

2009年初，奥巴马成为近30年以来上任时人气最高的美国总统；秋风未起，他又成为了近30年以来支持率下滑最为迅速的美国总统。在推销医疗福利改革方案举步维艰之时，美国的失业率创下了26年来的新高。与节节攀升的失业率形成鲜明对比的是这位美国史上首位非洲裔总统快速下滑的支持率。难道奥巴马的蜜月期已经、或终于结束了？9月8日，奥巴马在阿灵顿一所高级中学面向全美从幼儿园到12年级的学生发表电视开学演讲，以他和“第一夫人”米歇尔·奥巴马等人的求学经历为例，鼓励学生不畏逆境、发奋学习。虽然这场演讲受到“政治推销”等指责，一些学生未能收看演讲电视直播，但前“第一夫人”劳拉·布什声援奥巴马，反问：一名总统鼓励全国学生，有何不可？

And even when you're struggling, even when you're discouraged, and you feel like other people have given up on you, don't ever give up on yourself, because when you give up on yourself, you give up on your country.

即使当你苦苦挣扎、灰心丧气、感到其他人对你放弃时，也不要放弃自己，因为当你放弃自己时，你也抛弃了自己的国家。

—— 巴拉克·奥巴马

最名人档案

姓 名：	巴拉克·侯赛因·奥巴马 (Barack Hussein Obama)
性 别：	男
职 业：	律师、总统
国 籍：	美国
党 派：	民主党
出生日期：	1961 年 8 月 4 日
毕业学校：	哥伦比亚大学；哈佛大学法学院
成功点睛：	没有怯懦、没有退缩，更没有踌躇不前，用自己的执着抒写成功人生。
代表作品：	《我父亲的梦想：种族与传统的故事》、《无畏的希望：重申美国梦》、《我们相信变革》
荣 誉：	1996 年当选伊利诺伊州参议员，2009 年当选美国第 44 任总统，2009 年获诺贝尔和平奖。



名人简介

巴拉克·奥巴马，美国第 44 任总统，出生于美国夏威夷州火奴鲁鲁，祖籍肯尼亚 (The Republic of Kenya)。奥巴马是首位拥有黑人血统，并且童年在亚洲成长的美国总统，与不同地方和不同文化背景的人共同生活过。1983 年，奥巴马毕业于哥伦比亚大学；1991 年毕业于哈佛大学的法学院，获得了“极优等”法学博士学位，也是第一个担任哈佛法学评论主编的非洲裔美国人；1996 年，奥巴马当选为伊利诺伊州国会参议员并在之后的 3 年中连任；2000 年，在竞选美国众议院议员席位失败后，奥巴马将主要精力投入到伊利诺伊州的参议工作中；2004 年 7 月，美国民主党召开全国代表大会，奥巴马被指定在第二天做“基调演讲”；2008 年 11 月 4 日，奥巴马击败共和党候选人约翰·麦凯恩，正式当选为美国第 44 任总统。



Hello, everybody! Thank you. Thank you. Thank you, everybody. All right, everybody go ahead and have a seat. How is everybody doing today? (Applause) How about Tim Spicer? (Applause) I am here with students at Wakefield High School in Arlington, Virginia. And we've got students **tuning in** from all across America, from kindergarten through 12th grade. And I am just so glad that all could join us today. And I want to thank Wakefield for being such an **outstanding** host. Give yourselves a big round of applause. (Applause)

I know that for many of you, today is the first day of school. And for those of you in kindergarten, or starting middle or high school, it's your first day in a new school, so it's understandable if you're a little nervous. I imagine there are some **seniors** out there who are feeling pretty good right now — (applause) — with just one more year to go. And no matter what grade you're in, some of you are probably wishing it were still summer and you could've stayed in bed just a little bit longer this morning.

I know that feeling. When I was young, my family lived overseas. I lived in Indonesia for a few years. And my mother, she didn't have the money to send me where all the American kids went to school, but she thought it was important for me to **keep up with** an American education. So she decided to teach me **extra** lessons herself, Monday through Friday. But because she had to go to work, the only time she could do it was at 4:30 in the morning.

Now, as you might imagine, I wasn't too happy about getting up that early. A lot of times, I'd fall asleep right there at the kitchen table. But whenever I'd **complain**, my mother would just give me one of those looks and she'd say, "This **is no picnic** for me either, **buster**."

So I know that some of you are still **adjusting** to being back at school. But I'm here today because I have something important to discuss with you. I'm here because I want to talk with you about your education and what's expected of all of you in this new school year.

I've given a lot of speeches about education. And I've talked about **responsibility** a lot.

I've talked about teachers' responsibility for inspiring students and pushing you to learn.

大

家好！谢谢你们。谢谢你们。谢谢你们大家。好，大家请就坐。你们今天都好吗？（掌声）蒂姆·斯派塞好吗？（掌声）我现在与弗吉尼亚州阿灵顿郡韦克菲尔德高中的学生们在一起。美国各地从学前班到中学12年级的学生正在收听收看。我很高兴大家今天都能参与。我还要感谢韦克菲尔德高中出色的组织安排。请为你们自己热烈鼓掌。（掌声）

我知道，今天是你很多人开学的日子。对于进入学前班、初中或高中的学生，今天是你来到新学校的第一天，心里可能有点紧张，这是可以理解的。我能想象有些毕业班学生现在感觉很不错——（掌声）——只有一年就毕业了。不论在哪个年级，你们有些人可能希望暑假更长一点，今天早上还能多睡一小会儿。

我知道这种感觉。我小时候，我们家生活在海外。我在印度尼西亚住了几年。我妈妈没有钱送我上其他美国孩子上的学校，但她认为必须让我接受美式教育。因此，她决定从周一到周五自己给我补课。不过她还要上班，所以只能在清晨四点半给我上课。

正如你们可能想象的那样，我不太情愿那么早起床。有很多次，我趴在餐桌上就睡着了。但每当我抱怨的时候，我妈妈都会那样地看我一眼，然后说：“小子，这对我也并不轻松。”

我知道你们有些人还在适应开学后的生活。但我今天来到这里是因为有重要的事情要和你们说。我来这里是要和你们谈谈你们的教育问题，以及在这个新学年对你们所有人的期望。

迄今为止，我做过很多次关于教育的演讲。我多次谈到过责任问题。

我谈到过教师激励学生并督促他们学习的责任。



热词空间

tune in 调整……的频道或频率

outstanding [ˌaʊtˈstændɪŋ] *adj.* 杰出的，重要的

senior [ˈsiːnjə] *n.* 毕业班学生

keep up with 跟上

extra [ˈekstrə] *adj.* 额外的

complain [kəmˈpleɪn] *vi.* 抱怨

be no picnic [ˈpɪknɪk] 不容易，不轻松的事

buster [ˈbʌstə] *n.* (称呼男子) 小子

adjust [əˈdʒʌst] *vi.* 适应

responsibility [rɪˌspɒnsəˈbɪləti] *n.* 责任

I've talked about your parents' responsibility for making sure you **stay on track**, and you get your homework done, and don't spend every waking hour in front of the TV or with the **Xbox**.

I've talked a lot about your government's responsibility for setting high standards, and supporting teachers and **principals**, and turning around schools that aren't working, where students aren't getting the opportunities that they deserve.

But at the end of the day, we can have the most dedicated teachers, the most **supportive** parents, the best schools in the world — and none of it will make a difference, none of it will **matter** unless all of you fulfill your responsibility, unless you show up to those schools, unless you pay attention to those teachers, unless you listen to your parents and grandparents and other adults and put in the hard work it takes to succeed. That's what I want to focus on today: the responsibility each of you has for your education.

I want to start with the responsibility you have to yourself. Every single one of you has something that you're good at. Every single one of you has something to offer. And you have a responsibility to yourself to **discover** what that is. That's the opportunity an education can provide.

Maybe you could be a great writer — maybe even good enough to write a book or articles in a newspaper — but you might not know it until you write that English paper — that English class paper that's **assigned** to you. Maybe you could be an **innovator** or an inventor — maybe even good enough to come up with the next iPhone or the new medicine or **vaccine** — but you might not know it until you do your project for your science class. Maybe you could be a mayor or a senator or a Supreme Court justice — but you might not know that until you join student government or the debate team.

And no matter what you want to do with your life, I **guarantee** that you'll need an education to do it. You want to be a doctor, or a teacher, or a police officer? You want to be a nurse or an **architect**, a lawyer or a member of our military? You're going to need a good education for every single one of those careers. You cannot drop out of school and just drop into a good job. You've got to train for it and work for it and learn for it.

