

与美国人同步阅读的**中英双语**丛书

# 淡定的人生 不寂寞

成也风云，败也风云。  
从容的人生不孤独，淡定的人生不寂寞……



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李昂然  
编译

用英文点亮人生 4  
LIGHT UP YOUR LIFE WITH ENGLISH



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NEW WORLD PRESS



Y  
DEAR  
LONELINESS II

# 淡定的人生 不寂寞

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**用英文点亮人生 ④**

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## PREFACE

谁都想抵达成功的巅峰，但不是谁都可以。

有的人还没去试着迈出第一步，就觉得自己失败了。他们胆怯，他们嫉妒，他们抱怨，他们愤怒，这样的人永远不会成功。我相信**没有失败，只有教训！**谁不曾遭遇挫折？谁不曾经历失败？谁能在跌倒的地方重新站起来，谁就是强者。走过了所有通向失败的路，只剩下一条路，那就是成功的路。

当然想要成功，就要先懂得满足。不是因成功才满足，而是因满足才获得成功。**满足是一种智慧**，与其为自己没有的、无法做到的事情去生气、懊恼，还不如抱着一颗平常心，为自己的理想打拼，为自己争口气！

对！理想。“人没有理想，和咸鱼有什么区别？”**别停下追寻理想的脚步。**现实和理想之间，不变的是跋涉。

打开人生的画卷，有的人轻描淡写，有的人挥毫泼墨，有的人信笔涂鸦，这一切由你决定。画笔在你手中，你的人生也掌握在你的手中……从今天开始，**做最好的自己！**让自己感动自己一回，让自己欣赏自己一次，让自己佩服自己一把！

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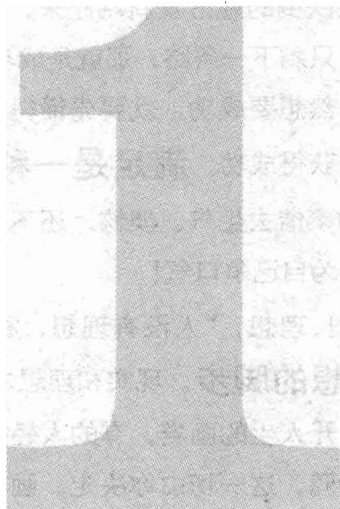
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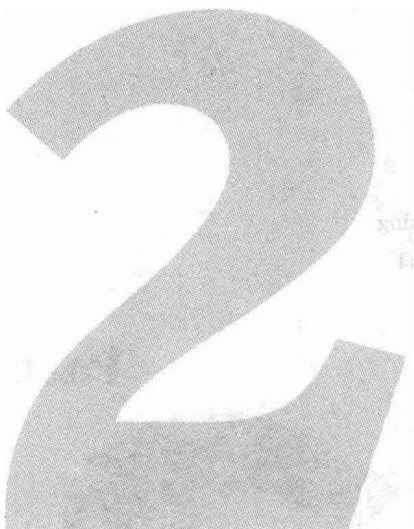
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## Part 1

No Mistakes, Only Lessons  
没有失败，只有教训



## Defeat 失败

Anonymous 佚名

Defeat, my Defeat, my solitude and my aloofness; you are dearer to me than a thousand triumphs, and sweeter to my heart than all world glory.

Defeat, my Defeat, my self-knowledge and my defiance, through you I know that I am yet young and swift of foot, and not to be trapped by withering laurels. And in you I have found aloneness and the joy of being shunned and scorned.

Defeat, my Defeat, my shining sword and shield, in your eyes I have read: That to be enthroned is to be enslaved, and to be understood is to be levelled down, and to be grasped is but to reach one's fullness, and like a ripe fruit to fall and be consumed.

Defeat, my Defeat, my bold companion, you shall hear my songs and my cries and my silences, and none but you shall speak to me of the beating of wings, and urging of seas, and of mountains that burn in the



night, and you alone shall climb my steep and rocky soul.

Defeat, my Defeat, my deathless courage, you and I shall laugh  
together with the storm, and together we shall dig graves for all that die in  
us, and we shall stand in the sun with a will, and we shall be dangerous.



失败可以让人不必再去冒险，因为失败的人几乎没有什么再可以失去的了……



#### 参考翻译（高昆）

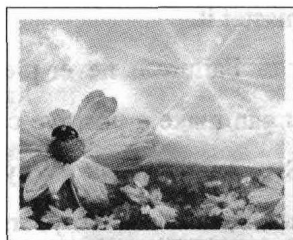
失败，我的失败，我的孤寂与冷漠；对我来说，你比一千次胜利更珍贵，而对我的心灵来说，你要比所有的荣耀都甜美。

失败，我的失败，我的自知与反抗，通过你，我知道我还步伐矫捷，宝刀未老，还没被干枯的月桂所捕获。和你独处，我领悟了孤独，品尝到了被遗弃和被嘲笑的欢乐。

失败，我的失败，我光芒四射的长剑与盾牌，从你眼中，我读出：登基为王就像钻入牢笼，被了解就像被拉下水，被抓牢就像熟透的水果掉落下来被人吃掉一样。

失败，我的失败，我勇敢的伙伴，你会听到我的高歌、低泣和沉默，也会跟我谈起羽翼翱翔、大海澎湃、山脉在黑夜中燃烧，以开启我那尘封已久的心灵。

失败，我的失败，我不灭的勇气，你我将在暴风雨中狂笑，我们也将为我们当中所有逝去的人掘墓；我们会坚定地站在太阳下，我们也会身处险境。



## Learning From Failure 从失败中学习

Anonymous 佚名

Why are so many people so afraid of failure? Quite simply because no one tells us how to fail so that failure becomes an experience that will lead to growth. We forget that failure is part of the human condition and that every person has the fight to fail.

Most parents work hard at either preventing failure or protecting their children from the knowledge that they have failed. One way is to lower standards. A mother describes her child's hastily made table as "Perfect"! Even though it wobbles on uneven legs. Another way is to shift blame, If John fails science, his teacher is unfair or stupid.

The trouble with failure-prevention devices that they leave a child unequipped for life in the real world. The young need to learn that no one can be best at everything, no one can win all the time—and that it's possible to enjoy a game even when you don't win. A child who's not invited to a birthday party, who doesn't make the honor roll or the



baseball team, feels terrible, of course. But parents should not offer a quick consolation prize or say, “It doesn’t matter” because it does. The young should be allowed to experience disappointment—and be helped to master it.

Failure is never pleasurable. It hurts adults and children alike. But it can make a positive contribution to your life once you learn to use it. Step one is to ask “Why did I fail?” Resist the natural impulse to blame someone else. Ask yourself what you did wrong, how you can improve. If someone else can help, don’t be shy about inquiring. Success, which encourages repetition of old behavior, is not nearly as good a teacher as failure. You can learn from a disastrous party how to give a good one, from an ill-chosen first house what to look for in a second. Even a failure that seems definitive can prompt fresh thinking, a change of direction. After 12 years of studying ballet a friend of mine auditioned for a professional company. She was turned down. “Would further training help?” she asked. The ballet master shook his head. “You will never be a dancer,” he said, “You haven’t the body for it.”

In such cases, the way to use failure is to take stock courageously, asking “What have I left? What else can I do?” My friend put away her toe shoes and moved into dance therapy, a field where she’s both competent and useful. Failure frees one to take risks because there’s less to lose. Often there’s a resurgence of energy—an awareness of new possibilities.



失败，帮你否定了一条错的路，那摆在你面前的、通往成功的选择就又少了一项，成功几率又大了一成，难道不值得感恩吗？



### 参考翻译（单窃敏）

为什么这么多人都害怕失败呢？原因很简单，从没有人告诉我们如何失败，以至于大家都认为失败是成长过程必须经历的。我们忘了，失败是人类生存条件的一部分，每个人都有与失败斗争的经历。

许多父母都努力工作，或许是为了避免失败，或许是为了不让自己的孩子知道他们曾经失败过。有一种办法是降低标准。一位母亲说自己孩子匆匆做成的桌子是“完美的”，哪怕这张桌子由于不平衡桌脚的支撑正摇摇欲坠。另一种办法是“嫁祸”，如果约翰考试没过，那他父母就会认为他的老师是不公平的或愚蠢的。

这些防止失败的策略所带来的麻烦事，他们没能使孩子在这个真实的世界里做好独立生活的准备。年轻人需要知道，没有谁能在各方面都做到最好，没有谁总能获胜——即使你没有获胜，你也可以享受这场比赛。一个没有受到生日宴会邀请，没有上光荣榜或进入棒球队的孩子，必然会感到很沮丧。父母不应该给他们一个快速



安慰奖励，或者是在事实上并不是没关系的情况下说“这都没关系的”。应该允许年轻人经历失望，并且让他们在帮助下学会控制它。

失败不可能使人愉快。它会伤害到成年人，同样也会伤害到孩子。但是，一旦你学会运用它，它就能对你的生活有积极的贡献。第一步是问：“为什么我会失败？”不要受到本性冲动的影响去责备别人。问问自己到底做错了什么，如何才能改进。如果有人帮助你，就不要羞于请教。成功，会激发人们重复自己的行为，根本不会比失败更让人受益良多。你可以从一场糟糕的宴会上学会如何办一场成功的宴会。从第一次失败的选房经历中学会如何寻找第二个。明确的失败甚至能够使人涌现出新的想法，改变方向。我的一个朋友在学了12年芭蕾舞之后去了一家专业公司进行面试。她被拒绝了。“我还需要进一步接受培训吗？”她问。芭蕾舞教练摇了摇头。“你不可能成为一名舞蹈演员，”他说，“你不是块跳芭蕾的材料。”

在这样的情况下，利用失败的方法是勇敢地进行自我总结，问问：“我还剩下什么？我还可以做什么？”我的朋友收好了她的芭蕾舞鞋，然后转而从事舞蹈治疗，这是一个对她来说很在行也很实用的领域。失败可以让人不必再去冒险，因为失败的人几乎没有什么再可以失去的了。通常，失败还会让人的精力复苏，认知到一些新的可能性。



## Perseverance 毅力

Anonymous 佚名

Napoleon declared, “Victory belongs to the most persevering.” Upon careful study we find perseverance depends upon three things—purpose, will, and enthusiasm. He who has a purpose is always concentrating his forces. By the will, the hope and the plan are prevented from evaporating into dreams. Enthusiasm keeps the interest up, and makes the obstacles seem small.

Life is in a sense a battle. The man who thinks to get on by mere smartness and by idling meets failure at last. Perseverance is the master impulse of the firmest souls, and holds the key to those treasure—houses of knowledge from which the world has drawn its wealth both of wisdom and of moral worth.

Great men never wait for opportunities, they make them. They seize upon what ever is at hand, work out their problem, and master the situation. The greatest thing a man can do in this world is to make the