



美国民意评比最优秀的电台节目

在世界二十多个国家和地区播出



编 著: Jhan and Iris Tiafau Hurst

制作人: Greg and Fawn Andermann

翻 译: 顾德宁 顾 燕

美国著名励志演说家录音CD配中英文对照书

想一分钟(二)

风行美国的励志修身圣经

东南大学出版社
音像出版社

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Think a minute

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编者: Jhan 和 Iris Tiafau Hurst夫妇拥有丰富多彩的人文背景, 作为大学讲师, 他们以其充满激情和智慧“夫妻组合”演说而享誉世界。在过去的22年中, 他们生活和工作的足迹遍及美国、新加坡、印度尼西亚、新西兰、萨摩亚群岛和斐济。Jhan在密苏里大学和加尼福利亚大学获得神学和哲学学士及硕士学位。Iris在太平洋岛国——西萨摩亚群岛出生和长大。她在堪萨斯Emporia州立大学获得工商管理学士学位。Jhan 和Iris有两个儿子。

制作人: Greg 和 Fawn Andermann (项慧芳)夫妇拥有中美合璧的文化背景, 是经验丰富的媒介制作人, 他们现拥有和运作多家传媒, 如专门促进中美文化交流和英语教学的网站, 还有专司电影和电视制作的专业公司, 他们所摄制的作品多次在国际上获奖。他们借助对中美文化和中英文融会贯通的理解和把握, 对《想一分钟》的中译文做了精益求精的校对和润色。

翻译: 顾德宁和顾燕夫妇是热心于中美科技文化交流及英语教育的中国记者和编辑, 现分别供职于中国新华日报报业集团的新华日报社和扬子晚报社。他们有一个正在上高中的儿子, 他们翻译《想一分钟》, 就是希望让年轻人在学习英语的同时, 也明白一些做人的道理。

Meet the Writers

Jhan and Iris Tiafau Hurst are an internationally renowned multi-cultural husband–wife team of university lecturers and motivational speakers. Over the past 22 years they have lived and worked professionally in the US, Singapore, Indonesia, New Zealand, Samoa and Fiji. Jhan's bachelor's and master's degrees in theology and philosophy were earned from universities in Missouri and California. Iris was born and raised in the Pacific Island Nation of Western Samoa. She graduated with a bachelor's degree in business marketing and management from Emporia State University in Kansas. Jhan and Iris have two sons.

Meet the Producers

Greg and Fawn Andermann (Xiang Huifang) are a multi-cultural team of media producers that presently own and operate website designed to teach English and promote cultural understanding between China and America. They also operate A2Media, an international award winning media production company that makes films and TV programs.

Meet the Translators

Dening Gu and Yen Gu (husband and wife) are Chinese reporters and editors. The Gu's have a strong heart and commitment to increase cultural exchange in the arts and sciences between China and the US. They currently work for Xinhua News Group, Xinhua Daily and the Yangtzi Evening Post. They have one son who attends high school. Through translating the *Think a Minute*, the Gu's wish to encourage Chinese youth to learn English while learning important life lessons of how to be a better human being and successful person.



《想一分钟》节目简介

首次在中国出版发行的《想一分钟》，同步精选于美国电台同名励志和修身节目，该节目在亚太地区也大获美誉。《想一分钟》为英汉对照，配演讲者在美国电台做节目的原声录音 CD。

通过读听《想一分钟》，你不仅能轻松愉悦地学到地道的美式英语，还能了解到不少美国的人文背景。这些流畅的短文会为你在为人之道和成就事业上指点迷津。每一篇短文既有深邃的思想，又有行之有效的答案，可帮你解决在当今现实生活中所遇到的各种问题，无论是学业上的挫败，还是职场上的失意。面对新世纪生活中的万千变化和沉重压力，《想一分钟》娓娓道来，以好友谈心的方式，真诚地与你讨论如何应对这些生活中的挑战，使读者对今天和未来都充满着希冀。

每天你只需想一分钟，一切将会有所改变。





Think a minute 想一分钟

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1. Control Your Temper 控制你的脾气

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Sometimes the hurts and wounds we make with our angry words are the worst kind. Yes, we should always apologize and tell others we're sorry when we hurt them. But our families and friends would be much happier if we simply learned to control our anger in the first place. Think how much more peaceful and happy our life would be.

有时,我们的气话所造成的伤害是最令人痛心的一种。是的,我们应该为此再三地向对方赔礼道歉,表明自己很懊悔说了出口伤人的话。其实,只要我们首先学会控制自己的脾气,我们的亲人和朋友们就会更加愉快。你想一想,如果能这样,我们的生活将会多么和谐和快乐。



2. Having Connections? 有关系吗?

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There are few things as lonely and sad as going through a painful experience all alone without a friend. A wise man said: "Friendships are the food of life. To love and be loved is the greatest success and happiness there is." Robert Louis Stevenson stated that: "No person is a failure, if he has a friend."

在生活中,几乎没有什么能与没有朋友的帮助而独自承担痛苦这种孤独和悲哀的经历相比。一位智者说过:“友谊是生命的食粮。爱与被爱是人生最大的成功和快乐。”罗伯特·路易斯·斯迪文森这样说:“有朋友的人就不会是一个失败者。”

3. Charge What You're Worth 按自己的价值收费

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Did you know that people would usually accept your own estimate of yourself? In other words, they will give you the same worth you give yourself. So don't sell yourself short! I'm not saying we should go around with big heads and egos, over estimating ourselves. But if you have special abilities, training, or experience in a certain skill, then



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you can have reasons to be confident in your special ability and know what you're worth, whether it's cooking, farming, painting, financial adviser, or whatever you do well.

您知道吗?人们常常接受你对自己的估价。换言之,人们认可你的价值,正是你自己所定的标价。所以,不要把自己看低了。我不是说,我们应该到处自卖自夸,自高自大,高估自己的能力。但是,如果您的确有真本事、训练有素或有一技之长,不论是烹饪、农业种植、绘画和金融顾问,还是其他什么你擅长的本事,你都有理由相信自己的特长和价值。

4. A Tricky Problem 一个微妙的问题

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Have you ever stood by a fire when the smoke was so thick you thought you could catch it in your hands. But if you tried, the smoke just disappears right through your fingers. You know it's that way too when we try to be humble. Because when we try to do good things to serve and help people, then we start to feel proud because the humble thing we did. So even when we tried to be humble, we lose it because it's like grabbing smoke.

你是否曾经站在火焰旁,当烟雾浓厚时,你以为伸手就可以抓住它。但你如



果真去抓的话，烟雾马上就从你的指间消失了。这就像我们试图谦卑时候的样子。因为当我们想做好事去照顾和帮助别人的时候，我们就开始为自己谦卑的服务感到骄傲。以至于我们要想谦卑时，却像抓烟雾一样丢掉了谦卑。

5. Under the Surface 表面之下

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You see many people may look mature and strong on the outside, but inside they're still hurting emotionally and need healing. They still have deep wounds, scars and painful memories of terrible things that were said or done to them when they were children or teenagers. Friend, if you've been living with pain, fears or anger from what people said or did to you in the past, these hurts and bad memories can be like chains that keep holding you in an emotional prison. Because they won't let you be free to enjoy the full life you want.

许多人外表看似成熟和强壮，而他们内心的情感却是伤痕累累，需要治疗。他们在童年或少年时所受到的斥责和虐待等可怕的经历，会在他们的心中留下深深的伤痕和惨痛的记忆。朋友，如果以前你也曾因他人对你的言行而遭受悲痛、恐惧或愤慨，这些伤害和恶劣的记忆就会像锁链一样，把你囚禁在情感的牢狱之中，使你不能尽情地去享受你想拥有的充实人生。





6. Don't Follow Your Conscience 别跟着你的良心走 22

But you know feeling guilty can be a good healthy thing. For example, a husband may go to work when he feels like going fishing. Because his conscience tells him that his wife and children need the money to eat. So he should feel guilty if he doesn't take care of his own family.

但是,你知道吗,有罪恶感是一件有益的好事。例如,一位丈夫很想去钓鱼,但他还是去上班了,因为他的良心告诉他,太太和孩子都需要他赚钱来养家活口。如果他不照顾好自已的家庭,他就应该有罪恶感。

7. Better Late Than Never 晚到总比没有好 26

He took that small retirement check and started a new business at the age of 65. Today, that business is prospering and successful all over the world! Because the man who failed at everything he did, still refused to be a failure! When everyone else decides it's time to stop, Harlan decided it was time to start. You see that new business Harlan started at age 65 with his first small retirement check was Kentucky Fried Chicken.



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但他仍拿着这张金额不多的支票,在自己65岁那年又开始了新业务。今天,这业务在全球都繁荣昌盛。因为这位一生做什么输什么的汉子永不服输!当人人都觉得应该收手不干时,他却决定从头再来。你知道吗,哈兰在65岁时用第一张小金额退休金支票做起的生意,就是肯德基炸鸡。

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But its even sadder is there are millions of people like Oswald. They've been abused and mistreated, so they are deeply unhappy and hurting. They've not been given love, kindness and respect, not even by their own family.

更为可悲的是,现在世界上有几百万类似奥斯瓦德的人。他们受到虐待和遭遇不公平,他们的内心充满着深切的悲哀和伤痛。他们得不到爱护、善待和尊敬,连他们的亲人也如此对待他们。

9. Upgrade Your Computer 升级你的电脑 34

Everyday we face dangerous, deadly viruses like pornography and sex outside of marriage, temptations to lie or steal, commit suicide, gossip,



lose our temper, and other kinds of wrong thinking that can ruin your character, your marriage and children, your job, your whole life. That's why we've got to be careful what we allow to come into our mind. "Garbage in, garbage out." So every day, we need a good brainwashing.

我们每天面对着危险和致命的病毒,如色情和婚外恋情、谎言诱惑和偷窃、自杀、流言蜚语、情绪失控等其他的错误念头,这些会毁掉你的个性、婚姻、孩子、工作和整个生活。这就是为什么,我们必须小心选择那些进入自己头脑的东西,并及时清理头脑中的垃圾。所以,我们每天都要好好清洗头脑。

10. A Good Infection 近朱者赤

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Imagine if there were someone you could be with all day and every day who really cared about you, not just for your health and safety, but they also cared about your happiness and the kind of person you become, your character and heart. And imagine if this person who is always with you was perfect, unlike you and me, but they influenced you and infected you with their good character and nature. And soon everything about you, your attitudes, your relationships, your habits, your lifestyle, even your way of thinking changed.



设想一下,如果有这样一个人,他每天从早到晚和你在一起,他真正地关心你,不仅关心你的健康与安全,他还关心你的快乐,关心你变成什么样的人,关心你的个性和你的心灵。想像一下,这位总是与你在一起的人与你我不一样,他是一个完美的人,他用他完美的个性和天性影响着你。你的全貌很快就会开始发生改变,你的态度、人际关系、习惯和生活方式,甚至你的思维方式都会发生改变。

11. Make Excuses or Make Money 找借口还是挣钱

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You see, successful people are human just like you and me. They have to face the same fears and excuses we all do. But the difference is in what they do with their fears and excuses. Even though they feel afraid just like us, they simply discipline and force themselves to go for it anyway. That's the only way any new successful career or business got started.

你看,成功的人就像你我一样,他们一样必须面对所有人都有的恐惧和借口。但是,他们以不同的方式对待自己的恐惧和借口。即使他们与我们一样感到害怕,他们也迫使自己义无反顾,勇往直前。这是任何新成功的职业生涯或企业起步的必由之路。



12. Ignorance is Not Bliss 愚非福

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You see, if you don't know there's more, you won't ever get it. There's so much in life for us to enjoy, just waiting for us to get it. If all you're used to eating is bread and water, then you don't know you could be eating steak and lobster!

你看,如果你不知道能得到更多,你就不会去要。生活中有许多东西值得你去享受,等着我们去得到它。如果你只习惯于吃面包,喝清水,那你就不知道你是可以吃牛排加龙虾的!

13. Wishing Life Away 空想消耗生命

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But you know we can wish our life away. When the simple fact is we're not somewhere else, we're right here! And life is passing us by while we're spending our time making retirement plans and wishing we were somewhere else. But then, even if we get something we wished for, we still keep wishing for something more because it's become our state of mind and heart—always wishing for something else. So we don't even

enjoy the things we do have.

但是,你要知道,这样的空想会空耗我们的生命。最简单的事实是,我们并不在别处,就在这里!就在我们制定自己退休计划和希望自己身在别处时,生命正悄然地从我们身边溜过。还有,就算我们最后得到了某些自己希望得到的东西,我们仍会不断地希望得到更多,因为这已成为我们的心思和意念,总是这山望着那山高。因此,我们甚至不能享受自己已经拥有的东西。

14. Power Shortage 意志力的短缺

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We have a power shortage in our lives—a shortage of will power. We're like this couple whom I know. The husband and wife are both professional marriage counselors, but they've now divorced each other! They've counseled hundreds of other married couples, yet they themselves cannot work out their own marriage problems. They know all there is to know about a good marriage relationship, but they can't do it themselves and follow their own advice.

我们在生活中缺乏力量,这是意志的薄弱。就像我认识的一对夫妇。丈夫和妻子都是职业婚姻咨询专家,现在自己却离婚了。他们为数百名夫妻做过婚姻咨

询,却不能解决好自已的婚姻问题。他们熟知所有维持良好婚姻关系的道理,但他们却不能遵从自己给别人的劝告。

15. Hard Habit to Break 打破恶习

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Did you know that to get to the moon it takes more power for that rocket to lift off and break away from the earth's pull of gravity than all the power it needs to travel to the moon and back to earth—half a million miles! That's how strong the earth's pull of gravity is. You see, our bad habits pull us down like gravity. So breaking and changing those bad habits is not always easy.

你知道不知道,在火箭奔月时,它起航和脱离地球引力时所用的能量,远远大于它驶向月球途中和返回地球时所用的能量,这可是50万英里呀!你看看,地球引力有多强大。我们的坏习惯就如同地球引力,它牵扯着我们。所以,要打破和改变这些坏习惯并非易事。