



# TEN GOLDEN RULES FOR LIVING 生活的艺术

在瞬息万变的世界，健康、积极、快乐地生活吧！

唐娜·法戈 著  
朱宾忠 熊莺 译





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炫彩

生系列

英汉对照

# 生活的艺术

TEN GOLDEN RULES FOR LIVING

唐娜·凌戈著  
朱宾忠译



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## 编者的话

在这个变幻无常的世界里,我们需要做自己,按照自己的方式活出精彩。试着问自己:

每一天我是否都尽力去做每件事?

每天我的预定目标是否完成?

我的家人和我一样幸福吗?

我够幸福吗?

我的人生够精彩吗?

.....

有很多问题,每个人的答案都不尽相同,需要我們自己去思考、去探求、去追寻。“炫彩人生”系列会给我们启发性的回答——

如果对现实不满,干吗不去试着寻找时机,《是时候改变了》;

和梦想并行的总是“毅力”和“勇气”,一定要《坚信自己,紧追梦想》;

一旦有了自信,保持积极态度面对人生,《我很美丽》就不再是一句空话;

人生如果没有爱情,估计就是缺憾了,因为《你+我=爱》;

生命的给予是个奇妙的过程,让我们把感激献《给敬爱的母亲》;

千万别忘了,生命中还有《真正的朋友》,让我们受益一生;

生活中碰到不如意的事情,不要在意,要学会《积极心态,七日速成》的诀窍;

不管前途充满什么样的挑战和困难,都要学会欣赏《生活的艺术》,营造我们自己的五彩人生!

这套“炫彩人生”系列,从众多著名诗人的作品中选取优美的诗句和睿智的箴言,教会我们掌握自己的命运,感谢身边爱着我们的人,为自己的生活开创美好的未来……带着丰富的寓意,用朴实却不失美丽的语言构筑无韵短诗,配上准确到位且保留原文韵味的翻译,整套书向我们呈现出不一样的色彩——绚丽,夺目,让我们感同身受。

没有刁钻生僻的冷词,也没有长篇大论的说教,但这套书却拥有非凡的说服力和感召力,适合我们背诵记忆,以便应用于自己的英语听、说、读、写各个方面。

《生活的艺术》是“炫彩人生”系列中的一本,保持了整个系列的独特风格。它讲述了如何在这个竞争激烈、充满压力的世界上找寻到自己的奋斗目标,并且快乐、坚强地积极生活下去。

本书由武汉大学朱宾忠老师和熊莺老师翻译。另外,在此特别感谢为本书的出版作出努力和贡献的朋友们。

编 者

## 序

我写作此书的最大目的是帮助你把生活当做一份美丽的礼物来看待。在你思索这些观点时,我希望它们能帮助你看清——这个世界有一个特别的你。你对这个世界很重要,你在世界上有一个目标,你可以造就一种积极的改变。我恳请你与自己内心的声音交谈,以便你可以评估你是否实现了自己的愿望,做着你可以胜任的事情。

在这个变化莫测的世界里,我认为我们需要一种伦理观帮助我们更好地生活。虽然我在此书中提到了上帝——因为我信奉上帝——我并非在宣扬什么。我相信信仰什么是你自己的事情,但是我建议你应该明白你心中的“上帝”。对我而言,这样做一直很重要,它能提高生活的层次,而我也从中获益良多。

我也相信人们应该培养一种支持创造性、独立性的思维方式以及参与改造世界使之变得更好的勇气。对我们大多数人而言,决定并实践一种信仰只是第一步;还需要行动来获得我们所期望的结果,而这是艰难的部分。我们在自己的小世界里找到和平,我们就对我们居于其间的大世界做了贡献,对一些人我们是隐形的天使,对另外一些人我们是朋友,而对家人我们则是备受珍爱的亲人。

直到面临着严重的健康问题,才促使我更加重视自己的身体状况,使我得到了我在本书里奉献给诸位的一些结论。我曾经担任中学英语教师,从中获得过许多教训。我作为演艺人员、录音师以及歌曲作者的各种经历,也进一步影响了我的思想。

我相信快乐、有益的生活始于我们与本身建立的良好关系。在此之中，一切皆有可能，并且没有任何东西可以窃取我们的快乐，不管我们的周围正发生着什么。

我们生活在一个变幻莫测的社会里，请你站稳脚跟，保持重心，永远不要忽视真正宝贵的东西。在怎样调节自己以适应不断的变化这方面，要非常努力而又谨慎小心。在喧嚣与忙碌中，留出时间定期到你的心中去野营一番。要认识到你的欲望自有一种神奇。审定你那些可以传之后人的原则，集中精力不折不扣地做你认为正确的事情。

在这个变化莫测的世界中，顶住所有的困扰，把你的一生当做宇宙万物中神圣、珍贵、重要而充满意义的一生来度过，因为它本就如此。

唐娜·法戈

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***A**lways remember...  
listen to your heart,  
trust what you hear,  
and do what you believe is right.*

永远记得……  
倾听自己的心声，  
相信你所听到的，  
做你认为正确的事情。



## RULE 1: Know Who You Are and What You're Doing Here

A fulfilled life starts with knowing who you are, and our uniqueness is our first gift. We are spiritually, mentally, and physically distinct.

There is no one in the world like you.

Imagine! Take time each day to be grateful for your life.

Be thankful for your talents. Use them or risk losing them; they cowrite with you the melodies in your heart. Be actively involved in the pursuit of your goals. They drive you and make life interesting and fun.

Be honest with yourself about your weaknesses and your strengths. Know what inspires you. Don't give stress any power over you; it's unhealthy and a waste of your time. Talk to yourself and follow your advice.

Never forget where you came from. Your family and childhood experiences have influenced you. Knowing your background will help you to understand yourself better, and making peace with any family issues will make it easier for you to do what you want to do with your life.

## 第一条原则：明白你是谁， 来世界何为

有成就的一生从了解自己开始，而我们的独特性乃是我们人生得到的第一件礼物。我们的灵魂、心智、肉体都是独特的。这个世界上没有人跟你一样！想想看吧！每天，都要花一点时间来为你的生命感恩。

要为你的才能感恩。运用它们，否则就有丧失它们的风险；它们与你一起谱写你内心的乐章。积极行动，投身于实现人生的目标。它们给你动力，使你的生活有乐趣、有趣味。

要诚实面对你自己的弱点与长处。要知道给你启迪的是什么。不要让压力左右了你，那样的话既有害健康，又浪费时间。跟自己谈心，听自己忠告。

永远不要忘记你的出身。你的家庭和童年经历已经影响了你。认清自己的背景将有助于你更好地了解自己，而调和家庭纷争也将使你对人生目标的追求变得更容易。

## Focus on the Positive

Ignore all the ways you put yourself down for a moment and focus on your positive characteristics. Think about how you are living up to your expectations. Examine your attitudes, accomplishments, and the things that make you glad you're you and not somebody else. Are you thoughtful and sensitive to others' needs? Do you accept people and make them feel comfortable? If these are virtues and assets in your case, give yourself credit.

Process any negative impressions you have about yourself. Don't get bogged down in past defeats, but don't keep making the same mistakes either. If you're not happy with yourself, start changing.

Our thoughts can hold us back or set us free. When we concentrate too much on why we don't have a chance, we recycle negativity into our belief system and we keep getting what we've been getting. If you're having a hard time believing something you know you need to believe, say, "I want to believe that; I'm willing. Help me."

Don't get caught up in just taking what you can get and letting life live you. Your heart is your center; your intentions reside there, alongside your personal power to turn them into reality. Have a healthy pride in yourself.

I love it when I see a little tree or flower coming up through the gravel in the road. It helps my faith. The seed probably didn't see all those rocks when it blew in there, but it wasn't afraid. It didn't ask permission. It just grew. And have you ever wondered what a little bird says before it takes flight? Probably nothing. It just flies. Are you for you or against you?

## 把注意力放在积极的事情上

暂时把对自己失望的种种事情忘却，把注意力集中到你身上那些积极的特性上。想一想你是如何实现了你的预期目标的。审视你的态度、成就及那些使你与众不同的地方。你待人体贴吗？对别人的需求敏感吗？你接纳别人，令人舒坦吗？如果这些都是你的美德，是你压箱底的宝贝，那就承认自己的优点吧。

要分析关于自己的任何负面印象。不要纠缠于过去的失败，但是也不要屡犯同样的错误。如果你对自己不满意，开始改变自己吧。

我们的思想可以束缚我们，也可以解放我们。当我们过多地注意为什么我们没有得到机会，我们就在信仰系统里循环利用消极因素了，结果是我们原地踏步无法前进。如果你觉得相信一种你应该相信的东西很困难，就说：“我就要相信这个。我愿意。帮帮我吧。”

不要因追逐物欲而忙得不可开交成了生活的奴隶。你的心是你的中心，你化意愿为现实的个人能力就在这里，这里也是你的意图之居所。保持适度的骄傲。

我很喜欢看到从路上的小石子之间长出来的小树或小花。这坚定了我的信念。种子被吹到那里时很可能没有看到周围全是石头，但是它不害怕。它不去请求允许，径直开始了生长。你是否幻想过一只小鸟在起飞之前会说什么？也许什么也不说，它只是飞。对自己，你是赞同还是反对？



## Be Thankful for the Family You Were Born Into

Sometimes we take our families for granted, and love should start at home. Whether you came about by desire or accident and no matter how functional or dysfunctional your childhood was, it is important to your psychological health to accept and love your family unconditionally.

When you make a conscious choice to love rather than withhold acceptance, you are nourishing your own health, as well as the other person's. When people don't act the way you think they should, love them anyway. You don't need to atone for their mistakes. You are responsible for yourself, and they are responsible for themselves. Love without requiring anything in return. If family members are adding stress to your life, it's because you are allowing them to, so you must let it go. You can't change them anyway, even if they're wrong, and everyone has a right to be wrong.

On a personal note, I had a number-one single called "You Were Always There." I wrote the song for my mother after she died—too young, in her fifties—and I realized that there was so much about her life that I didn't know. I encourage you to get to know your family because you never know when they won't be around. They can help you fit together the pieces of the puzzle of your life and give you the opportunity to bring joy to their lives.

Both the desirable traits and some of the undesirable traits of your family have had an effect on you. You wouldn't be who you are without them, and they wouldn't be who they are without you. The family is a small world in which each person has a unique role and the right to be who he or she is. How you manage your family relationships will help you define who you are and contribute to the final grade you give yourself in life.