

炫彩人生系列

英汉对照

# 梦

KEEP BELIEVING IN YOURSELF AND YOUR DREAMS

## 坚信自己,紧追梦想

激励和启发,开始你的寻梦之旅!

派翠西娅·韦恩特 编

高伟 主译



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生系列  
英汉对照

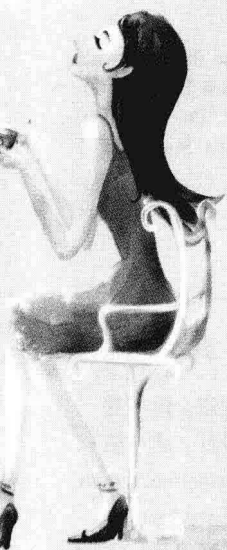
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To accomplish great things,  
we must not only act,  
but also dream,  
not only plan,  
but also believe.

—Anatole France

为了成就伟业，  
不仅需要行动，  
同样需要梦想，  
不仅需要蓝图，  
同样需要信念。

——阿纳托尔·法朗士\*



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译注：1844~1924年，法国作家雅克·阿纳托尔·弗朗索瓦·蒂波的笔名。1896年当选法兰西学院院士，1921年获诺贝尔文学奖。因作品的讽刺讥讽风格，他被称为“二十世纪的伏尔泰”。



## 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,抱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。

《坚信自己，紧追梦想》用极富启示意义的文字，赞美每个人身上都蕴含的非凡的潜力。无论我们想让生活出现极大的改变，还是只想朝着一个新的方向迈出哪怕小小一步，本书都能给予我们能量。书中的文字出自多位作者之手，其中有当代诗人苏珊·波利斯·舒茨，也有18世纪的思想家约翰·沃尔夫冈·歌德。他们鼓励我们倾听自己的心声，服从自己的意志，应和自己的灵魂，行动起来，去勇敢实现心中的梦想。

本书由四川外语学院的高伟、付爱、苏艳飞、喻小东四位专业老师翻译。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



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# Keep Believing in Yourself and Your Dreams

Every goal that has ever been reached began with just one step... and the belief that it could be attained.

Dreams really can come true but they are , most often the result of hard work, determination, and persistence.

When the end of the journey seems impossible to reach, all you need to do is take one more step.

Stay focused on your goal and remember that each small step will bring you a little closer.

When the road becomes hard to travel and it feels as if you'll never reach the end...

Look deep inside your heart  
and you will find strength  
you never knew you had.

—Jason Blume

## 坚信自己，紧追梦想

每一个业已实现的目标  
都始于平凡的第一步……  
并且深信理想定能实现。  
梦想必能成真，那串串硕果  
常常源自  
辛勤的工作、果敢的决心和永恒的坚持。  
当旅程的终点  
看似难觅，你只需  
向前多迈一步。  
坚守目标，请记住  
每一小步都会让目标离你更近。  
当旅途举步维艰，  
终点似乎遥不可及……  
内省心灵深处，  
你会找到  
昔日未曾发现的力量。

——杰森·布卢姆

# Focus on the Future...and All You Might Be

Don't let old mistakes or misfortunes hold you down: learn from them, forgive yourself—or others—and move on. Do not be bothered or discouraged by adversity. Instead, meet it as a challenge. Be empowered by the courage it takes you to overcome obstacles. Learn something new every day.

Be interested in others and what they might teach you. But do not look for yourself in the faces of others. Do not look for who you are in other people's approval. As far as who you are and who you will become goes—the answer is always within yourself. Follow your heart. You—like everyone else—will make mistakes. But as long as you are true to the strength within your own heart... you can never go wrong.

—Ashley Rice

## 放眼未来,追随己心

莫让往昔的错误或不幸压垮自己:从磨砺中获取教训,原谅自己或他人,然后迈步继续前进。莫为逆境烦恼,莫因挫折气馁,视它们为挑战,迎难而上。充满勇气,逾越难关。勤于学习,每一天,都有新的收获。

与人交往,受人赐教,皆应兴趣盎然。寻找自我,莫自外人双眼;确认自我,无需他人欢颜。你何人,未来怎样,答案总在自己心上。坚信自我,追随己心。你,一如众生,犯错寻常。听从心声,锐意坚强……歧途,永不会踏上。

——阿什丽·赖斯\*

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译注:当代美国作家、艺术家。

# Remember to celebrate... YOU!

Celebrate all you are  
and how much you are loved.  
Honor the person you are  
and all you're becoming.  
Be reminded of how many people  
look up to you and admire  
all the goodness in your heart.  
Reach out and feel the happiness  
others wish for you.  
Do the things  
that brings sunlight to your heart  
and add a touch of magic to your dreams.

—Linda E. Knight

# 记住：要赞美…… 你自己！

该庆幸你是现在的你，  
沐浴着浓浓的爱意。  
为现在的你骄傲，  
为未来的你自豪。  
铭记在心，很多人  
敬仰你，赞美  
你美好的心灵。  
敞开胸怀去迎接  
他人心底的祝福。  
广施是德多行善，  
能为心灵带来阳光，  
能为梦想增添魔力。

——琳达·E.奈将



# Always Create Your Own Dreams and Live Life to the Fullest

Dreams can come true  
if you take the time to  
think about what you want in life...  
Get to know yourself  
Find out who you are  
Choose your goals carefully  
Be honest with yourself  
Always believe in yourself  
Find many interests and pursue them  
Find out what is important to you  
Find out what you are good at  
Don't be afraid to make mistakes  
Work hard to achieve successes  
When things are not going right  
don't give up—just try harder  
Give yourself freedom to try out new things  
Laugh and have a good time  
Open yourself up to love  
Take part in the beauty of nature  
Be appreciative of all that you have  
Help those less fortunate than you