



SEVEN DAYS TO A POSITIVE ATTITUDE 积极心态, 七日速成

打造阳光生活的七天行动计划!

盖瑞·莫里斯 编
肖维青 译



炫彩

生系列

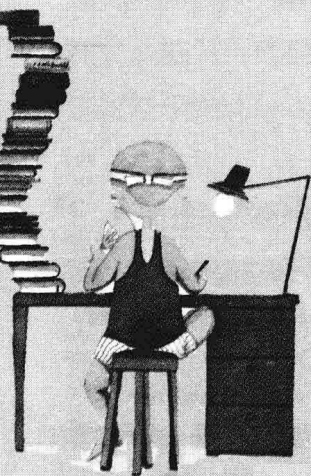
英汉对照

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APETIME
时代出版

时代出版传媒股份有限公司
安徽科学技术出版社

[皖] 版贸登记号:1209648

图书在版编目(CIP)数据

积极心态,七日速成:英汉对照/(美)莫里斯编;肖维青译. —合肥:安徽科学技术出版社,2010.6
(炫彩人生系列)
ISBN 978-7-5337-4646-9

I. 积… II. ①莫…②肖… III. ①英语-汉语-对照读物②随笔-作品集-美国-现代 IV. H319.4:I

中国版本图书馆 CIP 数据核字(2010)第 068003 号

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积极心态,七日速成:英汉对照 (美)莫里斯 编 肖维青 译

出版人:黄和平 选题策划:张雯 责任编辑:张雯
责任校对:李茜 责任印制:梁东兵 封面设计:武迪
出版发行:时代出版传媒股份有限公司 <http://www.press-mart.com>
安徽科学技术出版社 <http://www.ahstp.net>
(合肥市政务文化新区圣泉路 1118 号出版传媒广场,邮编:230071)
电话:(0551)3533330
印制:合肥杏花印务股份有限公司 电话:(0551)5657639
(如发现印装质量问题,影响阅读,请与印刷厂商联系调换)

开本:880×1230 1/32 印张:3.5 字数:100 千
版次:2010 年 6 月第 1 版 2010 年 6 月第 1 次印刷

ISBN 978-7-5337-4646-9

定价:12.00 元

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序

很显然,这本书不可能打包票:一周以后你的人生将完全不同。可是,我们这本书会向你传达这样一个令人振奋的信息:只要每天做一些小小的调整,你的生活将发生深刻的、长期的而且持久的变化。这个七天行动计划将助你踏上阳光人生之路——你可以大胆憧憬你的未来,学会冲破过去的牢笼,组建一支乐观积极的后援团,从挫折和失败中吸取教训,树立战胜沉疴的信心,不再拖拖拉拉、敷衍塞责,开始从容淡定地享受现在的生活。

假如你愿意用生命中的七天来做个试验,用你所有的热情、信心和期待来度过这一周,你可能会发现自己真心喜欢上了这样的生活方式,再也不想回到从前。在这七天里,或许,你会重新发现生命的意义并锲而不舍地去追求;或许,你会解开一辈子的心结,豁然开朗;或许,你仍然决定安于现状,但是你的心态肯定不同了。

短短一周会让你相信,你所追求的都将成为可能。完全相信自己吧,为自己的进步和细小的成功欢呼,从人生的错厄中升华,依靠所有可以利用的资源。记住,每过去一天,你都会越来越接近美好、阳光的人生!

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,需要我们自己去思考、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》就不再是一句空话;

我们的人生如果没有爱情,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,但这套书却拥有着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。

《积极心态,七日速成》是“炫彩人生”系列中的一本,保持了整个系列的独特风格。本书教我们在一周时间内,每天安排不同的话题,从不同侧面去培养积极的心态,学会掌握自己的命运,追求自己的梦想,学着克服困难、处理关系,凭借一把乐观的钥匙,开启热情、毅力和能量的宝藏。本书传递了简单的道理,却又震撼人心:凭借你现在的力量,你完全可以让自己的心情更加快乐,环境更加和谐,工作更加有创意。

本书由上海外国语大学的肖维青老师翻译。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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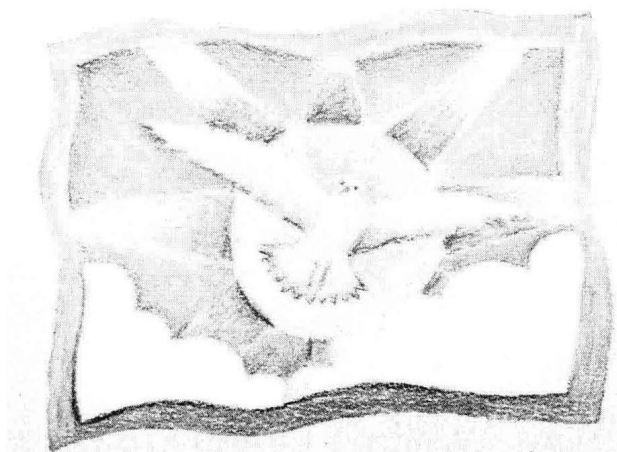
“你离目标越来越近”

Each and every day, you are on the way to becoming the person you were meant to be. Every day brings you closer to reaching your potential, your hopes, and your wishes on a thousand stars. Each day gives you a new opportunity to be the miracle that you are.

— Douglas Pagels

每过去一天,你就越来越接近那个理想中的你。每过去一天,你也越来越发挥出自己的潜质,越来越接近你的希望和梦想;每过去一天,你都会多一次机会,成为奇迹般的你。

——道格拉斯·佩吉斯



DAY

1

“Visualize the Perfect Week...”

*You are today where your thoughts have brought you;
you will be tomorrow where your thoughts take you.*

James Allen

One of the best ways to create a more optimistic spirit is to have a strong, sure sense of where your life is going. When you commit yourself to a positive plan of action, you focus on the destination and don't get so bogged down over daily obstacles. Today, ask yourself: "Where would I like to be one week from now?" If the next seven days could go exactly as you wish, how would you spend them? Would you start something new—or finish a project that's been neglected far too long? What would your attitude be toward your job, your friends and loved ones, and the direction of your dreams?

Make today the first stage on your journey to a brighter future. Set some time aside and imagine what changes you'd like to make. Write down anything that fills you with a sense of potential, enthusiasm, and hope. (See page 7 for some guidelines on setting up your list.) Lay out specific steps you can take to achieve your goals. Prioritize them, break them down into their key components, anticipate any situations and people you may encounter, and make a game plan for dealing with them in a confident manner that advances you in the directions you choose.

Above all, as you dream about and plan for what lies ahead, remember that you are your own best guide to doing what's right for your life. Trust your instincts, listen to your heart... and get set for a great, life-transforming week!

“设想一下， 完美的一周即将开始……”

你的现状是由你的思想决定的，你的未来也是由你的思想决定的。

詹姆斯·艾伦

如何使自己保持乐观呢——最佳方案之一就是明确自己的人生目标。一旦你致力于完成积极的人生计划，你的目标就是终点，小小的困难挫折都不会令你心灰意冷。所以，今天，你就问问自己：“我希望一周以后自己的生活发生什么样的变化？”如果之后的七天能如你所愿，你希望如何度过？你会不会尝试什么新东西，或者完成某个未竟的项目？你对工作、朋友、亲人的态度会有什么变化？你的梦想呢？

让我们把今天看做阳光人生之旅的第一站吧。请你花一点点时间，设想一下你所希望的人生变化。信手写下任何可以让你发挥潜质、热情激荡和充满希望的事情。（本书第7页会给你一些指导。）制定出实现自己目标的具体步骤。你可以按照重要性排列这些步骤的顺序，按照要点进行分解，预测可能出现的情况和可能遇上的人，并有条不紊地制定自己的行动计划，只有信心才是你追逐梦想的助推器。

总之，当你憧憬未来制订计划时，最重要的就是要记住你是安排自己人生之旅的最佳向导。相信自己的直觉，倾听你内心的呼唤……现在就开始吧，开始一个能改变你一生的一周吧！

Plan Your Progress

He who every morning plans the transaction of the day and follows out that plan, carries a thread that will guide him through the maze of the most busy life. But where no plan is laid, where the disposal of time is surrendered merely to the chance of incidence, chaos will soon reign.

— Victor Hugo

Tremendous things are accomplished when you take the time to plan. If you're procrastinating because you don't know where to start, try creating a detailed framework of what you need to do, whom you need to contact, and what materials you need in order to begin. When you break down big jobs into a series of smaller steps, something that looked impossible can suddenly seem manageable and achievable. If you're stuck somewhere along the way, your plan can help you get back on track or give you the insight you need to change your approach or your direction.

Take some time today and make a list of where you'd like to go this week. By writing down your goals, you bring them from the realm of thought into the world of action—and thereby set in motion the forces of the universe that will help you make your dreams come true.

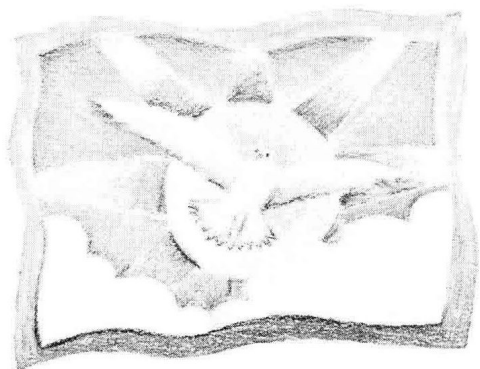
安排一周的进程

如果一个人每天早上都制订好一整天的工作计划,并且按部就班,他就不会在忙碌庞杂的琐事中迷失;相反,如果一个人浑浑噩噩,任由因缘际会安排,他的生活肯定是杂乱无序的。

——维克多·雨果

请相信,计划可以成就大事业。倘若你因为不知从何着手而因循拖沓,不妨制订一个细致的计划,规划自己需要做什么事情,需要联系什么人,需要准备什么材料等。如果你把复杂的工作分解成一系列小的步骤,那么貌似复杂的工作突然之间就可能变得容易操作且不难把握了。倘若中途你陷入困境,你的计划会帮助你重新走上正轨,或者帮助你适时地改变自己的工作方式和方向。

那么,今天你就坐下来,制订一个清单,确定这一周的目标。你在写下目标的同时,一定要下决心把自己的想法落实到行动中去,这样,你就能积极调动一切的可利因素来实现自己的梦想。



Steps to Great and Productive "List-Making":

- ♪ **Start with the big picture.** Whether it's losing weight, finding a new job, or improving your relationships, choose the situations in your life you feel most passionate about changing. Enthusiasm and motivation are the engines of transformation.
- ♪ **Break it down into specific steps.** Instead of saying "I'll get in shape," commit yourself to exercising fifteen minutes a day. Mark it on your calendar and check it off. As you write down precise details of your plan, it's easier to visualize it coming true.
- ♪ **Don't overdo it.** Remember, this list is for one week only! Sticking to a few very specific goals enables you to concentrate all your efforts on them; it also makes it harder to find excuses for not acting.
- ♪ **Be sure to include rewards.** Small rewards are a great way to mark your progress and also motivate yourself to keep with the program.
- ♪ **Be prepared for setbacks along the way.** Life is full of daily distractions that you can't always prepare for. If you don't fulfill a daily goal, don't belittle yourself; just get back on track tomorrow.
- ♪ **Check your list daily—whenever you think you need some positive reinforcement.** Stay focused and strong and remember you're going to accomplish everything one day at a time.