

英语美文诵读

走出

生命的低谷

在生命的低谷中，没有保护伞的我们要学会自己攀爬，
慢慢地你会发现：是的，你能！

Wing from Valleys

司炳月 主编



大连理工大学出版社

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生命的低谷

Wing from Valleys

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Forewords

前言

如果有机会对自己的人生做一个中肯的评价，你认为你的生活是幸福的还是不幸的？你的人生目标是现实的还是缥缈的？在实现自己人生目标的旅途上，你是否遇到过一时难以克服的困难？面对困难时你又会如何选择？当逆境来临，人生处于低谷，你是试着去接受现实安于天命？还是通过不懈的努力走出低谷，赢得属于你的人生挑战？和我们一起欣赏这些充满哲理的精粹美文吧，这里面有你苦苦追寻的答案：

“幸福是一个旅程，不是终点站。”

“不幸都是相对而言的。有些人比我们更不幸。不管现实和理想相距多远，纵观历史，我们应该为现在所处的时代和境况感到幸运。”

“生命的奖赏远在旅途终点，而非起点附近，我不知道要走多少步才能达到目标。踏上第一千步的时候，我仍然可能遭到失败，但成功往往就隐藏在前方的下个拐角的背后。”

“如果我们面临问题时，以积极的态度回应，并拒绝向恐慌和痛苦屈服，那么助力往往就潜藏在前来埋葬我们的不幸之中，它会令我们受益，并保佑我们！”



Forewords

前言

“艰难的岁月不会没完没了，只有坚韧的人能始终不懈，坚持到最后。历史告诉我们，每一个难题都有其生命周期，任何难题都不会永远存在。”

“让我们每个人都飞到高处吧，并且认识到这一点：有些可能会令我们恼怒的约束，实际上是帮助我们攀升和实现愿望的平衡力。”

.....

志向能成为我们开启人生的动力；而经验让我们拥有成功的勇气，让我们一起品评本书的一篇篇励志人生的宝藏吧！

编者

2009年5月



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B

ut no matter how indifferent the universe may be to our choices and decisions, these choices and decisions are ours to make. We decide. We choose.

但是不论世界对我们所做的选择和决定有多么漠不关心,这些选择和决定终究是我们自己做出的。我们决定,我们选择。

Ambition

It is not difficult to imagine a world short of ambition. It would probably be a kinder world: without demands, without abrasions¹, without disappointments. People would have time for reflection. Such work as they did would not be for themselves but for the collectivity². Competition would never enter in. Conflict would be eliminated³, tension⁴ become a thing of the past. The stress of creation would be at an end. Art would no longer be troubling, but purely celebratory in its functions. Longevity⁵ would be increased, for fewer people would die of heart attack or stroke caused by tumultuous⁶ endeavor⁷. Anxiety would be extinct⁸. Time would stretch on and on, with ambition long departed from the human heart.

Ah, how unrelieved boring life would be!

There is a strong view that holds that success is a myth, and ambition therefore a sham. Does this mean that success does not really exist? That achievement is at bottom empty? That the efforts of men and women are of no significance alongside the force of movements and events? Now not all success, obviously, is worth esteeming, nor all ambition worth cultivating. Which are and which are not is something one soon enough learns on one's own. But even the most cynical⁹ secretly admit that success exists; that achievement counts for a great deal; and that the true myth is that the actions of men and women are useless. To believe otherwise is to take on a point of view that is likely to be deranging. It is, in its implications, to remove all motives for competence¹⁰, interest in attainment, and regard for posterity¹¹.

We do not choose to be born. We do not choose our parents. We do not choose our historical epoch¹², the country of our birth, or the immediate circumstances of our upbringing. We do not, most of us, choose to die; nor do we choose the time or conditions of our death. But within all this realm of choicelessness, we do choose how we shall live: courageously or in cowardice¹³, honorably or dishonorably, with purpose or in drift. We decide what is important and what is trivial in life. We decide that what makes us significant is either what we do or what we refuse to do. But no matter how indifferent the universe may be to our choices and decisions, these choices and decisions are ours to make. We decide. We choose. And as we decide and choose, so are our lives formed. In the end, forming our own destiny is what ambition is about.



抱 负

一个缺乏抱负的世界将会怎样,这不难想象。或许,这将是一个更为友善的世界:没有渴求,没有摩擦,没有失望。人们将有时间进行反思。他们所从事的工作将不是为了他们自身,而是为了整个集体。竞争永远不会介入。冲突将被消除。人们的紧张关系将成为过往云烟。创造的重压将得以终结。艺术将不再惹人费神,其功能将纯粹为了庆典。人的寿命将会延长,因为由于激烈的拼争而引起的心脏病和中风所导致的死亡将越来越少。焦虑将会消失。由于抱负早已告别人心,时间将得以无限伸延。

啊,长此以往,人生将变得多么乏味无聊!

有一种盛行的观点认为,成功是一种神话,因此抱负亦属虚幻。这是不是说实际上并不存在成功?成就本身就是一场空?与诸多运动和事件的力量相比,世上男男女女的努力显得微不足道?显然,并非所有的成功都值得景仰,也并非所有的抱负都值得追求。对值得和不值得的选择,一个人自然而然很快就能学会。但即使是最为愤世嫉俗的人暗地里也承认,成功确实存在,成就的意义举足轻重,而把世上男男女女的所作所为说成是徒劳无功才是真正的无稽之谈。认为成功不存在的观点很可能造成混乱。这种观点的本意是消除人们所有提高能力的动机、求取业绩的兴趣和对子孙后代的关注。

我们无法选择出生,无法选择父母,无法选择出生的历史时期与国家,或是成长的周遭环境。我们——我们中的大多数人——都无法选择死亡,也无法选择死亡的时间或条件。但在这少有选择余地的领域之内,我们的确可以选择自己的生活方式:是勇敢无畏还是胆小怯懦,

是光明磊落还是厚颜无耻,是目标坚定还是随波逐流。我们决定生活中哪些至关重要,哪些微不足道。我们决定,用以显示我们自身重要性的,不是我们做了些什么,就是我们拒绝做些什么。但是不论世界对我们所做的选择和决定有多么漠不关心,这些选择和决定终究是我们自己做出的。我们决定,我们选择。而当我们决定和选择时,我们的生活便得以形成。总而言之,构筑我们的命运是抱负的真意所在。

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1. abrasion [ə'breɪʒən] n. 磨减,磨损,磨损之处
2. collectivity [kəlek'tiviti] n. 集体
3. eliminate [i'limineɪt] v. 除去,排除,剔除
4. tension ['tenʃən] n. 紧张,张力,拉力
5. longevity [lɒn'dʒeviti] n. 长寿
6. tumultuous [tju'mʌltjuəs] a. 乱哄哄的,喧哗的
7. endeavor [in'devə] n. 努力,尽力
8. extinct [ɪks'tɪŋkt] a. 灭绝的,熄灭的
9. cynical ['sɪnikəl] a. 愤世嫉俗的
10. competence ['kɒmpətəns] n. 能力
11. posterity [pɒs'teriti] n. 后代
12. epoch [i:pɒk, 'epɒk] n. (新)纪元,(新)时代
13. cowardice ['kauədɪs] n. 懦弱

Questions:

1. According to the article, why do we need ambition?
2. In the author's opinion, what can we choose?
3. Are you a ambitious person? If you are, what's your ambition?
If you are not, will you cultivate yourself into a person with ambition? Why or why not?



All successful people, men and women, are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.

成功人士,无论男女,都是大梦想家。他们会勾勒未来的蓝图,每一个方面都考虑得很完美,而后,他们每天不停地工作,努力向自己的既定目标前进。

Attitudes toward Success

It doesn't matter where you are coming from. All that matters is where you are going.

Your decision to be, have and do something out of ordinary entails¹ facing difficulties that are out of the ordinary as well. Sometimes your greatest asset is simply your ability to stay with it longer than anyone else.

You can't control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.

Those people who develop the ability to continuously acquire new and better forms of knowledge that then can apply to² their work and to their lives will be the movers and shakers in our society for the indefinite³ future.

The more you seek security⁴, the less of it you have. But the more you seek opportunity, the more likely it is that you achieve the security that you desire.

Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, "What's in it for me?"

All successful people, men and women, are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.

态度决定成功

你来自何方,无关紧要。你去往何处才是重要的。

你的决定超出常人的范围,势必也会面临更大的困境。有时你最大的财富就是因为你有比别人更持久的能力。

你无法掌控事物的发展,但可以改变自己的态度。只有这样,你才能不被事物左右而成为其主宰。

一些人能不断地获取新知识,并将其运用到工作和生活中,他们是社会朝无限未来进步和变革的发起者和倡导者。

你越是努力寻求安全,就越会感到不安。但是你越是努力争取机会,就越能得到你想要的安全。

成功人士总是寻求机会去帮助别人,而不成功的人总会问这样的问题:“这跟我有什么关系?”

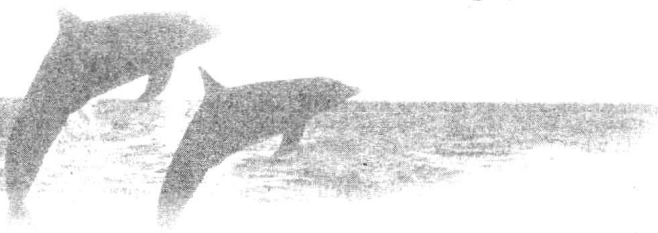
成功人士,无论男女,都是大梦想家。他们会勾勒未来的蓝图,每一个方面都考虑得很完美,而后,他们每天不停地工作,努力向自己的既定目标前进。

.....

1. entail [in'teil] v. 使必需,使蒙受
2. apply to 适用于,运用于
3. indefinite [in'definət] a. 模糊的,不确定的,无限的
4. security [si'kjʊərɪti] n. 安全

Questions:

1. In the author's opinion, what will you achieve if you can control your attitude towards what happens to you?
2. What's your attitude towards success, happiness, love and wealth, etc.?



Here are some steps you can enjoy taking, to experience contentment and growth. These steps are cumulative. That is, when you do Step 2, you are still practicing Step 1; when you do Step 3, you are still practicing Steps 1 & 2.

你可以利用这些步骤充分地享受到满足和成长的体验。这些步骤是逐渐积累的。也就是说,你开始第2步时,你还在做第1步;当你开始第3步时,你依旧是在做第1步和第2步。

Be Content and Grow

Here are some steps you can enjoy taking, to experience contentment and growth. These steps are cumulative¹. That is, when you do Step 2, you are still practicing Step 1; when you do Step 3, you are still practicing Steps 1 & 2.

1. Practice contentment.

Enjoy what you have, who you are, and where you are. Practice being contented with what you have, rather than practice being discontented with what you do not yet have—big difference! A valuable part of contentment is to know what your core values and core skills are ... and focus on enjoying using them. A part of your future upgrades will be

remembering and utilizing² your core values and core skills in new ways ... but not losing sight of what is essential³, valuable, and central.

2. Upgrade what you have.

You can upgrade in any way that you like, including more quiet time, more income, or both! You decide. Taking something that you have: a kind of client, a market, a way of recreation⁴... something that you want more of. You are choosing among the BEST of what you currently have in your life, and know how to get, have or be. Some examples: a. If you are a coach, you can take the clients that you most enjoy and that are the most profitable⁵, and aim to get more of these ... you already have some. b. If you are in business of any kind, consider that your top customers, a small number of them, probably earn you the most income. If so, aim for more of those kinds of customers. c. If your enjoyment of life comes from an occasional walk, plan more such walks.

3. Plan your next upgrade.

Plan a new business niche, new activity, new (and unused) part of yourself — to develop, learn about, utilize, and enjoy. In this step, you are reaching for what you do not have yet. It is especially valuable to continue practicing contentment, rather than literally⁶ practicing being discontented while you reach for something that so far has been beyond your reach. Practicing contentment means enjoyment; making a practice of discontentment means frustration⁷: it's a choice. If it takes a while, doesn't work out ... you'll be having a great life in the meantime, because you are still practicing contentment, and still upgrading what you have.

Be content, and grow.