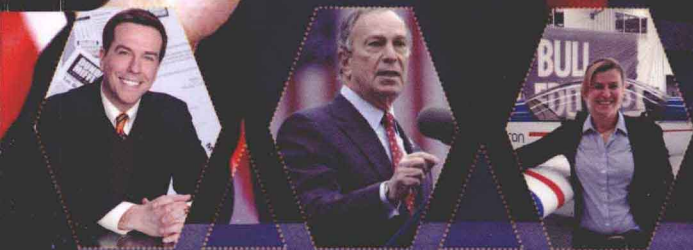


震撼心灵的演讲

有所作为



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1	Make a Difference 有所作为	亚历克斯·基普曼 /002
---	---------------------------------	---------------

2	The Way to Success 成功之路	鸟叔 /016
---	----------------------------------	---------

3	Stronger Ideals 更加坚定的理想	艾里克·格林坦斯 /034
---	----------------------------------	---------------

4	Find Your Right Place 找到适合自己的位置	尼古拉斯·格雷戈里·曼基夫 /054
---	--	--------------------

5	A Broken Body Isn't a Broken Person (Excerpt) 身残志坚 (节选)	詹宁·谢福得 /072
---	--	-------------

6	Kids Need Structure (Excerpt) 教育应从孩提抓起 (节选)	科林·鲍威尔 /086
---	--	-------------

7	Where Is Home? 何处为家?	皮柯·耶尔 /102
---	-------------------------------	------------

8	How to Escape Education's Death Valley (Excerpt) 如何逃离教育的死谷 (节选)	肯·罗宾森 /118
---	--	------------

- 9 Agile Programming—for Your Family
幸福家庭的秘诀 布鲁斯·法伊勒 /134
- 10 How Books Can Open Your Mind
书籍何以成为心灵解药 卜秋静 /156
- 11 Embrace the Shake
遇到瓶颈，勇敢面对 菲尔·汉森 /164
- 12 Three Rules to Spark Learning
激发学习兴趣的三条黄金法则 拉姆齐·穆萨拉姆 /174
- 13 Change Your Words, Change Your Life
改变说话方式，你的人生更美好 安东尼·罗宾斯 /182
- 14 The Future of Leadership
引领未来 迪帕克·乔普拉 /196
- 15 Fear Is Good (Excerpt)
无所畏惧 (节选) 艾德·赫尔姆斯 /210
- 16 Find Your Own Path (Excerpt)
寻找自己的路 (节选) 斯蒂芬·科尔伯特 /222
- 17 Trilogy in Career Planning
职业生涯规划三部曲 查理·丹森 /234

18 Everything is Possible
一切皆有可能 科里·布克 /252

19 To Be Honest
做个诚实的人 乔恩·洛维特 /264

20 One Second Every Day
每天录制一秒钟 栗山塞萨尔 /282

21 Every Kid Deserves a Champion
每个孩子都能成为冠军 丽塔·皮尔逊 /292

22 Dare to Disagree
敢于质疑 玛格丽特·海佛南 /302

23 Nature • Beauty • Gratitude
自然 • 美丽 • 感恩 路易·施华兹伯格 /316

24 To Be a Responsible Citizen (Excerpt)
做有责任心的公民 (节选) ... 贝拉克·侯赛因·奥巴马二世 /324

25 The Day You Stop Learning is the Day You Start Dying
活到老，学到老 迈克尔·布隆伯格 /346

26 How a Boy Became an Artist
成为艺术家的心路历程 杰瑞特·克罗索科兹卡 /362

27 It's the Grit That Determines Your Success
毅力决定成败 安吉拉·李·达克沃斯 /382

28 Body Language Shapes You
肢体语言塑造你自己 艾米·卡迪 /390

39 Shape Uncertainty with Your Willpower
用毅力打造未来 金 墉 /414

30 The World Needs All Kinds of Minds
世界需要多元思维 坦普·葛兰汀 /432

31 Run Your Race
向着梦想奔跑 莎莉·阿尔方希 /448

震撼心灵的演讲

——有所作为

Make a Difference

Alex Kipman

Commencement Address at Rochester Institute of Technology

May 17, 2013

◎ In the Ying and Yang of life, freedom is the Ying whose Yang is responsibility.

◎ The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

◎ Think of failure as a stepping stone to ever greater success in life. Failure is not an end, but rather it is a bridge to future success.

President Destler, Board of Trustees, and beautiful people of all kinds, let me first congratulate the graduates, their families and their friends, thank the faculty, administration and staff for tending, feeding and protecting the graduates during this amazing journey, and finally let me express how deeply honored, humbled and thankful I am to be back here today, 12 years after graduating from this amazing family called RIT.

Class of 2013, welcome to graduation! What an amazing, once-in-a-lifetime event! Feeling the gravitas of the moment yet? Class of 2013, today you represent humanity at its very best. Let's wallow in that concept together.

有所作为

亚历克斯·基普曼

在罗切斯特理工学院毕业典礼上的演讲

2013年5月17日



◎ 在人生的阴阳学中,自由是阴,它所对应的阳是责任。

◎ 对于大多数人来讲,最危险的事不是因为我们把目标定得太高,而没有得以实现,而是我们把目标定得太低,却实现了。

◎ 把失败想成人生中通往越来越成功的铺路石吧。失败不是终点,而是一座通往成功的桥。

德斯特勒校长、理事会成员们、可爱的人们,首先请让我对毕业生以及他们的家长和朋友表示祝贺,感谢行政管理人员和全体教职员工在这段美妙的旅程中照顾、养育、保护罗切斯特理工学院的毕业生们。最后,请让我表达自己十分荣幸、无比谦卑的心情,大学毕业12年之后,我又回到了这个叫作罗切斯特理工学院的美好大家庭,我对此深表感谢!

2013届毕业班的同学们,欢迎来到毕业典礼!这是一场一生中只有一次的盛事!大家感受到此刻的庄重气氛了吗?2013届毕业班的同学们,今天,你们是最杰出人类的代表,让我们共同沉浸在这个概

Every single graduating student has the indelible right to make a dream into reality. Graduation, like many other life events, is the process of turning a page and opening a brand-new chapter. In every case, the new chapter has a probability to yield the next profound revolution in knowledge and life as we know it.

How can anyone feel prepared for the infinite probabilities that ensue, where there is no means of testing which decision is better, since there is no basis for comparison? I can only attempt to answer this question, with a quote from the great master Michelangelo^①, who said: “The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.”

Class of 2013, please do not fall into the trap of only committing to what’s predictable. One of the things we are too often measured on is success. Sometimes this is exclusively what we are measured on. Instead, measure yourself by your failures. If you are not failing, and if you are not failing often, you are not trying hard enough. Think of failure as a stepping stone to ever greater success in life. Failure is not an end, but rather it is a bridge to future success. Resilience, and the ability to quickly rebound from failures renews you, and makes you more balanced, more creative and ultimately leads you to a more fulfilling life.

Do not let fear hold you back. Fear of failure, fear of ridicule, fear of not knowing. When you want to accomplish something disruptive, you have to take risks. Revolutions in knowledge and life as we know it require this. I would not be here today without taking risks. I would not be here today without having failed, without being ridiculed, without spending the majority of my life dealing with the unknown.

Graduates, you represent humanity at its very best. Defy the impossible and refuse to fear failure. Imagine what you could accomplish, if you knew failure didn’t matter? Graduates, the world needs you to not be boring.

念中吧！

每一位即将毕业的同学都拥有一项不可磨灭的权利：把梦想变成现实。就和其他许多的人生大事一样，毕业典礼是翻开新一页、开启新篇章的过程。在每一种情况下，新的篇章都蕴含着一个可能性：引领下一场意义深远的革命，改变理念与我们所熟悉的生活。

对于接踵而至的无限可能性，谁又能觉得自己做好了准备？因为没有比较的基准，所以就没有办法检验哪个决定更好。我只能引用伟大的大师米开朗基罗的一句话来试着回答这个问题，他说：“对于大多数人来讲，最危险的事不是因为我们把目标定得太高而没有得以实现，而是我们把目标定得太低，却实现了。”

2013年毕业班的同学们，请不要落入这个陷阱：只尽力去做可以预见的事。成功是衡量我们的一个指标，人们过于频繁地以此来衡量我们；有时，成功是衡量我们的唯一指标。相反，大家不妨以失败来衡量自己。如果你没有失败，如果你没有经常失败，那么你就是还不够努力。把失败想成通往越来越成功人生的铺路石吧。失败不是终点，而是一座通往成功的桥。复原力、迅速从失败中恢复过来的能力会让你重获新生，会让你变得更加均衡、更富于创造力，最终还会引领你迈上能更好实现自己抱负的人生轨道。

不要让恐惧——失败的恐惧、遭到嘲笑的恐惧、未知的恐惧阻碍你前进。想要完成颠覆性的壮举，你就不得不冒险。理念的革命、改变我们所熟悉生活的革命需要冒险。如果没冒风险，我今天就不会站在这里。如果没有失败过、未曾遭到嘲笑、没将大部分的人生用于跟未知打交道，我今天就不会站在这里。

毕业生们，你们所代表的是最杰出的人类。蔑视那些不可能的事，拒绝害怕失败吧。想象如果自己知道失败无关紧要，你会取得什么样的成就？毕业生们，这个世界需要你们成为这样的人。

Today, you are not only free, but most importantly you are free to achieve and free to find purpose! Freedom, however, is only part of the story and half of the truth. In the Ying and Yang of life, freedom is the Ying whose Yang is responsibility. Graduates, it is your responsibility to search for meaning and this should be your primary motivation in life. Without meaning, life will feel empty and with that emptiness comes aggression, addiction and depression.

In the words of Heroes: “Save the cheerleader! Save the world!” Said differently, to save one life is to save the entirety of humankind. This starts with you and your life. You have been given rare gifts of intelligence, love, wonder and laughter. You would not be here today without these, recognizing how special that makes you. Do not take these gifts for granted, and do not allow yourself to one day say life was not interesting. Class of 2013, the world expects you to do a lot better than that, which brings me to the interactive part of this conversation. Are we ready?

Beautiful people of all ages, clear your thoughts. Now, search for the happiest moment in your life. Hold on to that moment. Is that magic moment in the first or second half of your life? If it's ever in the first half, you run the risk of one day looking back in regret. Half-life is a concept typically used to describe radioactive decay, but it also applies to life. Imagine being 60 years old and the happiest moment of your life happened before you were 30. Imagine being part of the graduating class of 2013 and that moment happened before you were 11. Ask this question to the next 10-year-old you see, and I guarantee you their happiest moment won't be before they were 5. Enriching and fulfilling experiences surround us. Do not let the machinery of modern society cloud your vision. Do not allow consumerism, corporations or societal dogmas get in the way. You need to focus on the signal in life.

If your happiest moment falls in the first half of your life, ask

今天,大家不但是自由的人了,而且更重要的是,你们可以自由地去干一番事业,你们可以自由地寻找人生的目标!可自由仅仅是故事的一部分,仅仅是一半的事实。在人生的阴阳学中,自由是阴,它所对应的阳是责任。毕业生们,找寻人生的意义既是你们的责任,也应该成为你们在人生中的首要动力。如果人生没有意义,你就会感到空虚,攻击、上瘾和抑郁行为也会伴随空虚而至。

英雄们会说:“拯救拉拉队队长!拯救世界!”换一种说法,拯救一个人的生命就等同于拯救全部人类,这一壮举就始于你和你的人生。大家都天赋异禀,拥有智慧、爱、令人惊奇之处以及欢笑。如果没有这几项天赋,你们今天就不会来到这里,大家要意识到这些天赋使自己变得多么独特。不要把这些天赋当成理所当然的事,也不要允许自己在某一天说生活很无聊。2013届毕业班的同学们,这个世界期待你们有比那好得多的表现,这就把我的话题带到了互动对话环节:我们准备好了吗?

各个年龄层的美丽的人们,理清你们的思绪。现在,寻找自己人生中最快乐的时刻,然后停留在那一刻。那个神奇的时刻处在你人生的前半段还是后半段?如果那一刻处在人生的前半段,那么你就要冒这样的风险:有一天,你会非常遗憾地回首往事。半衰期是一个专门用于描述放射性衰变的概念,但这个概念同样可以用来描述人生。想象你60岁了,人生中最快乐的时刻却发生在30岁以前。想象身为2013届毕业班的一名成员,人生中最快乐的时刻却发生在你11岁的时候。向你见到的下一个10岁小孩提出这个问题,我可以保证他们人生中最快乐的时刻不会发生在5岁以前。令人生变得丰富多彩、格外充实的经历围绕在我们身边。不要让现代社会的机械性遮挡住你的视线,也不要让消费主义、公司或社会教条阻碍你前进。你需要把注意力集中在生活的信号上。

如果最快乐的时刻处在人生的前半段,那么你就要问问自己是不

yourself if you have given up doing what you love? You must slowly and relentlessly wipe from your psyche every trace of the alluring but insupportable past, and build a new set of dreams and behaviors on a more present basis. A basis that is not supported by money alone, but places a higher priority on a healthy body that is allowed to exist without the stress and threats of today's society. Do you still have a heartbeat? If so, you can still do something about it. It's time to re-establish these eternal values.

We don't simply exist, instead we decide what our existence will be. Quantum physics teaches us that infinite probabilities exist at any point in time, and through the process of measuring, we destroy all options and we create the present. In other words, humans are ultimately self-determining. You, and you alone, get to decide, from moment of time to moment of time, what you will become in the next moment. By the same philosophy, all of us, at any instant, have the freedom to change.

Graduates, never give up on what you really want to do. The world needs you to keep dreaming ever bigger dreams. Afraid others won't get it? Vision by definition is something most people can't see. Otherwise, we would not call it vision, and we would call it common sense. Butterflies in your stomach? Embrace the fear you feel within. Make sure that as life passes you by, that you are always running towards something, and never find yourself running away from something. Believe in yourself, take the leap, and jump off the cliff. Afraid you will not survive? Only mediocrity is sure of itself, so take risks and focus on what you love, which brings us to love.

Class of 2013, be unwavering about love in your life. Above all, be loyal to those around you who believed, and were willing to jump off the cliff with you. Being competent at love is quite different from being wise about it. Over the years, I have seen people take one of two paths: The competent one or the wise one. In the competent path you superficially flow through relationships. In the wise path, you use your experience,

是放弃了去做所爱的事？大家必须慢慢、持续不断地抹除灵魂中与自己诱人却又难以忍受的过去有关的每一处痕迹，然后在与当下联系更紧密的基础上构建一连串新的梦想、塑造一套新的行为。这个基础并不仅靠金钱支撑，它把能抵抗住现代社会压力与威胁的健康身体摆在了更重要的位置上。你还有心跳吗？如果有，你就还能有所作为，是时候重新确立这些人生的永恒价值了。

我们并不只是简简单单存在于这个世界之上。相反，我们的存在方式是由自己决定的。量子物理学教给我们：在任一个时间点上都存在着无数可能性。在衡量的过程中，我们毁掉了所有的选择，创造了现在的状态。换言之，人类最终自己决定自己的命运。从一个时刻到另一个时刻，你、你一个人决定自己在下一刻要变成什么样子。按照同样的哲学，我们所有的人在每一个瞬间都拥有做出改变的自由。

毕业生们，永远不要放弃自己真正想做的事。这个世界需要你做越来越大的梦。担心别人不理解你？按照定义来讲，视野就是大多数人都没有发现的事。否则，我们就不会将它称之为视野了，我们会把它叫作常识。大家有忐忑不安的感觉了吗？接受自己内心的恐惧吧。在人生流逝的过程中，你们要保证自己一直朝着某一个目标奔跑，千万不要发现自己正在逃离某一件事。相信自己，跨出一步，跳下悬崖，担心你不会幸免于难？只有平庸是确切无疑的，所以不妨冒冒险，把注意力集中在你热爱的事物上吧，这就把话题转到了爱上。

2013届毕业班的同学们，大家应对人生中的爱持有坚定不移的态度。最重要的是，大家要忠于身边那些相信你的人、愿意和你一起跳下悬崖的人。拥有爱的能力和对爱持有明智的态度是截然不同的两件事。多年以来，我看到了人们在这两条路中择一而行：做一个有能力去爱的人或是做一个明智的人。在做一个有能力去爱的人这条路

knowledge and understanding to make meaningful and profound relationships.

Love is what you really know in your heart and in your gut. It's not logical, but it is both real and true. True knowledge comes from feeling and experience. It's not quantifiable and you can't learn it from a book. But you know when you love another human, and you know when you are moved by a book, music, or a sunset. These feelings bring you inner peace, not because someone has listed all the good characteristics of the person you love, or explained the sentence structure in the book, the mathematical precision of the music, or the light waves of the sunset, but because you experience it, you feel it. Logic has nothing to do with it. In fact, the truth of knowing something is much more powerful, accurate, and trustworthy than linear processes of "learning" or "understanding".

Being a Kirk^② rather than a Spock^③ is the most important and hardest lesson I have learned in my life. I had to practically lose everything I ever loved before I paid attention to this side of life. It was the year we shipped Kinect, it was a turning point in my life, and it changed me forever. I had to confront the reality of being one of the lucky few that achieved a lifelong dream, and yet I was empty inside and my life had no meaning. Fortunately, I am lucky, and I have an enlightened aunt who loves me in the absolute sense. She embraced me, like only true mothers do, and she encouraged me to sit quietly and think for days in her off-the-grid farm in Brazil.

I had to contrast the short-term excitement I was feeling with the impact it was having on my relationships, family and character. I concluded that nothing in life compares to the warmth and care of spending a lifetime with a soul mate, watching a daughter grow and become involved in worthwhile endeavors and behaviors. I felt and I knew that if I chose wisely and loved deeply, she would grow up and come home not as a matter of not having a job, or needing support, but to