

双语
魅力
美文



找回迷失的自己

岁月如歌，以灵魂歌唱；生命如诗，尽一生品读

「美」凯瑟琳 / 编著 汪菲非 / 译

心灵
*Chicken Soup
For The Soul*

人生的旅途有太多的不宁，一不小心就弄丢了最初澄净的自己
让我们追随心灵的声音
去找回迷失的温暖



*Chicken Soup
For
The Soul*



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〔美〕凯瑟琳·编著 汪非非/译

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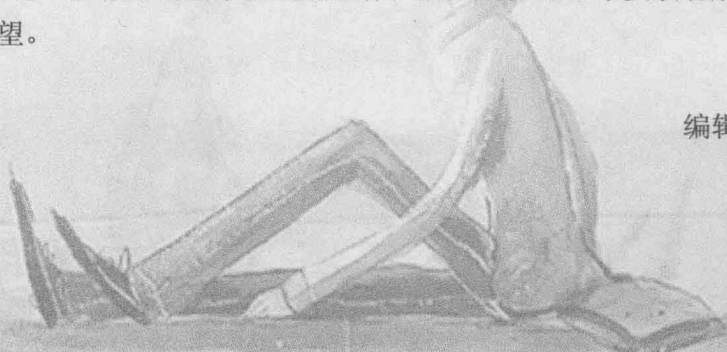
出版说明

“双语魅力美文(英汉对照)”系列书全套共八本,分别为:《找回迷失的自己》《幸福住在你心上》《仰望生命的阳光》《重遇未知的自己》《感谢岁月曾经来过》《致终将逝去的青春》《淡定的人生不寂寞》《你若安好便是晴天》。本套作品所涉及的主题几乎涵盖了现实人生的种种热门话题,旨在为读者的心灵注入温暖和勇气,为生活带来爱与希望。本套系列书的作者凯瑟琳是学贯中西的学者。她拥有一颗善于观察他人的细腻、睿智的心灵。在美国时,她就对社会中不同人群的内心状态怀有强烈的兴趣,曾参与过美国某大型机构所做的社会调查,深入研究人们在各种情境中的心理变化。这对她后来主持编写“双语魅力美文(英汉对照)”系列书有极大的帮助。

来到中国后,凯瑟琳就读于国内某著名外语院校,运用中文的能力更加得心应手。在这段时期,她开始频繁翻译介绍一些优秀的文学作品,其中包括在英美热销不断的心灵励志类散文。她精心撷取了这类散文中的精华,并力图将这些文章翻译成优美动人、诗意盎然的中文美文。

如今,我们希望这套系列书的面世,能给大家带来一丝清新美好的感觉,抚慰都市中每一颗渴求温暖的心灵。而我们也一定会以更大的努力,进一步做好这套书的出版工作,竭诚以待,绝不辜负读者朋友们的期望。

编辑部



译者序

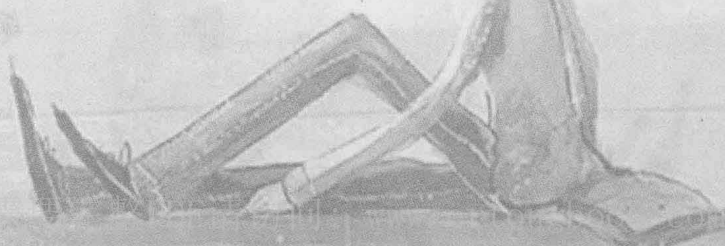
本书为“双语魅力美文(英汉对照)”系列书之一,是由美国学者凯瑟琳女士编著而成。本套丛书,囊括了各种经典哲理美文,内容涉及青春、爱情、理想等不同视角,体裁上也是多种多样,其中有语句优美的散文、感人至深的叙事文、以及权威有力的演讲。整套作品既包含理性的人性思考,又有鲜活生动的感性触摸,令人深思遐想,回味悠长。

一种语言是一个文化的代表,要想理解异国文化,那么首先就要熟悉他们的语言。在翻译本套书的过程中,我深深地感到,书中的每一个字、每一句话,无不清新淡雅,散发着温暖人心的力量。相信每一位读者在阅读本书时,都会感到自己是在品尝浮躁人生里的一杯清茶,在无尽的爱与幸福中聆听智慧与快乐的乐章。我们会发现,生命中的细微感动,始终都在身旁。

另外,我由衷地希望,这套丛书能够为英语学习者们带来一些帮助,无论是英语学习方面的,还是人生启示方面的。

在翻译这套书的过程中,我曾多次与凯瑟琳女士进行交流,她认真细致的态度使我受益颇多,故在此向凯瑟琳女士表示感谢。同时我也要感谢许多老师和朋友们的悉心指点,他们的帮助令我的翻译过程变得非常愉快。因时间和水平有限,书中难免会有错误和疏漏,还望读者批评指正。

译者



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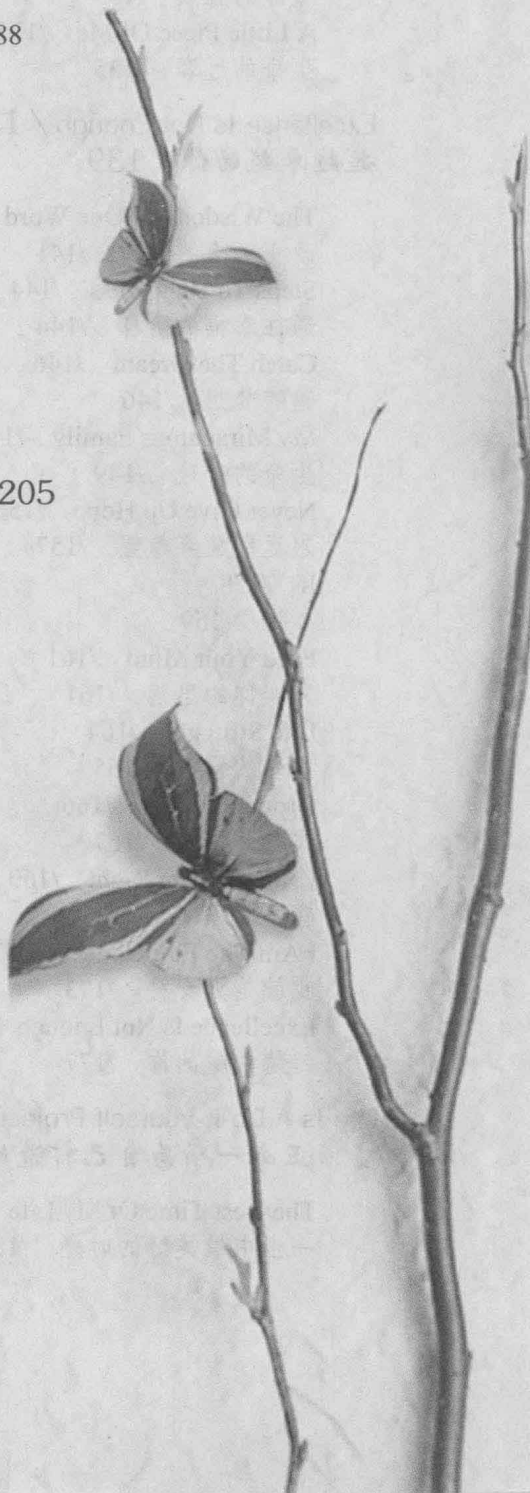
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You Will Be Master Of Yourself

做自己想做人

上帝给了鸟儿食物，但他没有
将食物扔到它们的巢里。不管你想
要去哪里，不管你想要做什么，真正
做决定的还是你自己。



如果我回到 18 岁我会对自己说……

What I'd Tell Myself If I Were 18 Again...

I like to joke that I am who I am today because I did everything wrong in my 20's. I've always been fearless, and it often got me in trouble. I wasn't afraid to start a business, borrow a bunch of money, or quit a well-paying job to travel the world.

At the same time, the fact that I took chances (and often failed) gave me the wisdom that I have today. Lessons learned through failure tend to be much more meaningful than lessons learned otherwise.

Now that I'm in my 30's, life is pretty good. While I haven't learned it all, I feel my head is screwed on straight enough that life is much less stressful. I've come into my own and built the foundation for a secure and prosperous future.

Even though things are going well, I often imagine what it would be like to go back into the past and teach myself what I know now. I know enough to be certain that I lost most of my twenties to a struggle with debt and poor decisions. If I had done things differently, maybe I could have been where I am now at age 22.

Could you imagine? Self employed and almost financially independent at age 22? No... not almost. My expenses were much less back then... I would have been financially free!

I know it doesn't do any good to ask what if. If I had known it all at age 22, I probably would have been a little cocky. Doing things the hard way seasoned my character. I like who I am and I wouldn't change a thing.

But what if...

What I'd Tell Myself at 18?

Sometimes I imagine that I'm in a fishing boat, thousands of miles

away from the life I know, slowly drifting across a lake. As I recline at an uncomfortable angle created by the wood bench and aluminum hull, I glance over at the 18 year-old version of myself and upload my wisdom to him.

我常开玩笑说，我之所以是现在的我，完全是因为我二十几岁时把一切事情都做错了。那个时候，我什么都不怕，所以经常惹麻烦。我不怕为了创业而借一屁股的债，又或者是辞去高薪的工作只是为了周游世界。

也正因为那时候的我抓住了很多机会（虽然经常以失败告终），才让今天的我学到了许多智慧。相较之下，从失败中吸取的教训比从其他地方学到的东西更加深刻。

现在，我过着幸福的三十岁生活。尽管我还没有掌握到生活的全部，但是我觉得已经足够让自己的生活没有太大的压力。我有自己的生活方式，并且给未来打下了安全、繁荣的基础。

尽管一切都在顺利地进行，我还是经常想象，如果我回到过去并且把我现在学到的东西教给那个时候的我，事情会变成什么样子。我非常清楚，二十几岁的我大部分时间都在和债务以及自己的糟糕决定纠缠。如果我能用另外一种方式去做事，也许在我 22 岁的时候就能有今天的成就。

你能够想象在 22 岁的时候就自己当老板并且财政独立吗？不，简直不可想象啊！我那时的花费非常的低，说不定那时我就可以得到财政自由了！

我也知道说“如果……”是没有什么意义的。如果我在 22 岁的时候就能知道这些了，我可能会变得有些骄傲自大。困难让我成长。我喜欢现在的我，我不打算去改变什么。

但是如果……

如果我回到 18 岁我会告诉我自己什么呢？

有时候我会想象我在一只渔船上，离真实的生活千里之遥，慢慢地在湖中漂荡。我不太舒服地躺在木凳上，瞥一眼 18 岁的自己，然后把把自己现在的智慧传给他。

Here's what I say:

Don't be so Serious

Relax... You've got your whole life ahead of you. I know it can seem like the most important thing in the world is fighting the good fight, but don't let your life pass you by in the process. There'll be plenty of time for starting businesses, writing books, creating art, and solving the world's problems in your head.

It's impressive that you do those things at such a young age, but life is really about experiences. Above all, it's about sharing experiences with other people. Sometimes when you're all wrapped up in your own head, doing the things that you are determined to do, you miss a chance to connect with other people.

So take it easy. Have some fun. Do something crazy. Let loose. Call up some friends and share some great moments together.

Don't Be in Such a Hurry to Grow Up

A funny thing happens as you age: The older you get, the less of a hurry you're in. You'd think it would be the other way around: the less time you have, the more of a hurry you're in; but it's actually quite the opposite.

At 18, it seems like you have to rush everything before you get too old. You think you have to graduate college, get a good job, and get married before you turn 22, because (for some reason) you think 22 is old.

Don't take being young for granted! Being a kid without responsibility is a thing of beauty. I know you don't appreciate it now, but you will when you're my age.

22 is just getting started! In fact, life gets more enjoyable as you age. As you learn more about yourself and the world, it gets easier to enjoy what the world has to offer.

Your 20's are the perfect time to explore the world and experience new things. If you grow up before you turn 22, you'll have missed a perfect opportunity. Experiences at 18 are just not the same as when you're 25.

我会告诉他：

不要太认真

放松点……人生还长着呢。我也知道，似乎世界上最要紧的事情就是打一个漂亮仗，但是请不要与你的生活擦肩而过。对于你而言，还有大把的时间去创业、写书、创作，去解决那些你考虑的世界问题。

能够在年轻的时候就做出那些成就的确让人印象深刻，可生活的真谛在于经历。最首要的，就是和他人分享那些经历。有时候，当你自己规划好一切，做那些你决心要做的事情，却错失了和他人交流的机会。

所以，要放松点。去享受乐趣，去做一些疯狂的事情，不要把自己绷得太紧。和朋友们一起分享一些美好时光。

不要急着长大

你那个年龄是很奇妙的：你年岁越大，你越少着急。但你也许却有另外一种思路：你有的时间越少，你越着急。可是事实其实是完全相反的。

18岁的时候，看上去你必须要在自己变得太老之前急匆匆地做完一些事情。你认为自己必须要从大学毕业，找个好工作然后在22岁之前结婚，因为（不知道什么原因）你认为22岁已经老了。

不要把年轻看得那么理所当然！做一个不需要负太多责任的小孩是一件很美妙的事情。也许现在的你不太赞同，可当你到了我这个年纪的时候就会明白了。

22岁只是生命的开始。事实上，生活随着时间的流逝变得更有趣。当你对自己和世界了解得越多，就更容易去享受世界所提供的东西。

二十几岁是探索世界、体验新东西的最佳时段。如果你在22岁之前就长大了，你会失去这个最佳机会。18岁的感受绝对不会和25岁的感受一样。

Travel, art, culture, sport, and adventure take on a whole new meaning when you have had some experience to build on. As you add layer upon layer, each experience is more rich than the last.

Choose Experience over Material Possessions

If you're ever faced with the choice of upgrading your lifestyle (an apartment by yourself, a new car, new clothes, etc.) or working less so you can experience more; chose the latter.

When I was your age, I thought I needed to have nice stuff so girls would like me. I ended up working so hard to pay for the stuff that I didn't have time to meet girls.

Working hard is for grown-ups. Be a kid for as long as you can, even if it means living with a roommate in a crappy apartment and riding your bike around town.

Besides, girls aren't going to like you for awhile anyway. What they really want is a man with a little confidence and life experience under his belt. Working too hard will just delay that process.

Be Confident

Oh yeah, you might as well get a head start on your confidence. Believe in yourself no matter what. Don't let self-doubt ruin your chance to meet a new girl or to try something new.

I know I just said that girls aren't going to like you anyway, but that's not entirely true. While you are accumulating the wisdom that comes with life experiences, your best shot is to project confidence.

Always act like you know what you're doing, even if you don't. The biggest turn-off for a girl is self-doubt. If she still doesn't like you, take it with grace and move on quickly.

Don't start doubting yourself if you get turned down. You're going to get turned down a lot before you finally get the girl.

Don't Get Attached

When you finally do get a girlfriend, take it easy. Along the same line as not trying to grow up too quickly, don't fall into the trap of thinking that this is the best girl you'll ever get. The second biggest turnoff for a girl is an 18 year old guy who's already thinking about marriage.

当你有所积累之后，旅行、艺术、文化、运动和冒险都会有一种不同的新面貌。你一层层地叠加起来，每种经验都会比上一次来得更加丰富。

比物质享受更重要的是经验

如果你面临这样的选择：改善你的生活（自己的公寓、一部新车、一套新衣服等），或者是减少工作时间去经历更多的事情，那么我建议 you 选择后者。

当我在你那个年龄的时候，我曾认为只有拥有许多物质才能让女孩子喜欢我。于是我努力地为拥有物质去工作，结果却是因为我太忙而没有了时间去结识女孩子。

埋头工作是成年人的事情。尽可能延长和享受你的青春吧，即使这意味着你要和室友共享一个公寓，并且在镇上骑着自行车乱逛。

另外，女孩子们在那时候总归不会喜欢你的。她们真正想要的是一个有自信、有生活经验的男人。而埋头工作只会推迟这一天的来临。

要自信

是的，你要建立自信。不管是什么一定要相信自己。不要让自我怀疑毁了你去结识女孩子或者尝试新东西的机会。

我知道我刚刚说了女孩子不会喜欢你的，但是也不尽然。当你从生活经验中积累了智慧之后，你的撒手锏就是展现你的自信。

一定要表现得知道自己在干什么，就算你其实不知道。对女孩子而言，最扫兴的就是自我怀疑。如果她仍然不喜欢你的话，要从容地接受现实然后向下一个目标出发。

不要在被拒绝的时候开始怀疑自己。追求成功之前你总是会遭遇无数次的拒绝的。

不要被束缚

当你有了女朋友，不要太紧张。这和不要急着长大的道理一样，不要过早地认定这就是你一生的最爱。对女孩子而言，第二扫兴的事情就是一个 18 岁却已经考虑结婚的人。

Relax a little and enjoy the moment. Besides, you're going to have several girlfriends before you find "the one." How are you going to be able to know what you want if you don't have anything to compare it to?

As you get older, you'll naturally become more attractive to women. I had no idea this was true when I was your age. I thought that I was as attractive as I'd ever be. Not true.

It gets easier, I promise.

Don't Get a Credit Card

If I didn't get a credit card when I was your age, I would have saved myself 10 years of financial struggle.

I know it seems like you have to be a grown up and have nice things, but you've got to think long-term. If you can just have the patience to hold off a few years on the nice stuff, you'll be able to afford more of it than you can imagine.

Buying something today on credit because you can't wait will impact your financial situation for years to come.

Simply have the mind to save up for what you want to buy. If you buy with cash, you'll always own what you have, and be free to do what you want.

When people build up debt and monthly payments, they become slaves to their job. They have to work to pay for all the junk that they put on their credit cards.

Put Money Away Every Month

Take this advice and you'll never regret it. Open a savings account and set up an automatic withdrawal from your checking account each month. Don't touch the money, NO MATTER WHAT!

Even if you can only afford \$10 a month, you must stick to this plan because it's your ticket to freedom. In five or ten years (whenever you decide to grow up), you'll use this money to invest in something that makes passive income, like real estate.