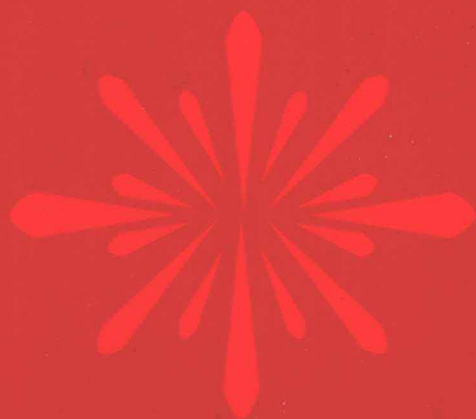


❖ 每天一刻钟系列 ❖

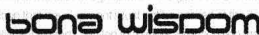
# 名人会客厅

LEARNING ENGLISH IN GREAT SPEECHES



主 编 金 利  
副主编 杨云云 高楠楠 谭若辰

 天津大学出版社  
TIANJIN UNIVERSITY PRESS



## 汇智博纳

❧ 每天一刻钟系列 ❧

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## 本书特色

我相信有付出就会有回报。你真心对待别人，别人在你有困难的时候就会来帮助你。

追随自己的兴趣，探索未知领域，控制好步伐，帮助他人并享受生活。

我们不能改变我们手里的牌，但是我们可以调整出牌的顺序。

.....

这一句句至理名言是我们生活的指路明灯。每当遭遇失败，或是走到人生的岔路口时，这一句句心声能帮助我们找到自己的人生方向，帮助我们从挫折中站起来，坚持到底，永不放弃！

### 19 篇演讲，篇篇精彩

本书精心挑选 19 篇名人演讲，包括奥普拉·温弗瑞、比尔·盖茨、鲁伯特·默多克、麦当娜……这些来自各行各业的名人们，在演讲中用自己的语言激励着每一个人。演讲用中英对照的形式，不仅让我们读懂了许多生活哲理，还能学到诸多英语知识，短语、难词、背景知识一网打尽！每天一刻钟，读名人演讲，学地道英文！

### 背景&精句，逐一介绍

针对每篇演讲，本书还给出了背景介绍，帮助大家更好地了解演讲背后的相关故事及该名人的成长历程。针对书中的每篇演讲，配以相应的中文翻译，而书中出现的励志名言和经典表达，也逐一进行了标注，让读者在阅读中体会演讲蕴含的人生道理。

### 难词短语，一网打尽

对于演讲中出现的难词给出了音标和释义；而演讲中出现的短语，本书也进行了讲解，旨在帮助大家在欣赏演讲的同时还能提高英语水平。

本系列丛书主编为金利，副主编为杨云云、高楠楠、谭若辰、沈辉、刘夏菲、范芙蓉、肖严艳、都海飞、南方、杨洁、李素素、张丽芬、蒋志华、龙微、李琦、韩京婧参与了编写工作。

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# Speech 1

## 脱口秀主持人奥普拉·温弗瑞 在杜克大学的演讲

### 背景介绍

奥普拉·温弗瑞作为一名黑人女性，是当今世界上最具影响力的女性之一。她的个人财富超过 10 亿美元，是美国第一位黑人亿万富翁；她曾主持的电视访谈节目《奥普拉脱口秀》，平均每周吸引 3300 万名观众，并连续 16 年位列同类节目收视率之首；在播出了 23 年之后，该节目于 2011 年 9 月 9 日停播。

杜克大学成立于 1838 年，是一所著名的综合性研究型私立大学，也是美国南部最好的大学。杜克大学在美国社会和高等教育体系中具有极其重要的地位，在世界范围内有着广泛的影响力。2012 年，它在全美大学中被《华尔街日报》列为全美第 6 位，被《美国新闻与世界报道》列为全美第 10 位、世界第 14 位。值得一提的是，杜克大学图书馆的藏书量在全美大学排行榜中位居第三，仅次于哈佛大学和耶鲁大学。

在杜克大学 2011 年的毕业典礼上，奥普拉·温弗瑞被授予荣誉博士学位。荣幸与高兴之余，她还不忘在母亲节之际，祝在场的母亲节日快乐。奥普拉·温弗瑞在演讲开头先为即将毕业的挚友儿子送上祝福，借她与自己的教子威廉之间的往事唤起在场所有毕业生多年来的经历。在这个神圣的时刻，每个人都会回想起过去，回顾多年的努力与拼搏，才会更加感慨和珍惜今天具有转折意义的典礼。

典礼上，奥普拉·温弗瑞谈了很多关于她访谈工作中点点滴滴的感受与感悟，希望借此激励年轻的毕业生们，在今后的人生道路上勇敢地追求自己的梦想，成就一番事业。在演讲中，她提到了很多人，很多让她意外、让她感动、让她体会到不同人生意义的社会各界人士。她告诉毕业生们，一个人不论身处何种环境，不论他的社会地位如何，不论他扮演着什么样的家庭角色，都会对周围的人有所启发，给人以不同的能量。

奥普拉·温弗瑞用不同的人 and 不同的事的例子向毕业生们阐述了什么是爱、什么是责任以及什么是真正的有所作为。她举了许多真实的案例，让毕业生们相信自己一定会成功。





## 演讲原文

Oh, yes, I'm going to have everyone call me Doctor now. Thank you, President Brodhead. Ladies and gentlemen and graduates, and especially to all the mothers here — will all the mothers stand so we can say Happy Mother's Day? Happy Mother's Day to you. What a great day to celebrate mothers. You love me still, even though I'm a doctor now?

Well, I wanted to just say, first of all, thank you for the doctorate degree, and I'm so happy to be here, and I'm here because someone I love is graduating today, my godson, William Bumpus, the son of Will Bumpus and my best friend, Gayle. You know, William never wants people to know that he knows me, and his sister, Kirby, never did either. I'm like the crazy aunt they keep in the **attic**, and they let me out to do commencements, so here I am. I just want to say I knew William before he was born. I saw the **sonogram**, and he was smiling even then. So those of you who know him know he has such a **gorgeous** smile.

**attic** /ætik/ 阁楼

**gorgeous** /ɡɔ:dʒəs/ 灿烂的。可以作表语，形容人的外貌，如：

**She is gorgeous.** 她很美丽。**She is drop dead gorgeous.** 她美极了。

也可以用：

**She is charming.** 她很有魅力。**She is a knockout.** 她很迷人。

## 精彩译文

哦，是的，现在你们可以叫我博士了。谢谢您，布罗德海德校长。女士们，先生们，各位毕业生们，尤其是所有在场的母亲们——你们愿意站起来吗？让我们对你们说声“母亲节快乐”！祝你们母亲节快乐！这是一个多么伟大的日子，可以赞美天下的母亲们。即使现在我是位博士，你们还依然爱我，对吗？

嗯，我只是想说，首先，感谢你们授予我这个博士学位，我很高兴来到这里。而我之所以站在这里是因为一个我爱的人今天就要毕业了，他就是威尔·邦帕斯和我的挚友盖尔的儿子，也是我的教子，威廉·邦帕斯。你们知道，威廉从来不想让人知道他认识我，他的妹妹克比也是这样。我就像是被他们藏在阁楼上的疯子姨妈，他们让我出来参加毕业典礼，所以现在我站在这里。我只想说早在威廉出生之前我就认识他了。我看过他的超声波扫描图，那时他就在笑。所以你们当中认识他的人都知道他的笑容非常灿烂。

**sonogram** /sɒnəˌgræm/ 超声波扫描图

## Speech 1 脱口秀主持人奥普拉·温弗瑞

在杜克大学的演讲



I know you all have memories of graduates **flooding** through your minds today as we celebrate this milestone graduation, Class of 2009. One of my fondest memories of William, one time when he was a little boy, he was at my house, and I used to collect these antique museum quality Shaker boxes, and I walked into the room and William has my one of a kind Shaker boxes and he's **stacking** them up like Bric A Blocs and knocking them down and going, "Vroom." And I yelled, just—I just started—I said, "No, William, stop!" I think I **stunned** the boy, 'cause he wasn't used to anybody **yelling at** him, and he stopped, he put the boxes back on the shelf and he found where he found them and he did not say a word to me. He didn't even cry. And a little later on, he goes up to his mom and he says, "Mom, Auntie O is **mean**. Can we go home?"

Well, William, Auntie O has some news for you. You're getting those scratched-up boxes for your graduation gift. You can knock them down all you

2009 届的毕业生们，当我们在庆祝这个里程碑式的毕业典礼的时候，我知道有关毕业生的记忆如洪水一般涌入你们每个人的脑海之中。在我对于威廉最美好的记忆中有这么一件事，那时他还是个小男孩，有一次他到我家来，那时我曾经常收集一些很特别的博物馆级别的老式摇摇盒，当我走进房间的时候，发现威廉拿着其中一组，正将它们像摆积木一样一个叠着摞起来，然后“轰”的一声将它们推倒。我对他大喊起来：“不，威廉，住手！”我想当时我是吓到他了，因为他并不习惯有人冲他大喊大叫。于是他停了下来，把盒子放回到架子原来的位置上，可他连一句话也没跟我说，甚至都没哭。过了一小会，他走到他妈妈跟前说：“妈妈，奥普拉姨妈真小气。我们回家好吗？”

好吧，威廉，奥普拉姨妈有事要告诉你。那些划伤的盒子就作为你的毕业礼物吧。如果你想，你可以把它们全部推倒。说真的，我没有

**flood** /flʌd/ 涌入，淹没

**stun** /stʌn/ 使震惊

**yell at sb.** 冲某人大喊。比如：I'm sorry for yelling at you. 对你嚷嚷，我很抱歉。

**mean** /mi:n/ 卑鄙的，吝啬的。作形容词时，形容人物的性格特征，意思是“卑鄙的；刻薄的；吝啬的”

**stack** /stæk/ 叠放





## 名人会客室

want. Seriously, I don't know a better young man in the world than William Bumpus, and thank you, **Duke**, for making him an even greater young man. And I have to say that he is so kind and so generous of spirit. William, you're the son I wish I'd had, and so I'm **thrilled** to be here for you. Love you, Willzer.

I've been doing my show now for almost 25 years. It feels like 125, but almost 25 years. And my greatest lessons have come from my work; talking to murderers, doing makeovers, learning about flesh-eating diseases, have all been great growing tools for me. Actually, the show is why I never needed therapy. Well, I might have needed therapy, but I never went to therapy, because I have learned so many lessons from our show and the people I've met. And the miracle for me is that almost 25 years later, I get to go to work every day and I am still learning.

I just finished taping a show this week with so many powerful lessons that I wanted to weep, and I want to share some of those

见过比威廉·邦帕斯还好的年轻人，所以感谢杜克大学，使他成为一个更加优秀的年轻人。我不得不说他非常善良，也非常慷慨。威廉，我多么希望能有你这样的儿子，因此能够为你站在这里，我很激动。我爱你，小威廉。

我做节目已经差不多 25 年了。感觉像是 125 年，但确实是 25 年。我最大的受益来自于工作：与杀人犯对话，不断改变自己，了解了食肉菌引发的疾病，所有这些都成为我进步成长的好工具。其实，这个节目正是我从不需要任何治疗的原因。嗯，我原本可能也需要接受治疗，但是我从来不去，因为我从我的节目和我所采访的人那里已经学到了很多。对我来说，奇迹就是，过了 25 年，我依然每天去上班，并且仍能学到东西。

我刚刚完成这个星期的节目录制工作，其中有许多令我动容的有益故事，今天我想与你们分享其中的一

**Duke** 杜克大学。**Duke** 原意指“公爵”，此处指该演讲的大学  
**thrill** /θril/ 使激动，使兴奋



## Speech 1 脱口秀主持人奥普拉·温弗瑞

在杜克大学的演讲

lessons with you today. **As a matter of fact**, there were so many lessons in the show that I taped just last week, that's going to air next week, you'll see it, I did weep. It was about some tough guys in prison for murder, for **manslaughter**, **armed robbery**, guys full of anger and violence. And they're involved in this program where dogs, little puppies, are taken from shelters and the eight-week-old puppies are given to the prisoners, eight-week-old puppies that would have otherwise been **euthanized**. The puppies live right in the prison cells with the prisoners 24 hours a day. And I forgot to ask them — how they **housebreak** them, because it's not like you can say, "I need to take the dog out."

But the prisoners train these puppies to then be service dogs to help our soldiers in Iraq who come back with **traumatic** brain injuries and post-traumatic stress, and then send them to the veterans from Iraq. Some of these **inmates** had never known love or responsibility. They'd never taken care of anybody, nor knew what it felt like to have somebody love you back when you take care of them.

些。事实上，上周录制的节目中有许多故事将会在下周播出，你们会看到我的确落泪了。这个故事是有关一些坏小子的，他们因谋杀、过失杀人、持械抢劫而入狱，他们充满了愤怒和暴力。节目组从收容所领养了一些狗和狗崽，节目中，我们将 8 周大的小狗交给这些服刑人员，本来这些小狗的命运是要被实施安乐死的。这些小狗全天 24 小时与服刑人员生活在牢房里。然而，我忘了问他们，他们是如何训练这些小狗的，因为这并不像你们说“我得带狗出去散散步”那么简单。

但是服刑人员把这些小狗训练成了服役犬，能协助那些在伊拉克战场上遭受了创伤性脑损伤和创伤后应激反应的士兵，接着这些小狗又被送给从伊拉克归来的老兵们。其中一些服刑人员从不知道什么是爱，也不知道什么是责任。他们不关心任何人，也不知道从被自己照顾的人那里获得爱的回报是什么样的感觉。

**as a matter of fact** 事实上。通常用在句首，还可以说：**Actually...** / **In fact, ...** / **In point of fact, ...**

**manslaughter** /ˈmæn.slo:tə/ 过失杀人

**euthanize** /ju:θənaɪz/ 使安乐死

**traumatic** /trɔ:ˈmætɪk/ 创伤的

**armed robbery** 持械抢劫

**housebreak** /ˈhausbreɪk/ 驯服

**inmate** /ˈɪnmeɪt/ 服刑人员



## 名人会客室

But one of the things they teach the dogs is how to kiss the soldier's face. A lot of the soldiers come back with post-traumatic stress and have terrible experiences, and if the soldier is starting to go to a bad place in his mind, the dogs lick and kiss the soldier's face to bring him back to reality. So this means that the prisoners themselves also had to get the kisses from the puppies they were training. It's clear the kisses were also bringing the prisoners back from a hard, cold place, and to see these criminals, who had never, many of them, experienced love themselves, cry on camera, in front of each other, cry in **redemption**, their voices **quivering** as they talk about the chance to do something good, to do something kind and unselfish, by helping the wounded soldiers in Iraq and teaching the dogs, was so moving.

And for the severely injured soldier — what we did was we went and found one of the soldiers who had received a dog and brought him back to the prison so that he could meet the prisoner who trained the dog. And when they met, I tell you, the audience and I were a puddle of tears. And what I learned from that I want to share with you, graduates. If you can

但是他们教这些服役犬做的其中一项，就是如何亲吻士兵的脸颊。许多患有创伤后应激反应的士兵回到家乡，都有着可怕且糟糕的经历，一旦士兵的思绪开始向不好的方向发展，服役犬就会舔舐并亲吻士兵的脸颊，把他们拉回到现实中来。因此，这意味着服刑人员本身在训练小狗时也要让它们亲吻自己。这很明显，亲吻也会将受牢狱之苦的人们从一个硬邦邦、冷冰冰的世界拉回来。再看看这些罪犯们，他们大部分人从没体验过爱，却在彼此面前，在摄像机面前痛哭流涕，流下悔恨的眼泪。当他们在谈论有机会可以通过训练服役犬为在伊拉克受伤的士兵们服务，并做一些好事、善事、无私的事时，他们的声音颤抖了。那种场面十分感人。

而对于伤势严重的士兵来说，我们要做的就是找到其中一位已经得到狗的士兵，并将其带到监狱，这样他就能见到训练服役犬的服刑人员。当他们面对面时，我告诉你们，所有观众和我都泪如雨下。而这正是我从中感知到的，也是我想要与各位毕业生分享的。如果你找到一种回馈的方式，就像这些罪犯们在狱中所做的，

redemption /ri'dempʃən/ 赎罪

quiver /kwivə/ 颤抖



## Speech 1 脱口秀主持人奥普拉·温弗瑞

在杜克大学的演讲

find a way to give back just as these **felons** are giving from **behind bars**, you will be a huge success, because for sure one of the things I've learned is that the best way to enhance your own life is to contribute to somebody else's.

Now, last year we did a story on a woman named Monica George. And people often ask, you know, "Who's your favorite guest, who's your favorite guest," and they always expect me to name some movie star. Well, if it's a movie star, it would be **Hugh Jackman**. He's one of my favorite guests, and you can imagine why. But my favorite guests are, for the most part, not celebrities and not people who've done famous or infamous things. My most favorite guests are ordinary people who've accomplished **extraordinary** triumphs in their life, and Monica George is one of those people I will never forget. She and her husband, Tony, were **overjoyed** at the **C-section** birth of a healthy baby girl that they named Sophie, and Sophie was their second daughter. This was just last year.

你就大获成功了，因为我确信我所学到的其中一点即提升自己的生活的最佳方法，就是为他人付出。

去年，我讲述了一个名叫莫妮卡·乔治的女人的故事。你知道现在人们经常会问我：“你最喜欢的嘉宾是谁？谁是你最喜欢的嘉宾？”他们总是期望我的回答是某个电影明星。好吧，如果是电影明星的话，那就是休·杰克曼。他是最喜欢的嘉宾之一，而且你们也能想出原因。但我最喜欢的嘉宾，从很大程度上来讲，并非名流，也不是那些做过让其声名大振或是臭名昭著的事的人。我最喜欢的是那些在其人生中获得非比寻常的成就的普通人。莫妮卡·乔治就是其中一位令我难忘的人。因剖腹产生下了健康女儿，莫妮卡和她的丈夫托尼都欣喜若狂。他们给女儿起名叫苏菲。苏菲是他们的二女儿。这是去年刚发生的事。

**felon** /'felən/ 罪犯

**behind bars** 在狱中

**Hugh Jackman** 休·杰克曼。澳大利亚演员，因饰演《X战警》系列中的“金钢狼”而闻名。曾经主持第81届奥斯卡金像奖，2011年主演的《铁甲钢拳》也颇受好评。值得一提的是，休·杰克曼算是演艺圈的高材生，在读大学期间主修新闻学，并拿到学位

**extraordinary** /iks'trɔ:dnri, iks'trɔ:dinəri/ 非凡的

**overjoyed** /əʊvə'dʒɔɪd/ 欣喜若狂的

**C-section** 剖腹产



## 名人会客室

But within hours, and while she was still in the hospital, Monica developed a fever and pain caused by a fast-moving, flesh-eating **bacteria**. She was dying, so they took some organs to save her, but the bacteria had spread, so the doctors came in and said to her, “We think, as a matter of fact, we know we’re going to have to **amputate**. We’re going to have to take both your arms and both your legs.” And this woman said, “Get on with it. I want you to do it and do it as fast as you can, because I have to get home to take care of my girls.”

So imagine going into the hospital to have a baby, you have the healthy baby and you expect to be coming home with this tiny little pink bundle of joy, with pink little arms and legs, and instead you go home without your arms and legs—the arms that were going to hold this child and legs that were going to walk with her in the park. Monica had 37 operations in two months, but she’s now home with her girls, home without a trace of self-pity, home with a smile on her face and a peace in her heart. And when I talked to her, she said, sure, sometimes it hurts that she’s not able to paint Sophie’s nails and toenails and do the

但是就在几个小时之内，当莫妮卡还躺在医院里的时候，她就开始发烧，由于体内快速移动的食肉菌而全身疼痛。她濒临死亡，医院为她切除了部分器官来保她的生命，但细菌已经扩散，因此医生走进病房对她说：“我们认为，事实上，我们将不得不对你进行截肢手术。我们必须将你的四肢切除。”这个女人说：“那就切吧！我希望你们这么做，并且越快越好，因为我还得回家照顾我的两个女儿呢。”

想象一下，你进医院生产，有了一个健康的宝宝，你期盼着带这个有着粉红色小手和小脚的粉红小人儿喜悦地回到家，但你自己却失去了双手和双腿。那双手是要拥抱孩子的，那双腿是要跟她一起在公园里散步的。莫妮卡在两个月中做了37次手术，现在她已经和她的女儿们回家了，她不带一丝自艾自怜地回家，而是带了笑容和一种内心平和回家。当我和她聊天时，她说，的确，当她不能给苏菲涂手指甲和脚指甲，或是不能做一些母女之间的互动时，这会让她感到很受伤，但她也说到：“如果你自己伤感，

bacteria /bæk'tɪəriə/ 细菌

amputate /æmpjuːteɪt/ 切除，截肢

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things that mothers and daughters do, but she also said, “What good are you to your children if you’re miserable?”

There’s so many lessons in this, because at some point, something in life is going to eat you inside. It could be anger. It could be guilt. It could be past hurts or some other strain of soul eating bacteria. But graduates, I want you to know that if you can **summon** the courage of Monica George in the face of your own life’s hardships, and you will have them, and if you can remember what good you are to anyone if you’re miserable, I know for sure you’ll be a huge success, because you are responsible for your happiness and you are responsible for the energy you bring to everything.

One of my other favorite guests was a woman named Dr. Jill Bolte Taylor, who’s a brain scientist, who had a stroke in the left **hemisphere** of her brain. She wrote a book called *My Stroke of Insight*. And so only the right hemisphere was working, and when she was in the hospital as a patient,

这对你的孩子又有什么好处呢？”

在这当中有许多经验，因为在你人生的某个时刻，某件事就会将你吞噬。它可能是怒气，可能是内疚，也可能是过去的伤痛，或是一些其他吞噬灵魂的细菌。但是，各位毕业生，我希望你们知道，如果你们在面对生活中的艰难困苦时，能像莫妮卡·乔治那样鼓起勇气（而你们的人生中一定会遇到一些艰难困苦），如果你能牢记你的悲惨经历并不能给任何人带来什么好处，我确定你将会获得巨大成功，因为你对你的幸福负责，你对你带给周围一切的能量负责。

另外一个我最喜欢的来宾是一位叫做吉尔·博尔特·泰勒的女博士。她是一位脑科学家，但是她左脑中风了。她写过一本书，书名是《奇迹》。由于她只有右脑能够工作，当她身为患者住进医院时，她说，当护士要进入病房，看她是否

**summon** /ˈsʌmən/ 鼓起

**hemisphere** /ˈhemɪsfɪə/ 大脑半球

*My Stroke of Insight* 书名在 2009 年引进中国台湾时，译为《奇迹》。该书是一个脑神经学家的中风日记，书中有一句名言：“疾病不是重点，而是另一段美丽旅程的开始”





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she said she could sense through her right brain when a nurse would come into the room and meant her well, or when the nurse was thinking about what time she was going to be off that day. She could sense the energy that was brought into the room. And after a while, she put up a sign in the room that said to everyone who came in the room, you are responsible for the energy that you bring. I love that moment, because we are responsible for the energy that we bring to everything we do in life.

One thing that gets a huge response on the show is makeovers. You know, we did a makeover on **Coretta Scott King**, the late Coretta Scott King, wife of Dr. Martin Luther King, and this was like going to **Mount Rushmore** and giving George Washington a new “do, because she hadn’t changed her” since 1954.

无恙，或是正在考虑当天什么时候可以下班时，这一切她都可以通过右脑觉察到。她可以感觉到带进房间中的能量。后来，她在病房中贴了一个标记，这个标记告诉每个走进房间的人，要对自己带进来的能量负责。我喜欢故事的那个片断，因为对于任何一件我们在生活中所做的事情来说，它所带来的是什么样的能量，我们是有责任的。

还有一件能在电视节目上取得巨大反响的事，就是让人改头换面。我们都知道，我们大大地改变了已去世的马丁·路德·金之妻科雷塔·斯科特·金的形象，这就像是要爬上拉什莫尔山，给乔治·华盛顿的石雕加上自1954年来一个新的口号：“去做吧，因为她从未改变！”

**Coretta Scott King** 科雷塔·斯科特·金。美国民权运动领袖马丁·路德·金的妻子。在丈夫遭到暗杀后，她并没有畏惧，而是接替丈夫领导游行队伍走上了街头。此后多年，她继续着丈夫的民权运动事业，成为美国民权运动的“第一夫人”

**Mount Rushmore** 拉什莫尔山。因山上刻有华盛顿、杰斐逊、罗斯福、林肯四位美国领袖的巨大石像而闻名，现在也是著名的旅游景点

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People love makeovers, because the physical results are always so astonishing. But I like doing them because of the possibility of transforming more than the way people look. You want to change the way people feel about themselves. One man, a guy we'd just seen walking down the street, with a beard that was almost to the ground. It looked like he was hiding behind all of that beard. And after we got rid of all that hair and he could actually see himself, he said, "I feel alive again." The makeover allowed him to see himself in a way that he'd forgotten was there. You know, we all need makeovers from time to time in our lives, and graduates, I know this, that if you can see the possibility of changing your life, of seeing what you can become and not just what you are, you will be a huge success.

One of my life heroes is **Nelson Mandela**, and I had the great honor of spending some time with Nelson Mandela, 10 days and 29 meals at his house, and I was so worried about what I was going to talk about or what we would

人们喜欢改头换面，因为身体上的变化总是令人惊讶。但是我之所以喜欢打扮是因为会有改变的可能性，而不是因为看着漂亮。你想要改变人们对他们自己的感觉。一个人，一个我们刚好看见正沿街走路、胡子长得快到地面的人，这看起来就像他将自己藏在胡子后面一样。当我们把他的胡子全部剪掉时，他才真正看到了自己的模样，他说：“我感觉自己重生了。”这种改头换面让他可以以自己已忘记的某种形式认识自己。你们知道么，在我们的生活中，我们每个人都需要不时地改变自己。而对在场的毕业生而言，我知道的是，如果你能看到你有可能改变你的生活，有可能了解你能够成为什么样的人，而并非你是什么样的人，那么你就会取得巨大的成功。

我生命中的其中一位英雄是纳尔逊·曼德拉，我曾非常荣幸地与他在他的家中共度过一段时光，10天中我们共进了29次餐。我当时非常焦虑我要在餐桌上说点什么或是我们会谈些什么。然而斯特曼对我

**Nelson Mandela** 纳尔逊·曼德拉。南非前总统，也是享誉全球的诺贝尔和平奖得主。为了推翻南非白人种族主义统治，他进行了长达50年的斗争，在铁窗后关了27年。最终，从阶下囚一跃成为南非第一任黑人总统，为新南非开创了民主统一的局面



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say at the dinner table. And Stedman said to me, "Why don't you try listening?" Thank you, Stedman. That worked.

So I had the benefit of sitting at his table for 29 meals and listened a lot, listened to the stories of how he spent 27 years in a South African prison, and talked to him about how he was able to come out of that with a sense of forgiveness, to bind the wounds of South Africa and save it from a mean and violent civil war. So I asked him to come on our show, and I was — although I'd sat at his table and was very comfortable in his presence, I was really nervous having him come on the show, and I rarely, rarely, rarely get nervous. And for me, his warmth just filled our studio with a glow, and one of the things I will always remember him saying is how terrible it was to spend the best years of his life in that prison, but he said if he'd not been in prison, he would have not been able to achieve the most difficult task in his life, and that was to begin the change of himself.

But this is so — this tells the story of who he really is. He arrives at the studio and everybody's so excited and nervous and it's Nelson Mandela, and Nelson

说：“你为什么不去试着听听他要说什么呢？”谢谢你，斯特曼。你说得对。

因此，29次坐在他的餐桌前吃饭并聆听他说话的我，听到了很多，也从中受益不少。我知道了他在南非27年的监狱生活是什么样的，我还问了他如何能以一种宽恕的心态从里面走出来，帮南非重新振作起来，使之免受内战之苦。所以，我邀请他来我们的节目做客。虽然我之前是他的座上宾，在他面前我也感到非常舒服自在，但我对他的到来真的感到非常紧张，而我平时很少会紧张，真的。对我来说，他的热情就像一股暖流充满了我们的摄影棚。我永远不会忘记他跟我说将生命中最好的时光浪费在监狱中是多么糟糕的一件事，但是他也说了，如果他不曾进过监狱，他也就不能完成他这一生中最艰难的工作，那就是改变自己。

就是这样——这告诉我们他到底是一个什么样的人。他来到摄影棚，每个人都非常兴奋，也非常紧张，因为他是纳尔逊·曼德拉。纳