

## 图书在版编目(CIP)数据

我的世界我做主: 英文/于阳主编. —西安: 陕西师范大学出版社, 2008.2

(魅力英文: I)

ISBN 978-7-5613-4207-7

I.我... II.于... III.①英语-语言读物 ②散文-作品集-世界  
IV.H319.4.1

中国版本图书馆 CIP 数据核字(2008)第 017234 号

图书代号:SK8N0056

责任编辑: 周 宏

封面设计: 小 叶

版型设计: 姚维青

出版发行: 陕西师范大学出版社

(西安市陕西师大 120 信箱)

邮 编: 710062

印 刷: 北京密云红光印刷厂

开 本: 787×1092 1/16

印 张: 15

字 数: 201 千字

版 次: 2008 年 5 月第 1 版 2008 年 5 月第 1 次印刷

书 号: ISBN 978-7-5613-4207-7

定 价: 25.00 元

注: 如有印、装质量问题, 请与印刷厂联系

## 目 录

### You Will Be Master Of Yourself 做自己想做人

- What I'd Tell Myself If I Were 18 Again... /2  
如果我回到 18 岁我会对自己说…… /3  
If I Were A Boy Again /15  
假如我又回到了童年 /15  
Feeling Of Youth /17  
青春常在 /17  
Letting Go Of Yesterday /20  
让昨日随风 /21  
Youth Is Not A Time Of Life, It Is A State Of Mind /24  
青春不是年华,而是心境 /25  
The Last Rose Of Summer /26  
夏日最后的玫瑰 /27  
A Psalm Of Life /28  
人生礼颂 /29  
Stray Birds /31  
飞鸟集 /31  
Following Youth /50  
青春的飞逝 /50

### Every Day Is A Good Day 把握生命里的每一天

- Think It Over... /54  
好好想想…… /55  
Three Days To See /57  
假如拥有三天光明 /57  
Dance Like No One's Watching /61  
纵情地舞蹈 /61  
Just For Today /63  
就为了今天 /63  
Five Balls Of Life /65  
生命中的五个球 /65

If The World Were A Village Of 100 People /68

如果世界是个一百人的村落 /69

Rush /71

匆匆 /71

### Love Is Just A Threa

### 爱若游丝

Homesick /76

乡愁 /76

Angel /77

天使 /77

Love Her More Than You Love Yourself /80

爱她,甚于爱你自己 /81

A Boy With a Mission /86

男孩的使命 /87

A Woman's Tears /92

女人的眼泪 /93

A Brother Like That /94

哥哥的心愿 /95

A Boy and His Tree /97

男孩和树 /97

Father and Son in An Earthquake /100

地震中的父与子——父爱是一诺千金 /101

A Good Heart to Lean On /103

善心可依 /103

To Be A Better Friend /107

做个更好的朋友 /107

Love Is Just A Thread /112

爱只是一根线 /113

Love Is Not Merchandise /115

爱情不是商品 /115

The Furthest Distance In the World /118

世界上最遥远的距离 /119

11 Sensations In Your Life /120

生命中的 11 种感动 /121

About Love /122

关于爱情 /122

Speak Out Your Love /124

爱在心里口要开 /125

A Chance Of A Lifetime /127

生命的机遇 /127

Silence Is Bliss /132

寂静的狂欢 /133

A Little Piece Of Me /135

生命的过客 /135

**Excellence Is Not Enough  
超越卓越的你**

The Wisdom Of One Word /140

改变一生的邂逅 /141

Steps To Happiness /144

通往幸福的阶梯 /144

Catch The Dream /146

追随梦想 /146

My Miraculous Family /148

生命的奇迹 /149

Never Give Up Hope /156

永远别放弃希望 /157

If /158

如果 /159

Feed Your Mind /161

充实你的思想 /161

Life Struggle /164

生命的拼搏 /165

Growing Roots /166

成长的树根 /167

I Never Write Right /169

我不懂写作 /169

I Am The Fire Goddess Of The Volcano /173

我就是火女神 /173

Excellence Is Not Enough /177

超越卓越的你 /177

**Life Is A Do-it-yourself Project  
生活正如一项为自己打造的工程**

The Best Time Of My Life /180

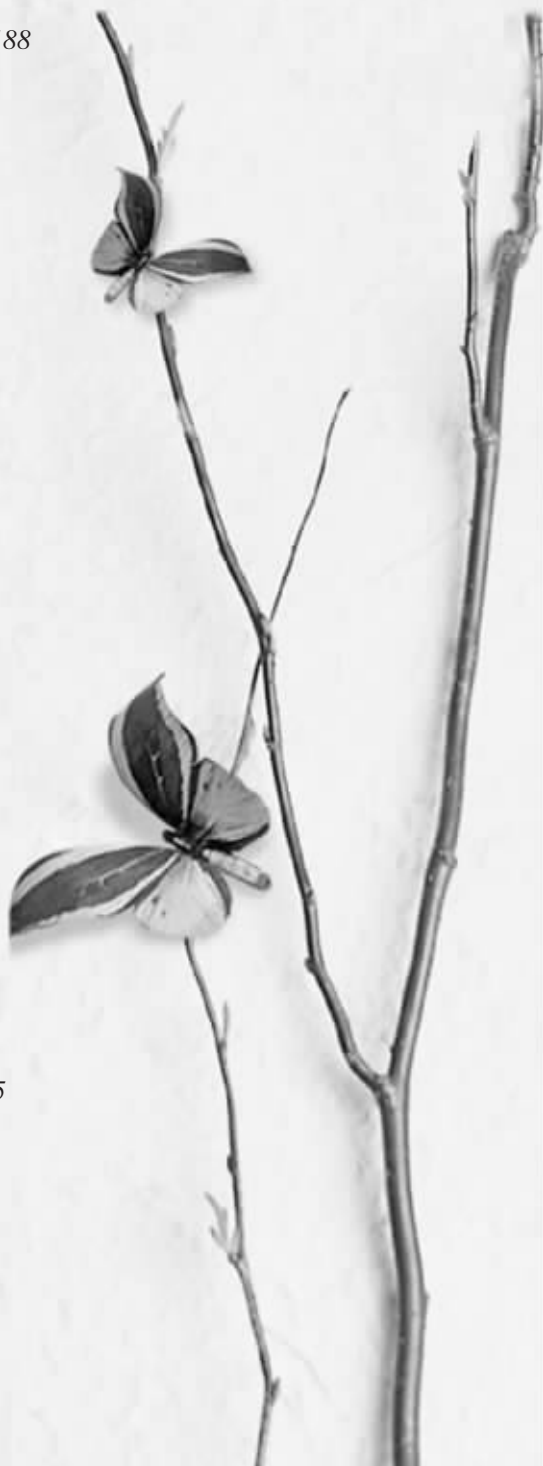
一生中最美好的时光 /181



- A Place To Stand /182  
一个人的空间 /183  
A Do-it-yourself Project /186  
为自己打造的工程 /187  
Your Life Is Not A Coincidence /188  
生命中没有意外 /189  
The Life I Desired /190  
我所追求的生活 /190  
Words To Life /191  
生活的忠告 /191  
11 Mottos Of Your Life /195  
11 条人生箴言 /195  
Three Peach Stones /198  
三颗核桃 /199  
These Things Can Never Die /202  
这些美好不会消逝 /203

#### Compose A Symphony Of Humanity 谱写人性的乐章

- Beautiful Smile And Love /206  
美丽的微笑与爱心 /207  
The Arc Angels /209  
亚克天使 /209  
Catch Of A Lifetime /212  
一生的收获 /213  
The 4 Wives /215  
生命中的四位爱人 /215  
Virtue /219  
美德 /219  
Let Us Smile /221  
让我们微笑 /221  
The More Loving One /223  
让我们成为更有爱心的人 /223  
The Cobbler And The Banker /225  
皮匠和银行家 /225  
The Most Beautiful Heart /227  
最美的心灵 /227  
A Greek To Remember /230  
一位值得纪念的希腊人 /231






*You Will Be Master Of Yourself*

做自己想做的人



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不太有压力。我有着自己的生活方式，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么？不，不可想象啊。我那时的花费非常的低，说不定那时我就可以财政自由了！

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艘渔船上，离真实的生活千里之遥，慢慢的在湖中飘荡。我不太舒服的躺在木凳上，瞥一眼 18 岁的自己，然后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冲冲地做完一些事情。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。

不要把年轻看的那么理所当然！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意思。当你对自己和世界了解的越多，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的更加丰富。

#### **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。于是我努力的为拥有物质去工作,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们不会喜欢你的,但是也不尽然。当你从生活经验中积累了智慧之后,你的杀手锏就是展现你的自信。

一定要表现的知道自己在干什么,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,要从容的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,不要过早的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.

轻松地享受当下。另外,在找到真命天女之前你可能会有好几个女朋友。如果没有可以比较的参照物,你如何得知你究竟想要什么呢?

当你日渐长大,你会很自然的对女性越来越有吸引力。我在你那个年龄的时候完全不知道这事情。我认为那个时候的我是最有吸引力的。这是不对的。

我保证,这会随着时间而变得越来越容易。

#### **不要申请信用卡**

假如在我年轻时没有申请信用卡的话,我能够减少 10 年的财政困难。

我知道你感觉作为一个成人应该物质生活丰富,但是你要从长远来看这件事情。如果你能够有耐心为更优渥的物质生活多等几年,你会诧异的发现你能够过上更好的生活。

如果只是因为等不及了就刷信用卡购物的话,这将会对你接下来许多年的财政状况产生影响。

只需要为你想买的东西存钱。如果用现金付账的话,你会一直拥有你拥有的,并且能够自由地去做你想做的。

当人们有了债务开始分期付款的时候,他们就成为了工作的奴隶。他们不得不为那些用信用卡刷出来的垃圾而工作。

#### **每月定期储蓄**

你接受这个建议就绝对不会后悔的。给自己开一个零存整取账户,然后每个月存入一定的数额。不论发生什么事情,都不要去碰这一笔钱。

就算每个月只能存入 10 美元,你也一定要坚持,因为这是自由的门票钱。五年或者十年内(当你决定成人的时候),你能用这笔钱去投资一些能带来收入的东西,比如房地产。

## **Travel and Learn a Language**

Don't just take language classes and backpack around Europe at a furious pace; immerse yourself in a culture. Pick a place and stay there for several months.

The best time to do this is the year after you graduate from college. You'll be old enough to appreciate the experience, but young enough that you won't have any responsibility.

If you took my advice about taking your time to grow up, you won't yet be attached to a mortgage payment, a job, or a girl. Move all your stuff into a corner of your parent's basement and live abroad.

It's actually a lot more affordable that you might think especially if you don't have any expenses at home. Get a job in your chosen country if you need to.

Don't allow yourself to hang out with other English-speaking people. That's too easy. Force yourself to learn the language. It will be frustrating at first, but the life-long benefit will be greater than you can imagine.

## **Keep a Journal**

Get a Moleskin Notebook and carry it in your back pocket wherever you go. Don't be a perfectionist with it; just jot whatever comes to your mind in it.

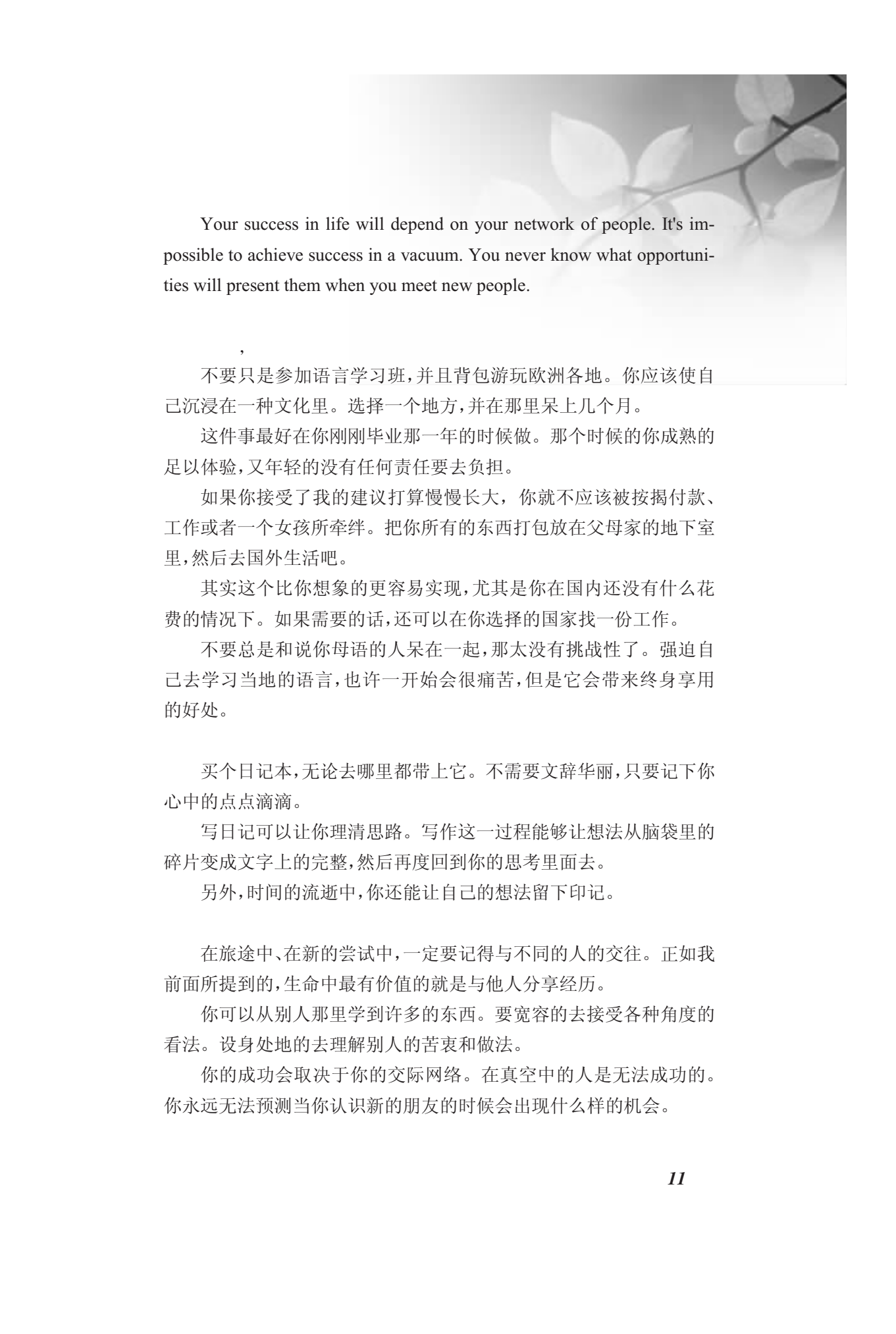
Having a journal will help to solidify your thoughts. The act of writing helps to close the circle of ideas from your head to your hand and back to your head.

Plus, you'll have a record of your thoughts for generations to come.

## **Get to Know People**

As you travel and try new things, make it a point to meet people. As I said before, the most valuable things in life are shared experiences with other people.

There is so much you can learn from people. Open your mind and take in different perspectives. Put yourself in their shoes and try to understand why they think the way they do.



Your success in life will depend on your network of people. It's impossible to achieve success in a vacuum. You never know what opportunities will present them when you meet new people.

### 旅行,并且学习一门外语

不要只是参加语言学习班,并且背包游玩欧洲各地。你应该使自己沉浸在一种文化里。选择一个地方,并在那里呆上几个月。

这件事最好在你刚刚毕业那一年的时候做。那个时候的你成熟的足以体验,又年轻的没有任何责任要去负担。

如果你接受了我的建议打算慢慢长大,你就不应该被按揭付款、工作或者一个女孩所牵绊。把你所有的东西打包放在父母家的地下室里,然后去国外生活吧。

其实这个比你想象的更容易实现,尤其是你在国内还没有什么花费的情况下。如果需要的话,还可以在你选择的国家找一份工作。

不要总是和说你母语的人呆在一起,那太没有挑战性了。强迫自己去学习当地的语言,也许一开始会很痛苦,但是它会带来终身享用的好处。

### 写日记

买个日记本,无论去哪里都带上它。不需要文辞华丽,只要记下你心中的点点滴滴。

写日记可以让你理清思路。写作这一过程能够让想法从脑袋里的碎片变成文字上的完整,然后再度回到你的思考里面去。

另外,时间的流逝中,你还能让自己的想法留下印记。

### 与人交际

在旅途中、在新的尝试中,一定要记得与不同的人的交往。正如我前面所提到的,生命中最有价值的就是与他人分享经历。

你可以从别人那里学到许多的东西。要宽容的去接受各种角度的看法。设身处地的去理解别人的苦衷和做法。

你的成功会取决于你的交际网络。在真空中的人是无法成功的。你永远无法预测当你认识新的朋友的时候会出现什么样的机会。



### **There's No Rush to Have it All Figured Out**

When I was your age, I felt pressure to have my life's purpose figured out. I think a lot of young people think there's something wrong with them if they haven't "found themselves" by age 22.

Most people don't figure things out until much later in life (if at all). That's what your twenties are for: exploring different paths, making mistakes, falling on your face, and building your character.

Take your time figuring it all out. You don't want to rush such a grand decision as your life's purpose.

### **Savor the Moment**

Experience the textures, sights, sounds, and feelings of each moment. Time moves faster than you think. Your youth is special and you'll want to remember it for the rest of your life.

### **Start Businesses without Borrowing Money**

When you decide to start a business, don't go into debt over it. Most businesses fail, and it's better to be left with nothing than to not have anything and still owe someone else money.

Pick a business that doesn't cost much to start and grow slowly, reinvesting your earnings.

Choose a business that's as passive as possible. Bulk vending is a good one to start with while you're young.

Stay away from services. I made the mistake when I was your age of starting a T-shirt design service. The problem with services is that you have to re-create your work if you want to get paid again. Find something that pays you over and over for work done once.

### **Pick Something and Stick With It**

Once you've had your fun traveling the world and being young, find a line of work that you are passionate about. Don't worry about the money that will come with time. As long as you are out of debt and putting money into savings each month, you're going to be just fine.

Don't get into the habit of changing your mind all the time. Each time