

Chapter 1

青春励志：

生命掌握在你自己手里



1.1

Love Your Life

你要热爱生活

Henry David Thoreau

亨利·戴维·梭罗

(难度: ★★)

Living without an aim is like sailing without a compass.

—John Ruskin

生活没有目标就像航海没有罗盘。

——约翰·罗斯金

梭

罗被称为自然随笔的创始者，其文简练有力、朴实自然、思想真挚，在美国 19 世纪散文中独树一帜。在文中，作者将正确的生活态度灌输给读者：生活的富有和贫困不是物质上的多寡，而是思想是否充实。

However mean your life is, meet it and live it; do not **shun** it and call it hard names. It is not so bad as you are. It looks poorest when you are richest. The fault-finder will find faults in paradise. Love your life, poor as it is. You may perhaps have some pleasant, **thrilling**, glorious hours, even in a **poor-house**. The setting sun is reflected from the windows of the

alms-house as brightly as from the rich man's **abode**; the snow melts before its door as early in the spring. I do not see but a quiet mind may live as contentedly there, and have as cheering thoughts, as in a palace. The town's poor seem to me often to live the most independent lives of any. May be they are simply great enough to receive without **misgiving**. Most think that they are above being supported by the town, but it often happens that they are not above supporting themselves by dishonest means, which should be more **disreputable**. Cultivate poverty like a garden **herb**, like sage. Do not trouble yourself much to get new things, whether clothes or friends, turn the old, return to them. Things do not change; we change. Sell your clothes and keep your thoughts.

词汇笔记

1. **shun** vt. 避开，避免
From that time forward everybody shunned him. 从那时起，人人都刻意避开他。
2. **thrilling** adj. 使人激动的
3. **poor-house** 贫民院
4. **alms-house** 养老院，救济院
5. **abode** n. 住所，住处
6. **misgiving** n. 疑虑，害怕
full of misgivings 满心疑虑
7. **disreputable** adj. 名誉不好的，声名狼藉的
8. **herb** n. 草，香草



精品译文

无论你的生活如何卑贱，都要正视它，勇敢地活下去；不要躲避它，也不要对它恶语相加。生活并不像你想象的那样糟糕。你最富有的时候，生活往往看上去最贫穷。吹毛求疵的人即便在天堂也能挑出瑕疵。你要热爱生活，尽管它可能是一贫如洗。即使身处贫民院，你也可能享受到愉快、兴奋、辉煌的美好时刻。落日的余晖映照在贫民院的窗户上，这光芒与照射在富贵人家豪宅上的一样耀眼；门前的积雪都会在早春消融。我只看到，一个气定神闲的人在那里可以过着自得其乐的生活，怀抱乐观的思想，如同居住在皇宫里一般。在我看来，城镇里的贫民倒是经常过着最独立的生活。也许他们已经足够伟大，可以对任何事情坦然接受。大多数人不屑于

接受城镇的施救，但是实际上他们经常使用不诚实的手段来维持自己的生计，这更不体面。贫困仿佛花园中的花草，像圣贤一样照料它吧。犯不着千辛万苦以求获得新东西，无论是衣服还是朋友，把旧的翻新再回归其中。万事万物没有变，变化的是我们；衣服可以变卖，思想必须永存。



知识点大补贴·分分钟变身学霸



Love your life, poor as it is.

你要热爱生活，尽管它可能是一贫如洗。

解析：as 本身的词义很多，用法也很多，需要引起大家的注意。以本句为例，本句中的 **as** 意为“尽管”，而且本句是将形容词提前的一种倒装形式，其句式为“形容词 + **as** + 主语 + 谓语”。我们知道表示“尽管”的词还有 **though** 和 **although**，但需要格外注意的是：用倒装语序的 **as** 从句可以用 **though** 来替换，但是不能用 **although** 替换。例如，**Poor as he was(= Poor though he was), he was honest. = Although he was poor, he was honest.**（虽然他很穷，但是他很诚实。）





1.2

Today Is a New Day

今天是新的一天

Donna Levine

唐那·莱文

(难度：★)

The important thing in life is to have a great aim, and the determination
to attain it.

—Goethe

人生中重要的事情是拥有一个伟大的目标，并下定决心去实现它。

——歌德

每一个今天都是新的开始，一切都欣欣向荣，
不管天空是阴还是晴，我们都要用乐观和希望
照亮自己。享受生活从每天做起，从每个微笑开始，
让我们张开双臂拥抱新的开始，亮出自己的美丽心情！

Your tomorrows are as bright
as you want to make them.

There is no reason to carry
the darkness of the past
with you into today.

Today is a wonderful new experience,



full of every **possibility** to make
your life **exactly** what you want it to be.
Today is the beginning of new happiness,
new directions and new relationships.
Today is the day to **remind** yourself
that you possess the power
and strength you need
to bring **contentment**, love and joy into your life.
Today is the day to understand yourself
and to give yourself the love
and the patience that you need.
Today is the day to **move forward**
towards your bright tomorrow.



精品译文

你的明天充满光明，
正如你心中所想。
你没有任何理由，
把昨天的黑暗
带到今天。
今天是美妙的全新体验，
你有各种可能，
使生活如你所愿。
今天开始有新的幸福，
新的方向和新的伙伴。
今天你要提醒自己，
你拥有足够多的能力，

词汇笔记

1. **There is no reason...**
没有理由……
2. **possibility** n. 可能性
by any possibility 万一，也许
3. **exactly** adv. 确切地，准确地
4. **remind** vt. 使想起，使记起
remind sb. of sth. 使某人想起某事
5. **contentment** n. 满意，知足
6. **move forward** 前进

足够多的力量，
 把满足、爱与欢乐带进你的生活。
 今天你要了解自己，
 给自己足够多的爱心
 和足够多的耐心。
 今天你要勇往直前，
 奔向灿烂的明天！



知识点大补贴·分分钟变身学霸



Your tomorrows are as bright as you want to make them.

你的明天充满光明，正如你心中所想。

解析：“as+ 形容词（副词）+as”这个结构是初中阶段一个比较重要的句型结构，在这个结构中需要引起大家重视的有以下两点：1) 虽然该结构中有两个 as，但两者的词性不同，第一个 as 用作副词，第二个 as 用作连词，记忆的窍门就是副词（即第一个 as）可以修饰形容词或副词，连词后接句子，这样理解着记忆印象会更加深刻；2) as...as 作为同级比较，中间的形容词（副词）要用原级形式，在考试中常会同时给出形容词（副词）比较级和最高级的形式让考生进行区分。

1.3



Born to Win

生而为赢

Muriel James & Dorothy Jongeward

穆里尔·詹姆斯 & 桃乐茜·钟吉瓦

(难度: ★★★)

Truth needs no color; beauty, no pencil.

真理不需色彩，美丽不需涂饰。

—William Shakespeare

——威廉·莎士比亚

本文选自畅销书《生而为赢》(Born to Win)，该书由心理学女博士穆里尔·詹姆斯(Muriel James)和桃乐茜·钟吉瓦(Dorothy Jongeward)合著。在文中，作者指出，每个人生来都是赢者，关键在于人们是否有正确的日常习惯与生活态度，只要我们勇于探索、开发，就能成为人生的赢者。

Each human being is born as something new, something that never existed before. Each is born with the capacity to **win at** life. Each person has a **unique** way of seeing, hearing, touching, tasting and thinking. Each has his or her own unique potentials—capabilities and limitations. Each can be a significant, thinking, aware, and creative being—productive person, a winner.

The word "winner" and "loser" have many meanings. When we refer to a person as a winner, we do not mean one who makes someone else lose. To us, a winner is one who responds **authentically** by being **credible**, trustworthy, responsive, and genuine, both as an individual and as a member of a society.

Winners do not dedicate their lives to a concept of what they imagine they should be; rather, they are themselves and **as such** do not use their energy putting on a performance, maintaining pretence and **manipulating** others. They are aware that there is a difference between being loving and acting loving, between being stupid and acting stupid, between being knowledgeable and acting knowledgeable. Winners do not need to hide behind a mask.

Winners are not afraid to do their own thinking and to use their own knowledge. They can separate facts from opinions and don't pretend to have all the answers. They listen to others, evaluate what they say, but come to their own conclusions. Although winners can admire and respect other people, they are not totally defined, demolished, bound, or **awed** by them.

Winners do not play "helpless" nor do they play the blaming game. Instead, they **assume responsibility** for their own lives. They don't give others a false authority over them. Winners are their own bosses and know it.

A winner's timing is right. Winners respond **appropriately** to the situation. Their responses are related to the message sent and preserve the significance, worth, well-being, and dignity of the people involved. Winners know that for everything there is a season and for every activity a time.

Although winners can freely enjoy themselves, they can also

postpone enjoyment, can discipline themselves in the present to enhance their enjoyment in the future. Winners are not afraid to go after what they want, but they do so in proper ways. Winners do not get their security by controlling others. They do not set themselves up to lose.

A winner cares about the world and its peoples. A winner **is not isolated from** the general problems of society, but is concerned, compassionate, and committed to improving the quality of life. Even in the face of national and international adversity, a winner's self-image is not one of a powerless **individual**. A winner works to make the world a better place.

词汇笔记

1. **win at** 在……取胜
2. **unique** adj. 唯一的, 独特的
3. **authentically** adv.
确实地, 真正地
4. **credible** adj. 可信的, 可靠的
Her claims seem **credible** to many. 她的说法在很多人看来似乎是可信的。
5. **as such** 因而, 因此
6. **manipulate** vt. 操纵
7. **awe** vt. 敬畏, 畏惧
8. **assume responsibility**
承担责任
The manager assumed responsibility for the accident.
经理承担起这次事故的责任。
9. **appropriately** adv. 适当地
10. **postpone** vt. 推迟, 延迟
11. **be isolated from** 与……隔绝
12. **individual** n. 个人, 个体



精品译文

每个人生来都是全新的, 都是一个以前从未存在过的个体; 每个人生来就有能力赢得人生的胜利。每个人都有其特立独行的方式去审视、聆听、触摸、品味及思考, 因而都具备独特的潜质, 包括能力和局限。每个人都能做到举足轻重、思虑明达、洞察秋毫、富有创意——成就功业、成为赢者。

“赢者”与“败者”含义很多。谈到赢者, 我们并非指令他人失意之人。对我们来说, 赢者必须为人守信、值得信赖、有求必应、态度诚恳, 不管是作为个体还是社会成员都能以真诚回应他人。

赢者行事并不拘泥于某种信条, 即便是他们认为应为其奉献一生的理