

<<找回迷失的自己>>

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前言

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，回味无穷。

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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内容概要

双语魅力英文丛书收录了各种经典哲理美文，双语对照，其内容涉及青春、爱情、理想等方面，从不同的视角阐释了人生的种种道理。书中选用的文章体裁多样，有语句优美的散文；有感人至深的叙事文；也有世界权威研究中心的成果报告。既有理性的人生思考，也有鲜活生动的感性触摸，读者在提高英语水平的时候，得到人生幸福的启示。非常适合中学生、大学生及对英语学习充满热情、抱有热望的人们来学习英文、欣赏美文。

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作者简介

凯瑟琳，毕业于北京外国语大学英语系英语语言文学专业，具有丰富的译审经验，擅长文学、社科领域的翻译工作，曾长期与各大翻译社、出版社合作，翻译过多部作品。

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让我们微笑

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一位值得纪念的希腊人

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章节摘录

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。相比之下，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，慢慢地在湖中飘荡。

我不太舒服地躺在木凳上，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.

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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。

……

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编辑推荐

岁月如歌，以灵魂歌唱；生命如诗，尽一生品读。
人生的旅途有太多的不安，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，去找回曾经的感动，去找回迷途的温暖。

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