



Elite 01

President Barack Obama: Secrets to Success
美国第一位黑人总统奥巴马：成功的秘诀

Elite Profile 精英抢先看

成功必杀技：领导魅力

全 名：巴拉克·侯赛因·奥巴马二世

家庭背景：好妈妈和坏爸爸

曾获奖项：2009年诺贝尔和平奖、
2008年格莱美最佳朗诵专辑奖

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美国第一位黑人总统

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Life lessons from Barack Obama: Make these seven lessons from the president part of your life story, too

Barack Obama is about to be tested as never before. But things haven't exactly been easy for him up to now. If George W. Bush was born on third base, Obama was a **charter member** of the knothole gang: on the outside looking in. His father abandoned the family when Barack was 2, and he and his mother left for Indonesia four years later. At age 10, he moved to Hawaii to live with his grandparents, who sometimes relied on food stamps. And yet that **bumpy** road delivered him to the presidency of the Harvard Law Review, to the side of a first-lady-in-waiting who is already being compared to Jackie Kennedy, and into a family portrait that includes two of the brightest-eyed little girls ever to cross the public stage. Oh yeah, and it allowed a guy with the middle name Hussein to take over for a president who was obsessed with ridding the earth of Saddam. What does Barack Obama know that the rest of us don't? WH contributing editor Peter Moore met with him last August in 2008 on his campaign plane to find out. Read on for Obama's flight plan.



Lesson 1: Be there for your family, even if you're not around

I joined the campaign on August 4, which also happened to be Obama's birthday. But Michelle Obama and their daughters, Malia and Sasha, were nowhere to be seen.

"The birthday celebration was yesterday," he said. "We get everything in, just not always on schedule. I sat on a **lounge** chair in a

friend's backyard, watching my girls and Michelle dance. It was as nice a moment as I've had in a long time. I don't miss the important things. I haven't missed a dance recital. I haven't missed a parent-teacher conference. But there are some things I do miss. Those are trade-offs you make. I'd like to say that quality time replaces quantity, but sometimes it doesn't. A lot of the best moments of family life happen spontaneously. If you have less time to devote to them, there are fewer of those. What I've been able to do is create a zone of **normalcy** for my kids. Michelle's been wonderful about that. I have been able to transmit to them my absolute interest in them and my absolute love for them."

Lesson 2: Make the future your focus

An unavoidable sacrifice: the way a child's life changes under the **glare** of campaign lights. Obama noted that his daughters were young when he had to explain the **upheaval** that was about to shake their family. The girls' first order of business: their now-famous request for a First Dog. "They did also ask about what they called 'secret people,' which were the Secret Service folks: 'Are we going to have to have those people with sunglasses and earpieces following us around all the time?' And I told them, well, not right away. They've adjusted wonderfully."

Lesson 3: Learn from your father, even if he wasn't a good one

Citing the complex relationship between Bush I and Bush II, I asked the then-senator if his absent father would have an impact on an Obama presidency. "I would like to think that most of the issues related to my father have been resolved," he replied. "That's part of what writing *Dreams From My Father* was about: understanding him, his own personal tragedy. He wasn't a presence in my life; he was an idea that I had to wrestle with for a long time.

"Somebody once said that every man is either trying to live up to his dad's expectations or make up for his dad's mistakes. And I'm sure I was doing a little bit of both. But somewhere in my late twenties or early thirties, I sort of **figured out** what his absence had meant. It's part of what I think has made me a pretty good dad. There's no doubt that it has contributed to my drive. I might not be here had it not been for that absent father **prodding** me early in life."

Lesson 4: Organize distractions right out of your life

Clearly, Obama knows how to manage groups. By the time your outfit has its own plane, it had better have a solid pilot.

"I'm part of an organization," he said, speaking of his campaign team, "and one of the things I really try to push is to make sure that everybody is focused on the two or three things that are really going to make a difference. I ask them to design my schedule in a way that focuses on being active instead of reactive.

"The most difficult thing is to carve out time to think, which is probably the most



important time for somebody who's trying to shift an organization, or in this case, the country, as opposed to doing the same things that have been done before. And I find that that time **slips away**."

His solution: delegate. "I don't spend a lot of time returning calls or e-mails. If somebody needs something, usually somebody else can handle it. Eliminating TV has been helpful."

But, he confesses, "I'm still **a sucker for SportsCenter**."

Lesson 5: Use workout time to focus your mind

In the epilogue to *The Audacity of Hope*, Obama recounts how, after a long day in the Senate, he would jog to the Lincoln Memorial, where he'd pull a patriotic Rocky on the steps. Now those head-clearing runs are over: "One of the things about this job is the loss of **anonymity**. I can't run outside anymore. Looks like I've got to find other ways to exercise."

Along with **impromptu** hoops games, Obama follows a six-day workout schedule that alternates **cardio** and weight training. But fitness is just the side benefit: "My blood pressure is pretty low, and I tend to be a healthy eater. So I probably could get away with cutting back a little bit. The main reason I work out is just to clear my head and relieve stress. It's a great way to stay focused."

Lesson 6: Quit smoking (as often as you need to)

For all of Obama's fitness, he's carried around the ultimate health taboo – smoking – for most of his adult life. "There wasn't some dramatic moment," he said. "Michelle had been putting pressure on me for a while. I was never really a heavy smoker – probably at my peak I was smoking seven or eight a day. More typical was three. So it wasn't a huge challenge. There have been a couple of times during the campaign when I fell off the wagon and **bummed** one, and I had to kick it again."

He does have advice for people wrestling with the dependency. "Eliminate certain key connections – that first cigarette in the morning, or after a meal, or with a drink. Eliminating those **triggers** should help."

Key Expressions

1. up to now 至今
2. on schedule 准时, 按时间表
3. trade-off 权衡; 交换, 交易
4. live up to expectation 满足期望
5. make up for mistake 弥补错误
6. make a difference 有影响, 有关系
7. design schedule 制定计划
8. carve out time 腾出时间, 抽出时间
9. side benefit 附带利益
10. have a tough time 处在困难时期

Lesson 7: If you want to avoid disappointing others, don't disappoint yourself

No surprise here. It's something Obama has thought about a lot: "I always try to



make sure that my expectations are higher than those of the people around me," he says. "The American people are having a tough time. And I never want people to feel as if I've overpromised to them. I try to explain in a real, honest way how difficult some of the changes will be. But I never want the effect to be that I'm not working as hard as I can on their behalf, that I'm not continually trying to improve. I'm actually glad for the high expectations. One of the interesting things about a campaign is that it really does push you to the limit and then some. And it turns out that you have more in your reservoir than you expected."

01 精彩译文

您可以参考的中文翻译。

Translation

来自奥巴马的人生训导：让这些总统的训导也成为你人生的一部分

奥巴马将会遭遇前所未有的挑战。但是现在他也不那么轻松。如果布什是含着金汤匙出生的，那奥巴马就是穷人家的孩子。他父亲在他2岁的时候抛弃他们母子，4年后他跟母亲去了印度尼西亚。10岁时，奥巴马搬到夏威夷去跟外祖父母生活，他们有时要还要靠救济粮票度日。但是这条坎坷人生路却带他走向了总统之位，来到了未来第一夫人的身边，她如今已经被人与杰奎琳·肯尼迪相提并论了，来到了一个公众视野下眼睛最闪亮的两位女孩的家庭中。是的，这样一个中名为侯赛因的人当上了总统，他却一心要除掉萨达姆。那么奥巴马有什么样的秘诀呢？白宫特约编辑皮特·摩尔2008年8月时在奥巴马的竞选活动飞机上见到了他来找出答案。来看看奥巴马的腾飞计划吧。



第一课：要关心家人，即便不能呆在他们身边

我在8月4号开始加入竞选活动，那天刚好也是奥巴马的生日。但是米歇尔·奥巴马和他们的女儿玛利亚和萨莎不在。

奥巴马说：“昨天就庆祝过生日了。什么都安排好了，只是并不总能按时。我在朋友后院的沙发椅上坐着，看我的女儿和米歇尔跳舞。我很久都没有这么高兴过了。我不会错过一些大事。我一定会去舞蹈朗诵会。我一定会去家长会。但是有些事确实去不了。必须要有所取舍。有时候我想说时间上应该重质不重量，但是有时候却不是这样。很多最好的家庭时光都是随时可能发生的。如果你不多花些时间的话，那这样的时刻也会减少。我要做的就是为我的孩子创造出一个常态区。米歇尔这一点做的很好。我一直能够向她们传达我全部的关心和全心全意的爱。”

第二课：关注未来

不可避免的牺牲：孩子的生活在竞选活动的聚光灯下会被改变。奥巴马强调他的孩子都还很小，却要面对家庭即将遭受的巨变。丫头们的头等大事：大家都知道她们要第一犬。

“她们也问了她们所称的‘秘密人群’，就是情报人员：‘是不是会有戴太阳镜和耳机的人老



是跟着我们呢？’我跟她们说，嗯，没那么快。她们调整得很好。”

第三课：向你的父亲学习，即便他不是个好父亲

我引用了老布什和小布什之间的复杂关系，然后问那时候还是参议员的奥巴马父亲的过早离开是否会对他以后当总统有什么影响。他回答说：“我比较愿意认为大部分关于我父亲的问题都已经解决了。这也是写《我父亲的梦想》的部分意义所在：了解他，他个人的悲剧。他没有在我身边，父亲是我长期以来一直困扰我的一个概念。

“有人曾经说过一个男人的成长历程中，要不就是迎合父亲的期望，要不就是弥补父亲的过失。我敢肯定，这两点在我身上都得以体现，但是在我步入30岁时，我有点明白父亲的早逝对我的影响了。我之所以能够成为一个不错的父亲与之是分不开的。这无疑大大的促进了我的进步。如果不是因为在幼年时期父爱的缺失磨炼了我，今天我也许不会成为总统。”

第四课：排除干扰

显然，奥巴马知道如何管理团队。当你的组织有了自己的飞机时，最好有个过硬的飞行员。

他在谈到自己的竞选团队时说：“我是组织的一部分，我一直积极推动的就是保证每个人都能关注那些能够真正带来改变的两三件事情。我让他们把我的日程安排得看起来积极主动而不是被动。”

“最困难的是就是腾出时间来思考，对于那些想要转变一个组织的人，或者是想要转变一个国家的我们来说，这尤为重要，因为我们要反对许多人们已经习惯的旧习。时间是很容易溜走的。”

他的解决办法：代表。“我不会花很多时间去打电话或回复邮件。如果有人需要什么，通常会有人来解决。戒掉电视也是很有用的。”

但是，他承认：“我仍然很喜欢看《运动中心》。”

第五课：找时间锻炼身体来集中注意力

在《无畏的希望》后记中，奥巴马回忆他在参议院中度过漫长的一天后，会慢跑跑到林肯纪念碑，然后会在那里致一个敬礼。现在这样让人头脑清醒的跑步都没有了：“干这份工作就是到哪儿都有人认识你。我不能再去外面跑步了。看起来我要找其他的锻炼方式了。”

除了时不时打打篮球外，奥巴马还有6天的锻炼安排包括有氧和重量训练。但是健康只是附带的好处：“我现在血压很低，我吃得也很健康。因此可能可以稍微减少一点。我锻炼的主要原因是清醒头脑和疏解压力。这是集中注意力的好方法。”

第六课：戒烟（每当你需要的时候）

尽管奥巴马很健康，他却犯了最大的健康禁忌——吸烟。他说：“不是突然决定的，米歇尔一直在向我施加压力。我一直抽得不是很猛，在抽得最厉害的时候就每天七到八根。正常的就是三根。因此不算什么挑战。有几次在竞选活动期间烟瘾犯了，又开始抽了。现在要重新戒掉。”

他有建议给那些有烟瘾的人：“消除一些关键的联系——早上起来抽一支烟，或者饭后，或边饮酒边抽。这些时候不抽烟就容易戒掉了。”

第七课：如果你想要避免让别人失望，就不要让自己失望

没有什么好惊奇的。这是奥巴马想得较多的一个问题：“我总是尽力保证自己的期望高于周围的人。美国人民正处于困难时期。我不希望人们感觉到我承诺过高。我试图以一种真实、坦诚的方式来解释一些挑战有多么困难。但是我不想他们认为我不够努力，不积极改进。我其实很高兴人们有这样的高期望。竞选有趣的地方之一就是会推动你去超越极限。你会发现自己的潜力超乎想象。”

02 词汇多学点

这些重点单词及用法应该掌握！

Language Notes

1. **charter member** [美] (俱乐部、社团、公司等) 创办人，发起人，创始成员
2. **bumpy** ['bʌmpɪ] adj. 颠簸的；崎岖不平的
如：We had a bumpy flight in the storm. 我们在暴风雨中颠簸飞行。
3. **lounge** [laʊndʒ] n. 躺椅；休息室；闲逛
如：We serve coffee in lounge. 我们起居室里有咖啡奉客。
4. **normalcy** [nɔːməlsɪ] n. 正常状态，常态
如：You should also have sense of normalcy to look at. 你也要有平常心来看待。
该词的同源词汇有：normal adj. 平常的；normality n. 常态。
5. **glare** [glɛə] n. 耀眼的光；受公众注目
如：I can't see a thing in glare. 在耀眼的光线下我什么也看不见。
6. **upheaval** [ʌp'hi:vəl] n. 剧变；隆起
如：Is the world facing a new food-price upheaval? 世界正在面临粮食价格新剧变吗？
7. **wrestle** ['resl] vi. 摔跤；斗争；斟酌
如：to wrestle with temptation 抵制诱惑。
8. **figure out** 解决；算出；想出
如：I can't figure out what he's trying to say. 我弄不懂他想说什么。
9. **prod** [prɒd] vt. 刺，戳
如：I shall have to prod him to pay me what he owes. 我将不得不催促他把欠我的钱还给我。
10. **slip away** 逃走；悄悄溜走
如：It's a good time for you to slip away. 正是你溜之大吉的好时机。
11. **be a sucker for** 对……十分感兴趣，对……入迷
如：I am a sucker for football games. 我对足球比赛十分着迷。
12. **anonymity** [ˌænə'nimɪti] n. 匿名（者）；无名之辈
如：Many bloggers and e-mailers may lose protective anonymity.
许多博客和电子邮件作者可能不再享受匿名保护。
13. **impromptu** [im'prɒptjuː] adj. 即兴的，即席的
如：He is good at making impromptu speeches. 他善于发表即席演说。



14. **cardio** ['kɑ:diəʊ] n. 有氧运动

如: Cardio is very effective for losing weight. 有氧运动对减肥十分有效。

15. **bum** [bʌm] vt. 乞讨, 乞求, 讨得

如: She's always bunning money from me. 她经常向我讨钱。

16. **trigger** ['trigə] vt. 引起; 触发

如: At this level, even a small shock is likely to trigger a further debt crisis.

在这种情况下, 一次小小的打击都可能引发进一步的债务危机。

17. **reservoir** ['rezəvwa:] n. [水利]水库; 蓄水池

如: They pumped water into the reservoir. 他们用泵把水打进水库。

03 长难句点津

这些语法现象及解析边学边用!

Reading Tips

1. Are we going to have to have those people with sunglasses and earpieces following us around all the time?

译文: 是不是会有戴太阳镜和耳机的人老是跟着我们呢?

解析: have those people with sunglasses and earpieces following us体现了一个常见结构“have +sb./sth. (宾语) + 现在分词(宾语补足语)”, 意为“叫/让/使某人做某事或让某种情况发生”。宾语 sb./sth. 后面用现在分词作宾语补足语, 表示宾语与现在分词表示的动作之间为主动关系, 且动作正在进行。如: Don't have the baby crying! 不要让婴儿啼哭!

2. I might not be here had it not been for that absent father prodding me early in life.

译文: 如果不是因为在幼年时期父爱的缺失磨练了我, 今天我也许不会成为总统。

解析: had it not been for that absent father prodding me early in life为一个倒装结构。在虚拟语气中, 如果虚拟条件句中有were, had, should时, 可把if省略, 而把were, had, should放在主语前, 用倒装结构, 这种结构主要用于书面语中。如: Were it necessary, I might resign. = If it were necessary, I might resign. 必要的话, 我可能会辞职。因此, 本文中如果不省略if的话, 该句子可以还原为: I might not be here if it had not been for that absent father prodding me early in life.

3. The most difficult thing is to carve out time to think, which is probably the most important time for somebody who's trying to shift an organization, or in this case, the country, as opposed to doing the same things that have been done before.

译文: 最困难的事就是腾出时间来思考, 对于那些想要转变一个组织的人, 或者是想要转变一个国家的我们来说, 这尤为重要。

解析: 本文中的which引导非限定性定语从句, 所指代的对象为The most difficult thing is to carve out time to think. Who 在此引导定语从句, 修饰限定somebody. as opposed to doing the same things that have been done before该句为一个 as 引导的原因状语从句, 句中的that 在此也是引导定语从句, 修饰限定the same things. 该句的主干可以提取为: The most difficult thing is to carve out time to think.



1. Obama has also written and talked about using alcohol, marijuana and cocaine during his teenage years to "push questions of who I was out of my mind." At the 2008 Civil Forum on the Presidency, Obama identified his high-school drug use as a great moral failure.

奥巴马谈到过他在少年时曾经用酗酒、吸大麻和可可因的方式来让自己不去想自己是谁的这个问题。在2008年的总统公民论坛上，他说自己高中时吸毒是道德上的失足。

2. Obama tried to quit smoking several times, sometimes using nicotine replacement therapy. Michelle Obama said that he successfully quit in early 2010.

奥巴马几次试图戒烟，有时还用尼古丁替代疗法。米歇尔·奥巴马说他已经成功地于2010年戒掉了。

成功密码

Key to Success

1. Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

如果我们等某人或某时来进行改变的话，那改变不会到来。我们就是自己在等的人。我们就是自己寻求的改变。

2. If you're walking down the right path and you're willing to keep walking, eventually you'll make progress.

如果你上了正路并且愿意一直走下去，最终你将会取得进步。



Elite 02

Arnold Schwarzenegger: Top 5 Tips for Building the Life You Want
好莱坞传奇阿诺·施瓦辛格：创造理想生活的5个要点

Elite Profile 精英抢先看

成功必杀技：百折不挠

别名：阿诺、大块头、终结者、生力啤

职业：导演、餐馆老板、州长

妻子：玛丽娅·施莱弗（肯尼迪总统的外甥女）

闪光灯下：施瓦辛格承认与前管家米尔德丽德·巴埃纳育有私生子，2011年7月与妻子闹离婚，分财产

Bodybuilding world champion numerous times. One of the most highly paid actors in the last few decades. And now the governor of California. Arnold Schwarzenegger's resume sounds more like the resume of three men rather than just one. How did he do it?

Here are five clues, success habits and tips from Arnold himself.



1. Believe in yourself

"I knew I was a winner back in the late sixties. I knew I **was destined for** great things. People will say that kind of thinking is totally **immodest**. I agree. Modesty is not a word that applies to me in any way – I hope it never will."

A very strong belief in yourself can be **ridiculously** useful.

Corny as it may sound, your belief in yourself determines a lot about your journey and your results. But the problem with statements like "Just believe in yourself, man!" is that they don't come with any practical instructions on how to actually believe more in yourself. So you have a hard time getting anywhere.

I have found a few things that have been helpful.

First, by realizing that you are able to handle negative stuff that comes your way your belief in yourself and your capabilities grows.

You can also work on a similar process voluntarily. By setting goals and achieving them your belief in yourself increases. And by facing your fears and finding that you can indeed survive such

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好莱坞传奇

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experiences your belief in yourself goes up too. None of these options may sound that **glamorous**, fun or quick. And a lot of the time they aren't. But like with so much else, you have to put in effort to get good results.

But there is also another side to this challenge. Quite a bit of the problem with a lack of belief in yourself comes from internal **self-sabotage**, self-limiting beliefs and resistance within your mind. It's you holding yourself back.

I have found that reading Eckhart Tolle's books like "A New Earth" – or books on mindfulness in general I guess – to help you realize that you are not your ego, thoughts or emotions and rereading to strengthen and deepen that belief can be very helpful to reduce the inner struggle, over-analyzing and self-sabotage. Over time you can get better control over your mind and you'll stop listening so much to your own negative inner voices and emotional resistance.

Having a reasonably good handle on that part makes it easier to see yourself doing what you want to do. Because, as Arnold says, you have to be able to **envision** what you want to do or it will be very hard or just impossible to bring that vision into reality.

By getting better control over your mind it becomes easier to hold this vision in your mind day after day, week after week. You'll be less **prone to** self-sabotage. And your belief will **waver** less when being questioned or worse by other people or just society in general.

2. See struggle and failure as something positive

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to **surrender**, that is strength."

Failure is seldom the end of the world. It's a part of the journey, a part of the learning curve. The problem is just that if you have a **scarcity** mentality then every failure or potential failure may seem as the sky falling. This can hold you back from performing well, or from taking action at all. The key to overcome this is to develop an **abundance** mentality that tells you that there are always more opportunities. This allows you to not take the setbacks too seriously.

One way to help yourself to develop such a mentality is to replace some of the usual input – news, advertising – with information and the vibe from personal development authors/speakers. Another way is just to hang out more with people with an abundance mentality, or just people that are positive and enthusiastic about life.

Now, most of the time you only really fail when you give up and surrender. If you keep going you'll build your inner strength to live and move through rough patches. And if you are able to look at your setbacks and learn from them you can also deepen your knowledge, perhaps avoid some mistakes and find a better course towards your goal.