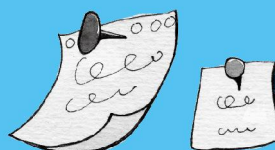




## *Chapter 01*

# 幸福就在当下





# 01

## Chapter 01

### 幸福就在当下

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#### 生活中的幸福

#### 1.1

### Happiness in the Life

#### 1 Share Your Happiness 分享你的幸福

Everyday there are things that happen to us, and for us, that make us grateful. Sometimes, we even find, that after the passage of time, we become grateful. Take time today, tomorrow, and the next day to think about for what or whom you are grateful. Then write it down in your gratitude **journal**. Or maybe send a letter or a card, with dates and experiences to that person. Share your happiness and your gratitude.

每天都有新的事情发生在我们身上，这些事情使得我们心怀感激。某些时候，我们发现，随着时间的推移，我们变得知道感恩了。今天、明天、后天，都花些时间去思考你该感激什么事情或什么人，然后把这些事情写在“感激日记”里，或者把带有时间和经历的信件、明信片寄给那些让你感动的人，分享你的幸福与感激之情。



Notes:

journal n. 日志，日记，期刊



#### Notes:

priceless adj. 无价的

entry n. 进入, 进入权, 入口, 条目

keepsake n. 纪念品

## 2 Keep a Gratitude Journal 写一份感恩日记

You can start keeping a journal where you date and write in daily, weekly, or monthly about what you are grateful for, why and the circumstances that created the gratitude. This becomes a story and record of your feelings and warm experiences of what you have given, and also what you have received. You can always look back as a reminder of what brings you happiness.

你可以从写一份感恩日记开始, 记录你每天、每周或每月所感动的事情以及为什么会感恩、创造感恩之情的环境。这会成为记录你的情感及你所付出与你所收获的温暖的经历。通过感恩日记, 你可以随时重温给你带来幸福感的事情。

## 3 Create Gratitude Journals for Your Loved Ones

为你所爱的人做一个感恩日记本

You can also create individual gratitude journals for your spouse, your children, parents, a friend, etc., that you journal in for a period of time. You can write about them sharing what you are grateful for about them. Get a new journal to use for this purpose only. Pick a colored pen or several colors. You can express your feelings with certain colors, green for a growth memory, blue for peaceful times, you decide what each color means and note that in the front of the journal.

你也可以为你的爱人、孩子、父母、朋友等做一个感恩日记本。你可以让他们分享他们感动过你的事情。这个日记本只做次用。选择一支或多支彩笔, 你可以用不同的颜色来表达不同的心情。例如, 绿色代表成长的岁月, 蓝色代表安静的时刻。你来决定各种颜色所代表的不同意思, 记得把他们写在首页哦。

## 4 A Priceless Gift 无价的礼物

Date each **entry** and describe events, memories, or thoughts that you have about that person. Describe what they have given you, what you have observed, what you wish for them. Tell them about how grateful you are for them in your life, and why. This will become a treasured **keepsake** and a priceless gift.

注明每一件事情的日期, 描述关于你所感激的人的记忆或者想法。记录他们所给予你的、你所观察到的以及你对他们的祝愿。告诉他们在你的生活中, 你是多么感激他们以及为什么感激他们。这将会成为一份贵重的纪念品和无价的礼物。



Notes:

appreciation [əˌpriːʃiˈeɪʃən]  
n. 欣赏、感激、鉴识、评价、增值

5 Spread the Idea of Gratitude 传播感激之情

Telling someone you are grateful for them in your life, for what they have done, for who they are is a very powerful expression of caring and love. Telling a stranger who has given you something, directions, good service, a smile, which you are grateful for what they have done and given you is another form of connection. Spread the idea of gratitude. You may see something on TV or read about someone. Send them an e-mail or letter of **appreciation** for who they are, what they stand for, or for what they have done.

告诉某人，在你的生活中，你是多么为他们的所作所为以及他们所扮演的角色而感激。这是一个对关怀和爱非常有力的表达。对给予你某件东西，或帮你指路、提供好的服务甚至给你微笑的陌生人，告诉他们你很感激，这是另一种形式的关怀。传播感激之情。你可能会从电视上看到或从书上读到某些事情，给他们发个邮件、寄封信，表达对他们身份、他们所作所为的感激之情。

6 Light and Love Is Everlasting 光明和爱，亘古不变

I am grateful for being able to carry the message that Light and Love is always present and everlasting. I get to do this on a moment to moment daily basis. I am grateful for all the loving people that I am blessed with in my life. I am grateful that the universe provides completely and abundantly. I am grateful to be alive and living full out.

光明和爱，亘古不变，能传播这个信息我感到很光荣。我将在每天的这个时刻传达这一信息。我感激我生命中所有满怀爱心的人，我为他们祝福。感谢上苍给了我一份完整的和丰富的人生。我感激我能活着，而且能活得这么精彩。

7 Thanks for the Connections 感谢相遇

I am grateful for the Divine Connections in my life – my family and friends. We laugh and cry together. With them I feel I belong and am loved. They are my greatest teachers. When depleted I seek them out, they renew my spirit I am blessed. I am also grateful for the roadblocks and failures in my life. They turned out to be valuable lessons that led me to new opportunities and connections I wouldn't have had otherwise.

非常感谢生命中神赐的相遇——我的家人和我的朋友，我们一起哭一起笑。和他们在一起，我找到了归属感和被爱的感觉。他们是我人生最好的老师。当我身心疲惫的时候我去找他们，他们给我力量。我也感谢我生命中的挫折与失败，它们给了我珍贵的经验，引领我走新的机会。



### 重点单词例句

- 1 She writes (about/on politics) for a weekly **journal**.  
她为一家周刊写(政治性)文章。
- 2 This dictionary has over 30000 **entries**. 这本字典有3万多词条。
- 3 He gave me his picture as a **keepsake** before going away.  
他在离开前送我一张照片做为纪念。
- 4 Her one **priceless** asset is her unflappability.  
她有一点是非常难能可贵的, 就是她遇事冷静。  
注意, valueless与worthless是毫无价值的意思。
- 5 Mary was frustrated by the lack of **appreciation** shown of her work.  
玛丽因工作得不到赏识而灰心丧气。



不要偷走我的幸福

1.2

## Don't Steal My Happiness

### 1 Happiness Is Basic 幸福是源泉

The moral value of an action is determined by how much overall happiness the action produces. Morally good actions maximize that happiness, while bad ones fail to. Treating happiness as the fundamental moral value makes a lot of sense. Everything we want, we want for the sake of the happiness it brings us; but happiness we want for its own sake. Happiness is the fundamental thing we value.

对一个行为的道德评价取决于这个行为多大程度上带来了多大的幸福感。合乎道德准则的行为可以放大幸福感, 而道德败坏的行为则会使人不幸福。将幸福与否作为道德行为的基本准则是很合理的。我们想要任何东西, 都是因为它们能给我们带来幸福感, 而我们希望过得幸福只是因为幸福本身, 幸福感是我们衡量、评判事物的基础。

### 2 Recognize the Mind 识别大脑

Is your mind playing tricks on you and robbing you of your happiness? Our minds are complex and are often our own worst enemies when it comes to being happy. Really, our own brains that we know and love deceive us into thinking something is right when it is really wrong, that we're in love when we're not, etc. Recognizing and **debunking** these traps your mind leads you into is essential to realizing a



Notes:

debunk [di:'bʌŋk] vt. 揭穿真相, 暴露



Notes:

as much as差不多，多  
达，和……一样多

lasting happiness.

你相信吗？大脑有时候会哄骗我们，夺走我们的幸福。大脑是复杂的，可是谈到幸福，它却常常是我们最大的敌人。是的，我们的大脑会欺骗我们把错的想成对的。比如，给我们恋爱的错觉等等。识别并揭穿大脑的这点儿把戏，我们才能意识到持久的幸福。

### ③ Work Makes Happiness 工作成就幸福

Our minds often try to trick us into thinking we'd be happier if we didn't have to work. We imagine a life of leisure and deceive ourselves into thinking this kind of lifestyle would make us happy. However, the truth is that idleness often leads to boredom and depression. We are industrious, creative beings. We need challenge and accomplishment to be happy. Get up and invest yourself into something significant and you will find that your happiness factor will rise.

大脑常常欺骗我们，让我们觉得如果我们不用忙于工作，就会更幸福。我们想象着一种舒适的生活，然后让自己相信，如果有一天能过上那样的日子该多好。然而事实上，无所事事就意味着乏味和消沉。我们是勤奋的、有创造力的人类。挑战和成就感才是我们幸福的源泉。行动起来，让自己投入到一项有意义的工作中，幸福会不请自来。

### ④ No shortcuts to Happiness 幸福没有捷径

I am convinced that there are no "secrets" to happiness or success. As much as authors, publishers, and our own minds would like to convince us that shortcuts exist, they do not. Living a successful life is pretty simple. You create a vision for the future, formulate a strategy, and then work hard to achieve it. There are no shortcuts or secrets to this formula. Accepting this will get you much further down the path to happiness than anything else.

我相信快乐和成功都是没有秘方的。尽管一些作家、出版商还有我们的大脑刺激我们一定存在捷径，但是很遗憾“没有捷径”。要想过成功的生活并不难，有愿景，制定策略，然后努力实现它。没有什么捷径、秘诀可言。接受这个看法，你才会接近幸福。

### ⑤ Being Adaptable 随机应变

Life is a journey of constant change. Some of which we control and some we don't. Resisting change or trying to control the change out of life is self-defeating. It will drain you and rob you of your happiness. Change is inevitable. You must accept this and learn to go with the flow.



#### Notes

disillusion vt. 醒悟, 使幻想破灭

Harland David Sanders  
哈兰德·大卫·桑德斯  
(1890.9.9—1980.12.16),  
以桑德斯上校(又译山德士上校)的名字而闻名,  
是肯德基(KFC)的创始人。

franchise ['fræntʃaɪz] n. 特许经营权, 选举权, 特权  
vt. 赋予特权, 赋予公民权

con [kɒn] n. 骗局, 反对,  
反对的理由

Being adaptable is very important to your happiness.

生活是一次充满变化的旅程。有些东西我们能控制, 有些则不能。无论是抗拒变化还是试图控制我们无能为力的东西都是自寻烦恼。它会让你精疲力尽并且夺走你的幸福。变化是不可避免的。你必须接受它, 追随它。随机应变, 才能获得幸福。

#### 6 Perseverance 锲而不舍

Our minds often get discouraged and **disillusioned** when success is just around the corner for us. **Colonel Sanders** didn't start **franchising** his KFC restaurants until he was sixty-five, forty years after he started serving chicken at his service station. Perseverance is very important in achieving happiness. Never let your mind trick you into giving up. You don't know what tomorrow holds. One more day may be all it will take to realize your dream.

我们的大脑总是在成功即将到来的时候阻碍我们, 使我们泄气。山德士上校(Colonel Sanders)直到65岁的时候才开始经营他的肯德基连锁快餐店, 这距离他在服务站卖炸鸡已经过去了40年。锲而不舍是幸福的重要因素。永远别让大脑欺骗你过早地放弃。你不知道明天会发生什么, 也许只要再坚持一天你就能实现梦想。

#### 7 Set out for Happiness 向幸福出发

See how our minds play tricks on us? If you identified with one or more of the **cons** on this list, don't despair. The truth will set you free! You now have the power to overcome these deceptions because you can see right through them. Enjoy your new found happiness.

明白大脑是如何欺骗我们了吧? 如果你曾经认同上述一条或更多, 不要绝望。真相会解放你的心灵! 你现在已经拥有了战胜这些骗局的力量, 因为你能洞穿它们。享受新的幸福旅程吧。



#### 重点单词例句

- 1 A lot of people used to believe that, but now it's been completely **debunked**. 过去很多人相信它, 但现已真相大白。
- 2 My father loves me **as much as** my mother does.  
我父亲和我母亲一样爱我。
- 3 She still believes in Santa Claus and it would be cruel to **disillusion** her.  
她仍然相信有圣诞老人, 要是使她这一幻想破灭就于心不忍了。
- 4 He has bought a hot dog **franchise**. 他购买了一家热狗特许经营店。
- 5 We must consider the reasons pro and **con**.  
我们必须考虑正反两方面的原因。



幸福很近

1.3

## Happiness Is Near

### ① Pay Attention 全神贯注

No doubt, it can be hard to practice mindfulness a moment-by-moment awareness of our thoughts, feelings, and external circumstances. But the benefits are profound. Studies show that mindful people not only have stronger immune systems but are more likely to be happy and enjoy greater life satisfaction, and they are less likely to be hostile or anxious. And you don't need to take years at a Buddhist monastery to cultivate it: Pioneering research by Richard Davidson, Jon Kabat-Zinn, and others has found that a basic eight-week mindfulness training program can significantly improve our physical and psychological well-being.

集中精力——时刻意识到我们的思想、感情和外部环境是很难的，这不容置疑。但是，其影响却是深远的。研究表明，全神贯注的人不仅有较强的免疫力，而且会更幸福、对生活更有满足感，他们也很少持有敌意和焦虑感。你无需在寺庙中花费时日去修身养性了。Richard Davidson, Jon Kabat-Zinn和他们的同事发现，一个为期八周的集中精神训练项目会明显提高我们的身心幸福感。

### ② Rest 注意休息

We're a sleep-deprived culture, despite scientific evidence that lack of sleep hurts our health and our brainpower. But it seems all this sleeplessness might impact our happiness as well. Not surprisingly, research has consistently linked lower sleep to lower mood; what's more, a study of more than 900 women, led by Nobel Prize-winning psychologist Daniel Kahneman, found that getting just one more hour of sleep each night might have a greater effect on happiness than a \$60,000 raise.

尽管科学证实睡眠不足有损健康和智力，我们仍然睡得很少。但是，这些无眠的夜晚好像也影响了我们的幸福感。毫无疑问，科学一直将睡眠不足与心情欠佳相连，此外，诺贝尔奖获得者、心理学家Daniel Kahneman对900位女性的调查表明，每晚仅多睡一个小时多获得的幸福感，比增加6万美元薪水还大。





#### Notes

caveat n. 防止误解的说明，警告

ultimate adj. 根本的，极限的，最后的，终极的

affluence n. 富裕

### 3 Allow Yourself to Be Human 成为一个有血有肉的人

An important **caveat**: don't expect to be "happy" all the time. You will sometimes be sad. You will sometimes be anxious or nervous, you'll get dumped, and you'll feel overwhelmed. These are human emotions. Don't fear or be embarrassed of them. Instead, embrace them; they are part of life. Your life. As Dr. Ben-Shahar said: "there are some people who always feel happy, they're called psychopaths."

一个重要的警告：不要希望自己永远幸福。你有时会悲伤，有时会焦虑紧张，有时会被甩，有时会不知所措。这些都是人的情感，不要惧怕它们。相反，拥抱它们，它们是你生活的一部分。正如Ben-Shahar教授所说，有些人总感到很幸福，那是因为他们都是精神病患者。

### 4 Happiness Is the Ultimate Currency 幸福是主流

Being happy all the times is a dangerous thought for college students. Increasingly, however, I've been pushing it: Make happiness the **ultimate** goal in your life. Build everything around this; from your course schedule to your career path.

想永远幸福对大学生来说是个危险的念头。与此相反，我越来越推荐，让幸福成为你生活中的主要趋势。从你的课程安排到你的工作选择，把所有事情都建立在这个基础上。

### 5 Seek Flow 寻求变化

The magic state for increasing well-being is to be neither bored nor overwhelmed. This means you should seek challenges that exactly meet or slightly surpass your current abilities. For college students, in particular, this translates to finding that perfect course load that pushes you intellectually without overwhelming you with more work than you can easily manage.

增加幸福感的神奇状态既不是厌烦也不是不知所措，而是寻找那些恰好适合或者略微超过你目前能力的挑战。尤其对于大学生来说，这意味着去寻找那些让你变得智慧的完美课程，这些不是让你无所适从而是你能够应付自如的课程。

### 6 Simplify Your Life 简化你的生活

Psychologist Time Kasser has shown that time **affluence** consistently predicts well-being whereas material influence does not. For the uninitiated: Time affluence is "the feeling that one has sufficient time to pursue activities that are personally meaningful, to reflect, and to engage in leisure." In other words, under-schedule what you have to do so you



#### Notes

Ralph Waldo Emerson 拉尔夫·瓦尔多·爱默生 (1803-1882) 美国散文作家、思想家、诗人。爱默生的作品有《论文集》、《代表人物》、《英国人的特性》、《诗集》、《五节日及其他诗》。

have plenty of time to deal with what you want to do at the moment. For college students, this means resisting the urge to fill all of your time with coursework and activities. Instead, purposefully under-schedule, and then use the excess hours for the cool stuff that randomly pops up.

心理学家Time Kasser 认为，充足的时间总会带来幸福感而不是物质上的丰富。对于外行人而言，充足的时间意味着人们可以去追求对自己有意义的事情，去思考，去享受闲暇。换言之，意味着你有大量的时间去完成你此刻最想做的事情。对大学生而言，不要把你所有的时间都用来写作业和参加活动。相反，要有目的地根据时间表行动，然后用剩余的时间去做那些偶然发生的事情。



#### 7 Focus on Happiness 重视幸福

Ralph Waldo Emerson said: "To different minds, the same world is a hell, and a heaven." The practical translation: put in an effort to both seek out happiness-boosting experiences and learn to express gratitude for what you find. There will always be crap lying around in your life. This will never go away. If you focus on it, your world will become Emerson's hell. The real trick is to learn how to keep moving amidst this crap-acknowledging that it's a part of life that spares no one-and continually seek out or construct experiences that make you happy. Don't just have these experiences, but also reflect on them later and show real gratitude.

拉尔夫·瓦尔多·爱默生曾说：“对有不同想法的人而言，相同的世界既是地狱又是天堂。”实际上的翻译应该是要努力寻找提升幸福的体验和学会对你所发现的幸福表达感激。生活中总有些胡扯的谎言，这些谎言不会消逝。如果你只看到这些，那么你的生活就是爱默生所说的地狱。真正的技巧是和这些谎言保持距离——承认它们是生活中的一部分，每个人都无法避免——同时又不断寻找使你幸福的体验。不要只是由这种体验，还要思考、表达谢意。



#### 重点单词例句

- 1 The spokesperson **caveated** the statement with a reminder that certain facts were still unknown.  
发言人对陈述做了限定，提醒大家某些事实尚未知晓。
- 2 The union leaders declared that the **ultimate** aim of their struggle was to pay increase and improved working conditions for the workers.  
工会领导人宣称他们斗争的最终目的是要增加工人工资和改善工作条件。
- 3 They are the products of post-war **affluence**.  
他们是战后富裕生活的产儿。