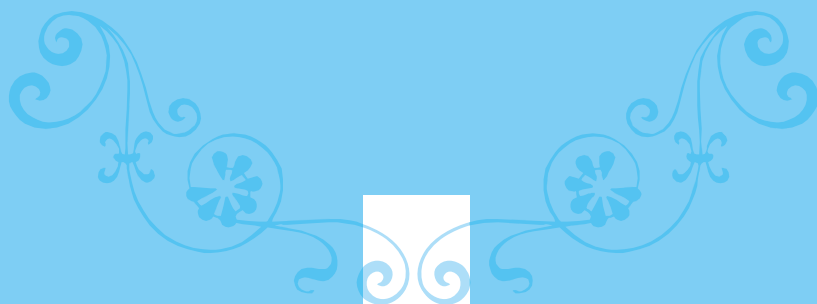


Chapter 1

| 心理小文收纳阁 |



01 Recite

01.mp3



精彩背诵

When life is good, gratitude is easy. It becomes more challenging to be grateful when we are experiencing hard times. Financial hardship, long-term illness, the death of a loved one and marital strife can all be trying and difficult. It is hard to find a reason to be grateful for. Although pain is inevitable, suffering is optional. We have a choice in how to face our circumstances. We can turn our hearts to God and trust that he has made a plan for us. We can be thankful for the lessons we have learned and the opportunities for personal growth and transformation. Look at all the people in this world who share the gifts they received during difficult times of their life. It is the painful times of my life that have made me stronger, wiser and to cherish today.

生活安稳的时候，表达感激就会很简单。但是，当我们面对艰辛的生活时，表达感激就很难了。经济困难，长期疾病，亲人过世和婚姻纠纷这些都可能让人心烦，给生活带来困难。这时候，甚至连找一个感激的理由都很难。虽然痛苦无法避免，但我们有权选择是否接受痛苦，有权选择我们该如何看待我们周围的环境。我们可以相信上帝，相信上帝会给我们做好安排。我们感激经验教训，感激给个人成长和变化的机遇。看看大千世界中的芸芸众生，他们在生活的艰难中获得了礼物。正是生活中的那些痛苦时期让我变得更加坚强，更加聪明，更加热爱今天！

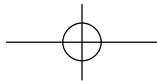
02 Recite

02.mp3



精彩背诵

Whatever obstacles I found made me fight harder. But it would have been impossible for me to fight at all, except that I was sustained by the personal and deep-rooted belief



that my fight had a chance. It had a chance because it took place in a free society. Not once was I forced to face and fight an immovable obstacle. Not once was the situation so cast-iron rigid. Free minds and human hearts were all around me; and so there was the probability of improvement. I look at my children now, and know that I must still prepare them to meet obstacles and prejudices.



我一路上遇到的阻碍促使我更加努力地抗争。然而，如果不是在内心深处坚信我的奋斗是有希望的，我就根本无法坚持。我的奋斗是有希望的，因为这是一个自由的社会。在这里，我不止一次遇到过无法逾越的障碍，也不止一次经历过令人绝望的境况。但那时，自由的思想与心灵让我摆脱困境。如今我看着自己的孩子们，我知道我仍需要让他们准备面对困难与歧视。

03 Recite

精彩背诵

What is it that I have always believed? First, that imperfections are human. But that wherever human beings were given room to breathe and time to think, those imperfections would disappear, no matter how slowly. I do not believe that we have achieved or even approached perfection. That is not necessarily in the scheme of human events. Handicaps, stumbling blocks, prejudices — all of these are imperfect. Yet, people have to be reckoned with because they are in the scheme of human events.



我一直坚守的信念是什么呢？首先，我知道人类是不可避免会有缺陷的。但只要人类有一息尚存，只要人类还能思考，这些缺陷一定会逐渐消失，无论过程会多么漫长。我并不认为我们已经到达或正在接近完美无缺的境界。完美

无缺的境界并非是人类社会必须存在的。有些缺陷，例如残疾、障碍和偏见，在人类社会中都存在，也就需要我们勇敢地去面对。

04 Recite

精彩背诵

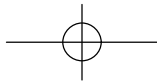
I believe that we are not real social workers. We may be doing social work in the eyes of the people, but we are really contemplative in the heart of the world. For we are touching the body of Christ twenty-four hours...And I think that in our family we don't need bombs and guns to destroy or bring peace. We just get together, love each other, bring that peace, that joy, that strength of presence of each other in the home. And we will be able to overcome all the evil that now is in the world.

我想，我们算不上真正的社会工作者。在人们的眼中，或许我们是在做社会工作，但实际上，我们只是在世界中心沉思。因为，一天 24 小时，我们都在触摸基督的圣体。我想，在我们的大家庭里，我们不需要用枪支和炮弹来破坏和平，或带来和平，我们只需要团结起来，彼此相爱，将和平、欢乐以及每一个成员的灵魂的活力带给世界。这样，我们就能战胜世界上现存的一切邪恶。

05 Recite

精彩背诵

There once was a king who offered a prize to the artist who would paint the best picture of peace. Many artists tried. The king looked at all the pictures. But there were only two he really liked, and he had to choose between them. One picture was of a calm lake. The lake was a perfect mirror for peaceful towering mountains all



around it. Overhead was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The other picture had mountains, too. But these were rugged and bare. Above was an angry sky, from which rain fell and in which lightning played. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all.

But when the king looked closely, he saw behind the waterfall a tiny bush growing in a crack in the rock. In the bush a mother bird had built her nest. There, in the midst of the rush of angry water, sat the mother bird on her nest — in perfect peace.

Which picture do you think won the prize? The king chose the second picture. Do you know why?

"Because," explained the king, "peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in your heart. That is the real meaning of peace."

从前有个国王，悬赏能画出最好的宁静的画的画家。很多画家都试过了。国王看了所有的作品，但他真正喜欢的只有两幅，他必须从这两幅中做出选择。一幅画的是一片宁静的湖泊，四周群山环绕，而湖泊就是一面完美的镜子。蓝色的天空中白云飘飘，每个看到这幅画的人都认为这真是一幅表现宁静的完美作品。

另一幅画也有山脉，但却崎岖不平，而且光秃秃的。上面是乌云密布的天空，而且狂风骤雨、电闪雷鸣，一条白色的瀑布从山的一侧倾泻下来。这看起来一点都不宁静。

然而当国王仔细地看了看画，他看到在岩石的裂隙中长着一颗小小的灌木。在汹涌的水流中间，鸟妈妈安坐在她的巢穴中——如此平和。

你认为哪幅画能得到国王的奖赏呢？国王选择了第二幅。你知道为什么吗？

国王说：“这是因为，宁静并不是指在这个地方没有噪音，没有烦扰，没有艰难的劳动。宁静意味着所有这些因素都存在于你的周围，而你的心中依然

能保持安宁。这才是宁静的真谛。”

06 Recite

03.mp3



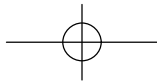
精彩背诵



Without question, many of us have mastered the neurotic art of spending much of our lives worrying about a variety of things—all at once. We allow past problems and future concerns to dominate our present moments, so much so that we end up anxious, frustrated, depressed, and hopeless. On the flip side, we also postpone our gratification, our stated priorities, and our happiness, often convincing ourselves that "someday" will be better than today. Unfortunately, the same mental dynamics that tell us to look forward the future will only repeat themselves so that "someday" never actually arrives. John Lennon once said, "Life is what's happening while we're busy making other plans." When we're busy making "other plans", our children are busy growing up, the people we love are moving away and dying, our bodies are getting out of shape, and our dreams are slipping away. In short, we miss out on life.



毫无疑问，我们很多人掌握了一种神经兮兮的艺术，即把生活中的大部分时间花在为种种事情担心忧虑上——而且常常是同时忧虑许多事情。我们任凭过去的麻烦和对未来的担心来控制我们此时此刻的生活，以致我们整日焦虑不安，萎靡不振，甚至沮丧绝望。而另一方面我们又推迟我们的满足感，推迟我们应优先考虑的事情，推迟我们的幸福感，常常说服自己“有朝一日”会比今天更好。不幸的是，如此告诫我们朝前看的大脑动力只能重复来重复去，以致“有朝一日”永远不会真正来临。约翰·列侬曾经说过：“生活就是当我们忙于制定别的计划时发生的事。”当我们忙于制定种种“别的计划”时，我们的孩子在忙于长大，我们挚爱的人离去了甚至快去世了，我们的体型变样了，而



我们的梦想也在悄然溜走了。一句话，我们错过了生活。

07 Recite

精彩背诵



Actually, you now have stress—because of self-diagnosis via the nearly limitless health information online. Now Microsoft has completed the first formal study of health-related Web searches, and the rise of so-called cyberchondria: the distress caused by searching innocuous symptoms, and finding links that then quickly lead to extreme conclusions. Studying the search behavior of about a million users, Microsoft researchers found that a search for chest pain would more likely lead to a link for the worst-case scenario like heart attack, than to the more mundane, "indigestion". Because of the popularity of "heart attack" links, those are typically the ones that come up near the top of search results.



实际上，你现在是太紧张了——原因在于你是利用网上提供的几乎无穷无尽的健康信息做出自我诊断。目前微软公司首次完成了一项与健康相关的正式的网络搜索研究，发现了所谓的网络疑病症的指数不断上升。网络疑病症是指在搜索一些良性症状的时候，找到一些相关链接，这些链接很快引导人们得出极端的结论。通过对大约一百万网络使用者的搜索行为研究，微软研究者们发现对胸痛的搜索更容易导致链接到一些最糟糕的情况中，比如心脏病，而不是一般性的“消化不良”。因为有关“心脏病”链接的普遍性，这些就成为搜索靠前的结果。

08 Recite

04.mp3



精彩背诵

Ready or not, some day it will all come to an end. There will be no more sunrises, no days, no hours or minutes. All the things you collected, whether treasured or forgotten, will pass to someone else.

Your wealth, fame and temporal power will shrivel to irrelevance. It will not matter what you owned or what you were owed.

Your grudges, resentments, frustrations, and jealousies will finally disappear.

So, too, your hopes, ambitions, plans, and to-do lists will all expire. The wins and losses that once seemed so important will fade away.

It won't matter where you came from, or on what side of the tracks you lived.

It won't matter whether you were beautiful or brilliant. Your gender, skin color, ethnicity will be irrelevant.

无论是否准备好，总有一天它都会走到尽头。那里没有日出，没有白天，没有小时和分钟。你收集的所有东西，不管你珍惜或忘记与否，它们都将流入他人手中。

不管是你得到的或是你欠别人的，你的财产、名誉和权势也都会变成和你毫不相干的东西。

你的怨恨、愤慨、挫折和妒忌最终也将消失。

因此，你的希望、抱负、计划以及行动日程表也将全部结束。当初看得比较重的成功或得失也会消失。

你来自何方，住在穷人区还是富人区都不重要了。

你昔日的漂亮与辉煌也都不重要了，你的性别、肤色、种族地位也将消失。

09 Recite

精彩背诵

A quiet restaurant, good wine, an animated conversation, then, mid-sentence, you catch him steal a quick sideways downward glance at his BlackBerry. And the nickname CrackBerry comes to mind. You might think: for some, the Internet is an addiction. Well as psychology experts ramp up to publish the next edition of the Diagnostic and Statistical Manual of Mental Disorders, a debate has begun on whether to include Internet addiction in the next big book of mental illness. This month the Canadian Medical Association Journal published an article weighing both sides.

在一个安静的餐馆里，你和朋友喝着上等的葡萄酒，交谈也非常投机。说话之中，你发现他悄悄地瞟了一眼他的黑莓手机。这让你想起了一个昵称“CrackBerry”（Crack有“毒品”的意思，CrackBerry指用黑莓手机上瘾的人）。你可能会想：对某些人来说，上网是一种瘾。就在心理学家们紧锣密鼓准备出版下一版《心理疾病的诊断统计手册》的时候，有关是否把网瘾包括到心理疾病的争论也已经开始了。本月发表在《加拿大医学会杂志》上的一篇文章对这个问题的正反两个方面都进行了讨论。

10 Recite

精彩背诵

But Vaughan Bell, at the department of neuroscience at King's College London, says that the Internet is not an activity and so can't be an addiction. He acknowledges that people can spend excessive time online, perhaps as an escape from depression or anxiety, but to label the use of the Web as the central problem or an addiction does a

disservice. His concern is that the focus needs to be on the real illness, not on the "medium of communication". Of course, maybe some thought needs to be turned the many different activities one can do on the Web. Pornography and gambling, for instance, are well-known addictions. In any event both Young and Bell admit that research on Internet addiction is limited and inconsistent, so far. And for that reason Bell says it will be tough to support its addition to the list of new afflictions.

不过来自伦敦国王学院神经科学系的 Vaughan Bell 说, 网络不是一项活动, 因此不能成为一种瘾。他承认, 或许可以作为一种逃避沮丧或焦虑的方法, 人们可能会在网络上花过多的时间, 但是把使用网络认定为“主要问题”或者是一种“瘾”, 这会带来损害。他关心的问题是, 人们应该把焦点放在真正的疾病上, 而不是放在“交流的媒介”上。当然, 或许有些人认为, 我们在网上做的许多活动需要改变。比如, 观看淫秽作品和赌博是众所周知的上瘾行为。不管怎样, Young 和 Bell 都承认, 到目前为止有关网瘾的研究还很有限, 而且结论也不一致。鉴于此, Bell 说, 坚持把网瘾加入到新的心理疾病行列将会很困难。

11 Recite

精彩背诵

Researchers have found that staying in a place with no mobile phone coverage, or suffering from the Internet going down, is a cause of high stress and anxiety for an increasing number of people. The study, undertaken for Virgin Media by the analysts Future Laboratory, is based on a survey. As many as 85 per cent of full-time mothers always have the Internet turned on at home, while a third of people said they no longer felt any sense of guilt about always being "connected" either by having their mobile phone or computer turned on, the survey found.