

《改变人生的十本书》

- 小锐英语精读笔记

这本笔记精摘了过去十年对我影响最深的十本英语书，希望也会成为改变你人生的十本书。在阅读和诵读的过程中会大大提高你的英语阅读与作能力。

这里运用的是北外英专精读与泛读老师教的好方法：

1) 泛读：首先以你自己能实现的最快的速度泛读完一本新书，目的在于理解故事大意和主题思想。阅读过程中可以跳过不认识的单词或理解不透的句子，只要能抓住大意，就可以一目十行，提高阅读速度。

2) 精读：然后我们开始精读，拿出笔记本摘抄自己最喜欢的段落。这个过程中可以查生词，写点小感想。一边抄一边琢磨你为什么喜欢这句话？这句话里的用词和要表达的想法我可以怎么运用到以后的学习或工作中？

3) 诵读：最后就是闲暇时轻轻地读给自己听，不需要刻意背诵，而是享受你自己摘抄下来的最美段落要表达的意境，欣赏作者遣词造句的美，以及深度感悟自己总结的该书的精华。

我这里摘抄和总结好的十本书你可以直接读起来，关键词我都做好了注释，方便理解。然后你可以找来你最感兴趣的几本书泛读一下，这样再回过头来看摘抄会有更深的领悟。

当然最重要的是希望你也能尝试和运用我推荐的这个好方法，多读些原版英语书，读完后一定记得做点摘抄笔记。然后不知不觉间，你会发现你的英语有了质的飞跃，一种更高境界的驾驭感。

在北外学习的那四年我们每周需要泛读一本英语原版书，大部分时候是比较好读的小说，小部分时候是比较难读的专业书（有外交、心理、哲学等等各个领域的）。每周的泛读课我们会一起讨论一本新书的**概要 (summary)**，**主题 (themes)**，和**经典引用 (classic quotes)**。

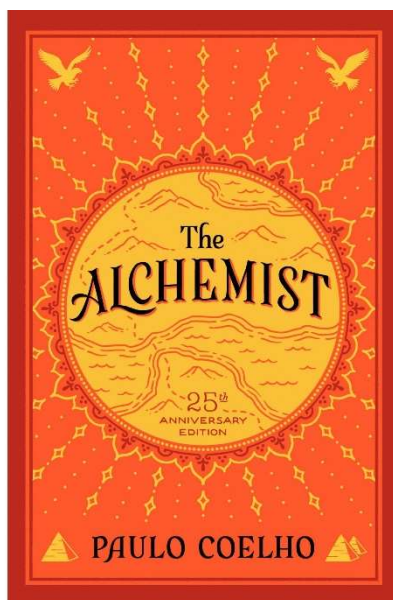
因此这本笔记也是按如上的三个大方向来总结的。

我记得大一时要在一周内读完一本书很困难，经常读了一半发现没时间了，赶在泛读课的头天晚上在网上搜别人的读后感，这样可以应付老师在课堂上的提问。

但随着时间的推移，这个读书的习惯养成后，一口气啃完一本英语原版书的时间在快速缩短。到大二时就可以一周内轻松读完一本，大三时差不多一天内读完，第二天写点摘抄。大四时一天可以读好几本，最重要的是学会了抓住每本书的重点和出彩点，十行俱下，最后总结重点。

*“Don't just say you have read books. Show that through them you have learned to **think better**, to be **a more discriminating and reflective person**. Books are the training weights of the mind. They are very helpful, but it would be a bad mistake to suppose that one has made progress simply by having internalized their contents.” — Epictetus*

1. *The Alchemist* 《牧羊少年奇幻之旅》 - Paulo Coelho



SUMMARY 概要

The Alchemist is the beloved modern classic **fable** about following our dream and listening to our hearts.

A young and adventurous shepherd by the name of Santiago sets out on a journey, dreaming of a magical place, in pursuit of some unknown treasure at the foot of the Egyptian pyramids. On his trip through the desert, he met an Englishman who is **an alchemist**. He explained to Santiago that “when you want something with all your heart, that’s when you are closest to **the Soul of the World**.” At the end of his journey, Santiago realizes the treasure was with him the entire time.

Fable: 寓言 (a short story that tells a general truth or is only partly based on fact, conveying a moral.)

An alchemist: 炼金术士 (is someone who transforms something for the better. This has both scientific definitions, in terms of such actions as changing the form of certain metals, and spiritual connotations, in terms of helping someone become a better person.)

The Soul of the World: 世界之魂 (an interconnectedness between living and non-living things that all have a divine connection.)



这是一个关于追梦和听从内心的故事。牧羊人圣地亚哥梦见了埃及金字塔附近埋藏着宝藏，决定去寻找。在旅途中结识了一位英国炼金术士，他给圣地亚哥解释了世界之魂。故事的最后他发现他寻找的宝藏其实一直在他的家乡。

THEMES 主题

A theme is **an overarching idea** that runs through a literary text in one or some parts. It makes up the major point the author wants to convey to the readers.

Overarching: 首要的; 贯穿全部的 (most important, comprehensive or all-embracing.)

Theme #1: Dreams and Aspirations 梦想与愿望

It is a dream that first leads Santiago to pursue his destiny. It is also a dream (although someone else's dream) that sends him back.

Dreams in the sense of "goals" or "aspirations" also constitute a major theme. Santiago's dream of the treasure provides him with a goal; Santiago resolves to find the treasure, and by his decision to pursue this goal he is able to realize his **Personal Legend**.

If we are determined to have something badly and started to take actions, "the universe" will make things possible by getting the right people at the right time. It also means all the situations will be in our favor.

梦的两层含义: 睡眠中的梦与现实中的梦想和愿望。

Personal Legend: 个人神话 (A Personal Legend is your life's spiritual purpose. It's a spiritual calling that awakens a deep desire and passion to live with a sense of purpose for something greater than yourself.)

Theme #2: True love 真爱

Without love, our lives are **incomplete**. Once Santiago discovers unconditional love in the person of Fatima, however, there is little he cannot accomplish.

When the story begins, Santiago was looking forward to a date with a merchant girl but it was merely an attraction that could be **shrugged off** when he is convinced to go in search of his treasure.



However, when he meets Fatima, he feels that the Soul of the World is speaking directly to him and her love does not prevent him from pursuing his fate. Since Fatima is part of Santiago's fate, she does not stand in the way of his Personal Legend. This is the fundamental difference between true love and all other love. **True love never gets in the way of living one's life to the fullest.**

Incomplete: 不完整的 (not having some parts, or not finished.)

Shrug off: 抖掉、摆脱 (to shake off; to treat something as if it is not important or not a problem)

Fundamental difference between true love and all other love: 真爱与其他爱的差别 - 它不会阻碍一个人去追逐梦想或充实的生活

Theme #3: The unity of all things 万物的统一

After Santiago arrives in the desert during his pursuit of his Personal Legend, he begins to realize that there is **a universal language** spoken by all humans, animals, and objects.

He learns to speak to the sun and the wind by listening to the desert and by listening to his heart, which can speak the Language of the World. This Language allows him to access the Soul of The World, which is a God-like **interconnectedness of all things**.

Santiago feels a great sense of unity with other people, places, and objects he encounters on his quest, and his ability to access this feeling of unity allows him to learn about the world. Because of the oneness of all things, **the world itself is a great teacher**. Any one thing, no matter how small, allows access to the entirety of creation.

A universal language: 世界语言 (There is a universal language; it can be understood by everybody.)

Interconnectedness: 相互联系 (the state of having different parts or things connected or related to each other.)

Learn the world: 学习世界因为万物的统一，我们可以通过学习世界来实现个人价值。

CLASSIC QUOTES 经典引用

Quote #1: 宇宙会帮我们实现梦想

*"And, when you want something, all the universe **conspires** to help you achieve it."*

当你真心渴望某样东西时，整个宇宙都会来帮你实现它。



Conspires: 密谋、合谋 (Conspiracy is a negative word often used when someone is plotting to overthrow a government. However, here, it is used as an irony.)

Quote #2: 我们的内心可以拥有全世界

*"I have inside me the winds, the deserts, the oceans, the stars, and everything created in the universe. We were all made by the same hand, and we have the same soul. I want to be like you, able to **reach** every corner of the world, **cross** the seas, **blow away** the sands that cover my treasure, and **carry** the voice of the woman I love."*

Reach, cross, blow away, and carry: 动词连用排比句式, 非常美的句子, 也同时道出了每个人的渴望。

Quote #3: 爱的语言

*"He learned the most important part of the language that all the world spoke—**the language that everyone on earth was capable of understanding in their heart**. It was love. Something older than humanity, more ancient than the desert."*

"One is loved because one is loved. No reason is needed for loving."

The language of the heart: 心的语言 (世界上最重要的语言是爱, 每个人都能够理解的, 因为它来自内心。被爱不需要理由。)

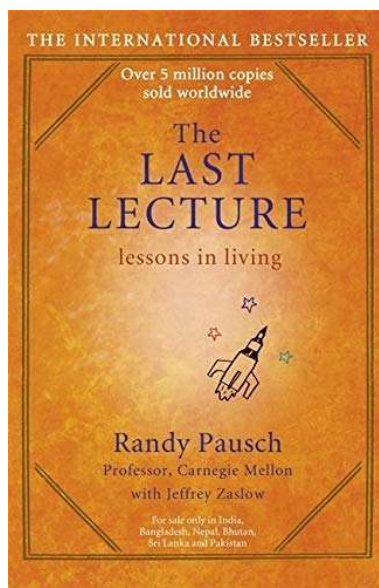
Quote #4: 梦想让生活变得有趣

"It's the possibility of having a dream come true that makes life interesting."

正是梦想有可能成真使生活变得有趣。

2. *The Last Lecture* 《实现童年的梦想》

- *Randy Pausch*



SUMMARY 概要

The Last Lecture is a **compilation** of the life lessons Pausch hopes to leave as a **legacy** for his children. In doing so, he creates a book that serves as inspiration for millions to identify and pursue their dreams.

Compilation: 汇编 (a thing, especially a book, record, or broadcast programme, that is put together by assembling previously separate items.)

Legacy: 遗产 (something that is a part of your history or that remains from an earlier time)

THEMES 主题

Theme 1: Achieving your dreams 实现梦想

The **premise** of the lecture is about achieving one's childhood dreams. Pausch wrote out a list of his dreams when he was eight years old and explains how these dreams impacted his life and how he achieved them. To him, achieving one's dreams requires hard work and the willingness to take on difficult circumstances with positivity.



But he reveals at the end of the text that achieving one's dreams is actually secondary to living life the right way. He offers "life lessons" that focus on **integrity**, living with intention, the value of hard work, and positive thinking.

Premise: 前提 (an idea or theory on which a statement or action is based)

Integrity: 正直 (the quality of being honest and having strong moral principles that you refuse to change)

Theme 2: Building a Legacy 创建遗产

Legacy has been an important part of Pausch's life and career. His parents passed on a legacy of creativity, **pragmatism**, and hard work. He is particularly affected by his father's example, often hearing his father's words in his head. In his professional life, Pausch's quest to build a legacy was not focused on gaining **recognition** but on systems and ideas that could be continued after his death.

He is focused on leaving a legacy for his family, not as an **egotistical** pursuit but so that they may understand and feel his love for them beyond his death. Pausch's legacy for his children will be realized as they fulfill their own childhood dreams.

Pragmatism: 实用主义 (the quality of dealing with a problem in a sensible way that suits the conditions that really exist, rather than following fixed theories, ideas, or rules.)

Recognition: 赞誉, 承认, 重视, 公认 (acknowledgement of the existence, validity, or legality of something)

Egotistical: 自我本位的 (excessively conceited or absorbed in oneself; self-centred.)

CLASSIC QUOTES 经典引用

Quote #1: 打好自己手中的牌

"We cannot change the cards we are dealt, just how we play the hand."

Quote #2: 好好的过日子, 梦想会找到你

*"It's not about how to achieve your dreams, it's about how to lead your life, ... If you lead your life the right way, the **karma** will take care of itself, the dreams will come to you."*

Karma: 因缘, 因果报应 (in the Buddhist and Hindu religions: the force produced by a person's actions in one life that influences what happens to them in future lives)



Quote #3: 老师能给学生最好的礼物是让他们学会自我反思

*"It is an accepted **cliché** in education that the number one goal of teachers should be to help students learn how to learn. I always saw the value in that, sure. But in my mind, a better number one goal was this: I wanted to help students learn how to judge themselves ... The only way any of us can improve ... is if we develop a real ability to assess ourselves."*

Cliché: 陈词滥调 (a saying or remark that is very often made and is therefore not original and not interesting.)

Quote #4: 家长的任务是鼓励孩子追逐他们的梦想

*"As I see it, a parent's job is to encourage kids to develop a joy for life and a great **urge** to follow their own dreams. The best we can do is to help them develop a personal set of tools for the task."*

Urge: 强烈的欲望, 迫切要求; 推动力 (a strong wish, especially one that is difficult or impossible to control.)

Quote #5: 最好的捷径是努力学习

*"A lot of people want a shortcut. I find the best shortcut is the long way, which is basically two words: work hard ... As I see it, if you work more hours than somebody else, during those hours you learn more about your craft. That can make you more efficient, more able, even happier. Hard work is like **compounded interest** in the bank. The rewards build faster."*

Compounded interest: 复利 (interest calculated on the initial principal, which also includes all of the accumulated interest from previous periods on a deposit or loan.)

Quote #6: 砖墙是要阻挡那些不诚心的人

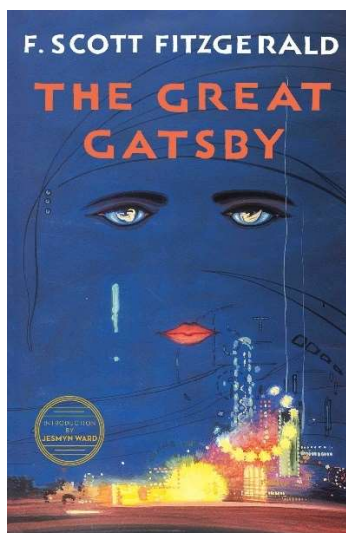
"But remember, the brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don't want it badly enough. They're there to stop the other people."

Quote #7: 谈恋爱时看男人做什么而不是说什么

"When it comes to men that are romantically interested in you, it's really simple. Just ignore everything they say and only pay attention to what they do. It's that easy."

3. *The Great Gatsby* 《了不起的盖茨比》

- F. Scott Fitzgerald



SUMMARY 概要

The *Great Gatsby*, published in 1925, is widely considered to be Fitzgerald's greatest novel. It is also considered a **seminal** work on the **fallibility** of the American dream. It focuses on a young man, Jay Gatsby, who, after falling in love with a woman from the social elite, makes a lot of money in an effort to win her love. She marries a man from her own social **strata** and he dies **disillusioned** with the concept of a self-made man.

Fitzgerald seems to argue that the possibility of **social mobility** in America is an **illusion**, and that the social **hierarchies** of the "New World" are just as rigid as those of Europe. The author was uncomfortable with the excesses of the period, and his novel sounds many warning notes against excessive love of money and material success.



Seminal: 重要的, 具有开创性的; 有深远影响的 (strongly containing important ideas and having a great influence on later work.)

Fallibility: 易错, 不可靠的 (the tendency to make mistakes or be wrong.)

Strata: 社会阶层 (plural of stratum.)

Disillusioned: 幻想破灭 (disappointed and unhappy because of discovering the truth about something or someone that you liked or respected.)

Social mobility: 社会阶层流动 (the movement of individuals, families, households, or other categories of people within or between social strata in a society.)

Illusion: 错觉 (an instance of a wrong or misinterpreted perception of a sensory experience.)

Hierarchy: 阶层, 等级制度 (a system in which members of an organization or society are ranked according to relative status or authority.)

SYMBOLS 象征

Symbol #1: Gatsby's Mansion 盖茨比的豪宅

Gatsby's grand and **lavish** mansion symbolizes his high lifestyle. It also shows the inner conflict of Gatsby and **foreshadows** his loneliness hidden behind his lavish estate. It also symbolizes his unbound love for Daisy. Gatsby uses his new money to buy the grand house, thinking it is similar to the house of the old money taken away from him. Though he progresses a lot in life, **ironically** his luxurious lifestyle does not bring satisfaction to him. It rather seems a **falsifying** dream. In fact, he struggles to reach at this position to win Daisy back.

Lavish: 奢侈的 (large in quantity and expensive or impressive.)

Foreshadows: 预示, 是...的先兆 (to act as a warning or sign of a future event.)

Ironically: 讽刺的 (in a way that suggests you mean the opposite of what you are saying.)

Falsifying: 伪造 (to change something, such as a document, in order to deceive people.)

Symbol #2: The Green Light 绿光

The green light pops up many times in the novel and represents Gatsby's dream and hope. It also represents everything that **haunts** him and takes him to the past. It also signifies the green stuff (money), his memories with Daisy and the gap between his past and his present.

He deliberately chooses the house in a direction from where he can have the **enchanted** sight of green light. He loves to stand at the dock to stare at that green light which represents his innermost desire to **revive** his past.

He is hopeful that one day he will win the lost moments. The artificial green light also stands for his artificial and unrealistic aims in life.



Haunts: 不断困扰, 反复烦恼 (to cause repeated suffering or anxiety.)
Enchanting: 迷人的, 迷惑的, 妩媚的 (delightfully charming or attractive.)
Revive: (使) 苏醒; (使) 复原; (使) 复兴 (to come or bring something back to life, health, existence, or use.)

Symbol #3: Daisy 黛西 (雏菊)

The name Daisy is also symbolic. A daisy is a flower with white petals and a yellow center. Universally of white color represents purity, **chastity**, and innocence whereas yellow stands for corruption.

Similarly, Daisy appears to be innocent and pure, but her heart is filled with **lust**, **carelessness**, and corruption. She lets Gatsby believe that she will leave Tom for him, but later it is found that money is the most important thing for her.

Chastity: 纯洁, 贞洁 the state of not having sexual relationships ; purity in conduct and intention.
Lust: 欲望 (a very powerful feeling of wanting something.)
Carelessness: 粗心大意, 草率 (failure to give sufficient attention to avoiding harm or errors.)

CLASSIC QUOTES 经典引用

Quote #1:

*"Gatsby believed in the green light, the **orgiastic** future that year by year **recedes** before us. It **eluded** us then, but that's no matter—tomorrow we will run faster, stretch out our arms farther. And then one fine morning—so we beat on, boats against the current, **borne** back ceaselessly into the past."*

于是我们奋力前进, 却如同逆水行舟, 注定要不停地退回过去。

Orgiastic: 狂欢的 (an orgiastic activity involves wild, uncontrolled behaviour and feelings of great pleasure and excitement.)
Recede: 后退, 逐渐远离 (to move further away into the distance, or to become less clear or less bright)
Elude: 躲避, 逃避 (escape from or avoid, typically in a skilful or cunning way)
Borne back: 退回 (carried or transported by the thing specified.)

Quote #2:

"I was within and without, simultaneously enchanted and repelled by the inexhaustible variety of life."



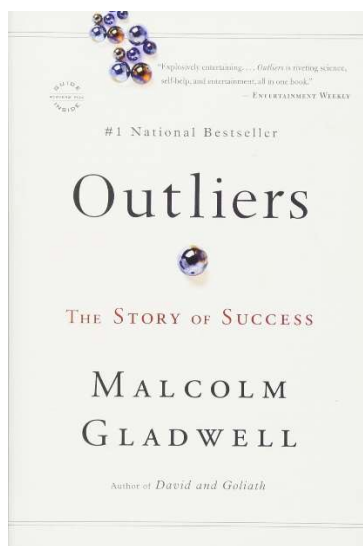
我既身在其中又身在其外，对人生的千变万化既感到陶醉，同时又感到厌恶。（原句和翻译的都太美了）

Quote #3:

“There are only the pursued, the pursuing, the busy and the tired.”

世界上只有被追求者和追求者，忙碌者和疲惫者。

4. *Outliers* 《异类：成功的故事》 - *Malcom Gladwell*



SUMMARY 概要

Much of Gladwell's analysis involves profiling brilliant, dynamic, or at least ambitious and promising individuals, often with the goal of defining the specific factors that made these individuals successful. For Gladwell, success is not simply the product of a powerful personality or a high IQ. Instead, successful individuals often thrive thanks to the right combination of personal hard work, community support, and meaningful opportunity.

成功不只是强势的性格或高智商的产物。成功来自于个人努力、大环境的支持和时代机遇的结合。

THEMES 主题

Theme #1: Opportunity to practice 可以练习的机遇

Gladwell argues that the opportunity to practice and succeed may **outweigh** factors such as IQ, **originality**, and perhaps even culture of origin in determining success. Such opportunity can take a variety of forms, from access to a large number of practice hours to the psychological advantages provided by a higher-income family background. Ultimately, though, opportunity can be created even for those who start off with clear disadvantages.

Outweigh: 胜过 (to be greater or more important than something else.)

Originality: 独创性, 创艺 (the quality of being special and interesting and not the same as anything or anyone else.)



Theme #2: Practice 练习

Gladwell's account of success includes an analysis of the famous "10,000-hours rule," which states that 10,000 hours spent practicing and refining a skill will lead to mastery of that skill. Using examples such as the Beatles and Bill Gates, Gladwell shows how extremely high-achieving individuals required access to constant practice in order to **refine** their abilities, regardless of the chosen field or objective. **Presumably**, some of the other individuals Gladwell profiles (from corporate lawyers to hockey players) required similarly rigorous practice in order to attain true **proWess**.

Refine: 改进, 完善, 提炼 (to make something pure or improve something, especially by removing unwanted material.)

Prowess: 高超技艺、本事 (great ability or skill)

Presumably: 据推测, 大概, 可能 (used to say what you think is the likely situation.)

Theme #3: Luck 运气

Although Gladwell often emphasizes the role of practice and initiative, he does not deny the role of luck in determining success. After all, a hockey player born in the right month will be granted **built-in** advantages of increased practice and attention; something similar could be said of a corporate lawyer, industrial tycoon, or software engineer born in the right year. Success, according to Gladwell, is in part the product of numerous **arbitrary** factors (ethnicity and social class among them) that make remarkable opportunities possible.

Built-in: 内嵌的、固有的 (inherent; innate)

Arbitrary: 偶然的、随机的 (based on random choice or personal whim, rather than any reason or system.)

CLASSIC QUOTES 经典引用

Quote #1: 让人满意的工作: 独立性、复杂性、努力与回报之间的联系

*"Those three things - **autonomy, complexity, and a connection between effort and reward** - are, most people will agree, the three qualities that work has to have if it is to be satisfying."*

Quote #2: 最有可能获得特殊机会的人更容易成功

"It is those who are successful, in other words, who are most likely to be given the kinds of special opportunities that lead to further success. It's the rich who get the biggest tax breaks. It's the best students who get the best teaching and most attention. And it's the biggest nine- and ten-year-olds



who get the most coaching and practice. Success is the result of what sociologists like to call **“accumulative advantage.”**

Accumulative advantage: 累积优势 (Accumulative Advantage is when a small advantage at the beginning of something, becomes a little difference that leads to an opportunity that makes a bigger difference a bit bigger, and that edge in turns leads to another opportunity, which makes that initial small difference even bigger.)

Quote #3: 多练习才有巧的可能性

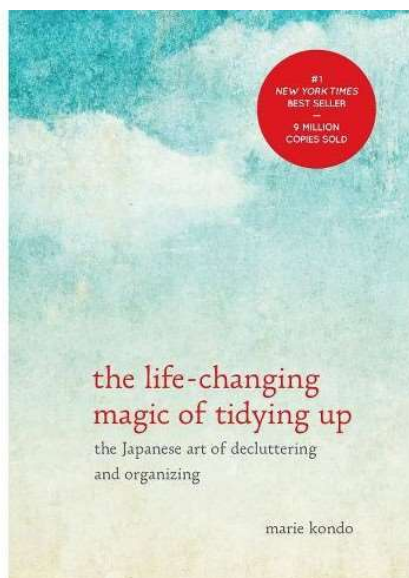
“Practice isn't the thing you do once you're good. It's the thing you do that makes you good.”

所谓熟能生巧，并不是巧了之后才练习，而是努力练习，使自己有巧的可能性。

5. *The Life Changing Magic of Tidying Up*

《怦然心动人生整理魔法》

- *Marie Kondo*



SUMMARY 概要

This book is about how to put your space in order in a way that will change your life forever. In essence, tidying ought to be the act of restoring balance among people, their possessions, and the house they live in. Through the magic of tidying more people will be able to experience the joy and contentment of living surrounded by the things they love.

这本书的精髓就是：断舍离，留下让你心动之物。但它不仅仅是关于生活上的收纳，更是放眼人生，让你学会寻找人与物之间的平衡，让你选择的生活方式给你带来喜悦。

THEMES 主题

Theme #1: It starts and ends with your mindset 最初和最后都是心态的转变

"People cannot change their habits without first changing their way of thinking. And that's not easy!"

"Remember: the KonMari Method I describe in this book is not a mere set of rules on how to sort, organize, and put things away. It is a guide to acquiring the right mindset for creating order and becoming a tidy person."



*“When you tidy your space completely, you transform the scenery. The change is so **profound** that you feel as if you are living in a totally different world. This deeply affects your mind and inspires a strong **aversion** to **reverting**.”*

Profound: 意义深远的, 强烈的 (felt or experienced very strongly or in an extreme way.)

Aversion: 反感, 厌恶 (a feeling of strong dislike or of not wishing to do something.)

Revert: 恢复原状 (return to a previous state, practice, topic, etc.)

Theme #2: Your home is a sacred space 你的家是一个神圣的空间

*“Everyone needs a **sanctuary**.”*

“One theme underlying my method of tidying is transforming the home into a sacred space, a power spot filled with pure energy.”

*“By **eliminating** excess visual information that doesn’t inspire joy, you can make your space much more peaceful and comfortable.”*

Sanctuary: 庇护所, 圣所 (refuge or safety from pursuit, persecution, or other danger.)

Eliminate: 消除, 除去 (to remove or take away someone or something.)

Theme #3: Transform your home to transform your life 改造住所就是改造人生

*“A dramatic **reorganization** of the home causes **correspondingly** dramatic changes in lifestyle and **perspective**. It is life transforming.”*

“Tidying is just a tool, not the final destination. The true goal should be to establish the lifestyle you want most once your house has been put in order.”

Reorganization: 改组, 整顿 (the act of organizing something again in order to improve it.)

Correspondingly: 相对地 (in a way that is similar to, connected with, or caused by something else.)

Perspective: 看法, 远景 (a particular way of considering something.)

CLASSIC QUOTES 经典引用

Quote #1: 拥有的物品决定生活方式

“The question of what you want to own is actually the question of how you want to live your life.”



Quote #2: 做决定的自信

“one of the magical effects of tidying is confidence in your decision-making capacity.”

Quote #3: Slow living 慢生活

*“The many days I spent tidying without seeing **permanent** results now seem hard to believe. In contrast, I feel happy and content. I have time to experience **bliss** in my quiet space, where even the air feels fresh and clean; time to sit and sip herbal tea while I reflect on my day. As I look around, my **glance** falls on a painting that I particularly love, purchased overseas, and a vase of fresh flowers in one corner. Although not large, the space I live in is graced only with those things that speak to my heart. My lifestyle brings me joy.”*

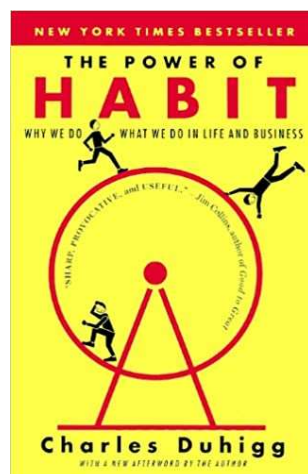
Permanent: 长久的, 永久的 (lasting for a long time or for ever.)

Bliss: 无上幸福, 极乐 (perfect happiness)

Glance: 匆匆一眼, 扫视 (to give a quick short look.)

6. *The Power of Habit* 《习惯的力量》

- *Charles Duhigg*

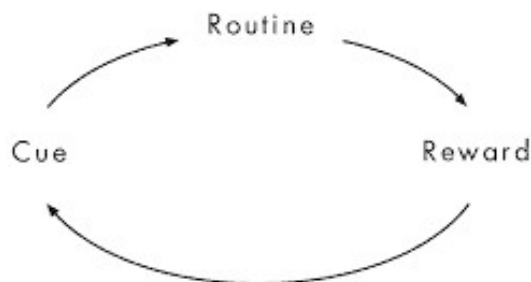


SUMMARY 概要

This book will give you the foundational understanding required to create new habits that will drive your success and break old habits that are limiting your life. Early in the book the author introduces the concept of the **Habit Loop** (习惯环) — a three step process for how habits work. Throughout the book he uses the Habit Loop as a framework for thinking about changing habits.

The process of forming a new habit is a three-step loop: 养成新习惯的三个步骤

1. **Cue:** a trigger that tells your brain to go into automatic mode and which habit to use
提示: 告诉你的大脑进入自动模式, 使用习惯的触发器
2. **Routine:** which can be a physical or mental emotion. I.e. you do something each time you are triggered by the cue.
例行活动: 一旦大脑被触发, 会自动去执行某些动作
3. **Reward:** the thing you get from doing the habit. This helps your brain figure out if this particular loop is worth remembering for the future.
奖励: 从养成习惯中得到的东西。这可以帮助你的大脑弄清楚这个循环是否值得记住



THEMES 主题

Theme #1: Travel shakes up our routine 旅行改变我们的例行活动

The temporary **suspension** of habits and routines is one reason why traveling into worlds unknown is such an enriching and **enlivening** experience. Our routines and habits are suddenly **rendered** useless when we land in a new country or drive into a new city. The sights and sounds down an unfamiliar street — new faces, strange languages, funny food and drink — cause our brain to become more attentive. Our senses are heightened and dance around this whole new set of **stimuli**. It's exciting.

Suspension: 暂停, 中止 (the act of stopping something happening, operating, for a period of time)

Enlivening: 使有生气、使活跃、使更有趣 (make (something) more entertaining, interesting, or appealing)

Rendered: 引起, 使成为, 变成 (to cause someone or something to be in a particular state)

Stimuli: plural of stimulus 刺激, 促进因素 (something that causes growth or activity)

Theme #2: Routines can accelerate our personal growth 例行活动可以加速我们的个人成长

Duhigg uses the example of Michael Phelps to describe the positive power of habits.

At the beginning of his training as a swimmer, Phelps' developed a nightly routine of visualizing the perfect race before falling asleep. He also developed race day routines for a race at 10am, for example: wake up at 6:30am, eat a large breakfast at 7:00am, begin a stretching regime at 8:00am, warm-up laps at 8:30am, get dressed at 9:15am, listen to warmup music at 9:35am.

Habits can turn a talented swimmer into a 22 medal-winning Olympian.

CLASSIC QUOTES 经典引用

Quote #1: 厉害的人习惯性的做普通的事情



*“Champions don’t do **extraordinary** things. They do ordinary things, but they do them without thinking, too fast for the other team to react. They follow the habits they’ve learned. “*

Extraordinary: 非凡的, 特别的 (very unusual, special, unexpected, or strange.)

Quote #2: 如果你相信你能改变并把它变成一个习惯, 改变就会成真

“If you believe you can change – if you make it a habit – the change becomes real.”

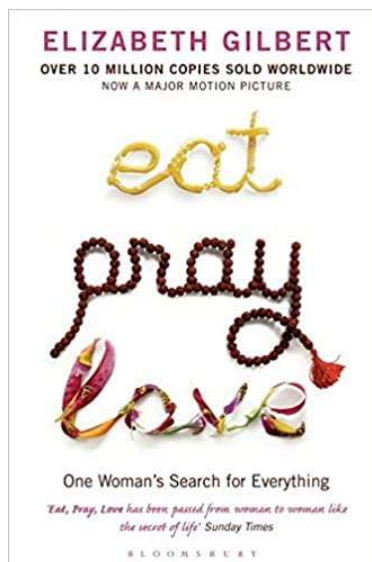
Quote #3: 运动是引起更多改变的关键习惯

*“Typically, people who exercise, start eating better and becoming more productive at work. They smoke less and show more patience with colleagues and family. They use their credit cards less frequently and say they feel less stressed. Exercise is a **keystone** habit that **triggers** widespread change.”*

Keystone: 重点, 要旨 (The most important part of a plan, idea, etc. on which everything else depends.)

Triggers: 引发, 引起, 触发 (to cause something to start.)

7. *Eat, Pray, Love* 《饮食，祈祷，恋爱》 - Elizabeth Gilbert



SUMMARY 概要

Around the time Elizabeth Gilbert turned thirty, she went through an early-**onslaught** midlife crisis. She had everything an educated, ambitious American woman was supposed to want—a husband, a house, and a successful career. But instead of feeling happy and fulfilled, she was consumed with **panic, grief, and confusion**. She went through a divorce, a **crushing depression**, another failed love, and the eradication of everything she ever thought she was supposed to be.

Onslaught: 猛攻, 突击 (a fierce or destructive attack.)

Panic, grief, and confusion: 恐慌, 悲伤和困惑 (非常赞的负面形容词连用)

crushing: 压倒的 (causing overwhelming disappointment or embarrassment. E.g: a crushing blow; a crushing defeat.)

To recover from all this, she quit her job, and undertook a yearlong journey to visit three places—all alone. In Rome, she studied the art of pleasure, learning to speak Italian and gaining the twenty-three happiest pounds of her life. India was for the art of devotion, and with the help of a native guru and a surprisingly wise cowboy from Texas, she embarked on four uninterrupted months of spiritual exploration. In Bali, she studied the art of balance **between worldly enjoyment and divine**



transcendence. She became the pupil of an elderly medicine man and also fell in love the best way—unexpectedly.

guru: 大师 (a religious leader or teacher in the Hindu or Sikh religion; an influential teacher or popular expert.)

Between worldly enjoyment and divine transcendence: 在世俗的享受与神圣的超越之间

作者有着别人眼中理想的生活：有老公、有房子、有一份好工作，但她并不快乐。离婚后她打算出门旅行，寻找自我。从意大利到印度到巴厘岛，她追求美食的快乐、精神上的奉献以及内心的平静与真爱。这本书我最能引起共鸣的是，作者勇于拒绝自己舒适的生活，停止活在世俗意义上美好的假象中，然后走出去并开辟了一条新的道路。

THEMES 主题

Theme #1: The Power of Language 语言的力量

Gilbert admires people who can speak several languages, and when she commits to learning Italian, she commits to it with all of her heart as well as her mind because she finds the language so beautiful. Gilbert knows that words are powerful. **Words can hurt and words can heal.** A single word can express a huge idea; it can capture the essence of a person or a city.

Words can hurt and words can heal: 言语可以伤害也可以治愈

Theme #2: Spirituality 灵性

Gilbert educates the reader about the history and characteristics of yoga and the practices of meditation and **chanting**. She also offers her views about the nature of religion, prayer, and God. she does hope everyone can come to know and trust **some sort of a higher being**. She sees spirituality as the core of a healthy lifestyle, and she believes it must be **consciously nurtured** every day, just like good physical health.

Chanting: 念诵 (to sing a religious prayer or song to a simple tune)

Some sort of a higher being: 某种更高的存在

Consciously nurtured: 有意识地培养

Theme #3: Harmony 和谐

The importance of finding **a balance in life** is critical and is discussed throughout the book. This can relate to finding a balance between **devotion** and pleasure; work and home life; time for the kids versus time for yourself.



A balance in life: 生活的平衡

Devotion: 奉献, 信仰 (loyalty and love or care for someone or something)

CLASSIC QUOTES 经典引用

Quote #1: 真正的灵魂伴侣是一面镜子

"People think a soul mate is your perfect fit, and that's what everyone wants. But a true soul mate is a mirror, the person who shows you everything that is holding you back, the person who brings you to your own attention so you can change your life."

Quote #2: 幸福是个人努力的结果

*"Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate **relentlessly** in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become **lax** about maintaining it. You must make **a mighty effort** to keep swimming upward into that happiness forever, to stay afloat on top of it."*

Relentlessly: 不懈的 (continuing in a severe or extreme way)

Lax: 松懈, 散漫, 不严格 (without much care, attention, or control)

A mighty effort: 巨大的努力

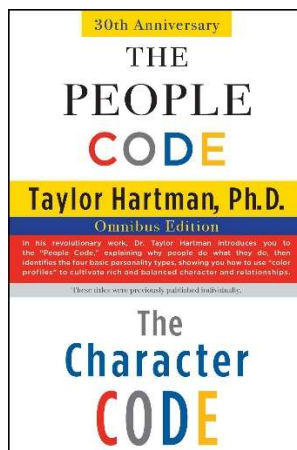
Quote #3: 要学会选择想法

*"You need to learn how to select your thoughts just the same way you select your clothes every day. **This is a power you can cultivate.** If you want to control things in your life so bad, work on the mind. That's the only thing you should be trying to control."*

This is a power you can cultivate: 这是可以培养的力量

8. *The People Code* 《性格色彩密码》

- Taylor Hartman



SUMMARY 概要

All people possess one of four driving “**core motives**,” classified by color: Red (“power wielders”), Blue (“do-gooders”), White (“peacekeepers”), and Yellow (“fun lovers”). Once you understand your color code—and the color codes of others—you can analyze your own **innate personality** and use that knowledge to balance your relationships, both personal and professional.

Core motives: 核心动机

Innate personality: 与生俱来的性格

哈特曼博士将动机作为性格的核心驱动力，将性格划分为四种颜色：红色（“力量威武者”）、蓝色（“行善者”）、白色（“维和人员”）和黄色（“有趣的恋人”）。性格色彩探索每个人内心最深处、最真实，最隐秘的需求和渴望。通过对每种性格内心的剖析，让你真正了解自己，看到他人如何思考和行事，真正理解你与他人的差别。

THEMES 主题

Theme #1: Reds Love Power

Those with the red color like power. This personality is given to a person that is very **assertive** and will be the leader of the group. Through their discipline and management skills, they are often very successful. However, this also leads right into their negative aspects. Reds need to be right and are often far too **critical of others**. This does not mean that they are **inherently mean**, but they simply cannot ignore what they are thinking. They are controllers and like to be right and dominate.



Assertive: 果敢的、坚定自信的、武断的 (having or showing a confident and forceful personality.)

Critical of others: 爱挑剔或批判别人

Inherently mean: 天生的刻薄

Theme #2: Blues Want Goodness

Blues are the people that we like to surround ourselves with. The blue personality is those that rely on relationships and will do anything for a friend. **Personal gains** are truly not important to this personality and they are often deemed as perfectionists. This color worries, loves immensely and strives for the cultural roots of their heritage. However, for all the good they do, this group is **insecure** and oftentimes controlling. They do not trust others easily and never forget.

Personal gains: 个人利益, 私利

Insecure: 没有安全感

Theme #3: Yellow Brings the Fun

The fun, happy people in life are perceived as the color yellow. These individuals are always positive and ready for what life brings them. A **spontaneous** nature ensures that yellows are able to take full advantage of life and meet new friends. This is also ideal for yellows because they develop friends with ease, but are often too **preoccupied** with themselves to hold lasting friendships or relationships.

Spontaneous: 自发的、即兴的 (happening or done in a natural, often sudden way, without any planning or without being forced.)

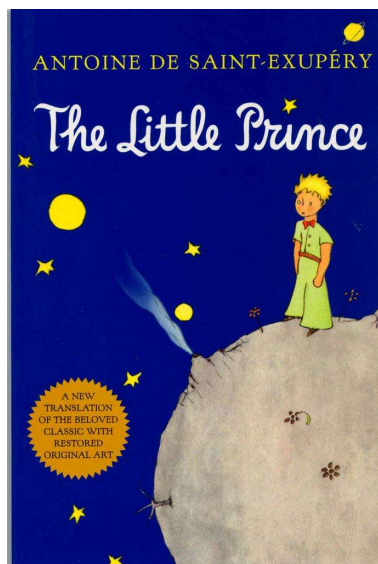
Preoccupied: 被先占的, 心事重重的 (thinking or worrying about something too much.)

Theme #4: White is Peaceful

The color white always brings peace to a person's mind and this is the same for this personality. Whites are patient and kind. These are the friends that every person desires. They are **thoughtful, considerate and are not judgmental**. They will listen for hours and not want anything in return but to be a good friend. These individuals will fall victim to their own internal struggles as they like to stay quiet. They do not want to work for someone else and are often not happy with their accomplishments.

thoughtful, considerate and are not judgmental: 周到, 体贴, 不批判

9. *The Little Prince* 《小王子》 - *Antoine de Saint-Exupéry*



SUMMARY 概要

The story follows a young prince who visits various planets in space, including Earth, and addresses themes of loneliness, friendship, love, and loss. Despite its style as a children's book, *The Little Prince* makes observations about life and human nature.

THEMES 主题

Theme #1: Enlightenment through Exploration 在探索中获得启发

Each of the novel's main characters hungers both for adventure (exploration of the outside world) and for **introspection** (exploration within himself). It is through his encounter with the lost prince in the lonely, isolated desert that the narrator achieves a newfound understanding of the world. Through a combination of exploring the world and exploring their own feelings, the narrator and the little prince come to understand more clearly their own natures and their places in the world.

Introspection: 反省, 内省 (examination of and attention to your own ideas, thoughts, and feelings.)

Theme #2: The Dangers of Narrow-Mindedness 狭隘思想的危险

For the most part, *The Little Prince* characterizes narrow-mindedness as a **trait** of adults. He **depicts** grown-ups as unimaginative, dull, superficial, and **stubbornly** sure that their limited perspective is the only one possible. He depicts children, on the other hand, as imaginative, open-minded, and



aware of and sensitive to the mystery and beauty of the world. The little prince represents the open-mindedness of children. He is a wanderer who restlessly asks questions and is willing to engage the invisible, secret mysteries of the universe. The novel suggests that such **inquisitiveness** is the key to understanding and to happiness.

Trait: 特征, 品质 (a particular characteristic that can produce a particular type of behaviour.)
Depicts: 刻画, 描述 (to represent or show something in a picture or story.)
Stubbornly: 固执地, 顽固地 (in a way that is difficult to move, change, or deal with.)
Inquisitiveness: 好奇心, 求知欲 (the quality of wanting to discover as much as you can about things, sometimes in a way that annoys people.)

CLASSIC QUOTES 经典引用

Quote #1: 重要的东西只有心能感知

"And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye."

"The most beautiful things in the world cannot be seen or touched, they are felt with the heart."

Quote #2: 在玫瑰上花的时间让它变得重要

"It is the time you have wasted for your rose that makes your rose so important."

Quote #3: 友谊

"I am looking for friends. What does that mean -- tame?"

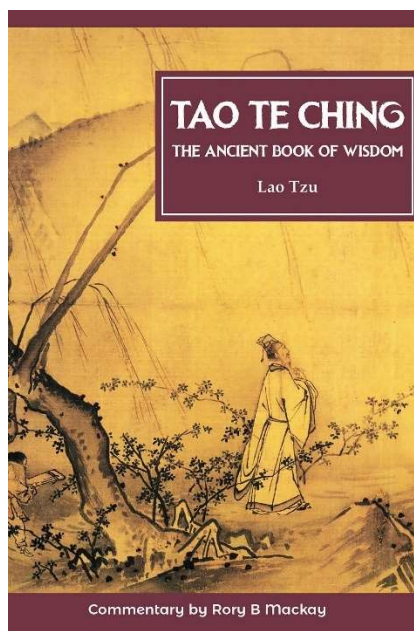
"It is an act too often neglected," said the fox. "It means to establish ties."

"To establish ties?"

"Just that," said the fox. "To me, you are still nothing more than a little boy who is just like a hundred thousand other little boys. And I have no need of you. And you, on your part, have no need of me. To you I am nothing more than a fox like a hundred thousand other foxes. But if you tame me, then we shall need each other. To me, you will be unique in all the world. To you, I shall be unique in all the world...."

"You become responsible, forever, for what you have tamed."

10. *Tao Te Ching* 《道德经》 - Lao Tzu



SUMMARY 概要

Lao-tzu's central figure is a man or woman whose life is in perfect harmony with the way things are. The Master has mastered Nature; not in the sense of conquering it, but of becoming it. He finds deep in his own experience the central truths of the art of living, which are **paradoxical** only on the surface: that the more truly **solitary** we are, the more compassionate we can be; the more we let go of what we love, the more present our love becomes; the clearer our insight into what is beyond good and evil, the more we can **embody** the good.

Paradoxical: 矛盾的 (seemingly self-contradictory, impossible or difficult to understand because of containing two opposite facts or characteristics)

Solitary: 独自的 (being the only one, or not being with other similar things, often by choice)

Embody: 体现, 包含 (to represent a quality or an idea exactly)

COMMENTS FROM THE TRANSLATOR 译者评论

*"All he left us is his book: the classic manual on the art of living, written in style of **gemlike lucidity, radiant with humor and grace and large-heartedness and deep wisdom**: one of the wonders of the world."* — Stephen Mitchell



非常美的评论：宝石般的清醒，洋溢着幽默与优雅，宽容与深厚的智慧

五个版本的英语翻译对照：

<https://ttc.tasuki.org/display:Code:gff,sm,jhmd,jc,rh/section:1>

THEMES 主题

Theme #1: TAO 道

The Tao is the infinite, common source; **eternally present** within you. No beginning, no end. The essence of wisdom. Just be.

Eternally present: 永恒存在 (in a way that continues or lasts forever; permanently exists.)

道可道，非常道。

There is something formless and perfect before the universe was born. It is serene. Empty. Solitary. Unchanging. Infinite. Eternally present. It is the mother of the universe. For lack of a better name, I call it the Tao. (25)

有物混成，先天地生。寂兮寥兮，独立不改，周行而不殆，可以为天下母。吾不知其名，字之曰道，强为之名曰大。

Theme #2: Centeredness 中心

Balance and reside at the center of the circle within the Tao for peace in your heart, natural **rhythms**, and universal harmony.

As it acts in the world, the Tao is like the bending of a bow. The top is bent downward; the bottom is bent up. It adjusts **excess** and **deficiency** so that there is perfect balance. It takes from what is too much and gives to what isn't enough. Those who try to control, who use force to protect their power, go against the direction of the Tao. They take from those who don't have enough and give to those who have far too much. The Master can keep giving because there is no end to her wealth. She acts without expectation, succeeds without taking credit, and doesn't think that she is better than anyone else. (77)



Rhythm: 节奏, 韵律 (a strong pattern of sounds, words, or musical notes that is used in music, poetry, and dancing.)

Excess and deficiency: 过剩和不足

天之道，其犹张弓与？高者抑下，下者举之，有余者损之，不足者补之。天之道，损有余而补不足。人之道，则不然，损不足以奉有余。孰能有余以奉天下，唯有道者。是以圣人为而不恃，功成而不处，其不欲见贤。

Theme #3: Look inside 内省

Embrace solitude and trust your inner vision to see your oneness with the whole universe. Go deep internally instead of living on the surface externally.

The Tao gives birth to One. One gives birth to Two. Two gives birth to Three. Three gives birth to all things. All things have their backs to the female and stand facing the male. When male and female combine, all things achieve harmony. Ordinary men hate solitude. But the Master makes use of it, embracing his aloneness, realizing he is one with the whole universe.

道生一，一生二，二生三，三生万物。万物负阴而抱阳，冲气以为和。人之所恶，唯孤、寡、不谷，而王公以为称。故物或损之而益，或益之而损。人之所教，我亦教之。强梁者不得其死，吾将以为教父。

Theme #4: Desire non-desire 无欲

Remove all expectations and stop seeking to realize the mystery of life and be at peace in the present.

Colors blind the eye. Sounds deafen the ear. Flavors numb the taste. Thoughts weaken the mind. Desires **wither** the heart. The Master observes the world but trusts his inner vision. He allows things to come and go. His heart is open as the sky.

Wither: 枯萎, 衰弱 (to cause to become weak and dry and decay)

五色令人目盲；五音令人耳聋；五味令人口爽；驰骋畋猎，令人心发狂；难得之货，令人行妨；是以圣人为腹不为目，故去彼取此。



CLASSIC QUOTES 经典引用

Quote #1:

*"In the pursuit of knowledge, every day something is added. In the practice of the Tao, every day something is dropped. Less and less do you need to force things, until finally you arrive at **non-action**. When nothing is done, nothing is left undone. True mastery can be gained by letting things go their own way. It can't be gained by **interfering**."*

Non-action: 无为，不作为 (Absence of action, inaction; failure or refusal to act.)

Interfering: 干涉，干预 (An interfering person gets involved in other people's lives in an unwanted and annoying way.)

为学日益，为道日损。损之又损，以至于无为，无为而无不为。取天下常以无事，及其有事，不足以取天下。

Quote #2:

*"True words aren't **eloquent**; eloquent words aren't true. Wise men don't need to prove their point; men who need to prove their point aren't wise. The Master has no **possessions**. The more he does for others, the happier he is. The more he gives to others, the wealthier he is. The Tao **nourishes** by not forcing. By not **dominating**, the Master leads."*

Eloquent: 雄辩的，有口才的，动人的 (fluent or persuasive in speaking or writing.)

Possessions: 财产，所有物，个人物品 (the fact that you have or own something.)

Nourish: 滋养，培养，支持，鼓励 (provide with the food or other substances necessary for growth, health, and good condition.)

Dominate: 支配，控制 (to have control over a place or person.)

信言不美，美言不信。善者不辩，辩者不善。知者不博，博者不知。圣人不积，既以为人已愈有，既以与人已愈多。天之道，利而不害。圣人之道，为而不争。

Quote #3:

*"The supreme good is like water, which nourishes all things without trying to. It is content with the low places that people **disdain**. Thus it is like the Tao. In **dwelling**, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be completely present. When you are content to be simply yourself and don't compare or compete, everybody will respect you."*



Disdain: 鄙视, 轻视, 蔑视 (the feeling of not liking someone or something and thinking that they do not deserve your interest or respect.)

Dwelling: 住所, 住处, 房屋 (a house or place to live in.)

上善若水。水善利万物而不争，处众人之所恶，故几于道。居善地，心善渊，与善仁，言善信，正善治，事善能，动善时。夫唯不争，故无尤。