

疯狂英语阅读：Napoleon Hill ' s Key to Success PDF转换可能  
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[https://www.100test.com/kao\\_ti2020/238/2021\\_2022\\_\\_E7\\_96\\_AF\\_E7\\_8B\\_82\\_E8\\_8B\\_B1\\_E8\\_c96\\_238764.htm](https://www.100test.com/kao_ti2020/238/2021_2022__E7_96_AF_E7_8B_82_E8_8B_B1_E8_c96_238764.htm) Controlled attention is the act of 1) coordinating all the 2) faculties of the mind and directing their combined power to a given end. It is both an 3) outgrowth of many of the other principles of success and an important aid to them. Concentration upon a single idea has been the 4) hallmark of success for countless people and organizations. Intel is a manufacturer of computer 5) chips. By concentrating its energy on building better chips, in less than a decade it has more than 6) quadrupled the speed at which computer 7) processors can deal with information. The rate at which it is able to design and introduce even speedier chips grows faster every year. This happens because Intel concentrates its attention on 8) microprocessors and doesn ' t worry about other things like software or 9) modems. Mother Teresa has concentrated her attention on 10) relieving the suffering of the poor in India. From a single 11) mission she expanded her efforts to more than two hundred sites around the world and won the Nobel Peace Prize. The scope of her plan grew, but she has never 12) wavered in the attention she pays to it. Whatever your enterprise, concentration on your definite major purpose is essential. It 13) projects a clear picture of your definite purpose upon your conscious mind and holds it there until it is taken over by your 14) subconscious and acted upon. The objects on which you 15) deliberately concentrate your attention become the dominating

influences in your environment. If your thoughts are fixed on poverty or the physical signs of poverty, these influences are 16) transferred to your subconscious by 17) autosuggestion. The principle of autosuggestion works in precisely the same manner when your dominating thoughts are fixed, through controlled attention, upon success and security. This habit leads to the development of a success consciousness. When you voluntarily fix your attention upon a definite major purpose of a positive nature and force your mind, through daily habits of thought, to dwell on that subject, you condition your subconscious mind to act on that purpose. Controlled attention, when it is focused on the object of your definite major purpose, is the medium by which you positively apply the principle of autosuggestion. There is no other way to do this. Your mind is never 18) inactive, even in sleep. It constantly reacts to the influences which reach it. The object of controlled attention is to keep your mind busy through thoughts which will be helpful in attaining the object of your desires. Thoughts of one nature can combine with those of another sort, and controlled attention is the means by which you decide the process. If your child is threatened by an 19) oncoming car, fear for his or her safety and love for him or her will combine into thoughts of action, leading you to pull the child out of the way. Both the initial thoughts are strong, but it is the combination of the two that is strongest and most effective at preventing harm.

拿破仑希尔成功学（五）控制你的注意力  
控制注意力是协调所有思想能力，并引导它们的共同力量为一个既定目标努力的过程。它既是其他许多项成功原则的派生

物，也是它们的重要辅助。把注意力集中在单一目标上，是无数人与机构取得成功的重要手段。英特尔是一家电脑芯片制造商。它因为把全部力量都用于制造更好的芯片上，所以这家公司在不到十年的时间里，便让电脑处理器处理信息的速度提高了四倍有余。公司凭此便能做到用一年比一年快的速度来设计并推出更快速的芯片。英特尔有此成就是因为它专心致力于制造微处理器，而用不着操心其它产品，例如软件或调制解调器。德兰修女专注于缓解印度穷困人士的疾苦。她从这单一使命开始，在全世界两百多个地方付出她的努力，并为此获得诺贝尔和平奖。尽管后来计划范围扩大了，但她放在上面的精力从未有所减少。无论你经营的是何类企业，你都必须集中精力于明确、主要的目标上。这么一来，你的明确目标便得以清晰地投影在意识思维中，并一直保持在那里，直到它被你的潜意识与行为接收为止。你下意识集中注意力面对的对象，会变成环境中的主要影响力。如果你的思想锁定在贫困或贫困的表象的话，那么这些影响力就会经由自我暗示转移到潜意识中。如果你的主导思想是明确的、被关注的、成功的并且安全的，那么自我暗示的原理也会以同样的方式发生作用。此习惯于是就会让你产生“成功意识”。如果你自发地将注意力集中在特定目标的积极方面，并通过养成日常习惯的方式，来迫使你对目标进行全心全意的思考，你就是在调适潜意识为实现目标而努力。当你控制注意力，使它集中在明确的主目标上，你就可以以它为媒介，积极地应用自我暗示的原理。除此之外别无他法。思维是不会停止活动的，哪怕是在睡眠中。它不断地对进入思想的影响因素产生反应。集中注意力的目的在于使思维充盈着有

益的想法，然后去实现你所期望的目标。不同性质的思想可以结合在一起，集中起来的注意力则是你决定此结合过程的工具。假如你的孩子面临被车撞倒的危险，你对他安全的顾虑和对他的爱会结合在一起，并产生出将他推开的意识行为。顾虑和爱的意识都是强烈的，而两者的结合则最强不过，能非常有效地防止造成伤害。

1) coordinate [kEu5C:dineit] v. 协调  
2) faculty [5fAkElti] n. 能力，本领  
3) outgrowth [5autgrEuW] n. 副产物，结果  
4) hallmark [5hC:lma:k] n. 特色，标志  
5) chip [tFip] n. 芯片  
6) quadruple [5kwCdrupEI] v. 成为四倍  
7) processor [5prEusesEr] n. 处理器，处理机  
8) microprocessor [maikrEu5prEusesEr] n. 微处理器  
9) modem [5mEudem] n. 调制解调器  
10) relieve [ri5li:v] v. 减轻，缓解  
11) mission [5miFEn] n. 使命，任务  
12) waver [5weivEr] v. 犹豫，摆动  
13) project [5prCdVekt] v. 投射，放映  
14) subconscious [sQb5kCnFEs] a. 下意识的  
15) deliberately [di5libErEtli] adv. 故意地  
16) transfer [5trAnsfer] v. 转移，移动  
17) autosuggestion [5CtEusE5dVesFEn] n. 自我暗示  
18) inactive [in5Aktiv] a. 不活动的，停止的  
19) oncoming [5Cn9kC:miN] a. 即将来临的，接近的

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