

英汉对照：你是一个乐观的人吗？实用英语考试 PDF转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/578/2021\\_2022\\_\\_E8\\_8B\\_B1\\_E6\\_B1\\_89\\_E5\\_AF\\_B9\\_E7\\_c96\\_578153.htm](https://www.100test.com/kao_ti2020/578/2021_2022__E8_8B_B1_E6_B1_89_E5_AF_B9_E7_c96_578153.htm) Optimist: A man who gets treed by a lion but enjoys the scenery. 所谓的乐观者就是：被狮子赶上树，却还不忘远眺赏风景。 Better to light one candle than to curse the darkness. 与其咒黑暗，不如秉蜡烛。 I cant change the direction of the wind, but I can adjust my sails to always reach my destination 我不能改变风向，但我可以调整风帆，使我总是能抵达目的地。 说实话，我不是一个天生乐观的人，这可能跟先天基因有关，也可能跟后天成长环境有关。好在我能很清楚认识自己的这个致命缺点，所以过去几年中我拼命地去纠正和改变，不断地重塑自己的性格和心态。现在回头看看效果还真的不错。 心态决定一切。如果你能改变你的心态你就能改变你的命运和生活。 我要收藏 Perhaps the most helpful mental habit you can develop is the habit of optimism. Optimists are usually the happiest, healthiest, most successful, and most influential people in every group and society. 对于一个人来说，也许最有用的心理习惯就是养成乐观的习惯。乐观者是那些在任何群体和圈子中最开心、最健康、最成功、最有影响力的人。 What is it that optimists think about most of the time? In its simplest terms, optimists think about what they want and how to get it, most of the time. They think about where they are going and how to get there. The very idea of thinking about what they want makes them happy and positive. It increases their energy and releases their creativity. It motivates and stimulates them to perform at higher

level 乐观的人大多数时间里都在想什么呢？很简单，乐观的人大多数情况下是在思考他们想要得到的东西，如何得到这些东西。他们会想自己要去哪里，如何到达。思考自己想要的东西可以让自己保持积极快乐的心态，还可以增强自己的活力，释放自己的创造力，从而激励自己做得更好。

Pessimists, on the other hand, are the opposite. They think and talk about what they don't want most of the time. They think about the people they don't like, the problem that they are having, or have had in the past, and especially, they think about who is to blame. And the more they think about the things they don't want and who to blame for their problems, the more negative and angry they become. The more negative they become, the faster they attract into their lives exactly those things that they do not want to happen. 悲观的人正好相反。大多数情况下他们整天思考和讨论自己不想要的东西。他们总是会想自己不喜欢的人，会想所面临的问题，会想过去所发生的事情，尤其是会想应该去责怪谁。他们越想自己不喜欢的东西，越想去责怪别人，就变得越来越消极，越来越生气。他们越消极，不想要的东西来得也就越快。

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