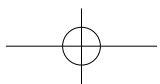
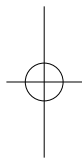
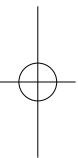
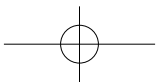
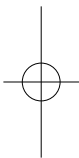
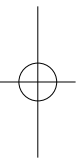
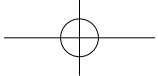


朱永新教育小语

Words of Zhu Yongxin on Education







序言·朱永新教育小语

随着中国经济的崛起，中国教育也引起了世界的瞩目。特别是上海连续在PISA 测验中取得优秀成绩，让全世界对中国教育刮目相看。

的确，中国人有着重视教育的传统。但是，在中国，对教育的批评不亚于世界上任何一个国家。一些社会精英也纷纷把孩子送到国外学习，放弃了对中国教育的参与和改进，以行动传达出对中国教育的失望。

从2000年开始，我一直在推动一个以“过一种幸福完整的教育生活”为目标的民间教育改革，通过营造书香校园、师生共写随笔、缔造完美教室、研发卓越课程等十大行动，努力改变学校和家庭的教育生态，试图为中国教育探路。十多年来，我们的新教育实验从一个人的念想变成了250万师生的共同行动，从一所学校的变革发展为2246所学校的广泛参与，切切实实地改变了许多教师的行走方式和学生的生存状态，引起了国内外的关注。

与行动相呼应的，是我的一系列教育著作一





直在持续地出版与传播。这些作品有的诞生于新教育实验之前，是催生新教育思想的理论沃土；有的来自于新教育一线的行动，是新教育人一路行与思的智慧总结。2010年，韩国政府的“Brain Korea”计划邀请我做新教育实验的讲演，随后出版了韩文版的十卷本《朱永新教育文集》。2012年，日本学习院大学的教授出版了《沸腾的中国教育改革》，用专门的章节介绍了新教育实验学校，日本东方书店也出版了日文版的《我的教育理想——新教育之梦》等书籍。2013年，世界上最大的教育出版集团麦克劳希尔开始陆续出版我的16卷《朱永新教育作品》。

鉴于这些作品相对篇幅较大，有朋友建议，应该有一本相对简明扼要的书，介绍我的教育思想与新教育的主要理念。于是在2013年，我利用中国人的传统节日——春节的休假时间完成了这本《朱永新教育小语》的编辑整理工作。我在这本书的中文版序言中说：“如果读陶行知、苏霍姆林斯基是与大师对话，是享受精神盛宴的话，





读我的小语，只是与邻居家的大哥交谈，茶余的小点心而已。”这是把书名定为“小语”的原因。

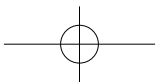
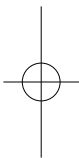
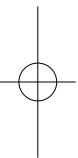
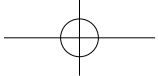
感谢外研社把这本《小语》翻译成英文出版。希望它成为一个小小的窗口，让更多的国外朋友从中窥见中国教育的模样。如果读者有兴趣进一步研究中国教育问题，不妨可以看看麦克劳希尔出版的《Works by Zhu Yongxin on Education—My Vision on Education》等著作。更希望它能成为一座小小的桥梁，让更多的国外朋友了解中国教育人的探索。教育是全人类永恒的问题和难题，愿我们通过这座桥梁相遇，携起手，创造教育更美好的未来。

我的邮箱是: zyxjy@126.com，欢迎您的联系。

朱永新

2015年3月21日晨，于北京滴石斋







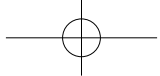
Preface · Words of Zhu Yongxin on Education

With the rise of China's economy, the education of China is drawing worldwide attention, especially when Shanghai kept topping the PISA (the Program for International Student Assessment) test for consecutive years, the whole world is impressed by what have been achieved by this country's education.

Indeed, the Chinese people have a tradition of valuing education. But the fact is that their criticism of it is no less harsh than any other county in the world. It is not uncommon to see that some elites choose to send their kids to study abroad, completely refusing any involvement in China's education and giving up efforts to improve it, as a manifestation of disappointment.

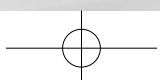
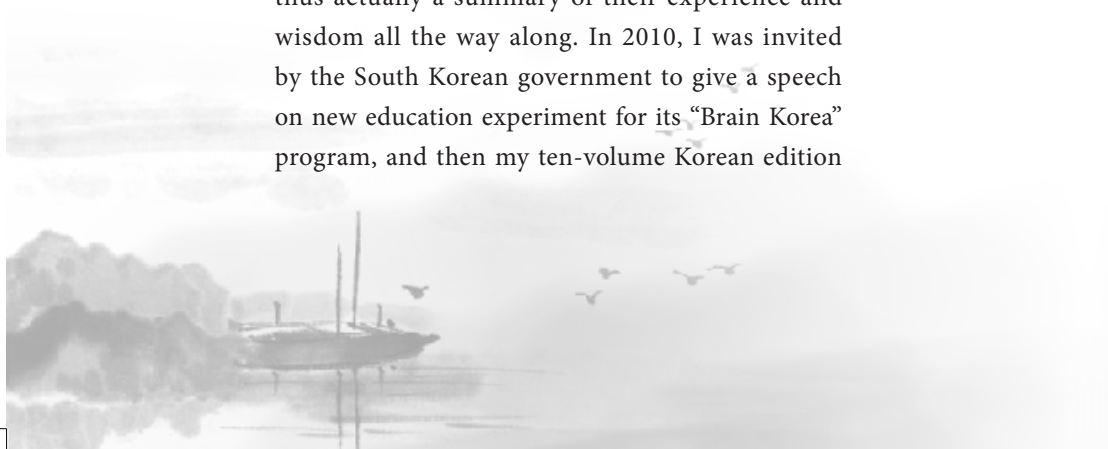
Since the year of 2000, I've been committed to promoting an educational reform through non-governmental channels in China with the goal of "living a happy and complete educational life". Through ten actions including "building reading friendly schools", "teachers and students writing essays together", "creating perfect classes" and "developing excellent curricula", etc, the reform

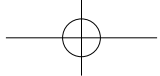




aims to change the education ecology both at school and home, and explore the path ahead for China's education. For over a decade, new education experiments initiated by us have transformed from an idea of one single person to the joint efforts of 2.5 million students and teachers, from the reform of one single school to the large-scale participation of 2,246 schools, which have steadily changed the existing status of students as well as many teachers' ways of teaching and self-development, catching the eyes of peers both at home and abroad.

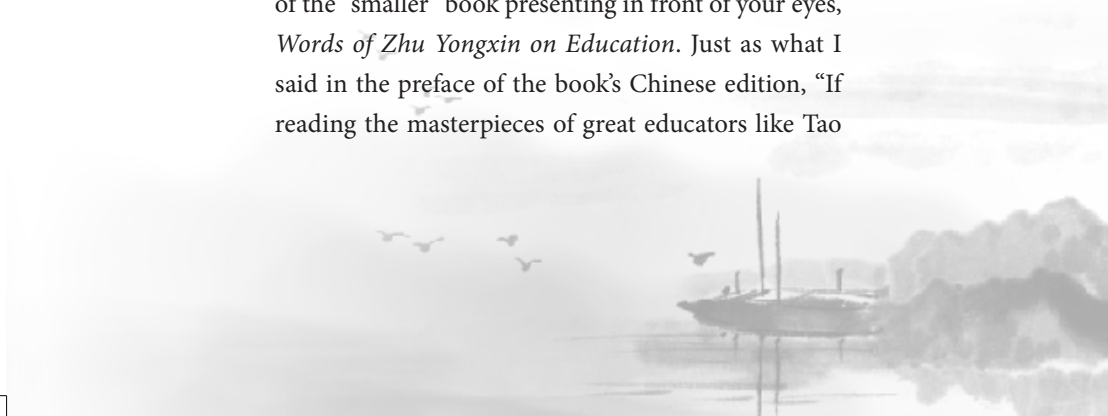
Parallel to those vigorous development in real deeds, a series of my works on education have been published and spread in the past years. Among the works, some were written before the new education experiment was launched, making a theoretical foundation for the emergence and formation of new education ideas; some were inspired by the concrete practices of those front-line new education pioneers, thus actually a summary of their experience and wisdom all the way along. In 2010, I was invited by the South Korean government to give a speech on new education experiment for its "Brain Korea" program, and then my ten-volume Korean edition

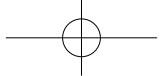




of the *Collected Works of Zhu Yongxin on Education* was published. In 2012, the book named *The Boiling China's Educational Reform* written by a Japanese professor of Gakushuin University was published, which particularly introduced the new education experiment schools in China; besides that, Japan's Orient Bookstore also published a series of works of mine in Japanese, such as *My Ideal on Education—The Dream of New Education*. And in 2013, McGraw-Hill Education, the largest educational publishers in the world, began to publish my 16-volume *Works by Zhu Yongxin on Education* series.

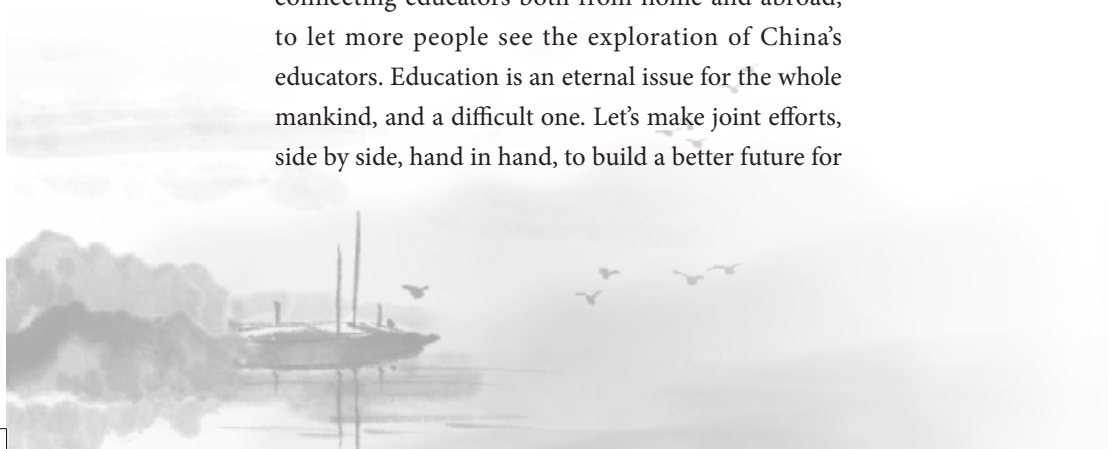
But the works that have been published so far are all large in volume without exception. Then one of my friends suggested that I should write a book that is relatively concise to introduce the principal ideas of new education as well as my thoughts on education. So when the holiday of the traditional Chinese New Year—Spring Festival of 2013 came, I grasped the chance to complete the compiling work of the “smaller” book presenting in front of your eyes, *Words of Zhu Yongxin on Education*. Just as what I said in the preface of the book's Chinese edition, “If reading the masterpieces of great educators like Tao

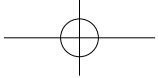




Xingzhi and Vasyi Olexandrovyich Sukhomlynsky is an experience of having dialogues with masters and can be compared to enjoying a sumptuous spiritual feast, then reading my little book is more like having heart-to-heart talks with a next-door big brother, which may be likened to having some desserts at afternoon tea time.” That is why the book is entitled with the simple word “Words”.

I owe my thanks to Foreign Language Teaching and Research Press, who makes the publication of the English edition of the book possible. Hopefully, this little book could open a window for more friends around the globe to have a glimpse of China’s education. For readers who are keen to know more about and who wish to further study the educational issues of China, some of my other *works like the Works by Zhu Yongxin on Education My vision on Education* published by McGraw-Hill might be helpful. I also hope the book can act as a bridge, connecting educators both from home and abroad, to let more people see the exploration of China’s educators. Education is an eternal issue for the whole mankind, and a difficult one. Let’s make joint efforts, side by side, hand in hand, to build a better future for



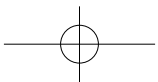
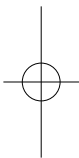
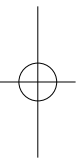
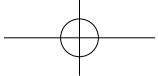


education.

My email address is zyxjy@126.com. Should you have any questions or suggestions, please feel free to let me know.

Zhu Yongxin
Dishi House, Beijing
Moring of Mar. 21 2015

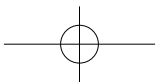
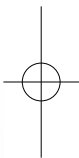
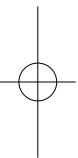
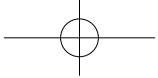


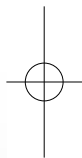
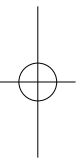
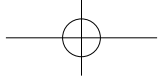




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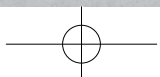


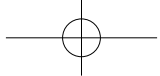


Chapter 1

Education Must Lay a Cornerstone for Children's Life

教育必须为孩子的生命奠基





一个国家的教育水平
取决于这个国家的全体公民
对教育的关注与理解程度。



The educational development of a country depends on how
much its citizens care about education and how well they
understand it.





Chapter 1

3

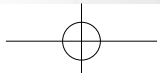
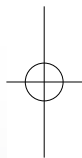
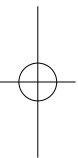


教育必须为孩子的生命奠基
Education Must Lay a Cornerstone for Children's Life

教育是培养人的事业，
教育必须为孩子的生命奠基。



Education is a career about nurturing human, thus it must
lay a cornerstone for children's life.





教育最重要的任务，
是塑造美好的人性，
培养美好的人格，
从而创造美好的人生，
最终形成美好的社会。
判断教育好坏、推进教育改革，
都应该从这个原点出发。



The most important task of education is to shape good humanity and cultivate sound characters, which will enable people to lead a wonderful life, thus generating a great society as a whole. It is the very starting point of judging an education and furthering the educational reform.





中国教育塑造了一条巨龙，
但点睛之笔没点上，
那就是创新、个性。
学生没有特长，
教师没有个性，
学校没有特色，
这是教育极大的悲哀。

Education has indeed made China a giant dragon, but it lacks an important factor, that is the cultivation of creativity and personality. It will be a crying shame for an education if it produces students without speciality, teachers without personality and schools without characteristics.



当分数和就业成为教育至高无上的追求时，
教育就已经堕落得失去了底线。



When score and employment becomes its supreme goal,
education has sank into depravity and lost bottom line.





教育是社会的缩影。

批评教育时，

不能忘记反思教育赖以生长的环境。

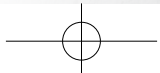
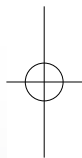
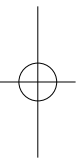
我们的教育应该进行一次启蒙。

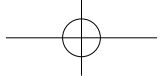
让真正的优秀教育理念走进民间，

是我们的重要使命。



Education is a miniature of society. When criticizing education we should not forget to reflect on the surroundings on which it relies for growth and development. Our education should undergo an enlightenment. And it is a great mission of us to introduce really outstanding educational ideas to our folks.





教育得失的关键在于教师。

教师成败的关键在于专业素养。



The gains and losses of education relies on teachers; the success or failure of teachers depends on professionalism.





教育现在要做的，
就是给教师和学生一种开阔的视野，
让他们对人的内心的复杂性有更为深切的体验，
不但要了解
生命的伟大和宇宙的博大，
而且要感受
生活的丰富与人性的丰厚。

Now the task of education is to provide broad horizons for teachers and students to help them have a deeper understanding of the complexity of human's inner world, and learn about the greatness of life, the boundlessness of the universe, and the richness of life and human nature.



每个人都应该是英雄。

应试教育却只有一个标准答案，

永远只能造就一个英雄。



Everyone is born to be a hero. But with the exam-oriented education having only one standard answer, it can only generate one single kind of hero.



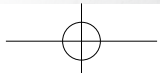
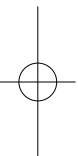


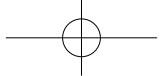
每个人都有自己的潜能、自己的特点，
都能够做出适合自己的事业。

好的教育，应该让每一个人能够
发现自己，找到自己，成为自己。



Everyone has his own potential and character, and is
capable of creating a career suitable for himself. Good
education should enable people to discover themselves,
find themselves and be themselves.





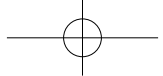
爱是教育的底色。

教育是充满智慧和灵性的爱。



Love is the bottom color of education, and education is a kind of love full of wisdom and inspiration.





教育实际上是一个大的概念，
是包含了人类生存、生活、发展的全部过程的一个概念。
教育的根本目的是
使人“文化”进而“人化”。

Education, in fact, is a grand concept, which comprises
the entire process of the survival, life and development
of mankind. The fundamental purpose of education is to
make people “civilized” first and then “humanized”.



我们的教育已经忘了自己真正的使命——

帮助人拥有幸福的人生，

帮助社会不断走向崇高，

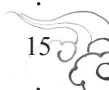
帮助人类生活得更加美好。

拥有一个健康、快乐的心灵比什么都重要。



Our education has forgotten its real mission—to help people live a happy life, to push society to evolve into a lofty one, and to make the life of human kind more beautiful. Nothing is more important than having a sound and happy soul.

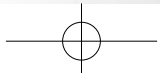
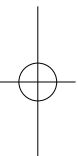




如果我们的教育真正播下了善良的种子，
如果我们的教育真正坚守了自己的理想，
如果我们的教育把人性而不是把分数作为追求，
不仅我们的教育会是另外一番境况，
我们的社会，自然也会是另外一种景象。



If our education had truly sown seeds of kindness, adhered to the ideal, and pursued the cultivation of humanity rather than grades, then there would be a different picture in our education and our society.





世界上受遗传力量支配最小、
受教育力量影响最大的生物，
是人。

让人类不断超越自己，
而不必像其他生物只知复制自己的力量，
是教育。



On the earth the creature that is influenced the least by genes but the most by education is human. It is education that makes human keep transcending themselves, so that they do not have to be like other creatures only knowing about replicating themselves.

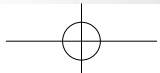
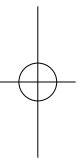




无论在学校还是在家庭中，
只有平等的心灵沟通，
才会产生真正的教育。



Whether in school education or family education, only
heart-to-heart communication on an equal basis can give
birth to true education.





缺少诗意和美感的涌动，

孩子就不可能得到充分的智力发展。

功利性行为会严重遏制孩子的创造欲望，

阻碍创造能力的培养。

应该让孩子迈着轻松的脚步，

怀着纯洁的童心步入美的殿堂，

因为美育的主要目的不是培养某种吹拉弹唱的技能，

而是要培养人一种良好的文化生活习惯。



Without the inspiration from poetry and aesthetics, it would be impossible for children to develop fully intellectually. Utilitarianism-oriented behavior will heavily contain children's desire to create and then hinder their development of creativity. So we should ensure that our children walk into the palace of beauty with easy steps and a pure, innocent heart, as the main goal of aesthetic education is not to teach some kind of skills like playing musical instruments, but to make them get into the habit of living a happy cultural life.



体育不仅需要体力，同样需要心力。
体育既考验运动者生理负担的承受能力，
更考验运动者的心理负担能力。
体育既是培养学生竞争意识的有效手段，
又能培养个体之间的合作意识，
并求得两者间的内在统一。

Athletic sports are not only a trial of physical strength but also a trial of will power. It not only tests the exerciser's physical endurance but more importantly, it tests his/her psychological endurance. Physical education, as a combination of competition and cooperation, is an effective means to nurture students' competitive and cooperative awareness.



职业教育首先是人的教育，

其次才是职业的教育。

现在职业教育过分强调了技术、技能的训练，

而忽视了做人的教育、职业精神的培养。

这就容易使职业教育走向纯粹的技术主义的路线。

理想、信任、责任、合作、专注、诚实等品质，

也应该是职业教育的内容。

Vocational education, in the first place, is about cultivating humanity, and then, about teaching skills. Nowadays vocational education has overemphasized the training on techniques and skills ignorant of the cultivation of personality and professionalism, thus it would be very much likely to take a purely technicism-oriented path. Fostering good qualities like idealism, trust, responsibility, cooperation, concentration and honesty should also be included in vocational education.



我们的教育在造就少数“成功者”的同时，
更造成了大批失败者，
把许多纯真烂漫、各有所好的学生，
变成了心灵自卑、个性萎缩的“精神侏儒”。

While our education is making a few “winners”, it is creating numerous losers. It turns many innocent and brilliant students who have their own speciality into self-abased “spiritual dwarfs” with no personality.



理想的教育，应该达到这样的境界：

让每一个学生扬起生命的风帆，

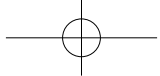
让每一个老师享受成长的幸福，

让每一个父母品尝成功的喜悦。



As far as ideal education is concerned, it should reach such an altitude: giving every student the hope for life, making every teacher enjoy the happiness of growth, and letting every parent taste the sweet fruit of seeing their child becoming a useful man.





理想的教育应该是民族的福祉：

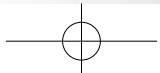
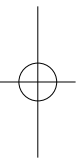
让每个人接受从生到老的全程教育，

让每个人体验到地球村的绝景佳色，

让每个人生活在宁静与和平的永恒时空。



It would be a blessing for a nation to have ideal education, because it endows every individual with the right to receive life-long education. By that, everyone of us can equally appreciate the most beautiful scenery on the earth, and everyone of us can live in eternal serenity and peace.





教育的过程也是文化“选编”的过程。

通过教育，对自己的文化进行辨别、选择，

去芜取精，传授给下一代，

让文化借生命得以创新、更新，

让生命因文化而广博、浩瀚。



The process of education is also a process of cultural “filtering and selecting”. Through education, we discriminate and sort out the good part of our culture, discard the dross and keep the essential, and pass it down to our younger generations. In that way, culture gets innovated and updated by lives, and life gets deepened and extended by culture.





教育的超越是必然的。

现在的人看前人，

总能发现许多问题。

前人并不因此变得愚蠢和渺小，

我们更不应该为发现前人的问题而自以为伟大和聪明。

最好的境界是拥有一颗虔诚的心去发现前人的问题。

Education makes it inevitable for mankind to transcend their predecessors. People in the present day can always find a lot of problems in their forebears, but that does not mean that they were intellectually underdeveloped and dwarfed by us. So we should never deem ourselves great and smart but harbor a humble and pious heart to learn from the past and make progress.



教育的传统与现代

始终是一个相对的概念。

忘记过去意味着背叛，

忘记过去的教育

会失去教育的真正意义。

忽视当下意味着盲目，

忽视当下的教育

会失去教育的真正价值。



Education is both traditional and modern. Forgetting the past means betraying. If education forgets the past, it will lose its real meaning. Ignoring the present means being blind-eyed. If education ignores the present, it will lose its true value.





绿洲，是沙漠里有水草的地方，
是生命之洲。

教育，则是人生中的绿洲——

给孤寂的人以温暖，

给贫病的人以滋养，

为疲惫沉重的心

指出一条通往家园的路。

Oasis is a place with water and grass on it in a desert. It is a place of lives. Education is just the oasis in one's life—it provides the lonely with warmth, the ill with treatment, and points out for tired, heavy souls the road home.



教育是一种唤醒。

每一个生命都是一粒神奇的种子，
蕴藏着不为人知的能量。

教育能够唤醒沉睡的心灵，唤醒良知和智慧，
唤醒蕴藏的美好与神奇。



Education is an awakening.

Every single life is a magic seed reserving unimaginable
energy.

And education can wake up those dormant hearts, and
conscience, wisdom, goodness and miracles reserved in it.





教育就是成长。

当教师体会到与学生一起成长的幸福，

与学校一起成长的快乐时，

才会从琐屑的教学生活中发现

教育的价值，生命的意义。

Education is a process of growth.

Only when teachers feel the happiness of growing together with their students and school can they discover, from their daily routine work, the true value of teaching and the meaning of life.



教育不是灌输，而是挖掘。

善于发现学生的各种潜能、兴趣、特长，

给予最大程度的支持，

鼓励而不代替，呵护而不包办，

帮助学生把可能性变为现实。



Education is not about instilling knowledge but about digging. Teachers should try their utmost to tap the potential, interests and strong points of students, give them the utmost support, encourage them but not take their place, attend but not control them, and do everything they can to help students turn possibility into reality.





把教育看得过于神圣，
会忽视它的平凡，远离它的真实。
把教育看得过于平凡，
又会忘记它的神圣，丢弃它的使命。
教育的神圣，寓于平凡之中。
我们每一天都在神圣与平凡中行走。

If we observed education as over sacred, we would ignore the ordinariness in its nature and therefrom get far away from its essence. But if we saw it as too ordinary, we would forget its divinity and thus discard its mission doomed. The sacredness of education is integrated with its ordinariness. And every single day we walk on the path where sacredness and ordinariness are paralleled.



教育可以改变世界。

当我们无法改变社会、改变别人时，

我们可以改变自己。

而我们真正改变了自己，

就必然影响、改变着别人，

就已经在改变社会、改变世界。



Education can change the world. When it is impossible for us to change others and society, we can change ourselves. And when we have truly changed ourselves, we are actually influencing and changing others, which means we have already changed the society as well as the world.





教育的理想是为了一切的人，
无论是城市的还是乡村的，
富贵的还是贫贱的，
聪慧的还是笨拙的；
教育的理想是为了人的一切，
无论是品德的还是人格的，
生理的还是心理的，
智力的还是情感的。

The ideal of education is for all the people, whether living in urban or rural areas, rich or poor, clever or slow-witted. The ideal of education is for overall development of people, whether it is the cultivation of virtue or personality, physical or mental health, intelligence or emotion.



教育要追求高品质，
其中包括理想的考试成绩，
但教育的成果绝不仅仅是分数。
教学生如何做人是教育的最高目标，
分数只是好教育额外的奖赏。



Education should seek high aims, including satisfactory exam results. But the accomplishments of education should by no means be limited to high grades. The highest goal of education is to teach students to be a complete man, with good scores being merely a subordinate reward coming with it.

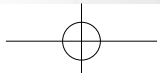
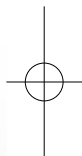
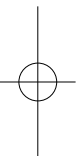




我们的素质教育说起来轰轰烈烈，
我们的应试教育做得是扎扎实实。
素质教育缺的不是理论，
缺的是脚踏实地的行动。



We talk about quality-oriented education loudly, while in reality we practice exam-oriented education steadfastly. We never lack theories of quality-oriented education. What we really lack are concrete steps.





我们经常低估了教育的力量，
低估了理想的价值。

教育是播种理想的事业。

坚守理想、坚持行动的人，
必将收获生命的奇迹。



We always underestimate the power of education, belittle the value of ideal. Education is a cause of sowing the seeds of ideal. He who adheres to ideal unswervingly and takes actions resolutely will surely reap the miracle of life.

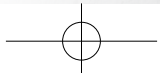
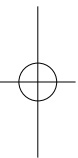




我们只有自己拥有教育理想，
才可能把理想的种子播到学生的心中。
只有我们的孩子心怀理想，
我们的民族才会有希望。



Only when we have expectations on education can we possibly sow the seeds of dream in the heart of our students; only when our children have ideals can our nation have a bright prospect.



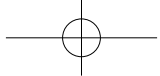


我们的社会处在转型时期，
面临着一场深刻的变革。
教育具有先导性、基础性作用，
也必然要顺应这场变革的需要进行自身改造。
我们应该有历史责任感，
应该有所作为。



Our society is at a stage of transformation and in the face of an intensive reform. Education, as a herald of society which plays a fundamental role, is bound to go with the trend and reform itself. We should assume the historical responsibility bestowed on our shoulder and make a difference.

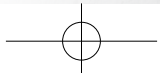
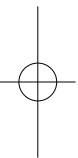




青山有待，岁月催人。

如果在教育中都没有理想，
那么这个世界还会有什么理想呢？

A green mountain can last long but time and tide wait for
no man. If we have no dreams in education, then what
dreams will be left out there in the world?

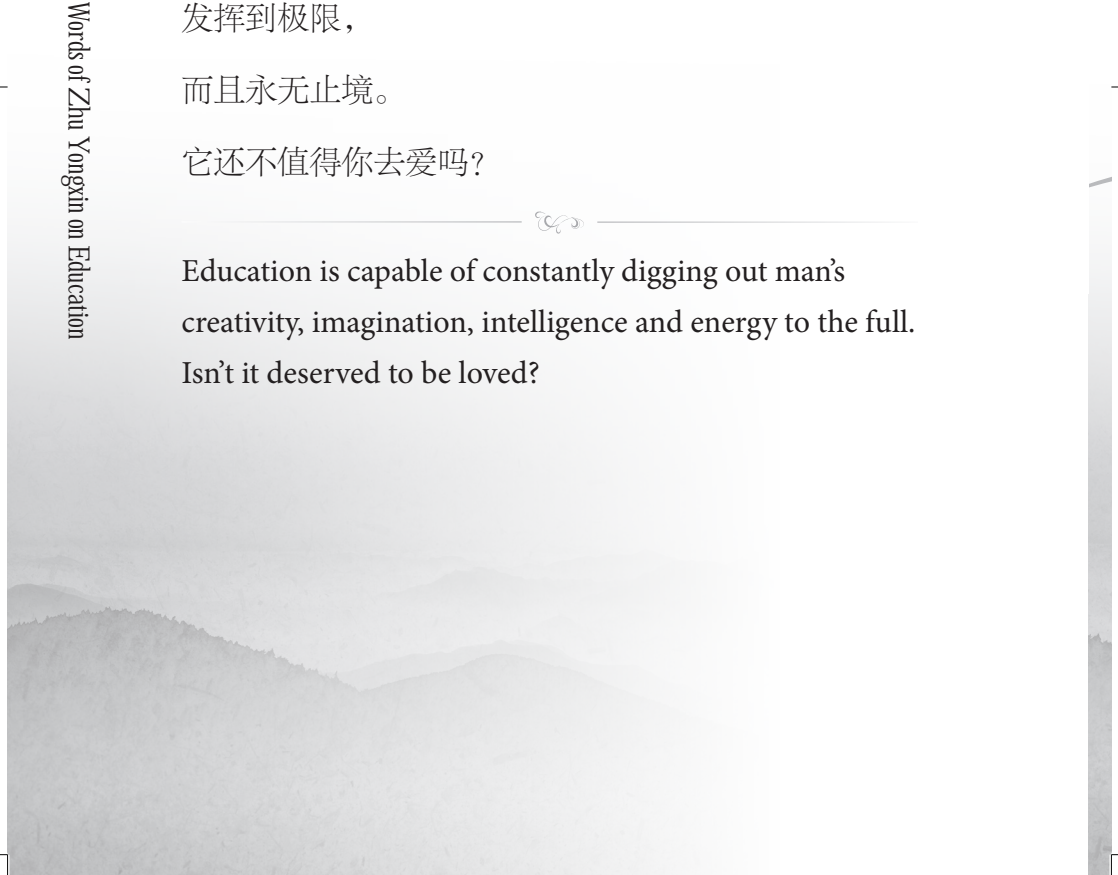


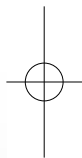
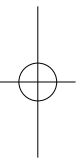
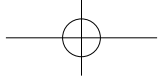


教育，
能把人的创造力、想象力
和全部智慧、能量
发挥到极限，
而且永无止境。
它还不值得你去爱吗？



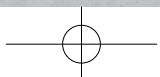
Education is capable of constantly digging out man's
creativity, imagination, intelligence and energy to the full.
Isn't it deserved to be loved?





Chapter 2

Living a Happy, Complete Education Life
过一种幸福完整的教育生活





新教育的彼岸是什么模样？

我想，彼岸是一群又一群长大的孩子，

从他们身上能清晰地看到：

政治是有理想的，

财富是有汗水的，

科学是有人性的，

享乐是有道德的。



What will the dreamland of new education look like?

I believe on that land there will be a lot of young adults in their prime time. And we can find in them that politics has ideals, wealth is made at the price of sweat, science is humanistic, and hedonism is restrained by the force of moral.





教育应该面向未来，
但更应该面对当下。
教育本身就是生活，
教育就是生活的方式，是行动的方式。
教育在作为促进美好生活的一种手段的同时，
它本身就应该是目的，
应该让所有与教育发生关系的人
过一种幸福完整的教育生活。

Education should face the future but more importantly, it should face the present. Education is life in itself. It is the way you live and act. It also should be a goal when it is applied as a means to create a better life. We should ensure that all the people involved in education, in one way or another, lead a happy and complete education life.



中国教育现在是有许多弊端，也应该抨击，
但仅仅是怒目金刚式的斥责和鞭挞，
虽然痛快却无济于事。

不如通过建设来进行批判，

只有建设

才是真正深刻而富有颠覆性的批判。

新教育实验就是寓批判于建设之中，



It is true that the education system in China today has many pitfalls and should be criticized. But only harsh rebuke, which may give us a second of satisfaction by venting our anger, will lead us nowhere. It would be better to criticize it by constructing it, because only construction is a kind of really deep-going and subversive criticism. And new education experiment is exactly a perfect example of criticizing through constructing.





教育生活应该是幸福的，
而不是痛苦的；
应该是完整的，
而不是畸形片面的。
让人成为他自己，
一个完整的自己，
这是教育的最高境界。

Education life is supposed to be happy, not painful, to be complete, not fragmented and twisted. Helping a man to become himself, a complete self, is the highest level education can reach.



新教育追求高度，
但永远不会高高在上；
新教育培养卓越的教师，
更关注普通的教师；
新教育不是一个精英俱乐部，
而是一个宽容开放的团队。
新教育始终敞开胸怀，
永远等待、拥抱理想主义者！



New education aims high but will never ride the high horse; it cultivates extraordinary teachers but gives more attention to ordinary ones; it does not build a club exclusively for elites but a team open to everyone under the spirit of tolerance. New education will always open its arms, waiting to embrace idealists!





新教育实验中的“新教育”

更多的是一种哲学的解读和表达。

这个“新教育”有两个基本特征：

它是一种富有辩证法精神的教育，

它是一种动态的、面向未来的教育。

The “new education” experiment is more interpreted from a philosophical point of view. This “new education” is characteristic with two basic features: it has the dialectical spirit, and it is a dynamic education facing the future.



教育实验改革是一项非常长久的工程，
需要通过一代人去影响另一代人。

不能急于求成，

不能固步自封，

一定要学会等待，

一定要耐得住寂寞。

新教育更不例外。



Educational experiment reform is a huge project that will take a very long time and requires the efforts of generations and generations. To achieve that, we should not be too hasty for quick results, nor should we be complacent and refuse to change. We must learn to wait and endure loneliness during the process.





新教育精神就是
追寻理想的执著精神、
深入现场的田野精神、
共同生活的合作精神、
悲天悯人的公益精神。

The spirits of new education are having persistence to pursue dream, down-to-earth spirit to practice on the spot, team spirit to share life with others, and public spiritedness to care for the welfare of the whole mankind.



心中有理想，
扎扎实实植根于田野之中，
怀着一种合作的精神，
努力推动公益事业，
去成就我们的人生、我们的教育、我们的民族。
这就是新教育精神的本质内涵。



The essence of new education is harboring dream in heart while keeping our feet firmly on the ground, and striving for the development of public welfare with the spirit of cooperation to create a better life, better education and better nation.





新教育实验

首先是观念、思维和方法的刷新，
就是通过浪漫精神的引导
来塑造个性的心灵，
通过理想信仰的生成
来积淀人性的底蕴。

New education experiment is, first of all, a refreshing of ideas, and ways of thinking and acting. It aims to shape personality through the guide of romantic spirit, and cultivate human nature by the power of ideals and faith.



真实的新教育，永远在田野中，
在千千万万默默无闻的普通老师的教室里。



The true new education always takes place in the “field”, in
the classrooms where thousands of obscure and ordinary
teachers carry out their daily teaching work.





新教育的五大教育理念：
与人类的崇高精神对话，
无限相信教师与学生的潜力，
教给学生一生有用的东西，
重视精神状态，倡导成功体验，
注重个性发展，建设特色学校。

There are five ideas about new education, namely, having dialogues with human's lofty spirit, fully believing in the potential of students and teachers, teaching students something that will give them lifelong benefit, focusing on students' spiritual state and advocating experience of success, and valuing the development of personality and the construction of characteristic schools.



新教育追求的目标四位一体：
成为学生享受成长快乐的理想乐园，
成为教师实现专业发展的理想舞台，
成为学校提升教育品质的理想平台，
成为新教育共同体的“精神家园”
和共同成长的“理想村落”。



The goal of new education is fourfold. It aims to become an ideal paradise for students to enjoy the pleasure of growth, an ideal platform for teachers to realize professional development, an ideal stage for schools to enhance educational quality, and a spiritual home and ideal village for all that are involved in the new education community to grow together.





新教育努力实现四大改变：

改变教师的行走方式，

改变学生的生存状态，

改变学校的发展模式，

改变教育的科研范式。

New education strives to achieve four great changes: to change the teaching method of teachers, the living state of students, the development pattern of schools, and the scientific and researching paradigm of education.



新教育以教师专业发展为起点，
倡导教师学会通过专业阅读，
站在大师的肩膀上前行；
通过专业写作，
站在自己的肩膀上攀升；
通过专业发展共同体，
站在集体的肩膀上飞翔。



New education, taking the professional development of teachers as the starting point, encourages teachers to make progress on the shoulders of great masters through reading professional literature, to improve themselves on their own through doing professional writing, and to flutter and soar high in the sky with the aid of professional development community.





阅读，
会让教师善于思考，远离浮躁，
从而让教师更有教育的智慧，
教育也就因此从容而美丽。

Reading makes teachers think and free from fickleness,
and gives them wisdom in education. And because of that,
education will become an easy and beautiful process.



新教育主张知性阅读。

阅读者通过对书籍的聆听、梳理、批判、选择，
在反复对话中，

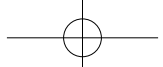
将书籍中有价值的内容吸纳、内化到阅读者的结构之中，
从而使原有结构得到丰富、优化或者重建。

这是一种带有咀嚼性质的研读。



New education advocates intellectual reading. In that way, readers read, analyze, criticize, select contents from books. By having dialogues with the book again and again, readers can absorb the valuable part and internalize it into their own knowledge framework to make the framework richer, optimized or reconstructed. This way of reading is a process of chewing knowledge and studying.





教师读书不仅是寻求教育思想的营养、

教育智慧的源头，

也是情感与意志的冲击与交流。

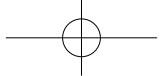
从教育家的著作中，

教师可以学习的东西有很多。

有心的教师懂得认真阅读教育的重要文献，

认真学习不同时代教育家的人生理想与人格力量。

When a teacher reads a book, he reads not only to draw on the nutrition of educational ideas and trace the source of educational wisdom, but to seek affective and spiritual impact and interaction. From the masterpieces of educators, teachers can learn a lot. A conscientious teacher knows how to read the important literature works on education and how to learn from the life goals and character strength of the great educators of different times.

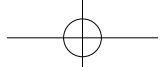


一个教师的专业写作史，就是他的教育史。



The professional writing history of a teacher is exactly his teaching history.





我们的教育生活由无数碎片组成，
往往形成破碎的未经省察的经验，
使教育教学在比较低的层面上不断重复。
专业写作能有效地对经验进行反思，
从碎片中提取有意义的事物并加以深化理解，
形成真正的经验融入教育生活，
使之成为我们专业素养的一部分，
使我们的教育实践更加富有洞察力。

Our educational life is composed of countless fragments, so the teaching experience we have is always fragmented, unsystematic and has not been examined. As a result, the practice of teaching is repeated over and over again on a relatively low level. But professional writing can enable us to reflect on experience, and pick up and digest the really essential things from those fragments effectively. With the aid of it, we can form real experience, and by applying it into our daily teaching life, the practice of teaching will be better directed and targeted.



“写”只是形式，
以“写”带动的是阅读，是思考，是实践。
阅读滋养底气，
思考带来灵气，
实践造就名气。

人是需要被带动、被激励的。



“Writing” is merely a form. But with the stimulation of “writing”, reading, thinking and practicing will come along. Reading gives us nourishment; thinking gives us inspiration; practicing gives us reputation. Man needs to be driven and motivated.





让师生共写，才能共同编织有意义的生活。

从心底里流淌出的是文字的精灵，

是丰富的情感，是思想的火花。

学生如此，教师也如此。

Only when teachers and students write together can they create and share a colorful and meaningful life. From the bottom of heart flow out the elf of words, rich emotions and the sparkle of thought. It is so for both students and teachers.



写作，
不仅是训练思维的有效途径，
也是帮助人们拥有美好人生的重要路径。
因为，写作犹如烧菜，
没有原料，再好的厨师，
也无法烹饪出精美的大餐。
为了写得精彩，
必须做得精彩、活得精彩。



Writing is not only an effective method of thought training but also an important way to create a beautiful life. Because writing is just like cooking—without ingredients, the best cook ever can in no way cook out exquisite dishes. Therefore, in order to write a good story, you have to experience something extraordinary and live a wonderful life first.



思想、语言、文字，
其实是同一件事情的三种形式。
思考需要工具，
谈话与写作，是思考的真正开始。

Idea, language and words, in effect, are three different forms of one thing—thinking. Thinking can only be conducted and expressed through the tools of talking and writing, which are also the true beginning of it.



生活的丰富性决定了写作的丰富。

生活充实到什么程度，

文字就会充实到什么程度。

写作技巧，相当于烹饪的佐料。

有了它，可能味道更加鲜美，

没有它，也可以做出原汁原味的好菜。



The richness of life determines that of writing. How full your life is, how rich your words will be. As to writing skills, skills to writing is what condiment to cooking, with which the food may be more tasty, yet without which, we can also enjoy the original flavor of the food.





自我教育与团队影响，
是教育的两个重要途径。
两者本身也密切联系。
每个人都像一个发射器，
向共同体中的每个人发射自己的能量。
所以，做最好的自己，
永远是最简单而正确的逻辑。

Self-education and the influence of the collective are two important means of education which are closely interrelated. In the educational community, each individual is like an emitter, disseminating energy continuously. Therefore, the right and also the simplest way for us to support the community is to become the best man we can be.



新教育人的使命，就是自觉地把中国文化作为自己的精神家园，
作为我们教育的根基和创造之源——
通过努力来推动文化的自我创生，
通过行动活出中国文化的根本精神，
通过每一个新教育人的文化自觉，
让中国文化这条河流，
经由我们自己这个湍急的隘口，奔涌前行。



The mission of a new-education advocate is to consciously take Chinese culture as our spirit homeland as well as the foundation and source of inspiration of our education. We should also make great efforts to promote cultural self-renewing and live out the core spirit of Chinese culture through deeds. Only by the cultural self-awakening of every individual of new-education advocates can we let the river of Chinese culture, after going through a tortuous journey, continue to roll forward passionately and overwhelmingly.



个体生命和共同体生命的良好状态，
是新教育绝对的原点。
而倡导“过一种幸福完整的教育生活”，
就是为了能够最大限度上实现这种良好的生命状态。
我们把它作为新教育实验学校的
立校之魂、兴校之本、强校之基。

The ultimate goal of new education is to make each individual as well as the community live in a sound state. That it advocates “living a happy and complete education life” is exactly for the purpose of reaching that state, which is regarded as the soul and foundation of building and developing the experimental school of new-education.



“底线+榜样”是新教育实验的管理铁律。

底线是最基本的要求，

这要求甚至低到不做到就说不过去。

榜样是最大程度超越底线的人，

管理的秘诀在于总是表扬从这个底线中涌现出的榜样。

用榜样激励新的榜样，

以故事引发新的故事，

让细节推动新的细节。



“Bottom line plus role model” is the golden rule to manage new education experiment. The bottom line is the lowest standard one must be up to, and the role models are those who can surpass the bottom line to the utmost extent. The secrets of management are paying tribute to the models emerging out of the crowd, and inspiring new models with models, encouraging new achievements with achievements and promoting new changes with changes.



“底线 + 榜样”是一个不可拆分的联合体，彼此依存，相互促进。

底线一定要保证所有人都做到，否则就失去意义，榜样一定要关注、倾听与言说，否则就浪费价值。

底线一定要有检查与奖惩，否则会流于形式。

榜样一定要有扶持与展示，否则会失去动力。

“Bottom line plus role model” is one integral whole, in which the two elements are interdependent, each promoting one another. The key point to practice the rule is that we must guarantee that all the people can reach the bottom line, or it will become meaningless, and that people pay great attention to role models, listen to their ideas, and advocate their behaviors, or their value will be wasted. When the bottom line is broken, there must be examination and punishment, or it will become nothing but a form. When role models emerge, they must be supported and publicized, or people will lack the initiative to become a role model.



新教育的理想课堂有三种境界：

一是落实有效教学框架，

为课堂奠定坚实的基础；

二是发掘知识内在的魅力；

三是知识、社会生活与师生生命产生共鸣。



The ideal teaching of new education encompasses three aspects: the first is to form an effective teaching framework to make a solid foundation for school education, the second is to delve into the inherent beauty of knowledge, and the third is to bring knowledge, social life and every being of teachers and students together.





缔造完美教室，
就是要求我们下最平凡的苦功夫，
做最不平凡的大事情；
就是师生汇聚在伟大事物的周围，
穿越在伟大事件之中；
就是将生命倾注、融合在一间教室里，
编织诗意的生活，
最终让教室里的每一个生命走向卓越。

To create the perfect classroom is the most extraordinary task we have, which, however, requires the most ordinary daily hard work. It means that teachers and students get together spending their lives in the classroom, re-experiencing great historical events, learning from great figures and weaving a poetic life to let every individual involved grow to excellence.



生活于同一间教室中的人，
应该是一群有着共同梦想，
遵守共同标准的志同道合者。
他们彼此为对方的生命祝福，
彼此珍惜生命中偶然的相遇，
彼此郑重作出承诺，
共同创造一间完美的教室，
共同书写一段生命的传奇。
这群人，包括所有参与其间的师生和父母。



Those who live in the same classroom should be a group of like-minded people, sharing a common dream and a common goal, observing common criteria. They give their blessings to each other, cherish the chance encounter and make a solemn commitment to build a perfect classroom and write a legend together. This group includes all teachers, students and parents.



教室是河道，课程是水流，
两者相得益彰，才会涌现教育精彩。
课程以人为中心，是师生生命成长的历程。
课程不是一堆知识的罗列，
而是让知识拥有生命的温度，
通过一组生命体验的过程，
让我们成为具有德行、审美、情感、智慧和能力的人。
卓越课程，就是最大程度地实现人幸福完整的可能。

Classrooms are the water channel while courses are the water flowing within. Only when they interact with each other perfectly can the spring of education gush out. The courses should be people-centered, which is a common growing experience of students and teachers. They are not simply a showcase of knowledge but to provide a journey for us to experience to endow knowledge with the warmth of humanity, to make us become a man with virtue, aesthetic sense, emotion, wisdom and competency. Extraordinary courses can help people live a happy, complete life to the greatest extent.



新教育说：“过一种幸福完整的教育生活”、“书写教师的生命传奇”、“构筑理想课堂”、“缔造完美教室”、“研发卓越课程”……

这里的“幸福完整”、“传奇”、“理想”、“完美”、“卓越”等词，都不是对现在的描述，

而是新教育人的一种价值追求，一种生命朝向，一个未来期待和一个庄严承诺。

永远朝向这个目标和境界，是我们新教育人的使命与责任。



New education advocates “living a happy and complete education life”, “writing a legend of teaching life”, “building ideal classes”, “creating perfect classrooms”, “developing excellent courses”... The words like “happy and complete”, “legend”, “ideal”, “perfect”, “excellent” are not a description of the status quo. They are where the new educationists’ ambition lies, the direction they are looking forward to, an expectation of the future and a solemn commitment. It is our mission and duty to strive for that goal.



对于教育的信任、信心、信念、信仰，
是新教育文化的根本精神，
也是新教育文化的基本特征。
教师拥有了这样的“信”，
就能书写自己的生命传奇；
师生拥有这样的“信”，
就让教育拥有了灵魂。

The fundamental spirit and basic feature of new education culture is to have confidence, trust and faith in education. When teachers have such faith, they will make themselves a legend; when both teachers and students have such faith, education will have soul.



“相信种子，相信岁月。”

如果说种子意味着希望、愿景，
那么岁月就是坚守，就是意志。

相信，

表达了新教育人对于世界，
对于生命的一种根本的信任，
对于教师职业的一种最终的体认和认同。



“Believe in seeds, and believe in time.”

If seeds mean hope and prospect, then time means
perseverance and willpower. Choosing to believe
demonstrates the fundamental trust new educationists have
in the the world and life, and their ultimate recognition of
teaching as a profession.





只有对新教育实验的认识
从“概念”向“信念”推进，
由“理想”转向“思想”引领，
激发出人们深沉的情感，执著的意志，
从精神世界的积淀表现为主题的自觉行动时，
新教育实验才可能
真正成为人生力量和教育智慧的策源地。

Only when we take new education experiment as a faith
not just a concept, an idea not just an ideal, and only
when we bring out people's deep affection and unswerving
willpower, turning their thoughts into conscious deeds,
can we possibly make the experiment a true cradle of life
strength and education intelligence.



新教育有九大定律：

态度决定一切；

说你行你就行；

体罚近乎无能；

读书改变人生；

课堂属于学生；

性格主宰命运；

特色就是卓越；

理想创造辉煌；

爱心产生奇迹。



There are nine laws of new education: attitudes determine everything; when everybody says you can do it, you can do it; physical punishment is an act of impotence; reading can change your life; students are the real host of a class; personality decides destiny; to be distinctive is to be excellent; ideals produce success; a loving heart can work miracles.



用一双焦虑的眼睛关注新教育，
就会有新的梦想。

用一双敏锐的眼睛审视新教育，
就会有新的谏言。

用一双明亮的眼睛期待新教育，
就会有新的信心。

新教育，取决于我们用

怎样的眼去看，

怎样的心去想，

怎样的力量去行动。

If you keep an eye on new education with eagerness, new dreams will sprout; if you examine it with sharp eyes, new ideas for improvement will come out; if you have great expectations toward it, new confidence will grow. Where new education will end up depends on how we see it, how we think about it and what deeds we will take about it.



我们不是人类文明的创始者，
但人类文明可以通过教育的伟大理想穿越时空，
通过我们今天的行动变为现实。



We are not the creator of human civilization. But we can
realize the ideals of human civilization of the old days
through education and our deeds today.





新教育不求无懈可击的理论体系，
而是强调行动起来，
在实践中思考，在实践中提升，在实践中成长。
重行动，不空谈，用事实说话。
一个个普通的日子，
一个个教育的日子，
因行动而从此灿烂！

What new education needs is not an impeccable theoretical system but real deeds. Actions speak louder than words. So we should think, improve and make progress through practice. Little by little, bit by bit, ordinary daily teaching activities will finally blossom like flowers.



新教育有十大行动：

营造书香校园；

师生共写随笔；

聆听窗外声音；

培养卓越口才；

构筑理想课堂；

建设数码社区；

推进每月一事；

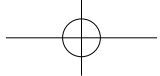
缔造完美教室；

研发卓越课程；

家校合作共建。



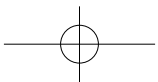
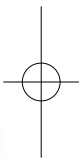
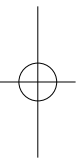
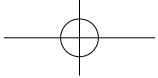
New education includes ten kinds of practices: building scholarly schools, students and teachers writing essays together, caring about current affairs happening in the outside world, sharpening speaking skills, creating ideal classes, constructing digital communities, promoting “one theme activity per month” to form good habits gradually, building perfect classrooms, developing excellent curriculum, and involving both families and schools into the cause.

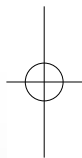
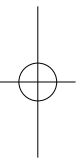
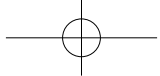


行动，就有收获，
坚持，才有奇迹。

No actions, no gains; no persistence, no miracles.

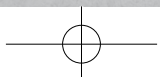






Chapter 3

A Person's Mental Development History Is His Reading History
一个人的精神发育史就是他的阅读史





一个人的精神发育史就是他的阅读史。
一个民族的精神境界取决于这个民族的阅读水平。
一个没有阅读的学校永远都不可能有真正的教育。
一个书香充盈的城市才能成为美丽的精神家园。
共读、共写、共同生活才能拥有共同的语言、
共同的密码和共同的愿景。



A person's mental development history is his reading history.

A nation's spiritual state lies on its people's reading level.

A school which does not advocate reading will never have real education.

And a city filled up with the fragrance of books can become a beautiful spiritual homeland for its citizens.

Only when people not only live but also read and write together can they share common languages, values and visions.



一个民族、一个国家的竞争力，
不是取决于它的物质力量，
而是取决于它的精神力量；
而一个国家、一个民族的精神力量，
不是取决于它的人口数量，
而是取决于它的阅读能力。

The competitiveness of a nation or a country does not depend on its material wealth but its spiritual power. And the spiritual power of a nation or a country does not rest with the size of its population but its citizens' ability to read.



个体的精神发育历程是整个人类精神发育历程的缩影。
每一个个体在精神成长的过程中，
都要重复祖先经历的过程。

这一重复，通过阅读可以最为简单有效地实现。



An individual's mental development process is the miniature of that of the entire human race. When one is about to undergo mental development, he actually will replicate the same process his predecessors once experienced. And reading is the easiest and most effective way for him to realize that replication.





没有阅读就不可能有个体心灵的成长，
就不可能有个体精神的完整发育。

Without reading, it is impossible for an individual to
achieve complete psychological and mental development.



其实，人有两个世界：

物质的世界和精神的世界。

一个人的世界有多大，

取决于这两个世界有多大。

物质世界肯定有限，

精神世界可以无垠。

阅读就是让我们更迅速也更从容地

从有限走向无垠。



A man, in fact, has two worlds: material world and spiritual world. These two worlds will decide how big a world he will have. The material world surely is limited, but the spiritual world can be limitless. And reading is a bridge, leading us, quickly but calmly, from limitedness to limitlessness.





读书如饮食，

“没有时间”只是借口。

当读书成为我们的生活方式时，

当我们把阅读作为生命中不可或缺的事情时，

总可以找到读书的时间。

Reading is just like eating and drinking. Claiming that “I don't have time to read” is nothing but an excuse. If we take reading as a way of life and an integral part of our life, we can always spare time to read.

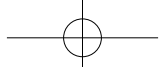


人类历史上有很多精神丰碑，
要达到或者超越那些精神高峰，
阅读和思考是唯一的途径。



In the history of humankind, there stand many monuments
to honor human spirits. Reading and thinking is the only
way to reach or surpass those spiritual highs.





阅读，不一定使我们变得更加富有，
但一定可以使我们变得更加智慧；
不一定能改变我们的长相，
但一定可以改变我们的品位和气质；
不一定能延长生命的长度，
但一定可以改变生命的宽度，
增加我们生命的厚度，
提升生命的高度；
不一定能实现我们的人生梦想，
但一定可以使我们更接近人生的梦想。

Reading may not necessarily make us richer but surely wiser, not necessarily change our appearance but can surely enhance our taste and temperament, not necessarily prolong the length of our life but can surely extend its width, depth and scope, and may not necessarily ensure that we realize our dream in the end but can surely lead us nearer to it.



读书者应有的读书品质，

概括而言四个字：静、思、觅、恒。

“静”是前提，是抵御外在喧嚣、抛却过度物欲，

以古典平静之心阅读。

“思”是“思接千载，视通万里”，进而时时闪现思维的火花。

“觅”指书的种类、内容，更强调极为有效地利用时间。

无“恒”则任何计划、方法都是镜花水月。

The qualities a good reader should have can be boiled down to four facets: a quiet heart, a thoughtful mind, screening eyes and the perseverant spirit. To read with a calm and quiet heart is the precondition, which makes you become immune to the outside hustle and bustle and get rid of excessive desire for extravagance. To keep a thoughtful mind means to be open to the ancient and future, the near and the far and get inspired from that. To read with screening eyes means you should carefully select the types and contents of books and raise your reading efficiency. And as to the perseverant spirit, without it, any blueprints or methods of reading will be nothing else but a castle in the sky.



人云亦云、照单全收的阅读，
只能培养储存知识的“两脚书橱”。
学问贵问，读书贵疑。
读书需要带着怀疑的眼睛、批评的态度——
要把书本上所写的，
放到现在的时间和空间背景下重新审视。

Believing everything books say can only make you a
“walking bookcase”. Learning lies in asking and reading lies
in questioning. So when you read, you should put what the
book says under the current situation and review it with
suspecting and critical eyes.

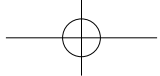


读万卷书、行万里路，
是中国知识分子追求的境界，
本没有厚此薄彼的意思。
但游历、考察固然重要，
如果没有阅读，没
有先前的知识作为积淀，
那游历、考察、体验等后面的一切
在品质上就都会大打折扣。



“Reading thousands of books and walking thousands of miles” is a state pursued by Chinese intellectuals, and to both I give equal weights. Traveling and doing field study are unquestionably important, but without reading and knowledge storing beforehand, all the experience you had would turn out to be aimless and debased.





知识之所以没有产生力量，
不是因为“读书无用”，
而是因为“读无用书”。

The reason why knowledge is not transformed into
strength is not because of “reading is useless” but because
“reading useless books”.

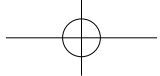


环境的艰苦和贫瘠，
不是一个人思想贫瘠的借口。
一旦不能拥有读书这个“奢侈品”，
我们的全部世界就是我们的日常生活，
我们的梦想就会被污浊的环境所湮没，
被细小的夹缝所埋葬。
当我们失去一个又一个梦想后，
就会逐渐沦为生活的奴隶。



A tough environment and material poverty should not be blamed for a barren spirit. Once we lose the luxury of reading, the daily trifles would be all we have, which could erode and even kill our dreams. With the dreams dying one after another, we would gradually fall slaves to life.

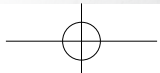
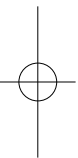




没有阅读的教育，
没有阅读的学习，
只是训练，
不是教育。



An education without reading does not deserve to be called
“education”. It is just training.





仅从“课外书”这个概念，
就可见学校往往是最顽固地拒绝“读书”的场所。
应试为中心的基础教育对儿童的戕害：
夺其天真，空其头脑，隔其交往，束其手脚。



From the concept of “extracurricular books” we can see that schools actually are always the place where reading is met with the most stubborn resistance. The exam-centered elementary education jeopardizes our children on many aspects: it deprives them of innocence, turns them into empty heads, cuts them off from social intercourse, and strangles their creative thinking.





学校教育相当于母乳。

把人类最根本的知识，

用比较科学的方式整合为适宜孩子接受的形式和内容，

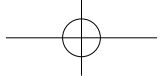
在较短时间内让学生掌握。

但教科书、教辅书不可能替代儿童成长的精神食粮，

就像母乳不可能伴随孩子终身一样。

孩子精神的成长依赖于阅读适合身心发展所需的优秀作品。

Schooling is equivalent to breast feeding, which integrates all the fundamental knowledge accumulated by humankind in a scientific way into the content and form that is more suitable for children to accept and easier for them to absorb in a shorter time. Be that as it may, textbooks and supplementary books used in schools can in no way be the only source of food for the development of children's mind, just as breast feeding cannot accompany one all his life. The intellectual development of children also relies on the nourishment from other kinds of excellent works.



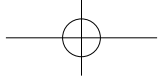
对幼儿来说，

阅读是一种全方位、多维度、简便易行的智力体操。



For children, reading is an all-round, multi-dimensional and easy-to-do brain training.





每个孩子都是失去翅膀、落入凡间的天使。

阅读，将让书籍成为心灵的双翼，

让孩子重新变成我们身边真正的天使。

Every child is a fallen angel without wings. Yet reading can turn books into the wings of the heart, making our children genuine angels once again.



把孩子简单丢进书的海洋里，
不会游泳的孩子很可能被淹没。
在激发孩子阅读兴趣的同时，
如何为他们进入阅读的世界作好准备，
如何帮助他们掌握阅读的技巧，
和为他们选择图书一样重要。



If we simply throw our children into the sea of books without guidance, those who are not capable of swimming are much likely to get drowned. When we try to arouse their interest in reading, we should understand that how to prepare them into the world of books and how to help them master reading skills are equally important as screening books for them.





儿童的心田是丰茂的，
播下美好的种子，
就可以长成参天的大树。
成年以后，
同样的心田可能会板结，
播下的种子会难以生根发芽。
所以，儿童早期的阅读非常重要，
那些美丽的童书和美好的故事，
就是那美好的种子。

The heart of a child is like a piece of fertile land. If you plant seeds on it, one day they will grow into towering trees. But if you sow the seeds during his adulthood, it might be too late, because the heart may have become one less sensitive, and the seeds can hardly root and sprout. Therefore, early reading is of great importance for children, and those beautifully-designed books and fairy tales they tell are exactly the seeds of good.



童年是最美好的岁月，
童书是最美丽的种子。
阅读为孩子们的精神世界打上美丽的底色，
在孩子们心中播下美的种子。
历经岁月，这些美的种子，
终将开出美妙的花儿。
应该把最美丽的东西给最美好的童年。



Childhood is the best time one can have, and children's books are the most beautiful seeds. Reading can tint gorgeous colors on children's spiritual world and sow the seeds of good in their hearts, and the seeds, after gathering strength underneath over years, will blossom one day. The most beautiful things should be given to the best time of one's life—childhood.





经典图书不一定适合各个年龄的孩子——
每一本好书都有它相对特定的、最适合的
阅读时机和阅读对象。

对于不同年龄、不同喜好的儿童，
选择阅读时机和阅读对象非常重要。

Classic books are not necessarily suitable for children of all age groups to read, since every book has its particular target readers of certain ages. Therefore it is essential to choose the right books and reading timings for children of different ages with different interests.



童书的价值远远没有被认识，
是因为我们长期只关注儿童的躯体发育，
而忽视了儿童的精神成长。

乃至现在，
孩子们物质的充盈与精神的贫瘠
形成了极大的反差与鲜明的对照。



Now the value of children's books is far from being fully realized, because for a long time we only focus on the physical growth of children, ignorant of their spiritual development. As a result, there has emerged a sharp contrast between the abundance of material our children are given and their spiritual poverty.





学校教育最重要的任务之一
就是培养学生的阅读习惯和能力。
一所学校一旦解决这个问题，
主要的教育任务就基本完成了。

One of the most crucial tasks for a school is to cultivate students' reading habit and capacity. Once that task is fulfilled, it is justified to say that the school has completed its main task in education.



既爱读教科书又爱读课外书的孩子，
必然发展潜力巨大；
既不爱读教科书又不爱读课外书的孩子，
必然愚昧无知；
只爱读教科书不爱读课外书的孩子，
发展到一定阶段必然暴露自身缺陷和漏洞；
不爱读教科书只爱读课外书的孩子，
虽然考试成绩不会理想，
但升学、就业受阻后，
完全可能凭浓厚自学兴趣另谋出路。



Children who are fond of reading both textbooks and extracurricular books surely will have huge potential, while those who show no interests in neither of them will become ignorant. Those who always bury their nose in textbooks will inevitably find themselves get stuck at a certain stage, while those who only love to read extracurricular books, maybe incapable of getting good results in exams and even having difficulties in enrolling prestigious schools and finding satisfactory jobs, completely have the capability to start up their own business later in their life by following their hearts and interests.



儿童随意的散漫的没有引领的阅读
是低效的，甚至是危险的。
要有效扩充学生的智力背景，
需要教师和父母用共读的方式
把最好的书籍带给孩子，
从而潜移默化地引领学生的自主阅读。

To a child, reading randomly without any guidance can be inefficient and even dangerous. Thus, both teachers and parents should read books with children together and introduce them to the best books to promote their intellectual development and teach them to read independently step by step.



如果在十多年的基础教育历程中，
一个孩子还没有养成阅读的兴趣和习惯，
这样的教育一定是失败的。



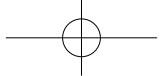
If a child failed to form the interest in and habit of reading
after receiving the elementary education of a dozen years,
then such an education must be an unsuccessful one.





一个人进学校不一定就在接受教育，
只有他真正读书了，
那才意味着他真正接受教育了。

When one studies at a school, it does not necessarily mean
that he is receiving education. Only when he has developed
the habit of reading can we say that he is receiving education.



阅读是学习的基石，是教育的根。



Reading is the cornerstone of learning and the root of education.





大学是阅读的天堂。

严格说来，

大学是一个提供了最大的读书空间与时间的场所。

阅读不仅对于大学生专业素养的形成，

同时对于大学生人文精神的形成以及创造能力的培养，都具有非常重要的意义。

Universities are the paradise of reading, because, strictly speaking, they can provide college students with the most capacious space and abundant time to read. Reading is not only of great significance in enhancing students' ability in academic study but also in shaping humanistic spirits and fostering creativity.



大学里，图书馆应该是最精彩的课堂。

认真读一部文化名著，

就是接受了一次文化的熏陶，

其意义不亚于听一门系统的文化教育课程。

一个学校的名师总是有限的，

但是丰富的图书资源可以为学生提供无数名师。

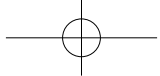
所以，大学应该聘请最优秀的专家做图书馆的馆长，

应该把最主要的经费用在图书采购上，

应该为教师与学生的阅读提供最便捷的条件。



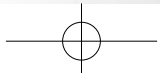
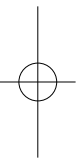
In a university, the library is probably the place where the most fabulous teaching may take place, since the importance of reading a classic work with all your heart weighs no less than taking a series of systematic cultural courses. The number of prestigious teachers in a school is limited, but the book resource of a library can be infinite. Therefore, a good university should hire the best curator and spend most of its budget on book purchasing to create the best reading condition and environment for students and teachers.



图书馆就是师生精神的食堂。



Libraries are the spiritual homeland for students and teachers.





那些躺在书架上的图书，
其实就是一个睡美人，
等待着我们用阅读吻醒。

如果没有我们的阅读，
它只是一堆废纸，就像一具僵尸。
只有我们接触它、阅读它、吻醒它，
它才会苏醒、复活，
真正地成为我们生命的一部分。



Each book lying on the bookshelf is just like a sleeping beauty, waiting to be awakened by the kiss of readers. If we do not read it, it is merely a stack of useless paper, a lifeless body. Only by our touching and reading can the book come to life with vigor.





在书籍匮乏的年代，开卷有益，
在信息爆炸的时代，“择卷”更重要。
阅读选择是人生选择的重要部分。

In the age when books are a rarity, the more you read, the better, but in the era of information explosion, the more carefully you select from the books, the better. Making choice on reading contents is an important one among the numerous choices we have to make through our life.



越是清楚知识分量的人，
在阅读上的选择越谨慎。
信息时代呼唤高质量的阅读。
茫茫书海，
适合我们的永远只能是冰山一角。



One who can better understand the power of knowledge is more discreet in selecting books. The age of information explosion calls for high-quality reading, and in the sea of books, all that are genuinely suitable for us to read are just a tip of the iceberg.





读书的最高境界，
是活读书，读活书，读书活，
因此，有字书和无字书，
两种阅读不可偏废。

The highest level of reading is to read creatively and put what you learn from books into practice. So we should read both real books and life, the book without words.



一个不读书的社会是人文精神缺失的社会，
一个人文精神缺失的社会是病态的社会。
一个不读书的民族是创造力贫乏的民族，
一个创造力贫乏的民族是没有希望的民族。



A society that is deficient in reading is one that lacks humanistic spirit, and a society without humanistic spirit is morbid. A nation that does not read lacks creativity, and such a nation is destined to have no hope.





经典是文化的密码。

一个社会要有共同的价值观，
只能通过共读经典来建构共同的语言，
用共同的语言来形成共同的文化密码。

Classic works make up the codes of a culture. If a society were to establish common values, it should encourage its people to build common languages by reading classic works, hence forming common cultural codes.



对一座城市而言，
书店并不是锦上添花的精神花园，
而是不可或缺的精神客厅。



To a city, bookstores are not unnecessary but indispensable.
They do not serve as a showcase but a spiritual homeland
where everyone belongs.





个别阅读是”一个人在战斗”，
共同阅读是集体智慧的碰撞、团队精神的体现。
我们一般不会思考个别阅读和共同阅读哪种更好，
因为我们的教育无形中在培养个别阅读的习惯。
当我们离开学校、走进社会后才会发现，
与人合作是生活最重要的课程之一。

Independent reading is more like “fighting a battle all by oneself”, while collective reading is a practice of polling collective wisdom and a presentation of teamwork spirit. We rarely give thought to which one of them is better, because the education we receive in school implicitly encourages independent reading. But when we leave school and embrace society, we suddenly find that cooperation is one of the most important lessons of life.



亲子共读，从科学上说，
就是用最温暖、最温馨、最不着痕迹的办法，
让孩子掌握“阅读”这种人生最重要的学习武器。



Collective reading between parents and children, in a scientific sense, is helping equip children with the ability to read—the most important tool for one to learn knowledge throughout his life—in the warmest, happiest and the most natural way.





生活在不同的语言里，
就是生活在不同的世界里；
共读一本书，
就是创造并拥有共同的语言与密码。
共读，就是和读同一本书的人真正生活在一起。
如果没有共读、共写、共同生活，
教师与学生、父母与孩子、学生与学生，
不过是同一个屋檐下的陌生人。

Using different languages is like living in different worlds.
When people read the same books, they are in effect
creating and sharing the same languages and codes, hence
living in the same world. Without reading, writing and
living together, students and teachers, kids and parents as
well as students themselves are just strangers to each other
even under the same roof.



我们应该清楚，

“读”是为了“做”，

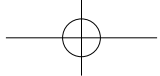
“做”是在实践“读”，

“做”也是另一种“读”。



We should be well aware of the relationship between reading and doing. “Reading” is for the sake of “doing”, and “doing” is practicing what you have read, and in that sense, “doing” is actually another form of “reading”.

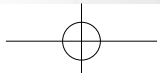
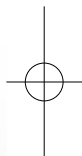
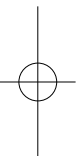




用勤奋去获取书中已明之识，
用心智去探索书中未明之理，
而不能成为书本的奴隶。



We should try to perceive the truth clarified in books with diligence, and more importantly, explore the unexposed truth through creative thinking instead of becoming the slaves of books.

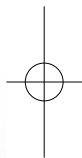
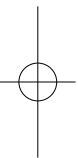
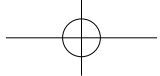




随着电子书的普及，
纸质图书的命运受到了很大的挑战。
电子书在模仿纸质书的所有细节与功能，
包括翻页的声音、墨汁的痕迹，
或许将来也能模拟出纸和墨的香味。
我相信，改变的永远是形式，
而实质的内容，精神的书香，
永远不会消失。

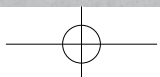


With the increasing popularity of e-books, the printed books have encountered with great challenges. E-book readers have been mimicking the latter in an all-round way, covering all the details and functions, from the sound effect of turning a page to e-ink, and maybe in the future they will even smell like books. Yet whatever changes that will take place, they are just changes of form, and the essence of books, the enjoyment of reading and the fragrance of spirit will never disappear.



Chapter 4

Good Teachers Are Treasure in Students' Life
教师是学生生命中的贵人





画家以绘画为生命意义之寄托，

农人以在大地上耕作为生命意义之寄托，

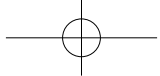
而教师，

应把真正理解教育、做真正的教育作为生命意义之寄托。



Painters search for the meaning of life in painting, and farmers in farming in fields. When it comes to teachers, they should seek it in exploring the essence of education and making unremitting efforts to become genuine teachers.





教师是学生生命中的贵人，
而非匠人。

匠人只教书，不育人；
贵人不但教书，而且育人。

Good teachers are treasure in students' life, far more than someone who knows some skills about teaching. Because what they do is not only about passing down knowledge, but also about cultivating minds.



教师不是春蚕。

教师的生命在每一个季节。

“作茧自缚”、“春蚕到死丝方尽”是多么凄凉！

这显然不应该是现代教师的形象。



Teachers have no semblance of silkworms, which are always portrayed as a miserable existence in old Chinese sayings like “to cocoon oneself like silkworms”, or “Silkworms of spring will not stop weaving until death”. Obviously those descriptions are not in conformity with the image of contemporary teachers.





教师不是人类灵魂的工程师。

人类的灵魂不可能是一台机器，

让工程师任意修理，

用某个工艺流程去塑造或者改变。

而且，教师自己的灵魂又由谁去塑造呢？



It is improper to compare teachers to the engineers of the human soul, for the human soul is nothing like a machine under the entire manipulation of some engineer, molded or changed through some specific process. Besides, even so, then who will be responsible for shaping the soul of teachers?



教师不是蜡烛。

把教师看成燃烧自己照亮别人的红烛，

把学生发展的前提建立在牺牲教师的基础上，

显然不妥当，而且很荒唐。

“蜡炬成灰泪始干”的悲剧，不应在教师身上上演。



Teachers are also nothing like candles. It is apparently inappropriate and even ridiculous to liken teachers to red candles, which burns out themselves to illuminate others. And the development of students should in no way be at the expense of teachers' benefits. The tragic story that "a candle's tucus dry only when it is burned down to ashes" should not be the destiny of a teacher.





教师不仅仅是园丁，
花无法影响园丁，
只能给园丁带来感官的愉悦和工作的成就感。
而学生对于教师的影响是巨大的。
教育过程是教师与学生互相作用的过程。
教师自己本身应该是一朵美丽的花。

Teachers are more than gardeners. To a gardener, the flowers he grows can purely bring him sensual pleasure and a sense of accomplishment without exerting any actual influence on him. But to a teacher, the influence of students can be tremendous in that the teaching process is all the way entwined with interaction between teachers and students. In that sense, teachers are beautiful flowers in themselves.



教师究竟是什么？

其实，教师就是教师。

教师与学生是一对互相依赖的生命，
是一对共同成长的伙伴。

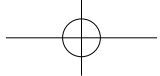
教师每天在神圣与平凡中行走，
为未来和现在工作。

教师首先是一个人，
有自己的喜怒哀乐，

他必须做好一个人，争取做一个大写的人，
一个能够影响学生健康发展的人，
一个永远让学生记住并学习的人。



How should we define teachers? As a matter of fact, a teacher is simply an individual being, interdependent and growing with students together, living as an ordinary human as well as a saint, working for the present as well as the future. On the one hand, a teacher is just a worldly man, who has his own happiness and sorrow. On the other hand, a teacher must be a man of humanity who makes unremitting efforts to fulfill the best of himself, a man who can always steer students into the right path and thus being learned and remembered forever.



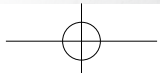
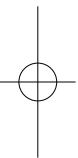
教师是一个冒险甚至危险的职业。

伟人和罪人都可能在他的手中形成。

因此，教师必须如履薄冰，

尽最大努力让自己和自己的学生走向崇高。

To be a teacher can be risky, because with his own hands, both great men and evil men can be created. Therefore, teachers must be as cautious as walking on thin ice, trying their utmost to lead themselves and their students toward sublime.





教师与学生是一枚硬币的两面，是两面一体：

没有教师，学生的学习无从谈起；

没有学生，教师的存在失去意义。

教育中遭遇的所有问题，

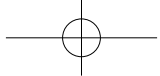
既是学生的生命难题，

也是教师面临的生命难题。



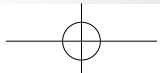
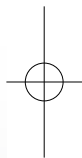
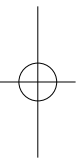
The relationship between teachers and students is just like the two sides of a coin, coexisting with each other. Without teachers, students will learn from nowhere; without students, teachers will lose the value of existence. All the challenges existing in education should be faced by students and teachers together.





没有教师的发展，
永远不会有学生的成长；
没有教师的幸福，
永远不会有学生的快乐。

Without the development of teachers, it would be impossible for students to grow, and without the happiness of teachers, it would be impossible for students to be happy.





教师不应该是悲壮的角色，
应该是在教育的过程中，
和孩子们一起享受教育生活，
由此，师生的生命彼此辉映，互相照亮。



Teachers are not supposed to play the tragic role. Instead, they should enjoy the process of teaching and the educational life, together with their students. By that, students and teachers can become the light of each other's life.





每位教师都应该说：

“我就是课程”，

“我就是教育”，

“我就是中国”。

每个人选择的方向，

就是国家的方向，未来的方向。

Every teacher should have the confidence to say that “I am the incarnation of education” and “I am the incarnation of my country”, because the choices that each individual teacher makes will decide the future of the country.



教师有三种境界：

一是作为职业，

视为付出劳动交换薪酬的谋生之所，

他们或许兢兢业业却难有创造。

二是作为事业，

视为实现个人价值的舞台，

他们渴望来自他人肯定。

三是作为志业，

视为人生的最大理想，

他们更希望与学生一起成长。



There are three levels in teaching. On the first level, teaching is merely regarded as a job, a means to make a living. Teachers on that level may work hard but can hardly excel at it. On the second level, teaching is taken as a career and used as a platform to fulfill personal values. Teachers on that level crave for recognition from others. On the third level, teaching is deemed as a cause, the most important ideal in one's life. Teachers on that level are much eagerer to grow with their students.



一个理想的教师，
应该是个天生不安分、永远会做梦的人。
教育的每一天都是新的，
每一天的内涵与主题都不同。
教师只有具有强烈的冲动、愿望、使命感，
才能提出问题，
才会自找“麻烦”，
也才能拥有诗意的教育生活。

An ideal teacher should be one who never feels satisfied by nature and who always has dreams. To education, everyday is a brand-new day, and its contents and focus keep changing. Only those who are self-motivated, goal-driven and have a strong sense of mission are able to raise new questions and come up with new ideas, and finally lead a poetic educational life.



一个优秀的教师，
必须具有远大的理想，
不断给自己提出追求的目标，
同时又要有激情。

对一个成长中的教师来说，
需要平静的思考，
但更需要激情的燃烧。



An excellent teacher must have great ambition, keeping setting up new goals for himself. He also needs to have passion, because to a growing teacher, the stimulation of passion is more needed than quiet meditation.





一名理想的教师，
应该不断地追求成功、设计成功，
更重要的是要撞击成功。
因为人来到世上并不知道他会成为什么样的人，
只有去撞击每一个可能成功的暗点，
才能擦出成功的火花。

An ideal teacher should constantly pursue success and try to achieve it, but what is more important for him is to explore various ways to success. Because one is born not to know what he will become and accomplish, and only by exploring every possible way can he have the chance to get the glimpse of the most shining sparkle of success.



一个理想的教师，
应善于认识自己，发现自己。
生活中有一些人为什么丧失了激情？
因为他发现不了自己的
可爱之处和伟大之处。
一个人永远不会超过他追求的目标。
同样，一个人也永远不会超过对自己的评价。



An ideal teacher should excel at getting self-knowledge and achieving self-discovery. Why have some people lost the passion for life? Because they are blind to the strength and greatness in themselves. One can never reach a further place than the destination that he sets, and one can never become a better man than what he believes he will be.





其实，教师最重要的任务不是教书，

而是学习，和学生一起学习。

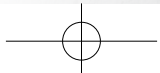
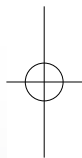
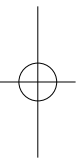
一个缺乏学习热情的教师，

很难真正给学生知识的启迪，

更难真正给学生以人格上的感召。



The most important task for a teacher, as a matter of fact, is not teaching but learning, learning with students. A teacher who is reluctant to learn can barely enlighten students with knowledge, not to mention inspire them on the shaping of personality.





真诚只能用真诚来唤起，
善良只能以善良来培育，
而美丽也只能靠美丽来润泽。



As you sow, so shall you reap. Thus only sincerity can be rewarded by sincerity, goodness by goodness, and beauty by beauty.





学生的大脑不是空荡荡的容器，
而是一口蕴藏着丰富水源的深井，
教师的使命正是要引导学生挖掘自我这口井，
让每一个学生都成为一口知识的泉水喷涌而出的“井”。

Rather than an empty container, students' heads are a deep well which reserves abundant water resources. So the ultimate mission of teachers is tapping the potential of the "well", letting the spring of knowledge bubble out.



读书学习，
应该像平时吃东西一样，
在嘴里嚼得极细，
在胃里磨得极烂，
在肠里吸收得极充分。
当知识得以真正消化，
就能够融会贯通，
就不需要临时为考试去突击。



Reading a book should be the same as eating: we first chew up the food well in our mouth, then break down the food into extremely tiny pieces in stomach and finally get food fully digested and absorbed in intestines. Similarly, once the knowledge is digested to the full, we will have a comprehensive mastery of it, and never need to be frantic in face of any exam coming around.





所谓“减负”，
绝不是简单地少布置作业或减少课时，
实质是让学生变被动学习为主动学习，
减少师生的无效劳动。

The so-called “alleviating the burden on students” is by no means as simple as assigning less homework or reducing teaching hours. The underlying meaning of it is turning students’ study habit from passive learning to active learning, thus decreasing the futile work of both students and teachers.

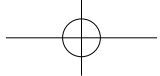


教师真正面对每一个具体的学生真正“因材施教”，
让每一个学生都感到
求知的快乐、思考的快乐、创造的快乐，
那么，所有学生都可以成为学习上的成功者。



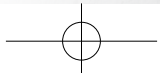
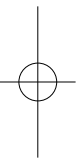
If every teacher can teach students in accordance with their own aptitude and make everyone of them feel the joy of learning, thinking and creating, then all the students can become successful learners.





教师爱学生的重要表现之一，
就是相信每个孩子。

For teachers, believing in every student is one of the most
important indications of loving students.





每个孩子都具有巨大的潜能，
而且每个孩子的潜能是不一样的。
只有独具慧眼，
发现每个孩子身上的潜能，
鼓励孩子去不断地自主探索，
才能使他们的才华得到淋漓尽致的发挥。



Every child has huge potential and everyone's potential is different. A good teacher should have a pair of keen eyes to discover the potential deeply hidden in them, and encourage them to explore their potential continuously and consciously. Only by that can their talent be brought into full play.





道德的教育是润物细无声的过程，
尤其需要宽松、宽容和温馨的环境。
许多教师常常扮演的角色却是“警察”，
最常用的“武器”就是批评。

Moral education should be a subtle and gradual process which especially requires a loose, tolerant and loving environment. However, lots of teachers often prefer to play the “bad man” and the most frequently used “weapon” is criticizing.



教师应该关注社会，关注人类命运，
注重培养学生的社会责任感。

如果教师整天关心的是名次，是分数，
孩子们如何关注社会？

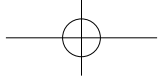
心灵怎么能得到发展？

只有具有社会责任感的教师，
才能塑造学生的社会责任感。



Teachers should care about society and human destiny, and focus on teaching students what is social responsibility. If all they concern are only about ranks and grades, then how do they even expect students to care about society, and how can students get healthy mental development? Only teachers with the sense of social responsibility are capable of shaping that of their students.





职业认同与专业发展是教师成长的两翼：

专业发展是职业认同的基础，

职业认同是专业发展的动力。

Career recognition and professional development are two essential factors that will drive a teacher's development. Professional development is the cornerstone for a teacher to win Career recognition, and career recognition is the driving force for one to achieve professional development.



衡量一个教师的成就不在于他教了多少年书，
而在于他用心教了多少年书。

一个实实在在教了五年的教师，
与一个认真教过一年却重复一辈子的教师，
成就当然不同。

千万不要“拿着一张教育的旧船标，每天重复昨日的故事”。



To measure how much accomplishment a teacher has achieved, it does not matter how many years he spends on teaching but how much energy he devotes to it. The accomplishment of a teacher who puts all his heart in teaching for only five years is apparently superior than that of a teacher who teaches all his life but half-heartedly.





面对教育的各种问题，
批评与指责很容易；
经历重重困难之后，
成为一个愤世嫉俗者，也很容易。
要成为一个仍然心怀梦想，
怀着根本信念的人，
则是艰难的，
而这，正是教师的天命之所在。

In the face of various problems and challenges in education, it is easy to criticize, reproach, and to be a cynic, but hard to stick to your initial dreams and still keep faith after going through all the difficulties and hardships. And that is what a teacher is destined to do.



真正的教师，
应该让自己和学生
在跨越重重困难以及怀疑之后，
仍然能够建立起
对于世界、对于人类、对于自我、对于存在的
根本信任乃至信念。
这种信任、信念乃至信仰，
是成为一名教师的基石。



A qualified teacher should be capable of encouraging his students as well as himself to reestablish the fundamental trust and faith in themselves, the whole humankind, and the world at large in spite of all the difficulties and doubts they've been through. This is the foundation of becoming a real teacher.





教育是人学。

教师不仅是学科知识的传授者，

更应该是学生精神生活的导师。

只是这精神生活更多是通过学科知识的传授进行。

Education is a kind of science about people. Teachers are not only those who can pass on knowledge, but more importantly mentors who nourish students' mind. And more often than not, the latter process is realized by the process of the former.



教师应该守住每一个孩子的心灵，
应该关注到教室里的每一个角落、每一个孩子，
特别是关注已经被父母放弃的孩子。

因为，在教师的心灵词典里，
没有“放弃”一词。



Teachers should be safeguards of children's heart, caring about every child in the corners, especially those who have been already given up by their parents. Because in the dictionary of teachers, there is no such words as "giving up".

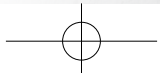
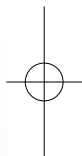
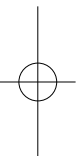




学问，学从问开始。

提出问题，是求知欲、好奇心的表现，
学生不想提出问题或者无法提出问题时，
说明真正的学习还没有开始。

Learning starts with asking, because asking is a
representation of the thirst for knowledge and curiosity.
When a student does not want to ask or is incapable of
asking, it just means that he has not embarked on the path
of learning.





好课的标准，
不是看教师有无出色的表演，
而是看学生有无出色的表现。



To tell whether a class is good or not does not lie in the
performance of the teacher but that of the students.





传统课堂犹如军营，
强调铁的纪律，
学生正襟危坐，如履薄冰，战战兢兢。
这样的课堂，
给学生的身心自由发展套上了沉重的枷锁。

Traditional classes are much like armies, putting emphasis on iron discipline. Due to that, it is not uncommon to see that students in class sitting upright and still, looking very strained and nervous for fear of making any mistakes. Such classes are nothing but shackles to prohibit them from free development, physically and psychologically.



应该让每一个孩子都成为教室的主人，

应该让每一个孩子都享受到班级里的幸福。

“每一个”很重要，

不能让一部分人成为另外一部分人的“陪读”。



We should let every single child become the host of class and enjoy the happiness of class. The words “every single child” must be particularly highlighted, and we should never ever make any of them an invisible man in the class.





教室是一个空间，是舞台。

日子是时间，是生命。

应该关注在教室里度过的每个日子。

一个教师做好几件事情容易，

认真对待几个重要的日子容易，

但是要认真对待每个日子并不容易。

要让每个日子都成为值得铭记的时光。

A classroom is a stage and time is life. We should pay attention to every single day teachers spend in the classroom. It is easy for a teacher to be devoted to teaching for several days, but not easy to do that all his life. Teachers should cherish every single day and work hard to make each day worth remembering.



与其抱怨教育的这也不是那也不好，
与其不断批评应试教育给我们戴上镣铐，
与其让我们的生命在抱怨、批评中度过，
我们为什么不发挥自己的能量，
行使自己的权利，
去跳出一场精彩的“镣铐舞”呢？

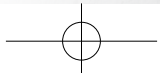
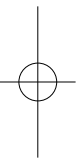


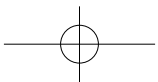
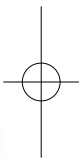
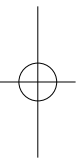
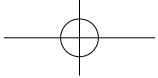
Rather than keeping complaining about the current educational system and all sorts of restrictions it imposes on us, and rather than wasting our life on useless grumbles and blame, why not do as much as we can to make a difference?

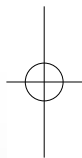
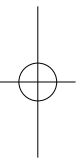
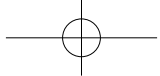




做一个让学生瞧得起的老师，做一个让自己心安，对得起自己良心的教师，做一个让学校为你而荣耀的教师，做一个让历史铭记的教师。



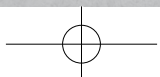


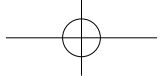


Chapter 5

A Principal Is a Strong Cohesive Force to Bring Teachers Together

校长是聚集教师精神的一种力量





校长的深度决定着学校的高度。

一所学校的成就

绝对不可能超过校长所期望达到的目标。



The prospects of a school depend on the vision and insight of its principal.

The accomplishments a school can achieve are impossible to go beyond the expectations of the principal.





学校是一条长河。

校长是河道的桥梁，

是过去与未来的联结者。

校长应该善于从学校的历史、传统中学习，

让学校接地气、有根基；

校长还应该善于思考未来，

为师生描绘灿烂的愿景，为之携手奋进。

A school is like a river and the principal serves as a bridge connecting the past and the future. He should, on the one hand, draw lessons from the history and tradition of the school to facilitate its development on a solid foundation, and on the other, he should also look into the future and lay out the blueprint for students and teachers, and hold their hands to strive for it.



校长应该首先关注学校的使命和愿景，
而不是优先考虑自己的利益得失；
校长应该具有谦逊的个性与坚强的意志，
推功揽过，敢于承担责任。



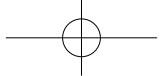
As the head of a school, a principal should give priority to the realization of the school's mission and prospect rather than his personal gain and loss. He should also have a humble mind and a strong will, not anxious for instant benefits, and not afraid of taking blames and shouldering responsibilities.





在任何状况下、任何制度下，
教育都有探索的空间，
都有行动的可能，
校长教育智慧的多少，
决定了学校在制度中生存与发展空间的大小。

Under any circumstances or systems, there always
leaves much room for us to explore and take actions for
educational development. The wisdom of the principal of
a school can decide how well it can fit and develop under a
certain system.



学校是船，教师是帆，校长是风。



If a school is a boat, then teachers are the sail, and the principal is the wind to direct it.





一个没有出息的校长总在埋怨教师，

把教师的才华埋藏起来。

一个优秀的校长总在发现每一个教师的优点、特长，

把教师的才能发挥出来。

一个卓越的校长能够用自己的人格力量和科研、教学成就激发教师，

把教师的潜能挖掘出来。

Impotent principals always find fault with teachers and restrain their talents; competent principals always dig their strength and fully develop their talents. An outstanding principal is good at making the best use of his power of personality as well as his research fruits and teaching achievement to inspire teachers and tap their potential to the full.



校长也是教师，是特殊的教师，
其特殊性在于他是教师的教师。

校长是聚集教师精神的一种力量。



Principals, to some extent, are also teachers. The difference is, instead of teachers of students, they are teachers of teachers. A principal is a strong cohesive force to bring teachers together.





乐意在教师脚下铺开红地毯的校长，
才是高明的领导。

乐于让教师站在自己肩上成长的校长，
就是智慧的巨人。

Principals who are willing to facilitate teachers to achieve personal success and win honors are wise leaders. And those who are ready to lend their hands to promote the development of teachers can be called giants.



校长不但要善于读书，
还要善于读“脑”。

校长只有善于读周围教师的“脑”，
才能碰撞出教育智慧的火花。



A principal should not only excel at reading books but also reading “minds”. Only by reading the “minds” of teachers and pooling their wisdom together can he inspire real sparkles of thinking on education.

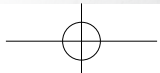




校长同时应该是学生。
应该向教师学习，
甚至向学生学习，
这不仅不会降低校长的威信，
反而会成为源源不绝的信任之源。



A principal should also act as a student, learnig from teachers and even students. It will not undermine the authority of the principal, but instead, build up the foundation of mutual trust.





判断一个校长是简单的管理者，
还是教育家，
不仅要看他有没有自己的办学理念，
有没有自己的教育思想，
更要看他的理念与思想是否贯彻到行动中。



To judge whether a principal is purely an administrator or an educator, the point is not only to see whether he has certain philosophies of management or education, but also to see whether he has put those philosophies into practice.





制度是硬文化，文化是软制度。

学校制度规范的制定，

应该是一个平等参与的过程，

应该是学校管理者和师生共同遵守的“契约”，

而不能把校长的意志强加给学生。

Rules are a kind of hard culture, and culture is a kind of soft rules. The establishment of school rules should be a process equally participated and a contract indiscriminately observed by school administrators as well as teachers and students. The principal can never impose his own will upon students.



一所学校，
是校长大展宏图的天地，
好的校长，
应该把这天地变成教师大显身手的舞台。
教师是倾情投入的演员，
学生就是浑然忘我的观众，
校长则是运筹帷幄的导演。



A school can perform as a platform for the principal to realize his great ambition. A wise principal should provide this platform for teachers to make a difference. On that stage, teachers are the devoted actors, students are the intent audience, and behind all these, the principal is the sole and commanding director who puts all under control.

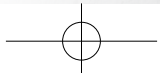
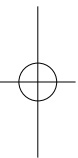




历史不会记住苦劳，
历史只会记住功劳。
而功劳就是你的创新、你的风格：
第一是特色，
第二是特色，
第三还是特色。



What history will remember are achievements not diligence. And achievements are all about innovation and people's personality. So all it matters is your uniqueness.





特色是一种自然的形成与积淀，

特色也是一种预设与养成。

短期行为不会形成学校的特色，

只能成为一个昙花一现的插曲。

归根结底，特色是一种成熟后形成的风格。



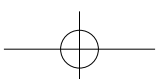
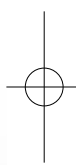
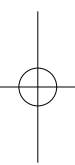
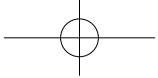
The formation of certain characteristics is a natural process of accumulation. Short-term behavior can by no means help a school to form its characteristics or advantages. In short, characteristics are matured styles that are gradually formed.

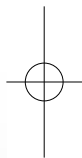
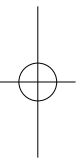
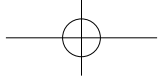




只会教优秀学生的教师，
不一定是好教师；
只会教优秀学生的学校，
也不一定是好学校。

Teachers who are only capable of teaching advanced students are not necessarily good teachers. Schools which can only teach advanced students are not necessarily good schools.

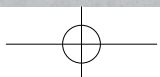




Chapter 6

The Length of Childhood Depends on the Vision of a Country

童年的长度需要国家的高度



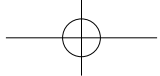


美好的人性，
从童年的幸福开始。
把童年还给孩子，
是教育的基本要求。



The formation of a good character starts with a happy childhood. So it is a basic requirement for education to return a happy and carefree childhood to children.





Chapter 6

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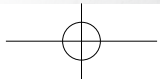
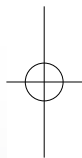
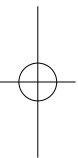


童年的长度需要国家的高度
The Length of Childhood Depends on the Vision of a Country

童年的长度需要国家的高度。



The length of childhood depends on the vision of a country.





要做好教育，我们必须把孩子视为老师。

儿童世界的玄妙与深邃，

我们还从未真的看个究竟，

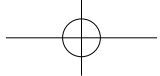
但儿童的创造性、想象力，

已经让我们瞠目结舌，感叹不已。



To make progress in education, we must regard children as our teachers. Though children's world is too mysterious and unfathomable for adults to explore, their creativity and imagination have already surprised and impressed us a lot.





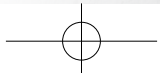
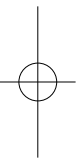
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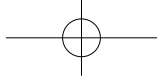
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童年的长度需要国家的长度
The Length of Childhood Depends on the Vision of a Country

童心最美，童心最真。美在真中，真彰显美。

The heart of a child is the most beautiful and innocent thing in the world. The beauty lies in its innocence, and the innocence enhances its beauty.





童心是一个斑斓的世界，
物我两忘，一切皆有可能，
这是创造的源泉。



A child's heart is a miraculous world where nothing is
impossible. That is the source of creativity.





对儿童来说，
一切都是游戏。
他们在游戏中学会交往，
在游戏中认识世界，
在游戏中发现自我。
游戏就是学习，
学习也是游戏。

For children, all is about playing. They learn how to make friends through playing, know more about the world through playing and discover themselves through playing. In short, playing is learning and vice versa.



手巧才能心灵。

鼓励孩子从事各种手工的劳作，
指尖上的智慧，
可以巩固、促进头脑中的智慧。



One can have creative mind only when he has skillful hands. We should encourage children to use their hands more and practice more to consolidate and promote their mental development.





人的一生围绕着童年展开，
孩子在童年阶段看到的事物、积累的经验
是他进入成人世界最重要的基石。
童年阶段看到真善美的东西越多，
孩子的心灵就充满了真善美，
他的世界也就充满了真善美。
而童年时的阅读，
是让儿童走进真善美的最好的路径。

One's whole life is always spinning around his childhood.
What a kid saw and learned in his childhood sets the tone
for the days followed. If all he saw is the true, the good and
the beautiful, then his heart and his world will be filled
with them. And reading is the best way to lead our children
to the true, the good and the beautiful.



儿童的当下才是最重要的。

童年生活直接决定着儿童未来会成为怎样的人。

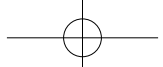
儿童阶段是为人的生命奠基的关键阶段。

童年，是孩子一生的宝藏。



We must focus on how is everything going with our kids in each single day. Because childhood is a critical period that will determine who they will become. It will lay a foundation for their whole life. Childhood is a lifetime treasure.





童年应该放飞孩子的心灵。
让孩子拥有足够的时间和空间，
去想象、追问、思考、探索、游戏，
不断帮助孩子发现自己、成就自己。
无论是学校里的“满堂灌”，
还是家庭里的各种高压做法，
都不符合儿童身心成长规律，
从根本上阻碍着儿童的成长。

We should free our children from various kinds of constraints in their childhood, letting them have enough time and space to imagine, pursue, query, explore and play, and helping them discover and realize themselves. Neither the practice of spoon-feeding teaching in school nor high-pressure parenting at home is in accord with children's physical and mental development, which will fundamentally impede their healthy development.

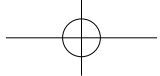


人的一生，
能够拥有自己挚爱的事业是幸福的，
能够和挚爱的人一起从事挚爱的事业是幸运的。
教育，应该培养孩子的专注与挚爱，
允许他们“偏科”。



Throughout our lives, it is a happy thing for us to pursue our beloved career, and it is lucky to pursue the beloved career with our beloved ones. In education, we should teach our children to be concentrated and courageous to pursue their dreams, and show enough tolerance to their “liking some subjects and disliking the others”.





孩子内心不愿走的路，
即使勉强去走，
最后往往也是绝路。

If we force our children to follow a path they do not like,
even if they obey us by doing that reluctantly, the path will
just turn out to be a dead end.



想象力天然地植根于儿童的内心。

关注它，呵护它，

就要学会为它喝彩，

就要从学会欣赏成人眼里

只觉得愚蠢可笑的儿童行为开始。



Imagination is inherently a part of children's nature, which requires our concentration and nourishment. So we should learn to applaud and appreciate children's imagination and their seemingly laughable behaviors from the eyes of adults.

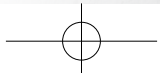
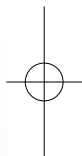
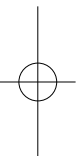


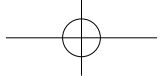


兴趣决定了人生的方向与成就。

兴趣有多大，世界就有多大。

The direction of your life and the achievement you will make lie on what your heart longs for. The more passion you devote to it, the larger world you will have.





人的行为受习惯支配。

好习惯没有形成，

坏习惯就会乘虚而入。

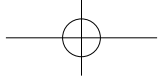
防止孩子形成坏习惯的最有效的方法，

就是帮助他养成好的习惯。



Human behavior is in the charge of habits. The relationship between good habits and bad habits is like a tug of war—once the former loses power, the latter will take control. The most effective way to prohibit children from bad habits is to facilitate them to develop good ones.





文学是浓缩的生活。

让儿童欣赏文学、亲近文学，

不一定是培养未来的作家，

甚至也不是为了培养未来的文学爱好者，

而是为了心灵的成长。

Literature is the epitome of life. Encouraging our children to embrace the world of literature is not necessarily for the purpose of nurturing future literators or even literature lovers but for their healthy mental development.



不要小看孩子的信手涂鸦、随口吟唱，
孩子是天生的艺术家。

艺术如同翅膀，
能把孩子带往更高远的地方。



Never belittle the sketches of doodling or soft humming
of a little kid. Children are born to be artists. And art,
incarnating into a pair of wings, will fly our children to the
boundless sky.





学习的意义

是把知识运用到生活中去，
而不是简单装进我们的脑袋里。
就像家中衣柜里的衣服再多，
如果不穿，
或者想穿时无法找到，
那是没有意义的。

The meaning of learning is to put your knowledge into daily practice, rather than purely memorize certain facts. For example, even if you have a wardrobe filled with countless clothes, if you never wear them or could not find the exact piece when you want to wear it, it still makes no sense.



写日记是一种非常有效的“道德长跑”方式。

通过写日记，

学生可以不断反思自己的所作所为，

让自己与自己对话，

让一个自我战胜另一个自我。



Keeping a diary is a highly effective way to enhance one's moral values. Through the habit, students can talk to their souls and reflect on their deeds, thus making a better self out of themselves everyday.





对于每一位深爱自己孩子或学生的父母与老师来说，
应该学会让孩子自己的事情自己做，
要学会放手让孩子和学生承担必要的劳作。
从某种意义上说，
剥夺了孩子和学生的劳动权利就等于使他们丧失了成
长的机会。

To all the parents and teachers who love their children or students so much, they should learn the meaning of the words “letting go”, and encourage children to do things on their own and have some necessary manual work. Because in some sense, if we deprive them of the right to work, we, in fact, deprive them of their opportunities to develop and grow.



童话是童年的粮食。

童话帮助儿童

宣泄着情感，孕育着希望，形成着智慧。

没有童话，就没有童年。



Fairy tales are the food for children's mind, which touch their souls, give them hope and help them to become men of wisdom one day. Without fairy tales, there would be no such thing as childhood.





成年人可以为意义而努力，
对于儿童来说，
学习如果不能伴随着情感的愉悦，
就难以取得好的成效。

Adults can always do things for certain purposes. Yet for children, they do things just for pleasure. If they cannot have the joy of studying, they can hardly gain good results from that.



儿童眼中的世界饱含着情感。

花会笑，草会哭，大树会跳舞。

没有情感的介入，

任何智力活动都很难取得真正的成效。

让孩子情绪高涨、带着感情学习，

是帮助孩子提高学习效率的最好手段。



In children's eyes, everything in the world has feelings:

flowers can smile, grass can weep, and trees can dance.

Without the stimulation of emotions, any intellectual activity will become pointless. So the best way to facilitate children to improve learning efficiency is to bring out their emotions and make them study in high spirits.





善良是人性的核心。

没有善良这种出自内心的温暖，

就不可能产生心灵真正的美。

培养善良，

最重要的是学会对生命的尊重和热爱。

Goodness is at the very core of human nature. Without this warmth, a heart can never become beautiful. To cultivate the nature of goodness, the most important thing is to teach children to respect and love life.



生命生生不息，生命息息相通。

每个孩子天生都会为每一个生命歌唱：

对一棵冬天的小树充满怜悯，

对一只受伤的小鸟温柔爱抚……

成年人应该做的，

是全力呵护纯真的善良。



Lives never end and are interlinked. It is inherent in children's nature to chant for every single life: they show compassion for a little tree suffering from the bitter cold of harsh winter, have tender affection for a wounded little bird... It is adults' responsibility to do their utmost to protect such purity and innocence.

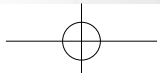
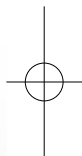
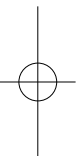




孩子的心灵是最纤细最灵敏的琴弦，
需要一双高明的手才能弹唱。



The heart of children is like the finest and tenderest
string in the world, which requires a most skillful artist
to pluck at.





儿童的世界有着自己的语言、逻辑，

有自己的价值追求、审美标准，

甚至有自己的时间尺度。

用成人的眼光无法看清这个世界。

儿童，也永远不会欢迎一个不是儿童的人闯入他们的国度。



In the world of children, they have their own language, logic of thinking, values, aesthetics, and even sense of time. We, as adults, can never see through that world clearly, and children will never welcome adults, who are deemed as alien, to their own territory.





孩子的成长，
其实和花草的拔节并无不同。
孩子是花草，
科学和文艺就是阳光和雨露。

The growth of a child is similar to that of grass and flowers.
Children need the nourishment of science, literature and
art, just as grass and flowers need the nourishment of sun
and rain.



每个孩子都具有许多可能性，
但只有少部分孩子把可能性变成了现实。



Every child has infinite possibilities, but only a few of them
can turn the possibilities into reality.





孩子就是种子。

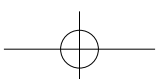
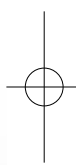
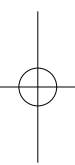
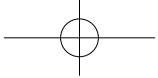
每一粒种子都蕴藏着极大的可能性。

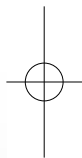
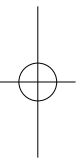
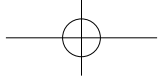
教育的作用，不是增加种子的可能性，
而是尽最大的努力把可能性实现到极致，

让树拥有树的挺拔，

让花绽放花的芬芳。

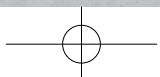
Children are seeds. Each of them contains vast energy to create great possibilities. The role of education is not to help children multiply those possibilities but realize them to the utmost. By doing that, one day the seeds will surely grow into booming flowers and high trees soaring into the sky.

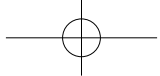




Chapter 7

Parents Are Children's Initial World
父母就是儿童最初的世界



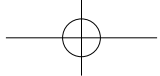


与孩子一起成长，
是好父母共同的特征。



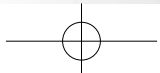
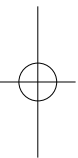
It is a common characteristic of good parents to grow with
their children.





孩童时代所受的教育影响着人的一生，
父母就是儿童最初的世界。
家庭教育对人的影响刻骨铭心。

The education one receives in his childhood will give him
lifetime influence. Parents are children's initial world and
the impact of parenting can be continuous and profound.





家庭教育是最容易出错误的地方。

没有接受过系统教育科学训练的父母，
正如没领到驾驶执照的司机一样，
匆匆上路，必定会产生不良的后果。



Of all types of education, family education is the most vulnerable to slips and lapses. Parents who have never received systematic training on education are just like drivers who do not have a license—rash driving will definitely lead to terrible consequences.





有人说：“撬动地球的手，
就是推动摇篮的手。”

好的家庭往往是父母伴随孩子共同成长，
坏的家庭往往给孩子造成负面影响。

Someone says that “the hands once swinging a baby in a cradle will one day turn into the hands which can move the earth”. In good families, parents grow with their children, while in bad ones, parents always exert negative influence on their children.



爱孩子需要智慧，
智慧则需要学习。
父母既不应该拔苗助长，
也不能够无所作为。
应该根据孩子的天性和特长，
因势利导，顺水推舟，
帮助他们谨慎交友，
做他们成长的助推者。



Loving our children is also a matter of wisdom, and we need to learn in order to get the wisdom. It is inappropriate for parents to push their children too tight or completely neglect their responsibilities and do nothing at all. Parents should stimulate their children's development in accordance with their nature and characteristics and help them to choose friends wisely.



父母们望子成龙、望女成凤的心理

易使家庭教育偏离方向。

父母与孩子间的天然感情联系，

会把自己没实现的梦想转而寄期望于孩子，

不切实际的期待就成为难以根治的教育顽疾。

Parents always have overhigh expectations for their children, which could be very much likely to derail family education. Because of the inherent emotional bond between parents and children, parents are liable to implant their dreams that have not been realized into their children. And that kind of unreasonable expectation would cause serious problems in education.



父母不能把孩子看作是自己的附庸，
不能要求孩子按照自己的意志行动，
不能根据自己设想的模样来约束孩子、塑造孩子。
父母的主要职责在于发现孩子身上独特的东西，
然后加以培养，使之壮大并完善。



Parents should not take their children as an appendage to themselves, asking them to obey their will, and binding and moulding them as what they want them to look like. The primary responsibility of parents is to discover the unique endowments in their children, and nurture and develop them.





品德重于学问，状态大于方法。

家庭教育最重要的任务是建筑人格长城。

影响终生发展的因素中，

分数并不是最重要的，

起着制约作用的是品德、品格，

是做人是否快乐，

是否受人欢迎、尊重，

而不是考分有多少。

Virtue outweighs knowledge; attitudes outweigh methods.

The principal task of family education is about shaping character, and among all the factors that may influence one's development, score is not the most important one. What will make a difference are your virtue and character, and whether you are happy and can win people's recognition and respect.



能不能培养孩子的自学精神与自学能力，
是平庸父母与优秀父母之间的一道分水岭。

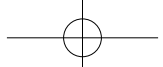
自学为什么很重要？

因为孩子终究要离开父母，离开学校。



The main distinction between mediocre parents and excellent parents is whether they can teach their children to have the spirit and capacity of independent studying. Why is independent studying so critical? Because one day, kids will grow up, leaving their parents and the school they are familiar with.





对孩子来说，
理想是最神圣的。
让孩子自觉地追求理想，
是最完美的家庭教育。
实际上，父母可以什么都不做，
只要让孩子知道应永不停止地追求，
他们至少就成功一大半了。

In children's world, ideal is the most sacred thing. A perfect family education will enable children to pursue their ideal consciously. As a matter of fact, parents are allowed to just stand by and do nothing as long as they have taught their children the spirit of persistency in chasing their dreams. To some extent, by doing that, they are already half way to success in family education.



成长是个试错的过程。

孩子幼小的心灵像稚嫩的幼芽，
很容易受到伤害。

说错一句话，做错一件事，
如果就受到了父母的严厉批评，
以后就再也不敢说、不敢做了，
这些都阻碍了他们的成长。



Part of the process of growth is about trial and error. Children's heart is as tender as a bud, which is very vulnerable and can easily get hurt. If children get harsh criticism from their parents every time they say or do something wrong, then they will never have the courage to say any words or do anything, which will apparently hamper their growth.





做父母的要像爱护眼睛一样爱护孩子的天真。

童心是人性最真实的镜子。

有了童心，才能敞开胸怀接受；

有了童心，才能满怀兴趣探索；

有了童心，才能袒露内心世界；

有了童心，才能毫无掩饰交流。

Parents should protect children's innocence as much as they protect their eyes, because children's heart is as clear as a mirror which can reflect human soul. Only when you have a child's heart are you able to open your mind to new things, have strong curiosity to explore the outside world, open your heart to others and communicate without deception or concealment.



育人的关键是育心。

父母不应把世俗的、庸俗的东西教给孩子。

父母教孩子善于伪装、掩饰、讨好，

无疑是在玷污孩子纯洁的天性，

扼杀孩子纯真的心灵。



The key of parenting is about nourishing children's mind.

Parents should not teach their children to be vulgar, hypocritical and insinuating, which will undoubtedly contaminate their purity and strangle their innocence.





如果说孩子是父母生命的延续与未来缩影，
那么父母则是孩子天然的榜样。

优秀的孩子的成长背景中，
总能找到优秀父母的影子；

同样，一个人格不健全的人，
也可以从其家庭中找到冲突和矛盾的源头。

If we say children are the continuation and epitome of their parents' lives, then parents are the initial role model of their children. We can always see in excellent children the image of good parents, and as well, we can also trace from the children with some personality defects the hint of conflicts in their early family life.



发现并培养孩子的天赋与潜能，
最重要的一条是父母要鼓励孩子表现，
并善于观察、捕捉孩子在各种表现中展露的风采，
而不是把自己的意志强加于孩子。

父母强迫孩子沿着自己预先设定的方向前进，
往往会“有心栽花花不开”，
因为父母为孩子选择的领域往往不见得
是孩子的天赋和潜能里最优秀的方面。



To discover and cultivate the gifts and potential of children, the most important rule for parents is to encourage them to show themselves and be observant in capturing the shining points in them. If parents force their children to follow the way they set, it will end in failure on most occurrences in that what are chosen for children are not necessarily what they are good at by nature.



父母应非常注重自己在孩子面前的一言一行。

为人父母，

一定程度上就是选择了一种限制自己的榜样的生活。

为孩子做出表率，比再动听的说教都有效。

真正懂教育的父母懂得为了孩子应作出一定牺牲，

放弃那些不良的个人爱好。

Parents must be very careful about what they do and say in front of their children. In other words, when you choose to become a parent, you, to some extent, choose a life of restricting your words and deeds, and being a role model. In family education, deeds are better than words. Parents who really understand the meaning of education are ready to make sacrifices and give up bad habits.



孩子是最伟大的观察家，
也是最杰出的模仿家。

进行家庭教育最简单最有效的办法莫过于——

父母让孩子去做的事情，
最好父母自己要去；
父母希望孩子成为什么，
父母最好先成为什么。



Children are the greatest observers as well as imitators in the world. The most effective and also the simplest way of parenting is nothing but to do first what they want their children to do, and to become the kind of people first who they want their children to become.





有的父母不闻不问，任其自然，
从来没有与孩子有过共同的精神生活。
有的父母自认为是“专家”，
把自己的意志强加给孩子，
操了许多不应该操的心，
让孩子失去了真正的童年。
从某种意义上说，
后一种比前一种更糟糕。

There are a kind of parents who are uncaring, just letting their children grow by themselves and never sharing thoughts and experience with them. There are also another kind of parents who deem themselves as “experts”, exerting their own will on their children and caring too much at the expense of a real and happy childhood of their children. In some sense, the latter is more harmful than the former.



理想的父母，
应该永远保持年轻的心境，
懂得把童年、童心还给孩子，
让孩子轻松、自由、愉快地成长。
对孩子有足够的耐心，
无论什么时候，
都不会对孩子失去信心。



Ideal parents should always keep their mind young, protect children's innocence and give them a happy childhood to create an easy, free and pleasant environment for them to grow. And parents should also show enough patience to children and never lose confidence in them whatever happens.





理想的父母应该永不对孩子失望，
决不吝啬自己的表扬和鼓励，
决不使用侮辱性批评。
当孩子沮丧、失望时，
父母的一个微笑、一个赞许
都会激起孩子的强烈情感，
扬起他们希望的风帆。

Ideal parents never feel disappointed with their children,
never grudge praises and encouragement, and never use
abusive language to criticize them. When children get blue
and depressed, a smile or a few words of encouragement
from parents will be enough to cheer them up and give
them hope.



在孩子进入学校前，
他就已经有了相当整体性质的自我，
在学校里，
学业的成就、人际的交往、独立自主意识的形成，
在很大程度上都取决于父母之前对他的家庭教育。



Children have already had rather comprehensive self-cognition before they enter school. So whether they can get somewhere in their studies, have good interpersonal connections and further develop self-consciousness at school largely depends on family education they get at home before.





家庭与学校应该成为教育的共同体，

共同承担起教育孩子的责任。

父母要注意采用适当的方式克服两种倾向，

即过多责备老师，偏向孩子；

或偏向老师，过多责备孩子。

父母应实事求是，鼓励、帮助孩子正确对待不公正待遇；

应努力成为学校、老师的好帮手，

帮助孩子健康成长。

Both families and school should become part of the education community, observing the common responsibility of educating their children together. For the part of parents, they should do as well as they can to avoid two inclinations—only blaming teachers in favor of their children, or the other way around. The reasonable way for parents to handle this teacher-student relationship is to be objective and unbiased, for example, when children are treated unfairly, they should encourage and help them to tackle it correctly. On the other hand, parents should also try their best to become a good helper of schools and teachers to promote the healthy development of their kids.



“天才”没有确定的标准。

父母不妨把自己的孩子都视为特殊的天才儿童，

热切期待，永远保持耐心，

更多了解自己的孩子，

科学而智慧地帮助孩子挖掘潜力，

鼓励孩子在自己的天空自由地翱翔。



There is no certain definition of “genius”. All parents may as well regard their children as genius with special talents, and be eager and patient enough to discover more about them. They should tap their potential scientifically and wisely, and encourage them to choose their own way.





教育归根到底是培养习惯。
好习惯来自平时的点滴培养。
对父母来说，
从小让孩子养成良好的习惯，
那么习惯就会成自然。
良好的习惯将使人终生受益。

Education, in essence, is about developing good habits, which is a natural result of daily efforts. Parents should teach children to form good habits since a young age, and day in and day out, those habits will become a natural part of them and benefit their whole life.



父母是一个教育整体，
在重要的价值观念和养育方式上必须达成基本共识，
教育孩子必须要有父母双方的通力合作。
在孩子面前不要为教育方式发生争执，
否则，孩子就会心领神会地钻空子，
依附于一方，攻击另一方，
从而进一步加剧家庭矛盾，
加重亲子关系的紧张程度。



When it comes to educate their children, parents should perform as a whole, complying with each other, reaching basic agreement and avoiding disputes on crucial values and parenting methods. It requires joint efforts. Because children are so clever that they can take advantage of the disagreements between parents—counting on one part against the other—thus exacerbating family conflicts and increasing tension in parent-child relationship.



亲子关系是家庭教育的基础。

一旦父母和孩子无话可说

或“话不投机”说几句话就觉得多了，

那么，父母对孩子的教育就很难开展。

Parent-child relationship is the cornerstone of family education. Once there is almost no communication between parents and children or it has become harder and harder for them to communicate, it will become quite difficult for parents to conduct education.



亲子之间的交流，任何教育都无法代替。

对于外出打工的父母来说，

如果能和孩子一起生活当然最好；

如果不能，就应该尽可能跟孩子建立联系，

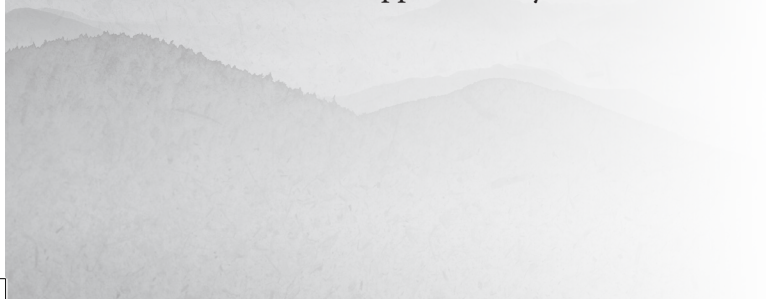
无论是短信、电话还是传统的通信方式都可以。

就算孩子不在眼前，

也绝不能让他从你心灵的视野中消失。



Parent-child communication cannot be replaced by any kind of education. For parents who work in the cities far away from their hometown, it would be best to take their children with them and live together. If that is impossible, they should try to build up connections with their kids as much as they can, whether through texting messages, making phonecalls or writing letters. Even if your children are not allowed to live in front of your eyes, you can never make them disappear from your heart.



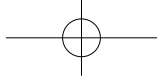


绘本的重要作用之一
就是建立起儿童与父母的亲密关系。
因为绘本需要父母讲述，
讲述的过程，就是建立关系的过程。
孩子依偎在父母的怀里，
静静地聆听那些美丽的故事，
是儿童永远不会遗忘的记忆。
电视里再专业的讲述，
也无法代替父母怀抱的温暖。



One important function of picture books is helping people to establish an intimate parent-child relationship. When parents read softly for their kids with their heads nestling in their arms quietly listening to the beautiful stories, the ties between them are built and strengthened, and this scene will become an unforgettable memory for the children. However fantastic the cartoons are on the TV show, they can never replace the warm arms of parents.





童年的秘密远远没有被发现，
童书的价值远远没有被认识。



The secrets of childhood are far from fully understood.
The value of children's books is far from fully recognized.

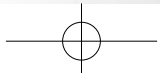
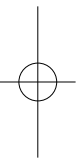




孩子小的时候，
对于他们读什么、怎么读，
应该多加关心。
一旦孩子有了高品质的阅读需求，
阅读成为他们的日常生活时，
就没有必要干涉了。



When kids are young, parents should keep close eyes on what content they read and how they read. But when they have developed good reading habits and have made high-quality reading part of their lives, there is no need to step in any more.





父母不能把自己的意见强加给孩子。
可以向孩子表达自己的观点和意见，
适当提醒是可以的，
但是千万不要强迫、威胁。



Parents can express their ideas and opinions in front of their children but can never force their children to accept and recognize them. And giving appropriate advice is fine, but that can never resort to the means of exerting high pressure or even threatening.





在满足孩子的需要时，
父母应该注意分寸，
帮助孩子完成任务时，
父母应该有所节制。
父母不能把孩子变成牵线木偶，
让孩子任由自己掌控，
也不能成为孩子的傀儡，
任凭孩子摆布自己。

When it comes to meeting children's demands, parents should draw an explicit line between loving and spoiling. When it comes to helping children complete certain tasks, parents should also draw such a line between facilitating and dominating. Neither should parents be manipulated by their children nor manipulate their children as a puppet.



每个人都有自己不想被别人知道的世界，
都有自己需要保守的秘密。

这个空间不应该轻易被别人占领。

许多孩子其实没有什么秘密，

他就是需要保持自己的这样一方神秘世界而已。

最好的办法是成为孩子的朋友，

作为朋友，他会向你敞开他的世界。



Everyone has his own secrets and keeps a world only to himself that he never wants to share. It is a space that should not be arbitrarily entered and disturbed. In fact, for many children, they do not have many secrets. They just need such a wonderland to be themselves. For parents, the best way to know more about that world is to become their friends, and they will be happy to open their heart in turn.





当孩子觉得父母是朋友一样提供建议，
不是以长者的身份来教训他的时候，
父母的意见往往更容易被接受。

When parents offer advice to their children as friends
rather than scold them by virtue of their authority, they
will find their opinions are more likely to be accepted.



沉默比批评更能促使自我教育的发生。

当孩子已经意识到自己做错时，

他本人一定会非常难过。

此时父母的批评，

等于在伤口上又撒了一把盐，

有时还会激起逆反心理。

此时父母的沉默与理解，

反倒能感动孩子进行反思。



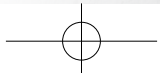
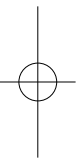
Compared with criticizing, silence is more effective in stimulating self-educating. When children realize that they have done something wrong, they must be very sorry. If parents criticize them severely at that time, it will make them feel worse, or even make them rebellious. On the contrary, if parents keep silence, children will feel grateful to their parents for their well-timed silence and understanding, and hence reflect on their behavior.





教育是心灵的艺术，皮肉之苦永远解决不了心灵的问题。
棍棒是所有教育手段中最不应该使用的。

Educating is an art about heart. Among various teaching methods, “stick-parenting” is the last way to be resorted to. Because physical punishment can never be the right answer to psychological problems.





体罚表明父母无能。

棍棒让孩子失去尊严，

让孩子产生恐惧，

让孩子模仿暴力，

让孩子产生对立。

做人的自尊心一旦被摧毁，

孩子将很难真正地站立起来。



Physical punishment indicates the incompetence of parents. It injures children's self-esteem, makes them scared and rebellious, and sets a bad example of using violence for them to imitate. Once the self-esteem is trampled underfoot, it will be hard for the young children to stand up again.





好父母不把教育孩子看成是枯燥的责任和义务，
而会视为“一种乐趣，一种享受，一种富足”。
只有能够享受教育的父母，
才会演绎教育的精彩。

Good parents don't regard educating children as a pure responsibility and a dull task, but a pleasure, an enjoyment and a treasure to be cherished. And only those who genuinely enjoy the process of educating can become outstanding parents.



“家长”这个概念，
其实是个贬义词，含有“家长制”、非民主的意思。
我们常常居高临下地对待孩子，
以家长自居：“你是我生的，我让你听，你不听，找揍！”
如此，家庭教育缺失了“人格平等”，
没有人格平等的教育，是走不远的。



The concept of “*Jiazhang*” (patriarch) is actually a derogatory term, implying the meaning of “patriarchy”, “undemocratic”. In front of our children, many parents always take a condescending attitude just because of the identity as “parents”, now and then yelling at their children, “I give you life, so you must follow my rules! If not, I will give you a good beating!” In families like that, “personality equality” is merely a blank check, without which, education can’t go far.



家庭中父母的教养方式以及对子女的态度，是影响子女人格发展和个性形成的重要因素。民主型家庭的父母往往是以大朋友的身份出现，他们给予孩子发展兴趣和爱好的自由，能经常与孩子交流对各种事物的看法，常常对孩子表示信任，即使考试失败也会给予孩子热情的鼓励，让孩子对明天永远充满希望。

In a family, the way of parenting and the attitudes parents take toward their children play a vital role in the development and formation of children's personality and character. In a "democratic family", parents always communicate with their children as older friends and treat them as equal. They give their children much freedom to develop their interests and hobbies; they exchange ideas with them on every facet of life; they always show confidence in them, and even if they fail in exams, all they offer is encouragement and hope.



希望是对于努力的特有奖品；

努力是实现希望的唯一路径。

父母不仅要把希望播种在孩子心中，
更要让努力扎根于孩子身上。

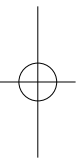
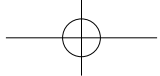
不努力的人，与希望无缘。

希望，但如果不去努力，就会收获绝望。



Hope is an exclusive award for diligence; diligence is the only path to Hope. Parents should not only sow the seeds of hope but also lay the roots of diligence deeply in their children's heart. Where there is no sweat, there is no hope. Without industrious work, hope will turn out to be despair.

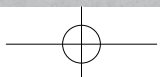




Chapter 8

Success Is the Father of Success

成功是成功之父





人生而平等。

真正的成功不是战胜别人，

成为“人上人”，

而是战胜自我，

拥有更强的能力去帮助他人。



Everyone is born to be equal. The real success is not vanquishing others and being a man of higher position, but conquering the weakness within yourself so as to have greater ability to help others.





一个人所需的最大正能量是理想和自信。

理想，是对未来的憧憬与追求，

是一个人前行的最大力量来源。

而自信，是对自己、对社会、对人类的根本信任，

是一个人不抛弃、不放弃的重要精神支柱。

理想朝向远方，自信立足当下，

这是飞往成功的双翼。

The most important source of positive energy one needs comes from ideal and self-confidence. Ideal is the expectation one has toward future and where one's ambition lies, the greatest driving force to push one forward. Self-confidence is the fundamental trust one has in himself, society as well as humankind as a whole, and the spiritual support for one to never give up. With ideals, we can always have something to look forward to; with self-confidence, we can turn dreams into reality. They are the wings to fly us to the destination of success.



同样的石头，
背在肩上就是包袱，
踩到脚下就成高度。
同样的遭遇，
有人哀怨，有人奋起，
哀怨者得到包袱，
奋起者成就高度。



Encountering a big stone, some people choose to put it on their shoulders, thus it becomes a heavy burden, while some people choose to step on it, thus it turns into a stepping stone. In the face of difficulties, some people just keep whining and do nothing, while some people rise up and fight back. So complainers will be dragged down by burdens, while fighters will reach new heights.

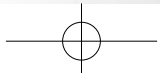
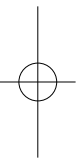




生活毁灭人是无声无息的，
有如滴水穿石。
同样，生活成就人也无声无息，
关注生活的细节和进程，
成为生活的主人，
就能被生活所成就。



A man can be destroyed by life, bit by bit, just like the natural phenomenon that constant dropping wears a stone. But a man can also be shaped by life in a good way. If we carefully observe all the facets of life, discover and learn to utilize the law of it, we will become a better man by the power of it.





一个人的成就大小与他抵制诱惑的能力成正比。



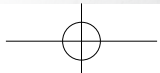
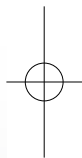
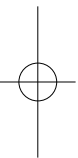
The achievements one can make throughout his life are in direct proportion to his ability to resist temptation.





死人与活人的差别
在于一口气。
活人与活人的差别
在于状态。

The discrepancy between the living and the deceased is whether they are capable of breathing, while the discrepancy among the living can be boiled down to their attitudes toward life.



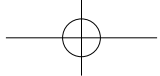


自信是成功的第一前提，
培养人就是培养他的自信，
摧毁人就是摧毁他的自信。



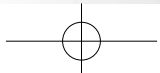
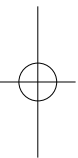
The first premise of success is self-confidence. When we
talk about fostering someone, we foster his confidence.
Likewise, to destroy someone, we destroy his confidence.





没有人是与世隔绝的岛屿，
每个人都需要来自他人的肯定。

No one is an isolated island in the world. Everyone of us
needs recognition from others.



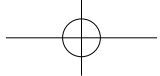


经常取得成功，
可以使人建立自信，
可以提高一个人的成就动机，
所以，成功是成功之父。



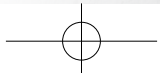
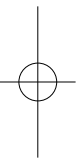
Success can enable people to establish self-confidence and
make them become more self-motivated for achievement.
So success is the father of success.

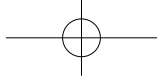




人生的态度决定人生的高度。
态度是一种方法，也是一种眼光。
同样的时光，
每个人都能创造出不同的生活，
可以积极，也可以消极。

One's attitude toward life determines the height of his life.
It is a kind of approach and also a vision. Everyday we
spend the same amount of time living, but the difference
is that some of us lead a positive life, some lead a negative
one.





成功者就是比失败者多迈过一道难关。



The only reason why some people succeed and some others not is that the former are persistent and can go through one more adversity.





成功者知道，
命运在自己的手中，
道路在自己的脚下。
失败者却把未来托付给未知，
听天由命是失败者的人生哲学。
努力时尽人事，收获时听天命，
这样的人一定会得到命运的青睐。

The winners are clearly aware that their destiny is at the hands of themselves, and the road is under their own feet. Yet the losers, holding the philosophy that man should leave his fate to Heaven, just go with the flow and take everything as it comes. Man proposes, God disposes, and God always favors those who help themselves.



人可以变得很伟大，
也可以变得很渺小。
只要自己不断努力，永不放弃，
就会不断进步和成长——
这是成功者最基本的信念。
失败者却主动出让命运的决定权，
不相信人的可变性，
也就丧失了变化、进步与发展的可能性。



A man can be very great, and can be very small. As long as one makes unremitting efforts and never gives up, diligence will be finally rewarded—this is what successful people truly believe. Yet for losers, having no faith in the power of human's resilience, they subjectively submit themselves to the hands of Heaven, thus giving up the opportunities to change, improve and develop.





面对同样的难题，
差异在于对待的态度和方法不同：
成功者会认真分析问题，
调动一切力量解决问题；
失败者却常被问题吓倒，
在问题面前一筹莫展，
最后被问题打倒。

In the face of a thorny problem, the differences between winners and losers is what attitudes they take toward it and how they deal with it—the former will get to the bottom of it and then utilize all the resources within reach to solve the problem, while the latter are often daunted at the first sight, then feel totally at sea, and at last surrender to it.



坚韧是成功者重要的品质。
失败者却没有这样的品质，
只热衷于各种各样的开始，
但从来不追求结果，
还美其名曰：只求耕耘，不问收获。
其实，失败者之所以失败，
是因为他在不断放弃耕耘。



Perseverance is an important character of winners, which losers lack. Losers are enthusiastic about making promises but only exert half-hearted efforts, boasting of themselves as not being utilitarian and not caring about outcome. As a matter of fact, the reason why losers lose is all because they give up by the wayside.





成功者是为自己而活着，
按照自己的方式活着，
因此不看别人的眼色行事。
失败者却不敢树立自己的旗帜，
满足于生活的现状，
在人群中逐渐丧失自我。

Winners live for themselves and go their own way, so they do not have to adjust their behaviors to others' opinions. Yet losers, on the contrary, are too scared to be different and content with the status quo, gradually losing themselves among the multitude.



面对失败时，抱怨不能解决问题，
关键是发现错误的原因，
下一次不犯同样的错误。
失败者喜欢怨天尤人，
不主动承担责任，
因此会失去朋友的支持。
成功者会反思，会自责，
即使有时会抱怨，
也绝不会轻易埋怨伙伴。



In the face of failure, it is futile to complain. The key is to keep querying the underlying causes to avoid making the same mistakes. For losers, they are inclined to blame fate or everyone else but himself, and dodge their responsibilities, which will lead to a loss of support from friends. Yet for winners, they always conduct self-reflection, self-introspection and even self-criticism. And sometimes they do complain too, but chances are very rare that they lay blame upon their companions.



适度的犹豫是理智谨慎，过度的犹豫反容易跌倒。

成功者不会给自己的思维设置路障，

更不会停止探索的脚步。

失败者却经常给自己亮起红灯、搬来障碍，

在犹豫和等待中错失一个又一个的机会。

A moderate degree of hesitation can be called sensible and discreet, while excessive hesitation can lead to failure. Winners always think out of the box and never set limitations, nor will they stop exploring uncertainties. Losers, instead, always stop by the wayside and create barriers to themselves, letting go opportunities one after another in endless hesitation and waiting.



“工欲善其事，必先利其器。”

方法是过河的桥梁，是开锁的钥匙。

成功者总是善于利用有效的方法为自己服务；

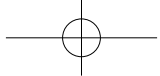
失败者却不注意方法的探求，

往往劳而无功。



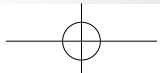
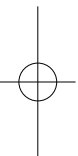
“A workman must sharpen his tools first if he is to do his work well.” Method is like the bridge linking to the other side of a river, or the key to open a lock. Successful people always excel at adopting the most effective method to achieve their goals, while losers pay little attention to the exploration of methods and always make futile efforts.





成功者一般都严格要求自己，
使自己的行为符合目标的方向；
失败者却常常放任自己，随波逐流。

Generally speaking, winners are always strict with themselves, adjusting their behavior to live up to their initial goals, while losers often take a liberal attitude toward themselves, letting themselves drift with the current.



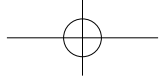


成功者由于准备充分，
往往会考虑到各种可能性，
同时作好各种预案，
所有的“意外”都是预料之中的事情。
失败者则相反，
认为一切的可能都是不可能，
在“不可能”出现时惊慌失措，难以应对。



With full preparation and 360-degree consideration on all possibilities of how things will go, winners always set out solutions accordingly in advance, transforming the accidental into the predictable. Yet to losers, the case is just the opposite. Taking for granted that everything is impossible, they always get into panic and find no way out when those “impossibilities” befall them.





成功者总是善于思考，
边工作，边学习，边思考，
不断地总结工作方法，调整工作节奏，
反思是成功者的重要品质；
失败者也忙忙碌碌，辛辛苦苦，
可是由于偏离方向，
往往南辕北辙，做无用功。

Successful people are always thoughtful, and self-reflection is one of the important qualities they have. They think as they work and study, keep improving working methods and adapt their working tempo in a timely manner. With regards to losers, it seems that they are no less busy and diligent with their work, but they tend to end up achieving nothing due to deviating from the right path at the very beginning.



成功者对事物发展的各种可能
有充分的思考和应对策略，
能主动控制和驾驭局势。

失败者则相反，
经常处于被动应付的状态。



Winners, as they tend to give full consideration to all possibilities of how things will develop and set up strategies accordingly, are capable of taking the initiative and controlling the overall situation. On the contrary, losers are always struggling and at the mercy of the situation.





成功者总是能发现自我，
通过各种活动展示自我、挖掘自身潜能。
失败者往往自己看不起自己，
从而自己打倒了自己。
失败者往往说“我不行”，
成功者往往说“我能行”。

Winners can always discover themselves, show themselves and tap their potential by making the most of every opportunity. Losers, however, always belittle themselves, thus being defeated by themselves. What winners frequently say is “Yes, I can”, while what losers frequently say is “No, I can’t”.



成功者固然要努力创造机会，

但是机会并不是频繁出现，

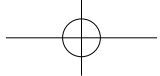
也不是能够随时制造的。

有时候，善于等待也是成功者的重要特征。



No doubt winners always make great efforts to create opportunities, but opportunities do not come along easily, nor can they be created any time and any where. Sometimes, being patient is also a key quality of winners.





成功者对自己负责，
对自己的行为、信誉负责；
失败者只求过得去，
只求表面上的成绩，
只求暂时的辉煌。

Winners are tough with themselves—they set high benchmark for their conduct and cherish their reputation, while losers always take a perfunctory attitude toward life and work, and merely seek for superficial and short-term results.

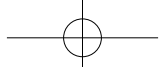


当环境的力量难以抗衡时，
受环境的支配不可避免。
关键是，无论在怎样的环境下，
成功者都不会忘记自己的使命，
都不会放弃自己的追求。
他的心，不会受环境支配。
成功者首先会适应环境，
然后去改变环境、支配环境。



When it is hard to resist the indifferent power of the environment, it is inevitable to submit to it. The point is, no matter what circumstances they are exposed to, winners will never forget their mission and will never give up their dream, because they have a strong heart that will never yield. What they usually do first is adapting themselves to the external environment, then trying to change it and even control it.





在现代社会，没有大家的支持与合作
就不可能取得事业上的成功。
成功者总是乐于助人，
而真诚帮助别人，也会得到别人的帮助。
失败者不讲奉献，只求别人给予，
所以不可能得到别人的帮助与支持。

Living in the modern society, one can never gain success without the support and cooperation from others. Winners are willing to help, thus they can always get help from others in return. Losers, on the contrary, only think about taking instead of giving, hence they cannot possibly get assistance and support from others.



尽管计划没有变化快，
有时也需要我们摸着石头过河，
但如果没有计划，就无法应对变化。
成功者在行动之前目标已经很清晰，
知道自己应该往哪里去，
基本知道可能会出现什么问题。
失败者却是不管三七二十一，
不考虑困难与后果，
毫无计划就仓促做了起来。



It is true that plans cannot catch up with changes, and it happens that sometimes we need to play to the score. Still, without making plans, we would be powerless to respond to any changes. It is a common practice of winners that they set clear goals before taking a move, so they know where they are heading for and can foresee what problems may occur. Yet for losers, they just rush into their work without any plans, regardless of forthcoming challenges and consequences.



成功者一方面接受自己，悦纳自己，
另一方面也会和别人进行各种比较，
积极反思，发现自己的不足。

失败者往往喜欢用别人的优点来
对比自己的缺点，越比越没有信心，
或者用别人的缺点来比自己的优点，
结果变得目中无人。

Winners, on the one hand, accept and embrace themselves with pleasure, and on the other, they compare themselves with others on various aspects and actively conduct self-examination to try to find out their weaknesses and improve themselves. Losers, instead, are used to comparing their shortcomings with others' strengths, thus getting more and more self-contemptuous, or they go to another extreme—contrasting their strong points against others' weak points, thus becoming arrogant and disdainful.



成功者善于利用一切可以利用的力量，
善于调动一切可以调动的积极因素，
他目标远大，人们愿意与他一起前行。
失败者却只顾自己个人孤军奋战，
遇到挫折时只能独自面对，
因此成功的概率就要小得多。



Winners are good at making use of all the forces available and mobilizing all the positive factors possible. They have such great expectations as can inspire people to stride forward by their side. Losers, however, only want a one-man battle, so when there are difficulties and obstacles, they have to face them alone, and just because of that, their chance of success is much slighter.





成功者知道，
通往成功的道路不可能一帆风顺，
只有经过各种考验，
成功才更显得珍贵。
失败者对待困难缺乏
足够的心理准备，
不愿意面对各种挑战，
遭遇挫折时便畏缩不前。

It is crystal clear to winners that the road to success can in no way be smooth, and it is all the wind and waves they pull through that make success more precious. Contrarily, lacking psychological preparation, losers are reluctant to embrace challenges and tend to shrink from difficulties.



成功者之所以能够成功，

在很大程度上是因为付出更多，工作更努力。

相反，失败者往往把希望建立在虚无缥缈的偶然性上。

其实，一分耕耘，一分收获，

这是世界上最简单的真理。



An important reason why some people can succeed is that they are more dedicated to their work. Those who do not, on the contrary, hang all their hopes on some once-in-a-blue-moon chance. As a matter of fact, “no pains, no gains” is the simplest truth under heaven.





成功者总是追求与众不同，
总是喜欢标新立异，
因为成功者知道，
没有最好只有更好，
特色就是卓越。
失败者却喜欢趋同，
不愿意鹤立鸡群，
因此失去许多机会，
最终淹没在茫茫人海当中。

Winners tend to pursue being out of ordinary and do something unconventional, because they are fully aware that there is no such thing as the best in the world but better, and to be unique is to be excellent. Yet losers prefer to drift with the trend rather than stand out, hence losing many an opportunity until they lose their individual being in the vast crowd.



特立独行的人都会遭遇狂风，
成功者能够抵挡住风浪，笑到最后；
失败者往往无力招架，迅速退缩。
成功来自对正确的坚持。



Those who do not follow the crowd are much likely to suffer more hardships. Winners can withstand various storms and stick to the end. Losers, however, always flinch quickly from difficulties and can hardly hold their own. Success stems from persistence.





成功者知道，
光明与黑暗在时间的隧道中是必然的轮回，
在黎明时要预料黑暗总会降临，
在黑暗时也要坚信黎明就要来到。
失败者却容易丧失等待的耐心，
在黑暗中痛苦地哀鸣，
甚至在黎明到来前放弃了最后的努力。

Winners know it's common knowledge that light and darkness appear in our life alternately. They foresee the befalling of darkness when they are still in the light, and they believe in the advent of dawn when they are going through darkness. On the contrary, losers easily lose patience. Moaning in the darkness, they just give up at the last minute before the dawn arrives.



每个立志成才的人
都不可缺少“为所不欲为”的品质。
环境永远不可能万事俱备，
还要和与生俱来的惰性斗争，
不去勉力为之，
可能永远不知道自己的实力。



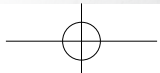
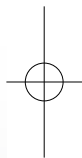
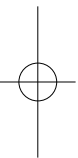
People who are determined to become a useful person unanimously have the quality of “doing things that are against their nature”. They fight against inertia, because they are fully aware that God cannot possibly be there any time for you. Try your utmost, or you will never know the greatness in you.





一个人对自我的评价，
往往是这个人能否成功的标志。
自信使人自强，
适度“骄傲”使人成功。

Generally speaking, how one comments himself is an indication of whether he will achieve success. Confidence makes one stronger, and moderate pride leads one to succeed.





明天的情况如何，
从根本上讲取决于今天的所作所为，
今天做的一切也是为明天作准备。
因此，与其沉溺于对明天的幻想，
不如用心让今天充实起来。

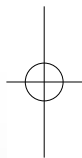
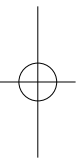
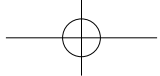
让我们每一天对着镜子中的自己、
对着初升的太阳说一声：

“今天最好！”



What you will achieve tomorrow primarily depends on what you do today. In other words, the efforts you make today is for the sake of tomorrow. Therefore, rather than indulge ourselves in tomorrow's fantasies, it would be better to enrich ourselves at present. So let's pay a tribute to "today", saying loudly to ourselves as well as the the rising sun everyday, "Today is the best gift we ever have!"

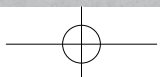




Chapter 9

The Meaning of Life Lies in Challenging Impossibilities

生命的意义在于挑战不可能





生命，固然需要长度，
但更需要宽度、厚度和力度。
生命的意义在于挑战不可能。
把不可能变为可能，
生命就被书写为传奇。



It is true that the length of life means a lot to us, but what is more important is its width, depth and strength. The meaning of life lies in challenging impossibilities and turning the impossible into the possible. If we can live a life like that, then our life can be called “a legend”.



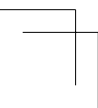
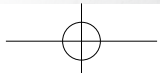
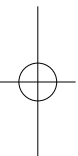


攀登，
是为了看更美丽的风景。

后来，
攀登者成了最美丽的风景。



People keep climbing in order to see a better view. And
gradually the climbers themselves become the most
breathtaking scenery.





野花用自己微小的生命向群山致敬。
我们用自己微小的生命装点这个世界。
每个人，
都可以让这个世界更加美好。



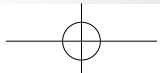
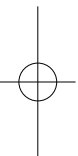
Wild flowers, however tiny they are, pay high tribute to the mountains by blooming. Human beings, however insignificant we are, adorn the world by living our life to the full. Everyone of us can make the world a better place to live.

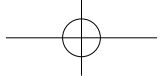




每个人都有无限的可能性。
所谓人才，
就是把一些可能性变成了现实。
所谓天才，
则是最大程度地实现了可能性。

Everyone has countless possibilities ahead of him. Those who can turn some of the possibilities into reality are called “talents”, and those who can realize those possibilities to the full are called “geniuses”.





大恩无形而常遭忽视，
小惠有形而每被看重。



Great kindness is always ignored for it appears in no shape,
while little favors are always valued for it is visible.

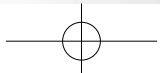
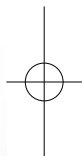
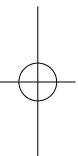


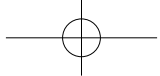


可以没有信仰，
不能没有敬畏。

信仰增进从善的力量，
敬畏约束作恶的力量。

One can live without faith, but can never live without
reverence, because the former is the power to stimulate the
good, while the latter is the power to rein the evil.





幸福从来不会主动敲你的门，
只有你去敲幸福的门。



Happiness does not appear out of thin air but is the
outcome of ceaseless pursuit.

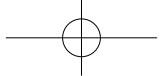




乐观是一种心态，
其实与境遇无关。
即使一棵小小野草，
也会跟着风的方向，
歌唱一路的阳光。
即使没有希望，
也永远不要绝望。



To be optimistic is a matter of attitude, which has nothing to do with the position you are situated. As fragile as tender grass are, they still take pleasure in swinging with the wind and singing for the sun. So even if the silver lining does not show up for the time being, do not lose hope.



现实世界其实是我们心灵世界的倒影。

朋友是世界为我们打开的窗。



The real world is the projection of our inner world; friends
are the window of the world.





伟大由专注铸就。
在充满诱惑、令人眼花缭乱的时代，
专注愈发成为稀有品，
伟大也因此罕见。

Concentration breeds greatness. In a dizzying era full of temptations, the quality of concentration has become a rarity, so has greatness.



优秀会成为卓越的敌人，
不是优秀本身的问题，
更不是优秀的错，
而是“优秀”的心态会让人满足，
让人没有危机意识，
让人习惯按照过去的方式运转。



Excellence can turn out to be an obstacle to itself. Actually, there is nothing wrong with the state of “being excellent” but how we feel about it. When people have achieved some accomplishments, they are prone to being content with the status quo, thus lacking a sense of crisis and getting stuck in the mindset.





最强大的敌人是自己。

人总是被自己打倒的。

开启自我的钥匙，

就是打开世界的钥匙。

The most formidable enemy we have is ourselves, so we are always defeated by ourselves. Once we conquer ourselves, we conquer the whole world.

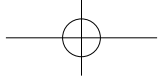


人，不是被绳索捆死的，
而是被自己的恐惧困死的。
只要行走，就有出路。
别人造出来的路，
永远没有自己踩出来的路实在。
后者，总可以找到自己的脚印。



Man will not be defeated by difficulties unless he is defeated by his own fear first. So don't be afraid and stick to you own path. The road built by others, no matter how attractive it looks, is no match for yours. From the latter, you can always find your own footprints.





路途是否遥远，
不在距离的长短，
而在内心的准备。

Whether you will have a long journey ahead of you does not depend on the actual distance but how well you prepare for it.





对那些相信虎皮不信实力的人来说，
比拉大旗作虎皮更好的办法，
是成长为他们身边那只活生生的老虎。



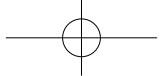
The best way to deal with the people who rely on power and authority instead of personal strength is not to become the same people as they are, but to become the people with great power.





不抛弃容易，
不放弃困难。
不抛弃是情感的认同，
不放弃是意志的坚定。

It is easy not to abandon someone you like, but it is hard not to give up your dream in the face of difficulties. The former suggests an emotional recognition, while the latter indicates a strong will.



风景最美丽的地方，
往往经历过最剧烈的变化。



The most breathtaking scenery usually comes out of the
most violent changes.





人生有许多无奈。
要学会在无奈中有为，
在夹缝中生存，
为自己寻找最大的发展空间。
而宽容别人，
不仅是给别人留出空间，
更是给自己的成长留出空间。



There are many times that we may feel powerless in our life, but we must learn how to make a difference in a hopeless situation and try to survive in the cracks to open up the largest space for development. Forgiveness can not only spare room for others but more for us to grow.



持续地想一个问题，

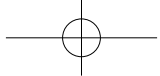
灵感往往会突然到来。

有时候，其实是我们没有耐心。



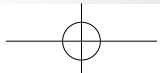
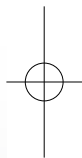
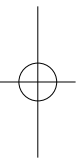
If we keep pondering over a question, inspiration will often knock the door out of the blue. Sometimes, we just lack some patience.

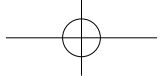




山与山的连接只需要一小片石头，
人与人的连接却需要整个的心灵。
建立信任需要一个很长的过程，
失去信任只要一件小事。

Only by a small piece of stone can a mountain adjoin another, but the connection between people requires the whole heart. The process of building up mutual trust could be very long, but it can be easily destroyed by a trivial thing.





眉毛上面没有汗水，
眉毛下面就会有泪水。



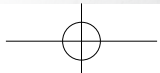
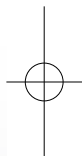
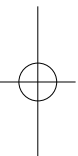
If there is no sweat above the eyebrow, tears will well out
below.

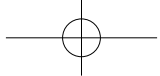




每个人的一生都是一出戏，
你是演员，也是编剧兼导演。
演出的精彩与否，
部分取决于布景等道具，
而最终取决于你自己的故事是否引人入胜。

Life is like a play. Everyone is the actor, scriptwriter and director of it. The excellence of the play partly depends on the stage scenery, but ultimately it is determined by whether it tells an absorbing story.





梦想不一定能把人带到彼岸，
但一定能让人走得更远。



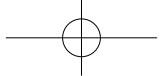
Dream can not necessarily take one to his destination, but
can surely lead him further on the road.





苍天从无数可能的生命中选择了我们，
我们只有活出自己，
才对得起这个选择。
把今天当明天过，
是最好的活法。

The destiny has chosen us from millions of possible lives to come into the world. The only thing we can do to repay that sacred choice is to live our life to the full. Treating today as the last day we will have is the best philosophy of living.



仇恨是智慧的敌人。

放下仇恨才能看清世界。



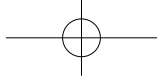
Hatred is the enemy of wisdom. One will not see through the ways of the world until he lets go of his hatred.





被别人打倒，
只要自己不放弃，
就能够再次站立；
被自己打倒，
很难有新的机会。

If one is knocked down by others, he still has the chance to stand up on his feet again as long as he does not give up, but if one is defeated by himself, it can be very hard for him to start all over again.



与谁为伍，你就会成为谁。



You will become the kind of people whom you stand by.

