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Welcome

A bunch of Learning documents or notes.

2020

记录每一周的阅读记录及链接

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- 《Javascript 设计模式与开发实践》

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- A Quick Introduction to Elasticsearch for Node Developers

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- An Introduction to Binance Smart Chain (BSC)
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- GitHub Actions 入门教程
- Creating Fast APIs In Go Using Fiber

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- Fiber - Go web framework
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- The Best Way To Learn Blockchain Programming
- How to Build Blockchain App - Ethereum Todo List 2019
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- Redis 基础入门
- GitHub Actions to securely publish npm packages
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- You Built Your Node App, But Are You Logging?
- tinyTorrent: 从头写一个 Deno 的 BitTorrent 下载器
- Building a BitTorrent client from the ground up in Go

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- Code Your Own Cryptocurrency on Ethereum
- Intro to Web3.js · Ethereum Blockchain Developer Crash Course
- Interacting with Smart Contracts from Web Apps

Node

Node相关的一些笔记

Lerna Getting Start

> A tool for managing JavaScript projects with multiple packages.
>
> — Lerna Official Website Intro

1. Lerna vs Rushjs vs Bolt

- GitHub star数量: **lerna > rushjs > bolt**
- 良好的文档： **lerna = rushjs > bolt**
- 可扩展性： **lerna > rushjs > bolt**
- 使用经验： **lerna > rushjs > bolt**

参考链接：

如何评价 rushjs? - 沙包妖梦的回答

Mono Repository Tool Comparison

The Many Benefits of Using a Monorepo

2. Lerna 的主要功能

Lerna是一个管理多包、优化工作流程的工具。它的两个主要功能：

- 链接依赖
- 自动检测变更、发布新版本的包
- 管理开发流程

3. Lerna 的两种管理模式

1. 固定模式(Fixed， 默认工作模式)，它是通过项目根目录下的 `lerna.json` 文件中的 `version` 字段来控制的。

2. 独立模式(Independent), 各个包的版本都是通过自己包下的 `package.json` 文件中的 `version` 字段来控制的，同时 `lerna.json -> version : independent`

4. Getting Started

1. 全局安装lerna(可选)

   ```
   yarn global add lerna
   ```

2. 初始化项目

```
mkdir lerna_demo && cd $_

# yarn add lerna --dev && yarn run lerna init --independent
npx lerna init -i # npx 会检测当前项目下是否有lerna, 没有就会安装; -i 是独立模式i
# 目录结构如下
├── README.md
├── lerna.json
├── package.json
└── packages  # 目录
# cat lerna.json
   {
      "packages": [
        "packages/*" # package包的位置信息
      ],
      "version": "independent"
   }
```

3. 通过yarn 和 yarn workspaces 来管理依赖, 修改lerna.json

```
{
    ...
  "npmClient": "yarn", // 使用yarn来跑所有命令， 默认的是npm
  "useWorkspaces": "true" // 使用
}
```

4. 初始化Node项目

```
yarn init  # 根据提示输入，切记private设置为true ， lerna通过这个字段保证此包不会发
```

5. 安装依赖

```
yarn install # 等价于 lerna bootstrap --npm-client yarn --use-workspaces
# 它会把通用依赖安装在根目录， 独有的依赖会安装在自己的工作空间下， 各个package之间有相
```

6. 创建一个包

```
# 语法格式
yarn run lerna create packageName packageLocation # 如果lerna是全局安装的则不

# 例子
yarn run lerna create utils packages # 它会按照模板来初始化，目前我没找到在哪里修

# 注意， 如果是使用scope包的话， 需要在各个包的根目录package.json中添加一下配置
"publishConfig": {
      "access": "public"
}
```

7. 安装依赖

```
# Adds the module-1 package to the packages in the 'prefix-' prefixed fold
yarn run lerna add module-1 packages/prefix-*

#Install module-1 to module-2
lerna add module-1 --scope=module-2 [--dev | [--peer]]

# Install module-1 in all modules except module-1
lerna add module-1

# Install babel-core in all modules
lerna add babel-core

# 给根目录安装通用依赖
yarn add jest -D -W
```

8. lint

```
# 在每个包里编写一个lint script， 根目录下执行以下命令
lerna run lint [--parallel] [--stream] [--no-bail]
# --stream  通过包名，颜色区分不同的包
# --parallel 并行，加快执行速度
# --no-bail 报错不退出，全部执行完
```

9. 构建

```
# 方法一： 在每个package中编写build script，根目录下执行以下命令
# 因为各个包之间存在依赖，所以必须要按照一定的顺序执行，--sort参数可以以拓扑排序规则进行
lerna run --sort build
```

10. 两种测试方式：

    - 使用统一的jest测试配置这样方便全局的跑jest即可，好处是可以方便统计所有代码的测试覆盖率，坏处是如果package比较异构（如小程序，前端，node 服务端等），统一的测试配置不太好编写。
    - 每个package单独支持test命令，使用lerna run test，坏处是不好统一收集所有代码的测试覆盖率

    ```
    # 只测试发生了变动的包
    lerna run test --since origin/master
    ```

11. 设置版本号

```
lerna version [bump] --no-push

bump set: major, mirror, patch, premajor,premirror, prerelase

# --no-push 表示不推送commit,tag到远程
# --conventional-commits 根据commit msg生成版本， 成成changelog.md, 参考最后的
## 默认的执行步骤
# 1  lerna changed 查找更改了的包
# 2. 弹出提示
# 3. 修改版本信息
# 4. commit、tag修改后的信息
# 5. 推送到远程
```

12. 直接发布

```
### 发布测试环境
lerna publish from-git --registry=test-registry --no-push --no-git-tag-ver

### 发布正式环境
lerna publish from-git --registry=prod-registry
```

5. 常用命令

- `lerna init`
  1. 创建lerna.json
  2. 如果lerna依赖不存在的话会将lerna 写入package.json.devDependency中
  3. `--independent` 参数， 简写 `-i`，使用**Independent**模式管理项目。lerna.json.version字段为independent
- `lerna create`
  1. 创建一个lerna管理的包。 `lerna create packagName location`
  2. 如果创建时**scope**包，需要带上--**access=public**
  3. 具体信息查看 `lerna create --help`
- `lerna add`
  1. 添加依赖
  2. 重要参数**--dev** 将依赖写入devDependencies; **--peer** -> peerDenpendencies; **--registry** 设置仓库源
- `lerna list`
  1. 查看当前项目中的package
  2. `lerna ls -al`，`lerna ls --loglevel silent --json`
- `lerna changed/diff`
  1. `lerna diff [package-name]` 其实跑的命令就是 `git diff`
  2. `lerna changed` 显示的是修改了的包的名称， 可以通过**--ignore-changes**参数来过滤变更
- `lerna run`

1. `lerna run <script> -- [..args]` 执行所有包中的script的命令， 可以通过**--scope**参数来过滤
2. 重要参数： `--stream` 流式输出log， 通过包名和颜色区分； `--parallel` 并行执行。

- `lerna exec`

1. 在匹配的包中执行任意命令 `lerna exec --scope my-component -- ls -la`
2. 参数请参考filter flags 和 exec 命令信息

- `lerna bootstrap`

1. 链接依赖， 由于我们使用的是yarn workspaces来管理，可以直接通过yarn命令来代替
2. lerna bootstrap --npm-client yarn --use-workspaces

- `lerna version`

1. 参数请参考filter flags 和 version命令信息

- `lerna publish`

1. 参数请参考filter flags 和 publish 命令信息

6. 参考链接

- lerna
- rush
- bolt
- Advantages of monorepos
- conventionalcommits
- 基于lerna和yarn workspace的monorepo工作流
- building-large-scale-react-applications-in-a-monorepo

Javascript Symbol 实用指南

JavaScript在ES6中引入了符号来防止属性名称冲突。此外，在2015-2019年的JavaScript中，符号还提供了一种模拟私有属性的方法。

> 原文链接：A Practical Guide to Symbols in JavaScript

介绍

在JavaScript中创建symbol的最简单方法是调用 `Symbol()` 函数。使symbol如此特殊的两个关键属性是:

- 符号可以用作对象键。只有字符串和symbol可以用作对象键。
- 没有两个symbol是相等的。

```
const s1 = Symbol()
const s2 = Symblo()

s1 === s2 // false

const obj = {}

obj[s1] = 'hello'
obj[s2] = 'world'

obj[s1] // 'hello'
obj[s2] // 'world'
```

尽管Symbol()调用使它看起来像是对象，但在JavaScript中，symblo实际上是Javascript基本类型。使用new 关键字调用Symbol会报错。

```
const s1 = Symbol()

typeof s1 // 'symbol'
s1 instanceof Object // false

// Throws "TypeError: Symbol is not a constructor"
new Symbol()
```

描述

Symbol()函数只接受一个参数，即字符串描述 `description` 。symbol的描述仅用于调试目的—— `description` 显示在符号的toString()的输出中。然而，具有相同描述的两个symbol是不相等的。

```
const s1 = Symbol('my symbol')
const s2 = Symbol('my symbol')

s1 === s2; // false
console.log(s1); // 'Symbol(my symbol)'
```

还有一个全局symbol注册表。通过Symbol.for()创建symbol会将其添加到全局注册表中，由symbol的描述作为键值。换句话说，如果您使用Symbol.for()创建两个具有相同描述的symbol，那么这两个symbol是相等的。

```
const s1 = Symbol.for('test');
const s1 = Symbol.for('test');

s1 === s2; // true
console.log(s1); // 'Symbol(test)'
```

一般来说，除非有很好的理由，否则不应该使用全局symbol注册表，因为可能会遇到命名冲突。

命名冲突

JavaScript ES6 中的第一个内置symbol 是 `Symbol.iterator` symbol。具有 `Symbol.iterator` 方法的对象被认为是*可迭代的*。这意味着您可以通过 `for/of` 循环来遍历对象。

```
const fibonacci = {
  [Symbol.iterator]: function*() {
    let a = 1;
    let b = 1;
    let temp;

    yield b;

    while (true) {
      temp = a;
      a = a + b;
      b = temp;
      yield b;
    }
  }
};

// Prints every Fibonacci number less than 100
for (const x of fibonacci) {
  if (x >= 100) {
    break;
  }
  console.log(x);
}
```

为什么 `Symbol.iterator` 用symbol而不是字符串？假设不是使用 `Symbol.iterator` ，可迭代规范检查了字符串属性的存在 `'iterator'` 。此外，假设您具有下面的类，该类是可迭代的。

```
class MyClass {
  constructor(obj) {
    Object.assign(this, obj);
  }

  iterator() {
    const keys = Object.keys(this);
    let i = 0;
    return (function*() {
      if (i >= keys.length) {
        return;
      }
      yield keys[i++];
    })();
  }
}
```

`MyClass` 的实例将是可迭代的，可让您迭代对象的键。但是以上类别也有潜在的缺陷。假设恶意用户要将具有 `iterator` 属性的对象传递给 `MyClass` 。

```
const obj = new MyClass({ iterator: 'not a function' });
```

如果要使用 `for/of` 遍历 `obj` ，JavaScript会抛出异常 `TypeError: obj is not iterable` 。这是因为用户指定的 `iterator` 函数将覆盖类的迭代器属性。这是与原型污染类似的安全问题，在这种情况下，天真地复制用户数据可能会导致具有诸如 `__proto__` 和的特殊属性的问题 `constructor` 。

私有属性

由于没有两个symbol相等，因此symbolk是在JavaScript中模拟私有属性的便捷方法。symbol不会出现在中 `Object.keys()` ，因此，除非您显式地 `export` 倒出，否则除非您显式地通过 `Object.getOwnPropertySymbols()` 方法获取，否则其他代码都不能访问该属性。

```
function getObj() {
  const symbol = Symbol('test');
  const obj = {};
  obj[symbol] = 'test';
  return obj;
}

const obj = getObj();

Object.keys(obj); // []

// Unless you explicitly have a reference to the symbol, you can't access the
// symbol property.
obj[Symbol('test')]; // undefined

// You can still get a reference to the symbol using `getOwnPropertySymbols()`
const [symbol] = Object.getOwnPropertySymbols(obj);
obj[symbol]; // 'test'
```

symbol对于私有属性很方便，也因为它们不会显示在 `JSON.stringify()` 输出中。具体来说， `JSON.stringify()` 默认忽略symbol键和值。

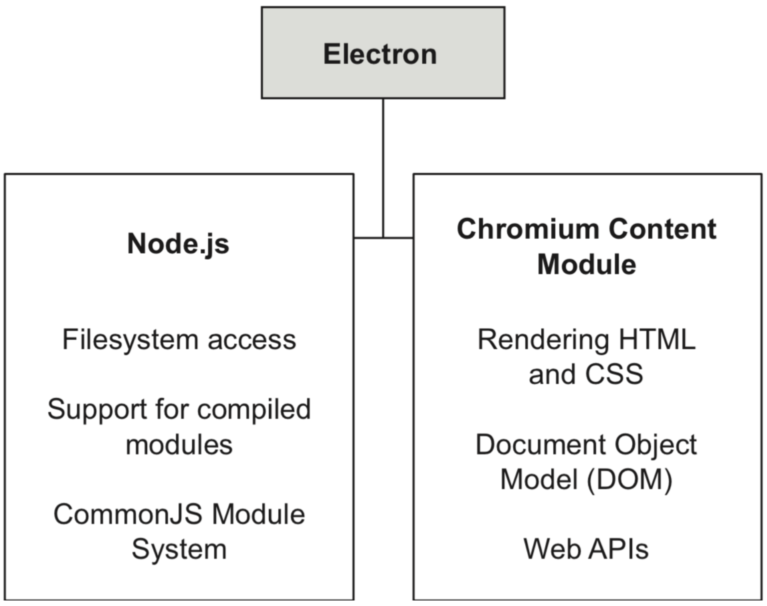
```
const symbol = Symbol('test');
const obj = { [symbol]: 'test', test: symbol };

JSON.stringify(obj); // "{}"
```

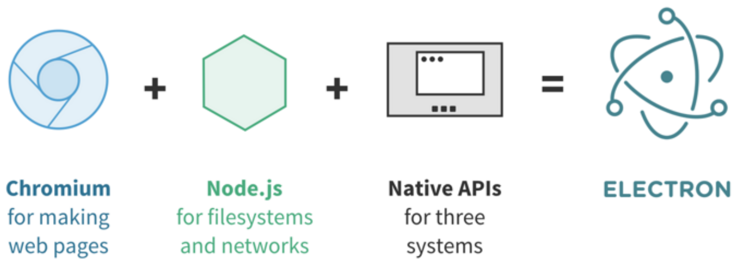
Electron 快速入门

What's Electron

Electron is a runtime(framework) that allows you to build cross platform desktop applications with HTML5, CSS, and JavaScript.

Electron combines the Chromium(克洛米恩) Content Module and Node.js runtimes

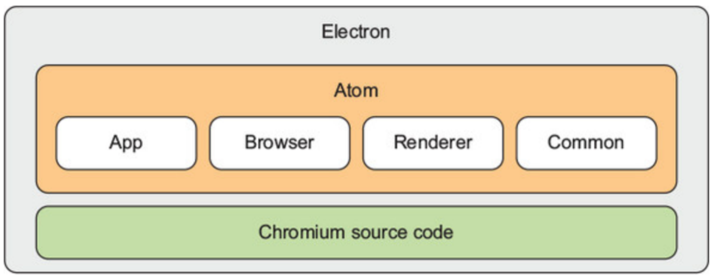



+
+
=
Chromium for making web pages
Node.js for filesystems and networks
Native APIs for three systems
ELECTRON

Chromium: Chromium内容模块只包含呈现HTML、CSS和JavaScript所需的核心技术。

Native APIS: 为了提供原生系统的GUI支持，Electron内置了原生应用程序接口，对调用一些系统功能，如调用系统通知、打开系统文件夹提供支持

Electron components



App: OS先关的c++, objective-c 文件， 加载nodejs, chromium，启动electron等

Browser: 主要负责初始化js引擎，前端渲染，UI交互， OS 模块bindings

Renderer： 主要渲染进程相关功能

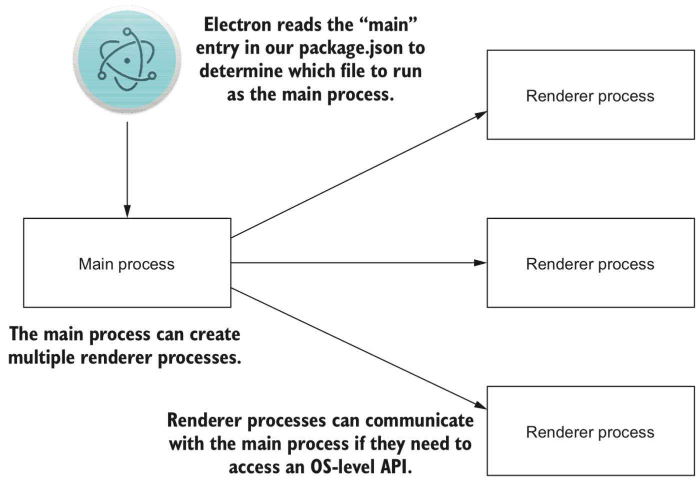
Common: 公用代码， 以及node event loop 和 chromium event loop 集成的代码(通过一个单独的线程来获取文件句柄来检测node event(run in main process), 然后发送到Chromium's message loop)

Chormium source code: `Chromium + Node.js` .

Node Event Loop : `libuv event loop`

How does Electron work?

Electron applications consist of two types of processes: the main process and zero or more renderer processes.


Electron reads the "main" entry in our package.json to determine which file to run as the main process.
Main process
The main process can create multiple renderer processes.
Renderer process
Renderer process
Renderer process
Renderer processes can communicate with the main process if they need to access an OS-level API.

Main Process

Electron 运行package.json的 main 脚本的进程被称为主进程。一个 Electron 应用总是有且只有一个主进程。

职责:

- 创建渲染进程（可多个）
- 控制了应用生命周期（启动、退出APP以及对APP做一些事件监听）

- 调用系统底层功能、调用原生资源

可调用的API:

- Node.js API
- Electron提供的主进程API（包括一些系统功能和Electron附加功能）

渲染进程

由于 Electron 使用了 Chromium 来展示 web 页面，所以 Chromium 的多进程架构也被使用到。 每个Electron 中的 web页面运行在它自己的渲染进程中。

主进程使用 BrowserWindow 实例创建页面。 每个 BrowserWindow 实例都在自己的渲染进程里运行页面。 当一个 BrowserWindow 实例被销毁后，相应的渲染进程也会被终止。

你可以把渲染进程想像成一个浏览器窗口，它能存在多个并且相互独立，不过和浏览器不同的是，它能调用Node API。

职责：

- 加载HTML和CSS渲染界面
- 用JavaScript做一些界面交互

可调用的API:

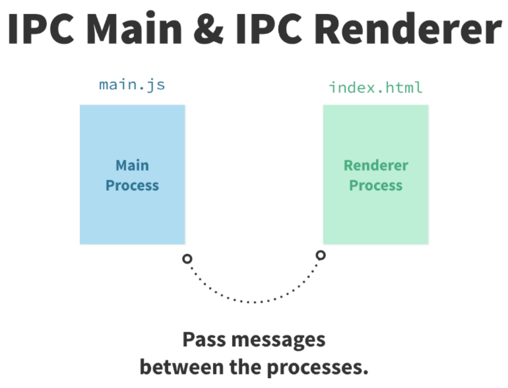
- DOM API
- Web API
- Node.js API(**存在安全隐患**)
- Electron提供的渲染进程API

其他参考链接

electron-internals-node-integration

Exploring NW.js and Electron’s internals

IPC(interprocess communication) 进程间通信



ipcMain: The `ipcMain` module is an Event Emitter. When used in the main process, it handles asynchronous and synchronous messages sent from a renderer process (web page). Messages sent from a renderer will be emitted to this module.

ipcRenderer: The `ipcRenderer` module is an EventEmitter. It provides a few methods so you can send synchronous and asynchronous messages from the render process (web page) to the main process. You can also receive replies from the main process.

示例

```
// renderer process
const {ipcRenderer} = require('electron')

const asyncMsgBtn = document.getElementById('async-msg')

asyncMsgBtn.addEventListener('click', () => {
  ipcRenderer.send('asynchronous-message', 'ping')
})

ipcRenderer.on('asynchronous-reply', (event, arg) => {
  const message = `Asynchronous message reply: ${arg}`
  document.getElementById('async-reply').innerHTML = message
})
```

```
// Main process
const {ipcMain} = require('electron')

ipcMain.on('asynchronous-message', (event, arg) => {
  event.sender.send('asynchronous-reply', 'pong')
})
```

当关闭nodeIntegration时上面的代码将不可用，可以通过以下代码实现：

nodeIntegration: 可以防止跨站脚本攻击， 防止xxs升级为"Remote Code Execution" (RCE) attack等

```
// preload.js
const electron = require('electron');

process.once('loaded', () => {
  window.ipcRenderer = electron.ipcRenderer
})

// main.js
const {app, BrowserWindow, ipcMain} = require('electron');

app.on('ready', () => {
  // Create the browser window.
  win = new BrowserWindow({
      backgroundColor: '#fff', // always set a bg color to enable font antiali
      webPreferences: {
        preload: path.join(__dirname, './preload.js'), // 加载preload文件
        nodeIntegration: false,
        enableRemoteModule: false,
      }
  });

ipcMain.on('asynchronous-message', (event, arg) => {
  event.sender.send('asynchronous-reply', 'pong')
})
...

// renderer.js
const asyncMsgBtn = document.getElementById('async-msg')

asyncMsgBtn.addEventListener('click', () => {
  window.ipcRenderer.send('asynchronous-message', 'ping')
})

ipcRenderer.on('asynchronous-reply', (event, arg) => {
  const message = `Asynchronous message reply: ${arg}`
  document.getElementById('async-reply').innerHTML = message
})
```

以下方式也是可以的：

```
// preload.js
const { ipcRenderer } = require('electron');

process.once('loaded', () => {
  window.addEventListener('message', event => {
    // do something with custom event
    const message = event.data;

    if (message.myTypeField === 'my-custom-message') {
      ipcRenderer.send('custom-message', message);
    }
  });
});

// renderer.js
window.postMessage({
  myTypeField: 'my-custom-message',
  someData: 123,
});
```

安全最佳实践

- 使用最新稳定版本的eletron
- 审查项目依赖，因为有的依赖可以回有漏洞
- 隔离不被信任的内容， 永远不要相信用户的输入
- 更多安全信息请查看Electron 文档 - 安全建议

入门实例

- first-app-tutorial

  ```
  # try this example

  # Clone the repository
  $ git clone https://github.com/electron/electron-quick-start
  # Go into the repository
  $ cd electron-quick-start
  # Install dependencies
  $ npm install
  # Run the app
  $ npm start
  ```

- electron basic
- electron-api-demos(**我觉得这个很不错**)

  ```
  git clone https://github.com/electron/electron-api-demos
  cd electron-api-demos
  npm install
  npm start
  ```

- 参考《Electron in action》

调试

方法一：

- Mac: `Command + Optional + i` , 或者在菜单栏上点击view -> toggle devtools
- Windows: `Control + Shift + i`

方法二：

```
mainWindow.webContents.openDevTools()
mainWindow.maximize()
require('devtron').install()
```

方法三：

使用vscode debugger

参考链接

- Electron documentation
- Awesome-electron
- Electron basic
- Electron security
- Electron构建跨平台应用

Go

A bunch of Go learning stuffs.

Go Documents

Go Standard library Translation

errors

本文是 Go 标准库中 errors 包文档的翻译， 原文地址为：
https://golang.org/pkg/errors/

概述

errors 包实现了用于处理错误的函数。

示例：

```
package main

import (
    "fmt"
    "time"
)

// MyError 是一个包含了时间和消息的错误实现
type MyError struct {
    When time.Time
    What string
}

func (e MyError) Error() string {
    return fmt.Sprintf("%v: %v", e.When, e.What)
}

func oops() error {
    return MyError{
        time.Date(1989, 3, 15, 22, 30, 0, 0, time.UTC),
        "the file system has gone away",
    }
}

func main() {
    if err := oops(); err != nil {
        fmt.Println(err)
    }
}
```

示例执行结果：

```
1989-03-15 22:30:00 +0000 UTC: the file system has gone away
```

New 函数

```
func New(text string) error
```

根据给定的文本返回一个错误。

示例：

```
package main

import (
    "errors"
    "fmt"
)

func main() {
    err := errors.New("emit macho dwarf: elf header corrupted")
    if err != nil {
        fmt.Print(err)
    }
}
```

示例执行结果：

```
emit macho dwarf: elf header corrupted
```

fmt 包的 Errorf 函数可以让用户使用该包的格式化功能来创建描述错误的消息。

示例：

```
package main

import (
    "fmt"
)

func main() {
    const name, id = "bimmler", 17
    err := fmt.Errorf("user %q (id %d) not found", name, id)
    if err != nil {
        fmt.Print(err)
    }
}
```

示例执行结果：

```
user "bimmler" (id 17) not found
```

Go Gotchas

This collection of Go gotchas and pitfalls will help you find and fix similar problems in your own code.

Assignment to entry in nil map

Why does this program panic?

```
var m map[string]float64
m["pi"] = 3.1416
```

```
# Output
panic: assignment to entry in nil map
```

Answer

You have to initialize the map using the make function (or a map literal) before you can add any elements:

```
m := make(map[string]float64)
m["pi"] = 3.1416
```

Invalid memory address or nil pointer dereference

Why does this program panic?

```
package main

import (
    "math"
    "fmt"
)

type Point struct {
    X, Y float64
}

func (p *Point) Abs() float64 {
    return math.Sqrt(p.X*p.X + p.Y*p.Y)
}

func main() {
    var p *Point
    fmt.Println(p.Abs())
}
```

```
panic: runtime error: invalid memory address or nil pointer dereference
[signal SIGSEGV: segmentation violation code=0x1 addr=0x0 pc=0x499043]

goroutine 1 [running]:
main.(*Point).Abs(...)
    /tmp/sandbox466157223/prog.go:13
main.main()
    /tmp/sandbox466157223/prog.go:18 +0x23
```

Answer

The uninitialized pointer p in the main function is nil, and you can't follow the nil pointer.

> If x is nil, an attempt to evaluate *x will cause a run-time panic.
>
> — The Go Programming Language Specification: Address operators

You need to create a Point

```
func main() {
    var p *Point = new(Point)
    fmt.Println(p.Abs())
}
```

Since methods with pointer receivers take either a value or a pointer, you could also skip the pointer altogether:

```go
func main() {
    var p Point // has zero value Point{X:0, Y:0}
    fmt.Println(p.Abs())
}
```

Array won't change

Why does the array value stick?

```go
package main

import "fmt"

func Foo(a [2]int) {
    a[0] = 6
}

func main() {
    a := [2]int{1, 2}
    Foo(a) // Try to change a[0].
    fmt.Println(a) // Output: [1 2]
}
```

Answer

> - Arrays in Go are **values**
> - When you pass an array to a function, **the array is copied.**

If you want to Foo to update the elements of a function, use a **Slice** instead.

```go
package main

import "fmt"

func Foo(a []int) {
    if len(a) > 0 {
        a[0] = 6
    }
}

func main() {
    a := []int{1, 2}
    Foo(a) // Change a[0].
    fmt.Println(a)  // Output: [6 2]
}
```

A slice does not store any data, it just describes a section of an underlying array.

When you change an element of a slice, you modify the corresponding element of its underlying array, and other slices that share the same underlying array will see the change.

How does characters add up?

Why doesn’t these print statements give the same result?

```
fmt.Println("H" + "i")
fmt.Println('H' + 'i')

// Output:
// Hi
// 177
```

Answer

The rune literals 'H' and 'i' are integer values identifying Unicode code points: 'H' is 72 and 'i' is 105.

You can turn a code point into a string with a conversion.

```
fmt.Println(string(72) + string('i')) // "Hi"
```

You can also use the **fmt.Sprintf** function.

```
s := fmt.Sprintf("%c%c, world!", 72, 'i')
fmt.Println(s)// "Hi, world!"
```

What happened to ABBA?

What’s up with strings.TrimRight?

```
fmt.Println(strings.TrimRight("ABBA", "BA")) // Output: ""
```

Answer

The Trim, TrimLeft and TrimRight functions strip all Unicode code points contained in a **cutset**. In this case, all trailing A:s and B:s are stripped from the string, leaving the empty string.

To strip a trailing string, use **strings.TrimSuffix**.

```
fmt.Println(strings.TrimSuffix("ABBA", "BA")) // Output: "AB"
```

Where is my copy?

Why does the copy disappear?

```go
var src, dst []int
src = []int{1, 2, 3}
copy(dst, src) // Copy elements to dst from src.
fmt.Println("dst:", dst)

// Output:
// dst: []
```

Answer

The number of elements copied by the copy function is the **minimum of len(dst) and len(src)**. To make a full copy, you must allocate a big enough destination slice.

```go
var src, dst []int
src = []int{1, 2, 3}

dst = make([]int, len(src)) // Update Here

copy(dst, src) // Copy elements to dst from src.
fmt.Println("dst:", dst)

// Output:
// dst: [1 2 3]
```

The return value of the copy function is the number of elements copied. See Copy function for more about the built-in copy function in Go.

Using append

You could also use the append function to make a copy by appending to a nil slice.

```go
var src, dst []int
src = []int{1, 2, 3}
dst = append(dst, src...)
fmt.Println("dst:", dst)

// Output:
// dst: [1 2 3]
```

Note that the capacity of the slice allocated by append may be a bit larger than len(src).

Why doesn’t append work every time?

What’s up with the append function?

```
a := []byte("ba")

a1 := append(a, 'd')
a2 := append(a, 'g')

fmt.Println(string(a1)) // bag
fmt.Println(string(a2)) // bag
```

Answer

If there is room for more elements, append reuses the underlying array. Let's take a look:

```
a := []byte("ba")
fmt.Println(len(a), cap(a)) // 2 32
```

This means that the slices **a, a1 and a2** will refer to the **same underlying array** in our example.

To avoid this, we need to use two separate byte arrays.

```
const prefix = "ba"

a1 := append([]byte(prefix), 'd')
a2 := append([]byte(prefix), 'g')

fmt.Println(string(a1)) // bad
fmt.Println(string(a2)) // bag
```

Deploying Go Web Apps to Heroku

Heroku 是 Salesforce 旗下云服务商，提供方便便捷的各种云服务，如服务器，数据库，监控，计算等等。并且他提供了免费版本，这使得我们这些平时想搞一些小东西的人提供了莫大的便捷，虽然他有时长和宕机的限制，但是对于个人小程序来说已经足够了。

1. 注册Heroku账号

点击注册一个新账号， heroku初始免费提供 `5` 个应用

2. 安装Heroku CLI

查看下载页面, 选择符合自己电脑的安装方式

- 验证安装, 只要输出以下类似信息即可

```
heroku version
# heroku/7.22.3 darwin-x64 node-v11.10.1
```

- 使用刚刚创建的账号登录Heroku CLI

```
heroku login
# 根据提示输入信息即可
```

3. APP 源代码

```
package main

import (
    "fmt"
    "log"
    "net/http"
    "os"
)

func main() {
    http.HandleFunc("/", handler)
    fmt.Println("listening...")
    err := http.ListenAndServe(GetPort(), nil)
    if err != nil {
        log.Fatal("ListenAndServe: ", err)
    }
}

func handler(w http.ResponseWriter, r *http.Request) {
    fmt.Fprintf(w, "Hello. This is our first Go web app on Heroku!")
}

// Get the Port from the environment so we can run on Heroku
func GetPort() string {
    var port = os.Getenv("PORT")
    // Set a default port if there is nothing in the environment
    if port == "" {
        port = "9527"
        fmt.Println("INFO: No PORT environment variable detected, defaulting to
    }
    return ":" + port
}
```

4. 安装项目依赖(可选)

```
# 1. 安装godep
go get github.com/tools/godep

# 2. 进入项目根目录，执行以下命令
godep save
```

5. 创建Procfile文件

使用Procfile,文本文件在您的应用程序的根目录,显式地声明应该执行什么命令来启动应用程序。 内容如下:

```
web: webapphr
```

web在这里很重要。它声明此流程类型将附加到Heroku的HTTP路由堆栈，并在部署时接收web流量。

6. 使用Git管理源代码

```
$ git add -A .
$ git commit -m "first commit"
```

7. 创建HeroKu应用

```
heroku create

# 输出信息大致如下：
# Creating thawing-harbor-9085… done, stack is cedar-14
# https://thawing-harbor-9085.herokuapp.com/ | https://git.heroku.com/thawing-h
# Git remote heroku added
```

8. 部署应用

```
git push heroku master

# 输出信息中包含：Verifying deploy…. done. 即是发布成功
```

9. 测试

```
# 项目根目录下输入以下命令快速打开webapp
heroku open
```

Docker

Docker 的一些学习笔记。

Execute Docker Commands Without Sudo

```
# create docker group if not exists
sudo groupadd docker

# adding current user to docker group
sudo usermod -aG docker $USER

# restart docker server
sudo systemctl restart docker

# Log out and log back in so that your group membership is re-evaluated.
# or you can run following commands to refresh docker group members
newgrp  docker

# please try some docker commands again
docker ps
# Outputs:
# CONTAINER ID        IMAGE                   COMMAND                         CREATED
```

Blockchain

区块链相关的一些笔记。

Geth搭建以太坊私链

1. 下载安装Geth

```
brew tap ethereum/ethereum
brew install ethereum
```

2. 准备创世区块配置文件genesis.json

```
{
  "config": {
        "chainId": 10,
        "homesteadBlock": 0,
        "eip155Block": 0,
        "eip158Block": 0
    },
  "coinbase"   : "0x0000000000000000000000000000000000000000",
  "difficulty" : "0x20000",
  "extraData"  : "",
  "gasLimit"   : "0xffffffff",
  "nonce"      : "0x0000000000000042",
  "mixhash"    : "0x00000000000000000000000000000000000000000000000000000000000
  "parentHash" : "0x00000000000000000000000000000000000000000000000000000000000
  "timestamp"  : "0x00",
  "alloc"      : {}
}
```

3. 写入创世区块

```
geth --datadir data init genesis.json
```

4. 启动私有节点

```
geth --datadir data --networkid 1001 console
```

5. 创建账户

```
personal.newAccount('123456') # 123456是密码
personal.newAccount('123456')

# 默认eth.accounts[0]为矿工账户
```

6. 挖矿

```
miner.start();admin.sleepBlocks(1);miner.stop()
```

7. 发送交易

```
amount = web3.toWei(5, 'ether')

eth.sendTransaction({from: eth.accounts[0], to: eth.accounts[1], value: amount]
```

8. 查看交易池状态

```
txpool.status
```

9. 挖矿打包交易

```
miner.start(1); admin.sleepBlocks(1); miner.stop() # 启动挖矿，然后等待挖到一个区块;
```

10. 查看余额

```
txpool.status

web3.fromWei(eth.getBalance(eth.accounts[1]), 'ether') # 输出为5
```

11. 其他

```
# 查看区块高度
eth.blockNumber

# 查看区块信息
eth.getBlock(10)

# 查看交易信息
eth.getTransaction(txHash)

# 查看节点信息
admin.nodeInfo
```

参考链接

1. https://www.cnblogs.com/WPF0414/p/10046481.html
2. https://blog.csdn.net/dieju8330/article/details/81542916

以太坊智能合约极简入门

1. 搭建环境

- 安装node, nvm安装
- 安装ganache
- 安装truffle: npm install truffle -g

2. 启动ganache

双击图标

3. 项目设置

```
# 目录 projects/smart-contract-demo
truffle init
```

4. 编写合约文件

```
# /contracts/TodoList.sol
pragma solidity ^0.5.8;

contract TodoList {
    uint public taskCount = 0;

    function setTaskCount(uint count) public {
        taskCount = count;
    }
}
```

5. 编写部署脚本

```
// migrations/2_deploy_contracts.js

var TodoList = artifacts.require("./TodoList.sol");

module.exports = function(deployer) {
  deployer.deploy(TodoList);
};
```

6. 配置truffle-config.js

```
//按需修改
networks: {
    development: {
      host: "127.0.0.1",
      port: 7545,
      network_id: "*" // Match any network id
    }
  }
```

7. 测试

```
truffle test
```

8. Reference

- https://www.trufflesuite.com/docs/truffle/overview
- http://www.dappuniversity.com/articles/blockchain-app-tutorial
- https://www.trufflesuite.com/docs/ganache/overview

Bitcoin core 搭建 regtest测试链

1. 安装bitcoin core

参考官方文档

2. 配置文件

```
# btc_private_chain/data/bitcoin.conf
server=1
rpcuser=123456
rpcpassword=abcdef
rpcallowip=127.0.0.1
[regtest]
    rpcport=8332
```

3. 启动regtest节点

```
# 目录btc_private_chain
bitcoind -datadir=data -regtest -printtoconsole
```

4. 新增地址

```
bitcoin-cli -datadir=data getnewaddress 'xyz'
# print address
```

5. 挖矿

```
bitcoin-cli -datadir=data generatetoaddress 101 "address"
```

6. sendtoaddress 简单消费(转账)

```
bitcoin-cli -datadir=data sendtoaddress "address" 10
```

7. 确认

```
bitcoin-cli -datadir=data generatetoaddress 1 "address"
```

8. 查看余额

```
bitcoin-cli -datadir=data listaddressgroupings
```

9. 查看区块高度

```
bitcoin-cli -datadir=data getblockcount
```

10. 查看区块信息

```
bitcoin-cli -datadir=data getblockhash 102
# output: hash
bitcoin-cli -datadir=data getblock "hash"
```

11. 查看交易信息

```
bitcoin-cli -datadir=data gettransaction "txid"
```

12. 创建简单的原生交易

TODO

13. 创建复杂的原生交易

TODO

其他链接

1. https://bitcoin.org/en/developer-examples#transactions
2. https://bitcoin.org/en/developer-reference#sendtoaddress
3. https://www.jianshu.com/p/09c5207b4e5d
4. https://stackoverflow.com/questions/38152663/bitcoin-how-to-build-raw-transaction
5. https://blog.csdn.net/a013152/article/details/81668629

Others

其他的一些笔记什么的

2019年阅读书单

2019年马上就要过去了， 所以就总结了一下这一年中看完的一些书籍

1 月

- 《图解HTTP》
- 《许三观卖血记》
- 《第七天》
- 《兄弟》
- 《大话数据结构》
- 《半小时漫画历史系列四册》

2 月

- 《秋叶： 如何高效读懂一本书》
- 《Linux命令行与shell脚本编程大全第三版》
- 《The Way To Go》
- 《Go Web Programming》
- 《了不起的盖茨比》
- 《白夜行》

3 月

- 《在细雨中呼喊》
- 《程序是怎样跑起来的》
- 《Go In Action》
- 《Linux就该这么学》
- 《面包树上的女人》

4月

- 《build-web-application-with-golang》
- 《玩儿》

5月

- 《美国众神》
- 《网络是怎样连接的》

6月

- 《平凡的世界》

7月

- 《斗罗大陆》

8月

- 《流浪地球》

9月

- 《撒哈拉的故事》

11月

- 《明朝那些事儿全集》

12月

- 《electron in action》
- 《围城》

你不知道的Homebrew

> Homebrew is a package manager for Mac OS. It lets you download binaries, packages, and applications with a single command.

安装Homebrew

```
# Installs Homebrew
/usr/bin/ruby -e "$(curl -fsSL https://raw.githubusercontent.com/Homebrew/insta
```

升级Homebrew

```
# Updates Homebrew
brew update
```

搜索包

```
brew seach tree
```

安装包

```
# Install Package
brew install <formula>

# For Example
brew install tree
```

升级包

```
# Upgrades one package to the latest version
brew upgrade <formula>

# Upgrades all packages to their latest version
brew upgrade

# For Example
brew upgrade tree
```

删除包

```
brew uninstall <formula>

# For Example
brew uninstall tree
```

清理空间

```
brew cleanup
```

Brew Tap

`homebrew/core` 维护一份可用包列表，在你执行 `brew install` 命令时都是从这个列表进行安装的。

如果需要安装是一个第三方的包列表就需要我们使用 `brew tap` 命令来将此列表添加新 `homebrew/core` 列表中

```
# For Example
# Required to install MongoDB with Homebrew
brew tap mongodb/brew

# Installs MongoDB
brew install mongodb-community
```

Brew Cask

`homebrew/cask` 可以安装GUI程序， 如： Chrome， Vscode, Atom等

```
# 获取brew cask
brew tap caskroom/cask
brew install brew-cask

# Installs Google Chrome
brew cask install google-chrome
brew cask install visual-studio-code
```

撤销Commit

做笔记，做笔记， 做笔记。

撤销commit

通常我写完代码之后就会执行以下命令：

```
git add -A //添加所有文件

git commit -m "注解信息"
```

执行完成之后突然发现有的文件的修改不应该在这次commit提交，所以想要撤回commit。之前我的做法是使用**sourcetree** 来完成。 用着用着感觉好麻烦，所以就好好看了下 `git reset` 命令。

其实我们可以这么做：

```
git reset --soft HEAD^
```

上面命令中的 `HEAD^` 的意思是上一个版本，也可以写成 `HEAD~1` ； `HEAD^^` 就上上次的版本，可以使用 `HEAD~2` ， 依次类推即可。所以如果你进行了 `N(N >= 1)` 次commit回滚，可以使用 `HEAD~N`

参数解释

- `--mixed`

  不删除工作空间改动代码，撤销commit，并且撤销git add . 操作

  这个为默认参数, `git reset --mixed HEAD^` 和 `git reset HEAD^` 效果是一样的。

- `--soft`

  不删除工作空间改动代码，撤销commit，不撤销 `git add` .

- `--hard`

  删除工作空间改动代码，撤销commit，撤销 `git add` .

  注意完成这个操作后，就恢复到了上一次的commit状态。

修改commit的注释

如果commit注释写错了，只是想改一下注释，只需要

```
git commit --amend
```

此时会进入默认vim编辑器，修改注释完毕后保存就好了。

添加漏加的改动

```
git add file

git commit --amend --no-edit
```

`--no-edit` 参数可以让我们不用进入vim编辑器， 使用原有信息直接修改。

撤销本地的所有更改

撤销本地的所有更改，平时我都是通过vscode编辑器自带的git可视化工具来处理的，略嫌麻烦。

```
git reset HEAD .  # 撤销暂存区的修改。注意命令最后面有一个点

git checkout .  && git clean -xdf  # 撤销工作区的所有更改(包括新增的文件和目录)。注意命

### 或者使用：
git add -A && git reset --hard HEAD
```

Vim 快速入门

Vim是一个类似于Vi的著名的功能强大、高度可定制的文本编辑器，在Vi的基础上改进和增加了很多特性。VIM是自由软件。本篇文章是作者的学习笔记，发布本篇文章主要为了备忘，同时也希望能帮助读者快速入门Vim。

新建文件

```
# 方法一
# 直接输入以下命令，编写文件内容； ESC + : + wq! filename 保存退出
vim

# 方法二
# ESC + : + wq 保存并退出
vim filename

vim + filename # 打开文件，光标定位最后一行
```

保存文件并退回终端

命令模式下双击ZZ(大写的)

移动

```
# 每次移动一个字符
k    上移；
j    下移；
h      左移；
l    右移；
```

ctrl+f 向前移动一页（page down）, ctrl+b 向后移动一页（page up)更大范围的移动

```
*                当光标停留在一个单词上, * 会在文件内搜索该单词,并跳转到下一处;
#                当光标停留在一个单词上，# 会在文件内搜索该单词,并跳转到上一处；
(/)              移动到 前/后 句 的开始；
{/}              跳转到 当前/下一个 段落 的开始。
g_               到本行最后一个不是 blank 字符的位置。
fa               到下一个为 a 的字符处，你也可以fs到下一个为s的字符。
t,               到逗号前的第一个字符。逗号可以变成其它字符。
3fa              在当前行查找第三个出现的 a。
gg               将光标定位到文件第一行起始位置；
G                将光标定位到文件最后一行起始位置；
NG或Ngg          将光标定位到第 N 行的起始位置
```

快速移动光标

```
H                将光标移动到屏幕上的起始行（或最上行};
M                将光标移动到屏幕中间；
L                将光标移动到屏幕的最后一行。
```

同样需要注意字母的大小写。 `H` 和 `L` 命令还可以加数字。如 `2H` 表示将光标移到屏幕的第 `2` 行， `3L` 表示将光标移到屏幕的倒数第 `3` 行。

行内移动光标

```
w                右移光标到下一个字的开头；
e                右移光标到一个字的结尾；
b                左移光标到前一个字的开头；
0                左移光标到本行的开始；
$                右移光标到本行末尾；
^                移动光标到本行的第一个非空字符。
```

搜索匹配

```
/str             正向搜索字符串str；
n                继续搜索，定位到str字符串下一次出现的位置；
N                继续搜索，定位到str字符串上一次出现的位置；
 ?str             反向搜索字符串str；
```

替换和删除

Vim常规的删除命令是d、x(前者删除 `行` ,后者删除 `字符`

```
rc               用c替换光标所指向的字符
nrc              用c替换光标所指向的前n个字符
x                删除光标所指向的当前字符
nx               删除光标所指向的前n个字符
dw               删除光标右侧的字
ndw              删除光标邮政的n个字
db               删除光标左侧的字
ndb              删除光标左侧的n个字
dd               删除光标所在行，并去除空隙
ndd              删除n行内容，并去除空隙

d$               从当前光标位置删除字符直到行的结束
d0               从当前光标位置删除字符直到行的开始
J                删除本行的回车符（CR），并和下一行合并
```

Vim常规的替换命令有 `c` 和 `s`

```
s                删除光标所指向的字符，进入编辑模式
S                删除当前行，进入编辑模式
c$               删除光标位置到行尾的所有字符并进入编辑模式
c0               删除光标位置到行开始位置的所有字符，并进入编辑模式
```

复制粘贴

从正文中删除的内容（如字符、字或行）并没有真正丢失，而是被剪切并复制到了一个内存缓冲区中。用户可将其粘贴到正文中的指定位置

```
p               小写字母p,将缓冲区的内容粘贴到光标的后面
P               大写字母P,将缓冲区的内容粘贴到光标的前面
```

如果缓冲区的内容是字符或字，直接粘贴在光标的前面或后面；如果缓冲区的内容为整行正文，执行上述粘贴命令将会粘贴在当前光标所在行的上一行或下一行。 注意上述两个命令中字母的大小写。Vim 编辑器经常以一对大、小写字母（如 p 和 P）来提供一对相似的功能。通常，小写命令在光标的后面进行操作，大写命令在光标的前面进行操作。

复制正文

```
yy              复制当前行内容到缓冲区
nyy             复制n行内容到缓冲区
“+y             复制当前行的内容到操作系统的粘贴板
”+nyy           复制n行内容到操作系统的粘贴板
```

撤销和重复

```
u               小写字母u,撤销前一条命令的结果
.               重复最后一条修改正文的命令
```

进入插入模式

在正确定位光标之后，可以使用以下命令进入插入模式：

```
i               在光标左侧插入正文
a               在光标右侧插入正文
o               在光标所在行的下一行新增一行
O               在光标所在行的上一行新增一行
I               大写, 在光标所在行的开头插入
A               大写, 在光标所在行的末尾插入
```

按 `ESC` 键 和 组合键 `Ctrl + [` 可退出插入模式。

打开、保存、退出

```
:e path_to_file/filename     在已经启动的Vim中打开一个文件
:w                           保存当前编辑的文件
:w  new_fileName             将当前文件另存为new_fileName
ZZ                           大写，保存并退出
:q                           在未作任何修改的情况下退出
:q!                          放弃所有修改，并退出
:wq                          保存并退出，注意命令顺序
```

行号与文件

```
:n                           将光标移动到指定行，同ngg和nG相同
```

命令模式下，可以规定命令操作的行号范围。数值用来指定绝对行号；字符 `.` 表示光标所在行的行号；字符符$表示正文最后一行的行号；简单的表达式，例如 `.+5` 表示当前行往下5行,例如:

```
:345                         将光标移动到第345行
:345w file                   将第345行内容写入file文件
:3,5w file                   将第3至第5行写入file文件
:1,.w file                   将第1行至当前行写入file文件
:.,$w file                   将当前行至最后一行写入file文件
:a,bW file                   将第a行至第b行的内容写入file文件
:r file                      读取file文件的内容，插入当前光标所在行的后面
:e file                      编辑新文件file 代替原有内容
:f file                      将当前文件重命名为file
:f                           打印当前文件的名称、状态、行数、光标所在行号等
```

字符串搜索

在 编辑模式 讲过字符串的搜索，此处的 命令模式 也可以进行字符串搜索，给出一个字符串，可以通过搜索该字符串到达指定行。如果希望进行正向搜索，将待搜索的字符串置于两个 `/` 之间；如果希望反向搜索，则将字符串放在两个 `?` 之间

```
:/str/                      正向搜索，将光标移动到下一个包含字符串 str 的行
:?str?                      反向搜索，将光标移动到上一个包含字符串 str 的行
:/str/w file                正向搜索，将第一个包含字符串的行写入 file 文件
:/str1/,/str2/w file        正向搜索，将包含字符串 str1 的行至 包含字符串 str2 的行的内

:d                          删除光标所在行
:nd                         删除 n 行

:recover                    恢复意外退出而没有保存的修改，也可在启动的时候使用'-r'选项
```

Shell 切换

当处于编辑的对话过程中时，可能需要执行一些Linux命令。如果需要保存当前的结果，退出编辑程序，再执行所需的Linux命令，然后再回头继续编辑过程，就显得十分累赘。如果能在编辑的环境中运行Linux命令就要省事得多。在Vim中，可以用下面的命令来做到这一点：

```
:!shell_command              执行完 shell_command 后回到Vim  :!pwd
```

分屏

```
:split                       缩写:sp, 上下分屏
:vsplit                      缩写:vsp,左右分屏1
```

另外，也可以在终端里启动vim时就开启分屏操作：

```
vim -On file1 file2...       打开 file1 和 file2 ，垂直分屏
vim -on file1 file2...       打开 file1 和 file2 ，水平分屏
```

快速操作

```
以下命令可以对标点内的内容进行操作。
ci’、ci”、ci(、ci[、ci{、ci<                分别更改这些配对标点符号中的文本内容
di’、di”、di(或dib、di[、di{或diB、di<       分别删除这些配对标点符号中的文本内容
yi’、yi”、yi(、yi[、yi{、yi<                分别复制这些配对标点符号中的文本内容
vi’、vi”、vi(、vi[、vi{、vi<                分别选中这些配对标点符号中的文本内容
```

删除全部

```
# 光标在第一行
V + G + d

# 光标在任一行
1,$d
```

快速删除

```
# 有时候我们需要删除括号或者引号内的内容
# 方法一：
定位到{},()等位置，按v然后按%选中删除

# 方法二:
vi + c          # c 为 " ' ( { [ 等字符
```

替换

```
:[range]s/pattern/string/[c,e,g,i]

range  指的是范围，1,7 指从第一行至第七行，1,$ 指从第一行
       至最后一行，也就是整篇文章，也可以 % 代表。
pattern  就是要被替替换的字串，可以用 regexp 來表示。
string   pattern将由string所取代。
c  confirm，每次替换前询问。
e  不显示error。
g  globe，不询问，整行替换。
i  ignore 不分大小写。
```

vim中大小写转化

```
# 整篇文章转换为小写
ggguG

gg=光标到文件第一个字符
gu=把选定范围全部小写
G=到文件结束

# 整篇文章转大写
gggUG

# 只转换某个单词
guw, gue
gUw, gUe

# 其他
gU0        ：从光标所在位置到行首，都变为大写
gU$        ：从光标所在位置到行尾，都变为大写
shift + `  ：光标所在字符大小写切换, 配合v可以进行选择转换
```

其他

```
:files 或 :buffers 或 :ls 列出目前buffer中的所有文档

:e filename 进入vim后，在不离开vim的情形下再打开其他文档

:e# 或 Ctrl + ^, 编辑前一个文档， 用于两文档相互编辑时相当好用

:sh 退回终端命令界面，可以执行命令， exit回到vim界面

:K 大写的K, 会打开光标所在单词的manpage

:r !command 在光标下一行插入command的输出, 报错时会插入错误信息
```

XXX Software Setup

XXX 软件搭建过程，你懂的！ 放飞自我~~~

1. 登录服务器

```
ssh username@ip
```

2. 下载Brook文件

```
# 根据最新版本替换url
wget https://github.com/txthinking/brook/releases/download/v20190205/brook

# 增加可执行权限
chmod +x brook

# 根据配置文件中的command来移动文件
mv brook /usr/local/bin/
```

3. 安装supervisor

```
apt install supervisor
```

4. 编辑supervisor配置文件

PS: 修改 `PORT` 和 `PASSWORD` 信息,将其命名为 `ssserver.conf` , 然后将其放到 `/etc/supervisor/conf.d` 目录中即可。

```
; supervisor config file
[program:ssserver]
command=/usr/local/bin/brook ssserver -l 0.0.0.0:PORT -p "PASSWORD"
autostart=true                                              ; start at supervis
startsecs=1                                                 ; # of secs prog mu
startretries=3                                              ; max # of serial s
autorestart=true                                            ; when to restart i
exitcodes=0,2                                               ; 'expected' exit c
stopsignal=QUIT                                             ; signal used to ki
stopwaitsecs=10                                             ; max num secs to w
stopasgroup=false                                           ; send stop signal
killasgroup=false                                           ; SIGKILL the UNIX
redirect_stderr=true                                        ; redirect proc std
stdout_logfile=/tmp/brook.stdout.log                        ; stdout log path,
stdout_logfile_maxbytes=1MB                                 ; max # logfile byt
stdout_logfile_backups=10                                   ; # of stdout logfi
stdout_capture_maxbytes=1MB                                 ; number of bytes i
stdout_events_enabled=false                                 ; emit events on st
stderr_logfile=/tmp/brook.stderr.log                        ; stderr log path,
stderr_logfile_maxbytes=1MB                                 ; max # logfile byt
stderr_logfile_backups=10                                   ; # of stderr logfi
stderr_capture_maxbytes=1MB                                 ; number of bytes i
stderr_events_enabled=false                                 ; emit events on st
```

5. 重启supervisor

```
service supervisor restart

# 查看ssserver进程是否正常运行
supervisorctl status
# ssserver                         RUNNING   pid 2824, uptime 0:15:28
# RUNNING 表示成功运行了
```

6. 根据上面填写的PORT和PASSWORD填写Shadowsocks服务器配置即可

Speech

A collection of excellent english speeches.

Don't You Quit !

Every champion has felt it. Every victorious person has felt it. The urge to quit. Don't you give up on your dream. I don't care if you don't have the money, if you don't have help, and you don't have the family for it, and if you don't have the friends for it. Don't you give up on your dream. Don't you do it.

每个冠军，每个胜利者，都曾经想要放弃。不要放弃你的梦想！不管你有没有钱，不管有没有人帮助你，不管你的家人是否支持你，不管你的朋友是否支持你，你都不要放弃梦想！千万不要！

It may take you twice as long. You may have to take courses and classes. You might not read as fast. You might not move as quick. You might not have as much. But don't you quit. 可能你需要多花很多时间，可能你需要多参加很多课程，可能你读得没别人快，可能你的行动不如别人敏捷，可能你拥有的没有别人多，但是你一定不要放弃。

If you lay dead even the animals won't bite you. The risk of being bitten is the cost of getting up. And you have to decide. Are you so concerned about being bitten that you're willing to spend the rest of your life lying dead? Or is there something pumping down inside of you that is saying bite me or not, I'm getting up.

如果你混吃等死，连野兽都不屑于啃你一口。如果你害怕被吃掉，那么你就永远爬不起来。你要自己做决定，你真的那么害怕被吃掉吗？害怕到你宁愿混吃等死，也不愿意起来奋斗吗？又或者，其实你身上有一股冲劲，不管会不会被吃掉，我都要站起来！

I'm going to be the best me. I'm gonna do all that I can do. I'm going for it. Anybody can do anything they set their mind to. But it depends on how bad you want it. With enough persistence most things that seem impossible become possible. You just have to show up or show at so often. Time after time you gotta wake up and you got a drive. You got to be driven to get something done now.

我要做最好的自己，我要付出所有的努力，我要朝着目标去奋斗。有志者，事竟成。但是，这取决于你的愿望有多强烈。只要付出坚持不懈的努力，一切皆有可能。你要让世人看见你的努力，你要一次次地觉醒，你要找到自己的动力，你要让一股力量驱使你去实现梦想。

You got to be willing to stand on your beliefs. Cuz a lot of times you're the only one who can see it. And other people don't see it really. But you gotta really believe in what you've got inside of you that's telling you and driving you to a certain goal. Every minute you decide upon something you know that's what you want. You know you're going to do it. All of these negatives that have been bothering you. They pick up their baggage and get out. They can't live any positive mind. You have to move with courage, with faith, with determination.

你要勇于坚持自己的信念。因为，很多时候，和其他人相比，你才是最清醒的人。但是，你必须对自己的梦想有信心，要对你的目标和动力有信心。每次做决定，你都清楚地知道，这就是你想要的，你知道自己要努力实现它。那些曾经让你心烦意

乱的消极的声音，都被清理得一干二净，因为积极的心态容不得它们存在。你要勇往直前，你要心怀信念，你要意志坚定。

I don't care what it is. I don't care how difficult it is. Listen, you better put some strength in your back. Plant your feet and stand up. Don't you dare sit down. Don't you dare crumble under the weight of it. Don't you dare give in because of the nature. Don't you dare go home and raise the white flag of surrender because whatever is over you defines you and whatever defines you limits you.

我不管你的梦想是什么，我不管它有多难实现。听着，你必须给自己力量。稳住脚跟，站起来！不要再坐下去了！不要再让压力把你压垮了！不要因为自己的惰性而屈服！不要自己认输然后灰溜溜地躲回家去！能承受多大的压力，决定了你是什么样的人。而你是什么样的人，决定了你能成多大的事。

This is not your season to die. This is not your season to quit. There's joy. There's peace. There's breakthrough. There's provision. But you'll never see it if you don't stand up to it. Your pain is going to be a part of your prize, a part of your product. I challenge you to never give up. Never give in. And finally, guys, you gotta want to succeed as bad as you want to breathe.

不要因此一蹶不振，不要因此半途而废。无尽的快乐，内心的平静，巨大的突破，大好的前途，就在前方。但是，如果你不勇敢面对现实，你就永远看不到这些美好的东西。你的痛苦，将会成为你的荣誉，你的成就。你敢不敢坚持下去，永不言弃？朋友们，你要渴望成功，成功和你的呼吸一样重要。

That's just kind of the way that life works sometimes. It's Murphy's Law. When things go wrong, they always seem to happen at once and they just compound on top of each other and it's, it's pretty easy sometimes to feel beaten up. When you're faced with all of those issues and all those problems and they all hit you at the same time that doesn't mean give up. In fact, it means the opposite. It means it's time for you to fight harder to dig in. It means it's time for you to go on the warpath.

有时候生活就是这样的，这就是墨菲定律。一事不顺，诸事不顺，这很容易让你感到沮丧。当你同时面临很多困难，很多问题，你不能放弃。事实上，你更加应该坚持下去。因为这些事情意味着，你要加倍努力，你要埋头苦干。这意味着，你要走上战场去勇敢地搏斗！

Look For The Good In Your Life

Whatever you focus on you will find. If you search for negativity in this world, you will find plenty of it. If you search for hate, anger, violence and sadness you will find it.

你关注什么，你就会收获什么。如果你寻找负能量，你就会发现很多负能量；如果你寻找憎恨、愤怒、暴力和悲伤，你也会找到。

But the same is true on the flip side: If your only intention is to search for the good, you will find only the good. Whatever meaning you give your life, becomes your life.

但是另外一面也是正确的。如果你的目标是寻找美好，那么你只会找到美好。你赋予你的生命什么，你的生命就会成为什么。

It can be a failure or a lesson. Heart break or character building. Life is against you, or making you stronger.

失败还是教训，伤心还是塑造品格，生活是故意刁难你还是让你变得强大，全看你自己的态度。

Because there is no such thing as reality. We choose our own reality by the meaning we give each moment in our lives. Make it your intention to look for the good in your life. To notice the good in others. To be grateful for what you do have. To see challenges as opportunities to show your true character.

因为根本没有“现实”这回事，全凭我们自己的视角。所以，一定要寻找美好的东西，珍惜自己所拥有的。把挑战当作是锻炼自己的机会。

Remember: What you give your attention to will become your experience in life. Practice seeing the good in your life, and in others. Think the best, expect the best and always ask yourself how can this benefit my life. 记住，你的关注点在哪里，你的成长就在哪里。多关注生命中美好的人和事，思考最好的，期待最好的，而且时刻问自己，这件事怎么能让我的生命受益？

Leave who you were. Love who you are and look forward to who you will become.

接纳过去的自己，爱现在的自己，期待将来的自己。

Make Excuses Or Make Changes

What happens with students, and I see this all the time. They start university but with the mindset that they're constantly looking for excuses, about why things aren't going the way they want, why they're disappointed with their exam results, why they don't think their professor is teaching them effectively, why they keep getting up late and missing classes.

学生的情况，我见得多了。他们上了大学，但他们的心态不健康。如果发现事情不顺利，或者对考试结果感到失望，或者觉得教授没有认真上课，或者一直睡懒觉、旷课，他们就会找借口。

And when you do that, you take all the power you have in your life, and you give it away. You just throw it all away, because you're blaming other people. By blaming your professors, or your university, or your friends or family or your circumstances, you give your power away to them, but you need to embrace it.

如果你总是找借口，其实就是在放弃自己的主动权，把决定权交给别人。因为你总在抱怨别人，所以其实你抛弃了自己的主动权。如果你总是发牢骚，埋怨老师，埋怨学校，埋怨朋友，埋怨家人，埋怨现状，那么你就把主动权交给了他们。然而，你应该掌握自己的主动权。

Think about the lies that you tell yourself to rationalize being lazy. When you take the easy road and you leave discipline behind, when you say to yourself, I'll start studying for my exam tomorrow, and then tomorrow comes and you say, I'll start studying for my exam tomorrow. And the exam deadline is getting closer and closer, and a few days before the exam you realize you haven't started studying yet. And the panic sets in and the sleepless nights begin. It's too late.

想一下，你曾经说了多少谎言，自欺欺人，掩饰自己的懒惰。你选择安逸，放弃自律。你对自己说，明天我就要开始复习考试，第二天又继续说，我明天我就要开始复习考试。考试一天天逼近，开考前几天，你终于意识到，自己完全还没开始复习。你会感到恐慌，睡觉都睡不安稳。但是，一切都已经太迟了。

It's the day of the exam you sit at your desk. You open the exam paper for the first time and you experience that all-too-common sinking feeling when you realize you don't know the answer to any of the questions. You know what I'm talking about. We've all been there. It's the excuses and the lack of discipline that are taking you down paths that you shouldn't be going.

考试当天，你坐在桌子旁，第一次打开试卷，发现自己不知道怎么解答，接着感到心一沉，这种感觉非常普遍。你很清楚我在说什么，因为我们都经历过这样的情况。找借口，不自律，这让你误入歧途。

There are a million reasons why you're disappointed, but the reasons are not important. What is important is what you do about it. What is important is how you're going to spin it so that you take advantage of the situation. Failed an exam? Good. Study two hours a day extra from now on. Had an argument with a friend? Good. You just had a crucial lesson in social science. Try to stay more calm next time. Keep waking up late and getting to class late? Good. Go to sleep earlier and wake up earlier tomorrow. Whatever your problems are, they are fixable. You just have to persevere.

也许有千百种事情让你沮丧，然而它们并不重要，重要的是你如何应对，重要的是你怎么扭转局势，怎么利用现有条件。考试失败了？没事，从今天开始，每天加量学习两小时。和朋友吵架了？没事，你得到了社交中很宝贵的教训，下次记得要更加冷静。总是睡懒觉、上课迟到？没事，早点睡，明天早点起。无论你有什么问题，都可以解决，关键是你要能坚持。

And as you work at it brick by brick, you might start out awfully inefficient and incompetent at studying. But being willing to put in the work, and grind it out, and becoming someone who people actually look up to and admire, at that moment in your life, you'll realize it was worth it. All the pain, the suffering, the late-night study grinds. It was all worth it.

你付出点点滴滴的努力，也许一开始的时候你学得不太好，但是，只要你愿意付出，愿意用功，最后人们都会佩服你，欣赏你。到那时，你就会知道，一切都是值得的。曾经的痛苦，磨炼，无数个努力学习的不眠之夜，都是值得的。

Remain Resolute And Keep Going

You've probably heard this before that tough times don't last forever but tough people do. That held true when you first heard it and it still holds true today. There will come a time in your life where you may cry and feel like your soul is dying. Those days when you struggle, want to give up, and don't want to face the world. These are the days that define you. Don't quit.

你可能听说过，艰难的时期总会过去，坚强的人才能笑到最后。这个道理，古今通用。在人生中，你可能会遇到艰难时期。你哭泣，你感到自己的灵魂正在死去。这种时候，你痛苦地挣扎，你想放弃，你不想面对这个世界。然而，这正是磨炼你的时候。不要放弃。

Difficulties come to make you strong, but that's only when you make a decision to go on, and you stand by it. Abraham Lincoln said, I'm not concerned that you have fallen and concerned that you will rise. Giving up as human nature brought about by fear, fear of, what if I fail and try, and then fail again. Wouldn't it just be easier to just quit? But here is what is wrong with that. When you give in to that fear, you sentence yourself to a lifetime of failure, a lifetime of regret, a situation where you lose faith in yourself and in humanity. Don't do that to yourself.

只有在你下定决定要坚持到底的时候，困难才能让你更加强大。亚伯拉罕·林肯曾经说过，我不在乎你有没有跌倒，我在乎的是你有没有站起来。放弃是人类的天性，它是由恐惧引起的。要是我失败之后再次尝试，又失败了，怎么办？直接放弃，这不是更简单吗？但是，这种想法是不对的。当你向恐惧低头的时候，你注定了一生都要失败，一生都要后悔，你会对自己失去信心，对人性失去信心。不要这样对待自己。

You must understand that difficult times will come. There's absolutely nothing you can do about that. What you can do, however, is decide what you're going to do with the times. Life is 10% what happens to you and 90% how you react to it, so you must decide to make a commitment to face it and deal with it, because at the end of pain is success.

你必须明白，艰难时期总是会来的，你无法阻止它。然而，你能做的，就是决定自己要如何面对艰难时期。生活中，重要的不是发生了什么，而是你如何应对。所以，你必须决定好，下定决心去面对困难，处理困难，因为，痛苦的尽头，就是成功。

Name what it is that is holding you back. It may be fear. It may be procrastination, a relationship, self-doubt, or even depression. Whatever it is, identify it. You know you can, if you think deeply about it. Now write it down. This will put into perspective what you have to deal with. The big picture of your life will begin to become clear when you start paying attention to the tiniest details. Start with identifying what is holding you back.

找出到底是什么东西拖了你的后腿，可能是恐惧，可能是拖延，可能是一段关系，可能是系我怀疑，甚至可能是抑郁。无论它是什么，首先要找到它。如果你认真思考，你就能找到它。然后，把这个东西写下来。这会让你清楚地看到，你到底要处

理什么。当你开始注意人生中最小的细节时，你人生的大局就会变得清晰起来。找到拖你后腿的东西，从这一步做起。

Next, you have to let go of your anger and hate from the past. This is to help you heal yourself. You cannot be happy and productive if you hold on to old hurts. Let go of relationships and situations that are out of your control. Don't try to force it. You'll only end up hurting yourself some more. Your mental health is important, as it guides every other aspect of your life, your physical life, your spiritual life. They all become better when you maintain a healthy mental state. Let go of your past hurt.

接下来，你要放下过去的愤怒和怨恨，这能帮助你治愈自己。如果你总是沉溺于过去的伤痛，那么你不可能快乐，也不可能有所成就。放下那些你无法控制的人际关系和情况，不要勉强了。如果你放不下，你只会进一步伤害自己。你的心理健康是很重要的，因为它引导着你生活的每一个方面，你的生理健康，你的精神生活。如果你能保持健康的心理状态，你生活的方方面面都会变得更好。放下过去的伤痛吧。

Rock Bottom

The thing about life is it's not always easy, and you can't always win. Some point of your life, it hits you. It hits you really really hard.

生活的真相就是，生活很难，你不可能一直是赢家。有时候，生活会打击你，非非常非常沉重的打击。

The person you love doesn't love you back, you get fired, you lose a family member. At some point of your life, you're gonna hit rock bottom.

你爱的人不爱你，你被辞退了，你失去了亲人。有时候，你会跌入低谷。

You're paralyzed, you're like, "Why?" And that why can really really destroy you. Once you start asking yourself, "Why me? Why not the others, why me?

你已经麻木了，你会问为什么。“为什么”会摧毁你。一旦你开始问你自己，“为什么是我？为什么不是别人？为什么是我？

I'm actually a good person, I never did something significantly bad, why the hell did it hit me?" Because that's life. Life is unfair.

我真的是个好人，我从来没有做过严重的坏事，但为什么偏偏是我遇到这么多坎坷？”因为，这就是生活，生活就是不公平的。

Success is not measured on the days when the sun shines. Success is measured on the dark, stormy, cloudy days. And if you can't absorb failure, you're never gonna meet success.

成功不是用阳光灿烂的日子来衡量的，成功是由那些黑暗的、狂风暴雨的、阴云蔽日的日子来衡量的。如果你无法接受失败，你就永远不会成功。

Sometimes it takes things falling apart, for better things to fall into place. Sometimes it takes the most uncomfrotable path, to lead your life to the most beautiful place.

有时它会让事情分崩离析，让更好的事情发生（不破不立）。有时候，要走最不起眼的路，才能把你的生活引向最美丽的地方。

There`s gonna be bad days , theres gonna be dark days, but you`**ve gotta embrace it, Because that pain is what makes you stronger. Failure is what makes you stronger.**

会有不好的日子，会有黑暗的日子，但你必须拥抱它，因为痛苦会让你更坚强。失败使你更坚强。

You have to accept those down times, because once you realize those down times, are just as much part of life as anything else, you`re able to strive again.

你必须接受那些低潮时期，因为一旦你意识到那些低潮时期和其他任何事情一样是生活的一部分，你就能够再次奋斗。

You`ll never see the purpose of the storm, until you see the growth it produced. You`**ll never understand why you went through what you went through, until you see the strength, the power, the resilience that it built inside of you .**

直到你看到暴风雨形成你才明白他的目的。你永远不会明白你为什么要经历你所经历的一切，直到你在内心建立起毅力、力量和韧性，你才能明白你为什么你要经历你所经历的一切。

Ask yourself why. But this why is a better why, “why am i doing this ? why am i failing?Why am i even getting myself in a situation where i could fail? Because i have a dream.Because i have goals.”

问问你自己为什么。但这就是为什么“我为什么要这么做？为什么我会失败？为什么我会让自己陷入失败的境地？因为我有一个梦想。因为我有目标。”

And the more you`re thinking back to those original goals, the easier it is for you to get back up and say, “Alright”**, it might be difficult, it might be painful , it might be stressful, there might be no people that believe in me, but i believe in myself.**

你越是想回到最初的目标，你就越容易站起来说“好吧”，这可能是困难的，可能是痛苦的，可能是压力的，可能没有人相信我，但我相信我自己。

You know it might have been the case, that you should have gone through that harsh, break up, that you should have gone through that heavy loss, just in order to find something even better, but the only way to get to that even better, is to get back up and work.

你知道可能是这样的，你应该经历那种严酷的，粉碎的，你应该经历那种沉重的损失，只是为了找到更好的东西，但唯一能找到更好东西的方法——就是重新站起来努力奋斗。

To get back up and put yourself out there again, And arise from that again, stronger , better, smarter, ready to grasp that new opportunity.

重新振作起来！重新振作起来！重新振作起来！变得更坚强，更好，更聪明，准备抓住新的机遇。

You gotta believe the tables in your life will turn, that pain will become power, that weakness will become strength, and that confusion will become peace, better things are coming for your life.

你要相信你生命中的桌子会转动，痛苦会变成力量，软弱会变成坚强，混乱会变成和谐，更好的事情会降临到你的生命中。

Everyday is a new beginning. It`s time for you to start treating it that way.

每一天都是新的一天，该是时候认真对待它了。

Some Risks you should definitely take in life

Risks are a part of all our lives. Some you take, some you don't. Actually, any decision you make has an element of risk. Nothing comes with a full warranty. Whenever you attempt to do anything, failure is a possibility. However, there are certain risks worth taking that can contribute significantly to your happiness. So, here are some risks you should definitely take in life!

风险，是人生的一部分。有些风险是你会去承担的，有些则不然。实际上，你做的每个决定，都包含了风险，没有什么事情是保证万无一失的。每当你尝试做一件事，你都可能会失败。然而，有些风险是值得你去承担的，它们能让你变得更快乐。那么，接下来将要介绍给你的，就是一些人生中你应该承担的风险。

Number 1 - Pursuing Your Dreams. Sure, many people have followed their dreams with passion, only to experience complete failure. What's even more tragic, however, is that most people never risk really pursuing their dreams. Everyone should make a serious attempt to realize their dreams at least once in life. After all, you don't want to find yourself sitting somewhere, old and decrepit, and have to ask yourself. What if I had done it? What kind of life could I have had?

第一，追寻你的梦想。确实，很多人满怀热情地追寻梦想，到头来却彻底失败了。然而，更悲哀的是，有些人从来不敢追求自己的梦想。在人生中，每个人都应该认真地尝试实现自己的梦想，至少要有一次这样的经历。毕竟，你可不想在白发苍苍时才回头问自己，如果当初我实现了梦想呢？我的人生会是什么样的？

Number 2 - Risk Rejection. The reason we get rejected usually has much more to do with the person who turned us down than with us. Regardless of what's at stake – whether you ask someone out on a date or just want a bit of advice – there will be some people that just won't comply with your wishes. The fear of rejection is what keeps many people from asking for what they want. It often seems better not to ask at all than risk a no. Yet, if you don't even ask, how can you expect to get a yes.

第二，承担被拒绝的风险。我们被拒绝，更多地是因为拒绝我们那个人，而不是因为我们自己有问题。不管是什么事，比如你想与某人约会，或者想得到一点建议，总会有人不如你愿。很多人不敢去索要自己想要的东西，因为他们害怕被拒绝。貌似，与其被拒绝，还不如不要开口问。然而，如果你连问都不敢问，那你就别指望人家答应你了。

Number 3 - Experiencing Something New. When you learn or try something new, there's always an element of risk. Skiing, sky-diving - even learning how to skate - can be pretty intimidating. There is a real chance you can injure yourself. But you feel so great when you conquer your fears! It's the same when you risk a big change in your life. Quitting your job and moving abroad or pursuing a new career takes some guts. But if that really appeals to you, you just have to risk it - or risk remaining unsatisfied with your life!

第三，尝试新事物。当你学习或者尝试新事物的时候，总是会有一定的风险的。滑雪，跳伞，甚至是学溜冰，这些看起来都挺吓人的。确实，你可能真的会伤到自己。但是，当你克服了恐惧之后，你会有很棒的感受！同理，在人生中，你冒险去做出改变的话也是如此。辞职，移民，追求新的事业，这些都需要勇气。但是，如果这就是你想要的，你就必须冒险，不然你这辈子都不会对自己的人生感到满意！

Number 4 - Risk Missing Out on Something. People don't like missing out on fun events or pleasant pastimes. Sitting in your favorite bar and chatting with friends every night or going on that vacation holiday can be very tempting. Devoting ourselves to our health, work and success makes it seems like we might be missing out. Business before pleasure can be uninspiring. But think about it for a moment: how many parties, concerts and beach holidays have really made a difference in your life? What could you achieve if you were willing to miss out on something, now and then?

第四，承担错过一些东西的风险。人们不希望错过好玩的事情，或者令人快乐的消遣时光。每晚都坐在最爱的酒吧里跟朋友聊天，或者去度假，这些都很令人心动。花时间去管理我们的健康，努力工作，追求成功，这可能会让我们错过一些东西。先苦后甜，这是并不是什么鼓舞人心的事。但是，想一想，有多少派对，音乐会，在海边度过的假日，能够让你的人生有所不同？如果你愿意偶尔错过一些东西，最后你会取得什么样的成就？

Number 5 - Risk Saying I Love You First. Being the first to say I love you to someone can frighten the bravest of us. It's because it makes you extremely vulnerable emotionally. And, if your partner doesn't say, I love you too, you will feel what seems like the ultimate rejection. Yet, that person could say those words you want to hear! If you feel that way, he or she very likely does as well - but they just may be more afraid of saying it than you are. And if they don't respond as you hope, at least you know where you stand and can reevaluate your relationship.

第五，冒险去当那个先表白的人。主动说我爱你，这可能是大多数人都不敢做的事，因为这让你在情感上显得很脆弱。而且，如果对方没有回应说我也爱你，你会觉得人家就是完全拒绝你了。然而，对方有可能会说出你想要的回答！如果你有那样的感受，那么对方可能也会有一样的感受，只是人家比你更害怕把那句话说出来而已。如果他们给的回答不如你愿，起码你能知道目前的情况如何，你也能重新审视你们的关系。

Number 6 - Expressing Your Opinion. Everyone has their own opinion on just about anything. Expressing your own point of view might seem risky. You don't know how it will be received. You might really upset someone. You might even find out that your opinion is demonstrably wrong! A lot of people prefer to avoid potential conflict or contradiction - and they don't speak up for themselves. Yet, if you don't say what you think – at least some of the time – others will think that you have nothing to offer or have no principles - or even lack intelligence. Interesting people express their opinions, even if they are sometimes unpopular. They are often successful people, because they have as little fear of failure as they have in saying what they think.

第六，表达你的观点。对于每一件事，每个人都有自己的观点。表达自己的观点，貌似这也是有风险的，因为你不知道自己的观点会得到什么样的回应，可能你会让某个人不开心，可能你甚至会发现自己的观点明显是错误的！很多人希望避免潜在

的冲突，所以他们不表达自己的观点。然而，如果你从来都不表达自己的观点，那么别人可能会认为你没有什么想法，或者认为你没有原则，甚至认为你不够聪明。那些有趣的人，就算他们的观点可能不太受欢迎，他们也会表达自己的观点。这些人往往是成功人士，因为他们不害怕失败，所以也不害怕说出自己的想法。

Number 7 - Risk Losing Friends. Friends are important. Life without them would be very dissatisfying. But they can also get in the way of your dreams. When you are pursuing your goals, you will often need to spend a lot of time by yourself. And friends can make it difficult for you to concentrate and remain focused. Some friends will even try to get you to give it all up because they are feeling left out. True friends will take your dreams seriously and understand that you need to take some time away from them. They will work on preserving their friendship with you, even if they don't see you as often as they would like.

第七，承担失去朋友的风险。朋友是很重要的，没有朋友的人生是难以令人满意的。但是，朋友也可能成为你逐梦路上的绊脚石。当你追逐梦想时，你需要独自度过很多时间，朋友会让你难以专注。有些朋友甚至会尝试让你放弃梦想，因为他们觉得自己被抛弃了。真正的朋友会认真对待你的梦想，他们理解你，能够接受你和他们待在一起的时间变少。就算和你见面的次数比他们期待的少，他们也会努力维持这段友谊。

Number 8 - Risk Inadequacy. Sometimes you will not be good enough. Sometimes you won't have what it takes. But isn't it better to find that out for yourself than having to ask yourself if, maybe, you could have become a great musician or a sports star? Sometimes you have the talent or skills, and sometimes you don't. You might become obsessed with a certain "what if" your entire life. But if you knew you could have never made it, you won't be haunted by useless regrets. You will never know unless you give it your best try and risk not being good enough.

第八，冒险去做一个有缺陷的人。有时候，你就是不够优秀，你就是没有足够的能力。如果我能成为一个伟大的音乐家或者足球明星会怎样？你这样质问自己，还不如自己去发现你还不够优秀或能力不够的事实，对吧？或许，你这一辈子都会纠结某些可能做到的事，但是，如果你明确知道自己永远做不到，你就不会一直后悔，这种后悔是没有意义的。只有当你真的全力以赴了，并且冒险去做一个不够优秀的人，你才会看清真相，才会明白这个道理。

Success is a quiet process

As Ellen Cook puts it, success is like a quiet daily set of tasks. Real real small. It's like that quiet walk to the library, that empty 24/7 library late at night, over and over and over. Or as I sit there studying other great people and I compare their actions with my own actions over and over and over. Or as I sit doing 30 minutes of meditation a day over and over and over. Making the choice to eat foods that enhance my brain neuro-transmitters over and over and over.

正如Ellen Cook所言，成功就像每日默默完成的任务。这些任务很小，比如每天晚上都自己走去那个空荡荡的24小时图书馆，或者我反复地研究其他优秀的人，并把他们的行为和我的进行对比，或者我每天都用30分钟练习冥想，或者我一直坚持吃健康的、有益于我的大脑神经递质的食物。

It's a very quiet process where you're doing these simple little tasks but finding love in those simple little tasks. It's not the big thing where you do this one thing and something big happens. Being able to make a success out of your life. It's not purely down to luck. You have more control over it than you think. You can decide to be successful. You can decide to have the fast cars and the big house.

这个过程很安静，你的任务很简单也很小，但是你逐渐喜欢上它们。它们不是什么伟大的事情，不是那种影响深远的事情。在人生中，获得成功并不全靠运气。你对生活的掌控力，比你想象的要强。你可以决定自己是否成功，是否能够拥有豪车和大房子。

And it starts right here with your studying, not because getting good grades is going to bring you success in the future, it's about the work ethic and the attitude you have towards your studying that will transfer to your work after you graduate. It's about believing that you can achieve something and doing whatever it takes to achieve it. It's about fine-tuning the skills you have to zero in on your goals, the skills that you are improving while you're studying.

这一切都是从现在开始的，从你目前的学习开始，这不是因为好成绩能让你在未来取得成功，而是因为你对学习这件事的职业精神和态度。在你毕业之后，它们仍然能够影响你。这也是因为，你相信自己能够实现梦想，并且用尽全力为之奋斗。这更是因为，你不断打磨自己的技能，从头学起，通过学习来不断提高它们。

Work ethic, time management, reading, critical thinking, problem solving, decision making, focus, reasoning, persuasion, organization, overcoming obstacles, and self-motivation. These are all skills that all great students have improved and refined over years of efficient and effective studying. And it's these students that have made a decision that when the world is saying that's impossible, you're not capable, your dreams will stay as dreams.

职业精神，时间管理，阅读，批判性思维，解决问题的能力，做决定的能力，专注力，推理能力，口才，组织能力，克服困难的能力，自己给的动力，这些都是优秀的学生们在多年的高效学习中提高的能力。在全世界都跟他们说不可能、说他们做不到、说他们无法实现梦想的时候，他们能够做出自己的决定。

They have that lone voice that goes, no, you know what, it is possible, just watch me. They have gone through this process of growth, and they have pushed and pushed through all the obstacles that were thrown at them. It's important that you don't think of your studying as though it's all about passing your exams and getting a piece of paper at the end of it all so you can get a good job, because it's so much more than that.

在他们心中，有一个声音响起。不！一切皆有可能！走着瞧吧！他们经历了成长的过程，无论遇到什么样的困难，他们都能一一克服。你不要认为学习就是为了通过考试、拿到文凭、得到好工作。这一点很重要，因为学习的意义远不止于此。

And it's the great students that understand this. It's not about your exams. It's about the process and the journey you go on and the skills you refine over the years. It's about when you don't feel like studying but you continue to push through and study anyway. It's doing the things that you need to do, that you know you need to do when you don't feel like doing it, because the reality is, is that most people can study when they're feeling good.

优秀的学生，才会明白这个道理。学习不是为了考试，学习的意义在于它的过程本身，在于你这些年来练就的技能。学习就是在你不想学的时候，还能督促自己去学习。学习就是要去做那些你需要做却不想做的事情。因为，实际上，对于大多数人来说，在自己状态好的时候学习不是什么难事。

Most people can study when they have no distractions, when they're in a quiet environment, when there's pressure put on them as a deadline is approaching. But just being able to study on the highs isn't good enough. You have to be able to study all the time. So learning how to refocus your mind on the lows and knowing the lows are going to end is a huge skill. The process is just as important as the actual prize, because the process is going to make you. The deeper the process, the greater the reward. Just remember the prize is going to be huge.

在没有令自己分心的事情时，在环境很安静时，在没有截止日期逼近的压力时，大多数人都能学习。但是，在高峰时期学习，这还不够。你要做到在任何时候都能学习。所以，学会在低谷时期专注于学习，并且告诉自己艰难的日子终将过去，这是很重要的能力。过程和结果一样重要，因为过程最能塑造你。过程越深刻，收获越丰富。记住，你将会获得巨大的收获。

What's On Your Life List?

What is a successful life?

什么是成功的人生？

To answer this question, we must observe the paradox of our priorities. How we pursue lifestyles built on our resumes. Yet as we knowingly approach death, we yearn to be remembered by every quality, except that resume.

要回答这个问题，我们必须研究一下我们做事的优先次序。我们在简历的基础上，追求自己的生活方式。 但是当我们生命垂危之际，我们却渴望被人们铭记自己简历之外的所有品质。

You see, during the course of our lives, we seek success of every tangible sort. But when it comes to looking back on a life once lived, those tangible things, the measuring cups of our entire existence seem emptier than ever. I have never read nor have I written a eulogy that expressed how accomplished a person was or how brilliant of a worker they were. Even the most celebrated innovators are not eulogized by the impact of their inventions, but by their motives, the bonds they formed, acts of kindness, and what they meant to the people around them.

你看，我们活着的时候，追求的是各种有形的成功，但是当回首往事时，那些有形的东西，以及证明我们生活过的事物，此刻却像量杯一样空空如也，比以往任何时候都更空虚。我从未读过或写过因一个人成就巨大或技艺娴熟而被人颂扬的悼词。即便是最著名的发明家，人们津津乐道的并非是他们的发明，而是他们的动机，因他们而形成的纽带，他们善意的行为以及他们对周围人的意义。

So if you wonder what a successful life really feels like, all you have to do is close your eyes and think about what you want your eulogy to sound like. What words will be used by loved ones describing and celebrating your legacy when you die? List those words. Internalize this list, memorize it, stare at it everyday. What you're staring at is your personal definition of success.

所以，如果你想知道成功的人生是什么样子的，你只需要闭上眼睛，想象一下你的悼词内容。在你死后，你的亲人们会如何形容和赞美你的遗赠？把那些词语列成清单，放在心上，记在脑子里，而且要每天都盯着它。因为你所注视的，恰恰就是你个人对于成功的定义。

It sounds crazy, but everything else you're pursuing, everything else you whine and worry about is secondary. And if you're going to do those secondary things, make sure they serve your list. Make sure they increase your capacity to live by those qualities. Stop chasing things that aren't on your list. Because that list is all you have and that, my friends, is the only way to live a successful life with intent, not regret.

这听起来很疯狂，但其他你所追求、抱怨、担忧的任何事情，都是次要的。并且，如果你要做这些次要的事情，在做之前，要确保这些事对完成你的清单有帮助，要保证它们可以提高你的能力，从而让你具备那些品质。要果断放弃那些不在你清单上的事情，因为这张清单就是你的所有，而且这是你成功的唯一途径，否则你将抱憾终生。

What's on your list?

你的清单上有什么呢？

You Don't Know How Strong You Are

Tough times separate those who give up and those who keep going. Tough times show what heart is really inside. Tough times show what courage is really inside. It's in our toughest moments that we see who people really are. Who are you? "You don't know how strong you are, until being strong is your only choice." Bob Marley said this. And it is so true! You don't even know how strong you are! You have inside you something so great, something so deep, something so strong. Do find that strength inside you.

艰难的岁月把轻易言弃的人和奋勇向前的人区分开来。困苦的时刻揭露了人的内心，展现了人的勇气。正是在最艰苦的时候，我们才能看清世人。你是谁？在坚强是你唯一的选择时，你才知道自己有多坚强。这是Bod Marley说的，说得对极了！你甚至根本不知道自己到底有多强大！在你的内心深处，你拥有很伟大、很深刻、很坚强的品质。你一定要找到这内在的力量。

Whatever you are going through, you can get through it. You will get through it, and it will make you stronger. It will make you wiser and it will make you better. That is what mentally tough people do. They do not allow anything to break them. They force hard times to make them. They learn lessons. They see the blessings. And most importantly they keep going. What lessons can you learn? What blessings can you take from this? If you asked me what is the most important thing one can do in overcoming anything. In one word I will give it to you. Purpose.

无论你正在经历什么，你都能渡过难关。你会战胜困难，而且这会使你更加坚强。它会使你更睿智、更优秀。内心强大的人会怎么做？他们不会让任何事打败自己，他们用困难来塑造自己，他们吸取经验，他们看见了困难中那宝贵的财富。最重要的是，他们永不放弃。你学到了什么经验？你从中得到了什么样的收获？如果你问我，对于一个人而言，要克服困难，最重要是什么？我只会告诉你一个词：目标。

If you know your purpose, if you know why you do what you do, if you know why you must fight, then you will fight. You will fight for your purpose. You will fight for your love. You will fight for that one person. You will fight for your family, for your friends. You will fight for your legacy. You will fight because you know you don't want future generations to give up, because you did. You want them to keep going because you did. You want them to say I will fight because I saw you fight. I will stay strong because you stood strong. That is mental toughness!

如果你知道自己的目标，如果你知道你为什么做你所做的事，如果你知道自己为什么必须奋斗，那么，你就会去奋斗。你会为了你的目标而奋斗，为了你的朋友而奋斗，为了你的财富而奋斗。你会奋斗，因为你明白，你不想因为自己的放弃而使得后人做事也半途而废。你想让他们不断进取，因为你做到了。你想让他们说，我会奋斗，因为我看见了你的奋斗；我会保持坚强，因为我看见了你的坚强。这就是精神的强大！

Life Is Like An Arena

Life is not a ride in a wonder park, where thrills and challenges are there only to excite you without a real intention of defeating you. Life is more like an arena where you must fight to survive. You are either defeated or a victor.

在游乐园里，那些惊险和挑战不是为了打倒你，而是为了让你感到兴奋，但在生活中可不是这样。生活更像是一个竞技场，你要拼搏厮杀，才能生存。你要么赢得光鲜亮丽，要么输得头破血流。

What defines defeat is not being knocked down on the ground, but not having the will to stand back up, because if you're breathing, life still believes in you, and you still have a chance of standing back up again, and showing the people and circumstances that you are above and bigger than them. Everyone has their unique problems in their life, their own mountains to climb, a climb that never gets easier. It's you who gets used to them. Get used to the challenges and problems in your life and pick them out one by one.

什么是被打败？被打败，不是被打倒，而是没有站起来的勇气，因为如果你还活着，生活还是有希望的，你还有机会再次站起来，让世人知道，让你的苦难知道，你比他们更强大。每个人都有他们自己独特的问题，他们有自己的高峰要攀爬，这绝非易事。你，要适应这些。适应挑战，适应问题，一个个解决他们。

Fearing your problems is not a solution. It's an impulsive response that forbids you from challenging it due to the fear of defeat. What good is that saved sense of being undefeated when you haven't even tried to beat the biggest of your life's monsters? At times when you are struck by life's biggest challenges, you might ask yourself, why me? Why did life choose to hit me with the hardest punch? The answer that you should be giving yourself is that it's because you are the only one who can bear it and still survive. Not survive but thrive in this world.

恐惧问题，并能解决问题。恐惧，只是一种下意识的反应而已，它会让你因为害怕失败而不去挑战问题。如果你连尝试打败困难的勇气都没有，那么那种不被打败的感觉又有什么意义呢？有时候，你被眼前的巨大挑战困住了，你可能会问自己，为什么是我？为什么生活要让我遭受最重的打击？你该告诉自己，这是因为，只有你能够承受这些，并从中生存下来。不仅是生存下来，而且是活得精彩。

No known warrior became known to leave his name in the pages of history without having scars on his body. The problems in your life are injuries that when overcome would merely become scars of pain and suffering on your body, scars that would remind you of the lessons you have learned, mountains who have conquered, and enemies that you have defeated. So, keep that in mind and keep charging against the enemies, because no matter how strong and tough your problems boast to be, beat down they are always afraid of you.

那些名垂青史的勇士，他们的身上都有疤痕。你生活中的问题，就是你会受的伤，它们留下的疤痕会一直提醒你，你曾经吃过教训，你曾经爬上巅峰，你曾经打败死敌。所以，记住这一点，不断回击你的敌人，因为无论敌人有多么强大，无论困难有多么棘手，它们其实都很害怕你。

It's your fear that encourages them to even challenge you. Having the right mindset. It doesn't sit back and hope for the problems to solve themselves, or the storm to go away on its own. There is never a problem in reality. It's your approach towards it that makes it a problem or an opportunity. And "if you have time to whine and complain about something, then you have the time to do something about it," Anthony JD Angela.

你的恐惧，让它们有勇气去挑战你。保持正确的心态，这不意味着坐视不管，等着问题自己解决，也不意味着等着乌云自动消散。没有真正的问题，你对待事情的方式决定了你面对的是问题还是机遇。正如Anthony JD Angela说的那样，如果你有时间发牢骚，有时间抱怨，那你也有时间去行动。

All problems have one thing in common. They all demand a solution for themselves. And if you don't give them the solution, they'll keep bothering you until your dying day. You should remember that you are not the only person who is facing problems. Neither are you the only one who manages to solve them. and solving a problem is much easier than living through the never-ending pain and agony of having an unsolved problem.

所有的问题，都有一个共同点，它们都需要一个解决办法。如果你不给出解决办法，它们就会永远地不断地烦扰你。你应该记得，面对问题的人，不止你一个，解决问题的人，也不止你一个。比起那种还未解决问题所带来的永无止尽的痛苦，解决问题显得简单多了。

All it requires from you is commitment towards solving the problem, dedication and hard work. You can be anyone and anywhere you want to be in your life. All it requires from you is hard work. So, are you willing to give what it takes to be what you desire? If yes, then success is waiting to be your slave forever.

你需要做的，就是下定决心，解决问题，专心致志，付出努力。你可以变成任何人，去到任何的地方。你只需要投入很多努力就好。那么，你能否付出足够的努力，去成为自己想成为的人？如果你的答案是肯定的，那么，成功将永远伴你左右。

Life is too short to live someone else's dream

Larry Ellison，甲骨文软件公司CEO，身价700亿美元。他在32岁以前还一事无成，开始创业时只有1200美元，却使得Oracle公司连续12年销售额每年翻一番，成为世界上第二大软件公司，他自己也成为硅谷首富。

Growing up in a lower middle-class community on the south side of Chicago, `virtually` everyone important in my life, my family, my teachers, my girlfriend, wanted me to be a doctor. Overtime, their dreams became my dreams.

芝加哥南部的一个底层中产阶级社区，这就是我长大的地方。在我的生命中，几乎所有重要的人，我的家人，我的老师，我的女友，都想让我成为一位医生。久而久之，他们的梦想，变成了我的梦想。

They convinced me I should be a doctor, but as hard as I tried, I couldn't do it. I was unable to make myself into the person that I thought I should be, so I decided to stop trying. I was 21 years old when I dropped out of college.

他们让我相信，我应该成为一位医生。但是，无论我多么努力，我都做不到，我无法变成理想中的自己。所以，我不再尝试这样做。那时，我21岁，从大学辍学了。

During my California springs and summers, I spent most of my days in the High Sierras in Yosemite Valley, working as a river guide and a rock-climbing instructor. I loved those jobs, but unfortunately, they didn't pay that well. So, I also got a job working a couple of days a week as a computer programmer back in Berkeley.

在加州度过的那几年，大多数时候，我都待在约塞米蒂峡谷的西亚拉山区，我在那儿当河道向导，当攀岩教练。我爱这些工作，然而，不幸的是，它们带来的薪水并不高。所以，我也在当伯克利当程序员，每周在那儿工作几天。

I had learned program in college. I didn't love programming but it was fun and I was good at it. I started taking classes at UC Berkeley. I took several classes, but the only one I can remember was a `sailing class` taught at Berkeley `marina`. When my class was over, I wanted to buy a `sailboat.`

我在大学的时候学过编程，我不喜欢编程，但编程还挺有趣的，而且我很擅长编程。我开始在加州大学伯克利分校上课，我选了几门课，但是，只有一门课让我记忆犹新，那就是在伯克利码头那里上的帆船课。这门课结束后，我想买一艘帆船。

My wife said, this was a single stupidest idea she had ever heard in her entire life. She accused me of being irresponsible, and she told me I lacked ambition. She kicked me out, and then she divorced me. This is a `pivotal` moment in my life.

我的妻子说，这是她听过的最愚蠢的想法。她指责我，说我不负责任，说我胸无大志。她把我赶出家门，然后和我离婚了。这可是我人生中的关键时刻。

My family was still mad at me for not going to medical school, and now my wife was divorcing me because I lacked ambition. It looked like a reoccurrence of the same old problem. Once again, I was unable to live up to the expectations of others, but this time, I was not disappointed in myself for failing to be the person they thought I should be.

我的家人还在生我的气，因为我不学医了。我的妻子要跟我离婚，因为我没有抱负。这一切，就像在重蹈覆辙。我无法满足别人的期待，这已经不是第一次发生了。换做以往，我会对自己感到失望，因为我没能成为他们认为我该成为的人，然而，这一次，我不再对自己失望。

Their dreams and my dreams were different. I would never confuse the two of them again. Throughout my 20s, I continued experimenting, trying different things, racing bikes and boats and constantly changing jobs. I searched and I searched, but I just could not find a software engineering job thought that I loved as much as I loved sailing. So, I tried to create one.

他们的梦想，和我的梦想，是不一样的，我再也不会混淆这两者。在二十多岁这段时光里，我不断试验，尝试不同的事情，骑自行车，划船，不断换工作。我很热爱帆船运动，然而，这些年里，我找了很久，都没有一份编程工作能让我感受到同样的热爱。所以，我尝试自己创造一份这样的工作。

My goal was to create the perfect job for me, a job I truly loved. I never expected the company to grow beyond 50 people, so, maybe I really did lack ambition or vision back then. Today Oracle employs around 150,000 people, but when I started, it was not my intention to build a big company.

我的目标，就是为自己打造一份完美的工作，一份我真心热爱的工作。我从来没想过，我的公司规模会超过50人。所以，也许，当时我确实是没多大野心，也没什么远见。如今，我们公司有十五万员工。但是，在创业初期，我没有想过要把公司做得这么大。

We assembled an all-star team of gifted programmers, who were among the best in the world at what they did. That team plus one crazy idea gave birth to a giant company. I call it a crazy idea, because of the time everyone told me it was a crazy idea. The idea was to build the world's first relational database.

我们把很有才的程序员们聚到一起，组成了一个全明星团队，他们是各自领域里的顶尖行家。一个优秀的团队，加上一个疯狂的想法，就产生了一个超大规模的公司。我把它称之为疯狂的想法，是因为，曾经，所有人都告诉我，想创造世界上第一个关系数据库，这个想法很疯狂。

But back then, the `collective` wisdom of computer experts was, that while relational data bases could be built, they would never be fast enough to be useful. I thought, all those so-called computer experts were wrong, and when you start telling people that all the experts are wrong, at first, they call you `arrogant`, and then they say you're crazy.

但是，当时，电脑专家们都认为，要建一个关系数据库，可以，但这个数据库的运行速度会很慢，所以它没什么用处。我认为，那些所谓的电脑专家们，他们的看法都是错的。当你告诉别人，说专家们都是错的，人们就会说，你很傲慢，然后他们会说，你太疯狂了。

So, remember this, graduates, when people start telling you that you're crazy you just might be onto the most important innovation in your life. Oracle doubled in size year after year after year for 10 years. It was growing so fast that it was impossible for anyone to control. It was like sailing in a hurricane. And then we went public.

所以，毕业生们，请记住，如果有人跟你说，你很疯狂，那么，你可能正要经历人生最重要的变革。我们公司的规模，连续十年实现翻倍。它发展得非常快，势不可挡，它就像是在风暴中航行一样。然后，我们就上市了。

Oh my god. Maybe I should have been a doctor.

噢，也许我本应该当个医生！

New Year, New You

It's that time of year again, the new year, time for some new year resolutions. But not so fast. Studies have shown 88% of people who set new year resolutions fail to reach them.

又是新的一年，每到这个时候，人们都会下定决心，要在新的一年做成一些事情。且慢，研究表明，88%的人，虽然下定了新年决心，但却没能实现。

In fact, the majority of those people will have quit before we are in the second month of the year! Less than 12% do something different. They stick to their goals. That's the statistics. 88% fail and quit. 12% stick at it. And that doesn't even mean the results of the 12% are lasting.

事实上，大部分人，还没到第二个月，就已经放弃了。只有12%的人没有放弃，而是坚持朝着目标努力。这就是数据呈现的情况，88%的人失败了，放弃了，12%的人坚持下去了。而且，这并不意味着，这12%的人取得的成果能一直保持下去。

Why do that many people fail? And more importantly, why do the so few succeed? There are 5 main reasons. Listen in so you can be one of the few who conquer their goals, not just new year goals, but every kind of goals, targets and dreams you have.

为什么这么多人都失败了？更重要的是，为什么成功的人这么少？原因有五个，请认真听一听，这样你就能成为实现目标的少数人，不仅是新年目标，还有各种各样的目标和梦想。

***Number 1*: Review your year, take in the good, notice the blessings and use the lessons. This is a powerful process, not just in looking forward to learn and achieve more, but also looking back at how far you've come and being grateful for everything that was great this past year.**

第一，回顾过去的一年，吸收好的东西，多关注那些美好的事，并学会应用你学到的教训。这个过程会产生巨大的影响，不仅能帮助你朝前看、取得更多成就，而且能帮助你回顾自己走了多远、对过去一年所有美好的事心怀感激。

Get a pen and paper and write down your answers to the following questions. We will provide a download sheet in the description as well. Think back over the past year.

拿一支笔，写下你对以下问题的答案，我们也会在视频介绍里提供一个可以下载的文档。请你回顾、思考过去的一年。

Write down: What was great this past year? What was your favorite memory? What were you proud of? What was your greatest achievement? What was your greatest lesson? What was unacceptable from that year, in other words, what can you do better? What lessons could you take into this next year to make sure you are in a better position in 12 months' time?

请写下：在过去的一年中，很棒的事情有哪些？你最喜欢的回忆是什么？你为什么感到自豪？你最大的成就是什么？你最大的教训是什么？你觉得难以接受的事情是什么？或者说，你能把什么事做得更好？你能把什么经验带到下一年、确保自己在

新的一年结束时有更好的结果？

***Number 2*: Do you know where you're going? Most people give up on their goals and resolutions so easily because they don't have a clear target they are working towards. They have vague resolutions like, lose weight, or, make more money, but no plan as to how that will be achieved and no deadline for when it will be achieved by.**

第二，你知道自己要去往哪里吗？很多人轻易地放弃了他们的目标和决心，因为他们的目标不清晰。他们的决心很模糊，比如，减肥，挣更多钱，但是他们没有计划好，如何达成这些目标，截止期限是什么。

If it is not clear, it will not happen. If it is not planned, it will not happen. Get clear about the result you must have. For example, I will lose 30 pounds, I will make one million dollars in extra income.

如果目标不够清晰，那它就不会实现。如果没有做好计划，那它就不会成真。想清楚，你到底想要什么样的结果。比如，我要减肥30磅，我要额外多挣一百万美元。

Get precise about the time in which you will achieve it. I will lose 30 pounds, by March 30th, 2020. I will make one million dollars in extra income by December 31, 2020. Get clear about what you what and when you must have it. And you will have it.

为你的目标设定精确的截止时间。我要在2020年的3月30号之前减去30磅体重，我要在2020年12月31日之前挣到一百万美元的额外收入。你要想清楚，你想要什么，什么时候要做到。这样，你就会得到你想要的。

***Number 3*: Change your identity. For many people their goals and resolutions fail because, although they might have a plan, they never believe they are that person that can change long term.**

第三，改变你对自己的看法。对于很多人来说，他们的目标和决心无法达成，是因为，虽然他们也许有计划，但是他们从来不相信自己能做出改变、并长期坚持。

The person doesn't lose weight because they identify themselves as a sweet tooth. The person doesn't quit smoking, because they identify themselves as a smoker and they still believe they need it for stress relief. You must change how you see yourself. If you want permanent change, die to your old self so your new self can be reborn.

人们无法减肥，因为他们认为自己就是嗜甜如命的人。人们无法戒烟，因为他们认为自己就是个烟民，并且他们相信，他们需要吸烟来缓解压力。你必须改变你对自己的看法，如果你想做出长久的改变，那就要跟过去的自己说再见，这样，才会产生新的自我。

***Number 4*: Improve your circle. If the people around you are not supporting the positive changes you want to make in your life, distance yourself from these people, until you make the changes you must make. If the same people are still not supportive after you've made these great changes, maybe you need to review the people you are around.**

第四，改善自己的圈子。如果，你身边的人，不支持你做出积极改变，那么，请你远离这些人，直到你成功地做出了改变为止。如果，到了这时，这些人仍然不支持你，也许你需要反思一下你身边的人。

Surround yourself with people who are going to help and support you, people who want to see you make these changes permanent. If they are not in your immediate environment, find them online. Follow positive people, people who have already achieved the results you want to achieve. Listen to their podcasts, read their books. Immerse yourself in the result you want to achieve.

多接触那些会帮助你、支持你的人，那些想要看到你做出改变、并长期坚持的人。如果你身边没有这样的人，去网上找找看。关注那些积极向上的人，那些已经达成了你的目标的人。听他们的播客，读他们的书，让自己沉浸在你想获得的结果里。

Number 5**: Believe. Believe it is possible by finding stories of others who have done it before you. Believe in yourself by taking the first step, then another and another and being aware and proud of your progress. Believe you deserve this, because you do.**

第五，要心怀信念。请你多找找前人的成功实例，让自己相信，一切皆有可能。你要迈出第一步，第二步，第三步，关注你努力的过程，并为此感到自豪，这样你就会对自己有信心。你要相信，你值得拥有这些，因为你确实值得拥有它们。

Don't take your mistakes from last year into this year. Use the pain. Learn from it. Grow from it. Set a new standard for your life and commit to make this coming year your best year yet! It's time to step into the new you.

不要把你犯过的错误带到新的一年。利用你经历过的痛苦，从中学习，收获成长。为自己的生活设立新的标准，努力让新的一年成为你人生中最好的一年！是时候去拥抱新的自己了！

The biggest mistake is you think you have time

When asked “What’s the biggest mistake we make in life?” the Buddha replied. ” The biggest mistake is you think you have time.”

当被问及“人生最大的错误是什么”，佛说：“最大的错误是你认为你自己有时间。”

Time is free but it’s priceless.

时间是免费的，但也是无价的。

You can’t own it, but you can use it.

你不能拥有它，但你能够使用它。

You can’t keep it but you can spend it.

你不能储存它，但你能花费它。

And once it’s lost, you can never get it back.

一旦它消失了，你就再也拿不回来了。

That average person lives 78 years.

人的一生平均有78年。

We spend 28.3 years of our life sleeping.

我们花28.3年在睡觉上。

That’s almost a third of our life but 30% of us struggle to sleep well.

差不多花了我们三分之一的时间，但同时30%的我们在为睡个好觉而斗争。

We spend 10.5 years of our life working but over 50% of us want to leave our current jobs.

我们花10.5年去工作，但超过50%的人想离开现在的岗位。

Time is more valuable than money.

时间比金钱更有价值

You can get more money, but you can never get more time.

你会赚更多的钱，却不能赚到更多的时间。

We spend 9 years on TV and social media.

我们在电视和社交媒体上花费了9年的时间。

We spend 6 years doing chores.

花6年的时间在家务上。

We spend 4 years eating and drinking. 四年的时间花在吃吃喝喝上。

We spend 3.5 years in education.

累计消费3.5年在教育上。

We spend 2.5 years grooming.

2.5年花费在打扮上。

We spend 2.5 years shopping.

2.5年花费在购物上。

We spend 1.5 years in child care

1.5年的时间花费在呵护孩子。

And we spend 1.3 years commuting.

1.3年的时间花费在通勤上。

That leaves us with 9 years.

剩下留给我们的只有9年的时间。

How will we spend that time?

我们将会怎么消费这些时间呢？

Steve Jobs said “your time is limited so don’t waste it living someone else’s life.”

乔布斯说：生命有限，别将它浪费在重复他人的生活上。

So there’s good news and there’s bad news.

所以这有好消息也有坏消息。

That bad news is time flies; the good news is you’re the pilot.

坏消息是时光飞逝，好消息是你是领航者。

Imagine you wake up every day with $86400 in your bank account.

想象一下你每天醒来银行账户中都有86400美元。

And at the end of the night, it’s all gone whether you spent it or not.

一天结束它们都消失了，不管你是否消费它们。

And then the next day you get another $86400.

第二天你的账户又会拥有86400美元。

What would we do with it?

我们将会用它做什么呢？

Every day 86400 seconds are deposited into your life account.

每天86400秒都会存入你的生命账户。

At the end of the day once they’re all used up you get a new 86400 seconds.

一天结束后，第二天你将拥有新的86400秒。

We would never waste it if it was money, so why do we waste it when it comes to time?

如果是钱我们绝不会浪费，那为什么我们要浪费时间呢

Those seconds are so much more powerful than dollars because you can always make more dollars, you can’t always make more time.

时间比金钱的力量更大，因为你能赚钱却不能赚取时间。

To realize the value of 1 year, ask a student who failed a grade.

想知道一年的价值，要去问考试失利的学生。

To realize the value of 1 month, ask a mother who lost their child in the final month.

想知道一个月的价值，去问在分娩前一月失去孩子的母亲。

To realize the value of 1 week, ask the editor of an online magazine.

想知道一周的价值，去问在线杂志的编辑们。

To realize the value of 1 hour, ask the couple who’s in a long-distance relationship.

想知道一小时的价值，去问异地恋的情侣们。

To realize the value of 1 minute, ask the person who just missed a bus, train or plane.

想知道一分钟的价值，去问刚刚错过公交和飞机的人。

To realize the value of 1 second, ask the person who just missed an accident.

想知道一秒钟的价值，去问刚刚幸免于难的人。

To realize the value of 1 millisecond, ask the person who just came 2nd at the Olympics.

想知道一毫秒的价值，去问与奥运冠军失之交臂的运动员。

We think it’s people wasting our time but it’s really us giving them the permission to do that.

别人总是浪费我们的时间，其实是我们准许他们这样。

And in reality, these two people live inside us.

现实是，我们体内有两个人。

Don’t let someone be a priority when all you are to them is an option.

当你对别人只是可选项时，别将他们排在前面。

Some of us lose the people most important to us because we don’t value their time.

我们失去了很多重要的人，因为我们没有珍惜他们。

Some of us don’t recognize how important someone is to us until they’re gone.

有时直到失去才知道他们有多重要。

Inside all of us are two voices.

我们的内心有两种声音.

one voice that wants to uplift, one voice that wants us to expand, one voice that wants us to grow.

一种声音鼓励我们上进,鼓励我们丰富自己,鼓励我们不断成长.

And then there’s the other voice----The voice that holds us back, the voice that makes us lazy, the voice that makes us complacent. The voice that restricts us from our potential.

还存在另一种声音----这种声音使我们退步，让我们变得懒惰，让我们骄傲自满。这种声音限制了我们的潜能。

Every day from the moment we wake up until the moment we go to sleep, inside of us there’s this battle between the two voices.

每天从醒来到入睡，这两种声音都在斗争。

And guess which one wins?

猜猜谁赢了？

The one that we listen to the most.

我们听得最多的那个声音赢了。

The one that we feed.

我们更喜欢的那个声音。

The one that we amplify.

那个让我们更强的声音。

It is our choice of how we use our time.

我们选择如何使用我们的时间。

Life and time are the best two teachers.

生活和时间是两位最好的老师。

Life teaches us to make good use of time.

生活教会我们更好地使用时间。

And time teaches us the value of the life.

时间教会我们生活的价值。

And as William Shakespeare said,

就像莎士比亚说过的一样，

“Time is very slow for those who want, very fast for those who are scared, very long for those who are sad, and very short for those who celebrate， but for those who love, time is eternal.”

“对想要它的人来说，时间很慢，对害怕它的人来说，时间很快，对悲观的人来说，时间很长，对充满欢愉的人来说，它又很短暂,但对于爱它的人来说，时间即是永恒。”

The Easy Road Or The Hard Road**

Your educational journey is going to be hard. I can promise you that. There are two paths you can take, the easy road or the hard road.

我可以很确定地告诉你，你的求学过程，将会困难重重。你有两条路可选，容易的路，或者困难的路。

If you choose the hard road, it means you choose to study when your friends are out partying. You start writing your report when the rest of the class don't even know the deadline yet. You're already awake at 5:00 a.m. on your way to the library when the rest of your friends are still sleeping.

如果你选择了困难的路，这就意味着，朋友们尽情欢乐时，你要选择努力学习；其他同学还不知道截止日期时，你已经开始写作业；凌晨五点，朋友们还在沉睡时，你已经起床出门，朝着图书馆走去。

If you can find enough focus and motivation to do these hard things, the things that everyone else struggles with, then your educational journey will be easy.

如果你有足够的专注力、足够的动力来做这些让大家觉得痛苦的事，那么，你的求学过程将会变得容易。

The grades will be easy. The scholarships will be easy. But it's a choice that you have to consciously make. You have to step up and take that path. And it will be lonely at times. It will feel like you're the only one doing this.

成绩很容易变好，奖学金很容易到手。但是，你要自觉地做出这个选择。你必须加快脚步，踏上这条道路。有时，你会感到孤独，好像，这些事，只有你自己在做。

But that's the whole point. The whole idea of this is to be standing at the top of the mountain, while everyone else is still at the bottom, because you took the path that so many people are unwilling to take.

但是，这才是有意义的地方。你这么努力，就是为了站在顶端，其他人只能仰望你，因为你选择了别人不愿选择的路。

Okay, so you know where you want to be, at the top of that mountain, but why aren't you there yet? Why is it that you're stopping yourself from getting there?

所以，你已经很清楚，自己想成为站在顶端的人，但是，为什么你还没做到？

Why is it that you just settle for the grades that you're getting? Because doing well at school and university, it's not easy. It's difficult to get good grades. It takes a lot of focus, a lot of sacrifice, a lot of late nights and early mornings.

为什么你一直无法达到这个高度？为什么你满足于现有的成绩？因为，在求学生涯中，无论是小学、中学还是大学，要想变得优秀，都是有难度的。想取得好成绩，这不容易。你要很专注，要牺牲很多，要早起晚睡。

But it's absolutely worth it. You are in charge of the life you live, and when you're in charge, you study hard, regardless of how you're feeling, whether you're feeling lazy, tired, stressed, frustrated, bored, it doesn't matter. This doesn't stop you.

但是，这一切都是值得的。你的人生，你自己说了算。如果你能把握自己的人生，无论自己感受如何、心情如何，都没关系。就算你感到懒惰、疲惫、压力大、沮丧、倦怠，也都没关系。这一切，都无法阻止你。

Use the PAIN as motivation

You will come into obstacles. You probably already have, whether it's procrastination, friendship problems, family problems, money problems. Whatever it is, it's not going to be easy.

你会遇到阻碍。可能你已经遇到了，比如拖延症，友情问题，家庭问题，经济问题。无论这阻碍是什么，它都很难突破。

A pain is just a byproduct. If you haven't experienced pain, then you will not have the motivation to become the best version of yourself. The pain is what will fuel you.

痛苦只是一个副作用而已。如果你没有经历过痛苦，那么你就没有动力去成为最好的自己。痛苦，会让你充满斗志。

The most successful people on the planet have had to overcome catastrophic obstacles, and they came out on the other side stronger and wiser.

在这个世界上，最成功的人，都经历了巨大的痛苦，他们成功度过了难关，变得更加强大，更加睿智。

Bill Gates's first business failed miserably. Albert Einstein didn't speak until he was four years old. Oprah Winfrey gave birth at 14 years old to a baby boy who died shortly afterwards. Thomas Edison failed 1,000 times before creating the light bulb. Franklin Roosevelt became partially paralyzed at the age of 39 for the rest of his life. He went on to lead the United States as one of the most respected presidents in history.

比尔盖茨，他最初做的生意，以惨痛失败告终。爱因斯坦，他直到四岁才学会说话。欧普拉温弗莉，她在十四岁的时候生了一个男婴，但孩子没多久就夭折了。爱迪生，他失败了一千次，才发明出灯泡。富兰克林罗斯福，他在39岁的时候遭遇了部分瘫痪，余生都如此，但他仍然坚持领导美国，他是历史上最受尊敬的总统之一。

So it's not only you that is facing obstacles. It happens to everyone. But how do you deal with them is what will set you apart from everyone else. And as they say after the rain comes the rainbow. There are two sides of pain that a lot of people don't really understand. There's a side of pain than most people can relate to, the difficult side, the uncomfortable side. You always remember what that feels like.

所以，面临困难的，不只有你，大家都一样。但是，你处理困难的方式，会让你与众不同。正如人们说的，风雨后才有彩虹。很多人不明白，痛苦，也是有两面性的。大多数人知道痛苦的其中一面，也就是困难的一面，令人不适的一面，你永远都会记得这种感觉。

But then there's the other side of pain. It's called effort. It's called winning. It's called if you can push through the suffering, there's some great things waiting for you on the other side. But you don't get to see them if you give

up right now, and that's why a lot of people don't get to see this side of pain, because they give up before they get there.

但是，痛苦还有另一面，它是努力，是胜利。它意味着，如果你能熬过难关，你会收获很大的惊喜。但是，如果你现在就放弃了，你就无法看到这一切，所以，很多人没见过痛苦的这一面，因为他们半途而废了。

It's not easy to continue studying when every part of your body is telling you to give up. It's so easy to give up. But it's at this point you need to give it everything you've got. It's about pushing yourself to the point where you feel out of your comfort zone. Because it's outside your comfort zone where the growth happens.

当你的身体想让你放弃时还坚持学习，这是很困难的。放弃是很容易的，但是，到了这个时候，你应该放手一搏。你要敦促自己，直到你走出舒适区为止。因为，只有走出舒适区，你才能成长。

No one has become successful while staying within their comfort zone, absolutely no one. The first three seconds that you start studying, that's the hardest part. But if you can push through that, if you can push through the first few seconds of studying, it gets a lot easier. You realize it was the thought of studying that you were more bothered about than the actual studying itself.

获得成功的人，都是走出舒适区的人，没有人能够在舒适区里取得成功。你刚开始学习的那几秒钟，是最困难的。但是，如果你能熬过去，如果你能熬过刚开始学习的那几秒钟，事情就会变得容易很多。你会意识到，真正学起来，并没有那么困难。真正让你心烦的，是要去学习这种想法而已。

It's never as bad as you thought it would be. You've got to stop complaining. You've got to stop the negativity. Complaining has zero benefits. It doesn't help anything. It just pulls others down with you. You've got to take action in your life. What are you doing about it? You've got to find a solution to your problem. Don't be the problem.

事情没你想的那么糟糕，你必须停止抱怨，你必须停止消极。抱怨对你没有好处，它不会起任何作用，它只会拖你的后腿，也拖了别人的后腿。你必须行动起来。你现在有采取什么行动吗？你必须找到解决问题的方法，不要让自己成为问题本身。

I see it so many times where someone is getting bad grades but they blame everyone else but themselves. Believe me, that person is going nowhere. Nothing's going to happen in their life. And if that's you, if you're the person that is blaming everyone else for the situation they're in and not taking action for their own responsibilities, then this is for you.

有的人，他们没能取得好成绩，责怪所有人，却不反思自己。这样的情况，我已经见过太多了。相信我，这种人什么都做不成，好事不会发生在他们身上。如果你就是这种人，如果你不满意现状却要埋怨他人，如果你不愿意行动起来，为自己负责，那么，这个演讲，就是讲给你听的。

Take action. Take control. If you keep studying at your full potential, and if you keep reading and keep learning and keep asking questions, you'll see the results for yourself. You'll see your grades increase significantly.

采取行动，掌握自己的人生。如果你用尽全力去坚持学习，如果你坚持阅读，坚持学习，坚持提问，那么，你也会看见这带来的结果。你会看见，你的成绩有明显的提升。

[illegible]

【译】生命的意义

> 英语学习文章，来源百词斩爱阅读

Edward Perman Cole died in May. it was a Sunday afternoon and there wasn't a cloud in the sky.

爱德华 · 佩瑞曼 · 科尔在五月一个周日下午去世了，那天天空万里无云。

it's difficult to understand the sum of a person's life. Some people would tell you it's measured by the ones left behind, some believe that it can be measured in faith, some say by love, other folks say life has no meaning at all ...

人生的功过是非很难衡量的。有人说取决于他所留下的事物，有人说由信仰来评定，也有人说爱能衡量，还有人说人生根本没有任何意义...

Me, I believe that you measure yourself by the people who measure themselves by you.

而我相信你可以用那些以你为标准的人来衡量自己。

What I can tell you for sure is that by any measure, Edward Cole lived more in his last days on earth than most people manage to wring out of a lifetime. I know that when he died his eyes were closed and his heart was open . . .

而我所能肯定的就是，无论你采用什么样的标准，爱德华 · 科尔在这世上活着的最后的日子比大多数人穷其一生的日子还要充实。我知道当他去世时，他的眼睛是闭上了，而他的心灵却是敞开的。

【转】When You Are Old

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《当你老了》是威廉·巴特勒·叶芝献给女友毛特·冈妮的真挚爱情诗篇。叶芝是20世纪现代主义诗坛上最著名的诗人，他对毛特·冈妮一见钟情，虽多次求婚被拒但仍对她爱慕终身。

原文

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When you are old and grey and full of sleep,

And nodding by the fire, take down this book,

And slowly read, and dream of the soft look

Your eyes had once, and of their shadows deep;


How many loved your moments of glad grace,

And loved your beauty with love false or true,

But one man loved the pilgrim soul in you,

And loved the sorrows of your changing face;


And bending down beside the glowing bars,

Murmur, a little sadly, how Love fled

And paced upon the mountains overhead

And hid his face amid a crowd of stars.
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译文一

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当你老了，头发发白，睡意沉沉，

倦坐在路边，取下这本书来，

慢慢品读，追梦当年的眼神，

你那柔美的神采与深幽的阴影；


多少人爱过你昙花一现的身影，

爱过你的美貌， 以虚伪或真情，

唯独一人曾爱你那朝圣者的心，

爱你衰戚的脸上岁月的痕迹；


在炉栅边， 你弯下了腰，

低语着， 带着浅浅的伤感，

爱情是怎样逝去， 又怎么越过群山，

怎样在繁星之间遮住了脸．
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译文二

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当汝老去，青丝染霜

独伴炉火，倦意浅漾

请取此卷，曼声吟唱

回思当年，汝之飞扬

眼波深邃，顾盼流光

如花引蝶，众生轻狂

彼爱汝貌，非汝心肠

唯吾一人，爱汝心香

知汝心灵，圣洁芬芳

当汝老去，黯然神伤

唯吾一人，情意绵长

跪伴炉火，私语细量

爱已飞翔，越过高岗

爱已飞翔，遁入星光
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