You must accept imperfection and flaws.

你必须接受不完美和瑕疵。

Many people believe that if they just collect a house, a spouse, a car, and 2.5 children, everything will be “perfect.” Life has a checklist. Problems don’t go away, they change and evolve. And the quicker we accept that the point of life is progress, and not perfection, the sooner we can all order a pizza and go home.

很多人认为，如果他们能够购买一套房子、找到一个配偶、配置一辆车、养育两三个孩子，那么一切都会“完美”。生活中有一个清单。但问题永远都不会消失，它们只会改变和发展。人生的意义在于进步，而非完美，我们接收这一观点越快，我们生活就会越从容，就能越早点一个披萨然后回家。

Perfection is an idealization. It’s something that is approached but never reached. Whatever your conception of “perfect” is in your pretty little head, it is in itself, an imperfect concept.

完美是一种理想化的东西，它是一种可以无限接近但永远无法到达。在你的小心思里，无论你认为“完美”的是什么，事实上它就是它本身，它本身就是一个不完美的概念。

There is no perfect. There is only what you wish in your head.

世上不存在完美的东西，那只是你心中美好的愿望。

We don’t get to decide what perfection is. We don’t know. All we can know is what is better or worse than what is now. And even then we’re often wrong.

我们不能决定什么是完美。我们也不知道。我们所能知道的是什么比现在更好或更糟。即使这样，我们也经常犯错。

When we let go of our concept of what is perfect and what “should” be, we relieve ourselves of the stress and frustration of living up to some arbitrary standard. And usually this standard isn’t even ours! It’s a standard we adopted from other people.

当我们放弃心中对完美的概念以及对世界应该如何的执念时，我们就会减轻自己一定要达到某种裁定标准的压力和挫败感。通常这个标准甚至不是我们的，这是我们从别人那里拿过来的标准。

Accepting imperfection is hard, because it forces us to accept that we have to live with things we don’t like.

接受不完美并不容易，因为它迫使我们接受这样一个事实：我们必须要学会与我们不喜欢的东西一起生活。

1.**imperfection**

 不完美；瑕疵；缺点；

2.**flaw** [flɔː]

瑕疵，缺点；

3.**spouse**[spaʊz]

  配偶；

4.**checklist** ['tʃeklɪst]

  清单；检查表；

5.**go away**

  走开；离开；

6.**evolve**[ɪ'vɒlv]

  发展；进化；

7.**the point of life**

  人生的重点；

8.**idealization** [aɪ'dɪəlɪ'zeʃən]

  理想化；理想化的事物；

9.**let go of sth.**

  放手…；放开…；

10.**frustration**[frʌ'streɪʃn]

  挫折；

11.**live up to**

  不辜负；做到；

12.**arbitrary**['ɑːbɪt(rə)rɪ]

  随意的；武断的；专制的；