Build Strong Relationships

建立牢固的人际关系

Almost everyone has got a job from a friend. “It's all about who you know” is a common phrase in almost every industry, but networking goes deeper than that. Successful networking is more than gathering acquaintances; it's about building strong, legitimate relationships with people who inspire you.

几乎每个人都从朋友那边获得过工作机会。“你认识的人至关重要”这句话是各行各业的共识，人际关系更是如此。成功的人际关系并不仅仅是把熟人召集到一起，而是要和那些能够激励你的人建立牢固正当的关系。

In the same way, a relay team is only as fast as their slowest runner, you will equally be affected by the people you choose to run with. For successful people, it's not about having “connections”, it's about connecting with people they can confide with, trust and learn from if necessary.

一支接力比赛的队伍跑得多快取决于最慢的那位运动员，同样的道理，你也会受到伙伴的影响。对于成功的人来说，重要的不在于“联系”，而是要与他们可以信赖甚至可以学习效仿的人建立联系。

You only have so much time, be careful about who you choose to spend it with. Cut toxic and negative people out of your life and your doubt may follow. Just make sure your friends are honest with you and not just a bunch of yes men. No one likes a tycoon who has no self awareness.

你只有这么多的时间，要认真选择与谁共同度过。把那些不良的、消极的朋友从你的生活中剔除出去，或许你会对此心生疑虑，这时只要确保你的朋友对你真诚不二，而非唯唯诺诺。缺乏主见的人不会招人喜欢。

1.**common phrase**

 常用语；

2.**networking**

  人际网；

3.**acquaintance**[ə'kweɪnt(ə)ns]

  熟人；相识；了解；

4.**legitimate**[lɪ'dʒɪtɪmət]

  合法的；正当的；合理的；

5.**build relationships with**

  与…建立关系；

6.**In the same way**

  同样地；以同样的方式；

7.**relay team**

  接力比赛的队伍；

8.**be affected by**

  受…的影响；

9.**confide** [kən'faɪd]

  信赖；吐露秘密；

10.**toxic** ['tɒksɪk]

  有毒的；中毒的

11.**be honest with**

  坦诚；对…诚实

12.**a bunch of**

  一群；一束；一堆；

13.**yes man**

  唯唯诺诺的人；唯命是从的人；

14.**tycoon** [taɪ'kuːn]

  企业界大亨，巨头；巨富；

15.**self awareness**

  自我意识；自我认知；