Don't complicate your life

不要把生活复杂化

British business magnate（ 商业巨头；） Richard Branson teaches us that the desire to complicate things is your enemy. Everyone can create something complex. It's hard to do something simple.

英国商业巨头理查德·布兰森教导我们，把简单的事情复杂化就是在给自己树敌。简化生活并非易事，每个人都可能把生活复杂化。

Progress has simplified communication, shopping and cleaning the house for us. However, often the difficulties in life are provoked（引起；引发；） not by external circumstances, but by ourselves.

文明的进步已经使得我们沟通交流、购物和打扫房间等事情得到简化。然而，生活的种种难题往往不是外部环境导致的，而是我们在自寻烦恼。

Somebody complicates their lives through the sense of guilt（负罪感，愧疚感；）, others through unpleasant people with whom they have to communicate or through the desire to please everyone. Remember this, a person must breathe, drink water and eat in order not to die if he wants to live. That's it, there should be no must in any other situations.

有些人因为内心愧疚而惴惴不安，有些人由于对方的怨天尤人而心生厌倦，还有些人为了取悦他人而委曲求全。记住，人活着，能够呼吸、饮水和进食就不会死去，就这么简单，其他的都不是什么天大的事儿。