**Facing the Enemies Within**We are not born with courage, but neither are we born with fear. Maybe some of our fears are brought on by your own experiences, by what someone has told you, by what you’ve read in the papers. Some fears are valid, like walking alone in a bad part of town at two o’clock in the morning. But once you learn to avoid that situation, you won’t need to live in fear of it.   
  
Fears, even the most basic ones, can totally destroy our ambitions. Fear can destroy fortunes. Fear can destroy relationships. Fear, if left unchecked, can destroy our lives. Fear is one of the many enemies lurking inside us.   
  
Let me tell you about five of the other enemies we face from within. The first enemy that you’ve got to destroy before it destroys you is indifference. What a tragic disease this is! “Ho-hum, let it slide. I’ll just drift along.” Here’s one problem with drifting: you can’t drift your way to the top of the mountain.   
  
The second enemy we face is indecision. Indecision is the thief of opportunity and enterprise. It will steal your chances for a better future. Take a sword to this enemy.   
  
The third enemy inside is doubt. Sure, there’s room for healthy skepticism. You can’t believe everything. But you also can’t let doubt take over. Many people doubt the past, doubt the future, doubt each other, doubt the government, doubt the possibilities and doubt the opportunities. Worst of all, they doubt themselves. I’m telling you, doubt will destroy your life and your chances of success. It will empty both your bank account and your heart. Doubt is an enemy. Go after it. Get rid of it.   
  
The fourth enemy within is worry. We’ve all got to worry some. Just don’t let conquer you. Instead, let it alarm you. Worry can be useful. If you step off the curb in New York City and a taxi is coming, you’ve got to worry. But you can’t let worry loose like a mad dog that drives you into a small corner. Here’s what you’ve got to do with your worries: drive them into a small corner. Whatever is out to get you, you’ve got to get it. Whatever is pushing on you, you’ve got to push back.   
  
The fifth interior enemy is overcaution. It is the timid approach to life. Timidity is not a virtue; it’s an illness. If you let it go, it’ll conquer you. Timid people don’t get promoted. They don’t advance and grow and become powerful in the marketplace. You’ve got to avoid overcaution.   
  
Do battle with the enemy. Do battle with your fears. Build your courage to fight what’s holding you back, what’s keeping you from your goals and dreams. Be courageous in your life and in your pursuit of the things you want and the person you want to become.

参考译文：

 直面内在的敌人

 我们的勇气并不是与生俱来的，我们的恐惧也不是。也许有些恐惧来自你的亲身经历，别人告诉你的故事，或你在报纸上读到的东西。有些恐惧可以理解，例如在凌晨两点独自走在城里不安全的地段。但是一旦你学会避免那种情况，你就不必生活在恐惧之中。

恐惧，哪怕是最基本的恐惧，也可能彻底粉碎我们的抱负。恐惧可能摧毁财富，也可能摧毁一段感情。如果不加以控制，恐惧还可能摧毁我们的生活。恐惧是潜伏于我们内心的众多敌人之一。

让我来告诉你我们面临的其他五个内在敌人。第一个你要在它袭击你之前将其击败的敌人是冷漠。打着哈欠说：“随它去吧，我就随波逐流吧。”这是多么可悲的疾病啊！随波逐流的问题是：你不可能漂流到山顶去。

我们面临的第二个敌人是优柔寡断。它是窃取机会和事业的贼，它还会偷去你实现更美好未来的机会。向这个敌人出剑吧！

第三个内在的敌人是怀疑。当然，正常的怀疑还是有一席之地的，你不能相信一切。但是你也不能让怀疑掌管一切。许多人怀疑过去，怀疑未来，怀疑彼此，怀疑政府，怀疑可能性，并怀疑机会。最糟糕的是，他们怀疑自己。我告诉你，怀疑会毁掉你的生活和你成功的机会，它会耗尽你的存款，留给你干涸的心灵。怀疑是敌人，追赶它，消灭它。

第四个内在的敌人是担忧。我们都会有些担忧，不过千万不要让担忧征服你。相反，让它来警醒你。担忧也许能派上用场。当你在纽约走上人行道时有一辆出租车向你驶来，你就得担忧。但你不能让担忧像疯狗一样失控，将你逼至死角。你应该这样对付自己的担忧：把担忧驱至死角。不管是什么来打击你，你都要打击它。不管什么攻击你，你都要反击。

第五个内在的敌人是过分谨慎。那是胆小的生活方式。胆怯不是美德，而是一种疾病。如果你不理会它，它就会将你征服。胆怯的人不会得到提拔，他们在市场中不会前进，不会成长，不会变得强大。你要避免过分谨慎。

一定要向这引起敌人开战。一定要向恐惧开战。鼓起勇气抗击阻挡你的事物，与阻止你实现目标和梦想的事物作斗争。要勇敢地生活，勇敢地追求你想要的事物并勇敢地成为你想成为的人。