

TED学会放手,你将变得势不可挡



当你明白一切不再回来



既是心碎



也是解脱



有些人...



是过客...



而非终点...

人生哲理

my style

学会放手，是你的跑不了，不是你的强留也没用。



I love me

Letting go can make you unstoppable. I know because I let go of a relationship and reclaimed my life. And I know that letting go can create the best of change for each and every one of you.

学会放手能让你变得势不可挡，为了解这一点是因为，我放弃了一段爱情，重新开始了我的生活。我知道，放手可以让你们每个人做出更好的改变。

Let me tell you a story. When I was 41, the death of a relationship showed me how to truly let go of what wasn't working. See, up until that time, I didn't really think about the future. I kind of lived my life like a dog – moment to moment. I chased balls, I ate whatever I could find on the ground. And life was good.

让我给你讲一个故事，在我41岁的时候，一段感情的结束让我学会了如何真正地放下那些不合适的事，在那之前，我都没有真正考虑过未来，我过得有点类似狗的生活，只关心当下，我追着球跑，吃地上能找到的任何东西，觉得生活很美好。

I had a great job, great friends, a great apartment, a great actual dog, and a great boyfriend. Well, sort of. 我有很棒的工作，很棒的朋友，很棒的公寓，一只很棒的狗，一个很好的男友，大概很好吧！

unstoppable

[ʌn'stɒpəbl]

adj. 无法遏止的; 不能防止的

reclaimed

[rɪ'kleɪmd]

v. 取回; 拿回; 要求归还; 开垦, 利用, 改造(荒地); 重新变为沙漠(或森林等); 沙化; 荒漠化; 抛荒

chased

[tʃeɪst]

v. 追赶; 追逐; 追捕; 努力获得; 争取得到; 追求; 求爱

actual

['æktʃuəl]

adj. 真实的; 实际的; (强调事情最重要的部分) 真正的, ... 本身

sort of

[sɔ:t əv]

有几分; 近似; 有那么点儿

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See, Hector didn't have any **skin** in the game, and I felt that. He **danced around** the very idea of **marriage**, and after 12 years, we didn't even live together. Still, he gave me hope.

赫克托在这段感情中不愿意承担任何风险，我也感觉到了这一点，他围绕着结婚的想法**周旋**，然而12年以后，我们甚至不住在一起了，他确实给过我希望。

Well, sometimes. More like living in a situation that had no hope just felt **normal**. Don't get me wrong. I stayed because Hector was a good looking, smart, **reliable**, and **sensitive** guy who cared, and while our relationship wasn't perfect, it worked in **theory**.

有些时候，更像是生活在一个没有希望的环境中，感觉一切都很平常，别误会我的意思，我和他在一起是因为赫克托尔长得很好看，聪明，可靠，而且很敏感，很在乎我，虽然我们的关系并不完美，但理论上来讲似乎行得通。

Until a **wake-up call** from a friend changed everything. So my **realtor** friend called to tell me about a **condo coming up for sale** in my Chicago **neighborhood**. She knew that I was looking for Hector to **commit** and thought, "Well, maybe this could inspire a little **forward motion**." Still, my first **inclination** was to say, "We're not ready. Not yet." Haha, "Not yet." That was Hector's favorite **catchphrase**.

直到一个朋友的**叫醒电话**改变了这一切，我的一位房产经纪人朋友打电话给我，告诉我芝加哥附近有一套公寓**要出售**，她知道我需要赫克托的同意所以认为："也许这能激发一点**前进的动力**"。尽管如此，我的第一反应还是说："我们还没有准备好，还没有。"哈，"还没准备好"，这是赫克托尔最喜欢的口头禅。

skin

[skɪn]

n. 皮肤;...皮肤的;(兽)皮
vt. 剥皮;扒皮;削皮;

marriage

['mærɪdʒ]

n. 结婚;婚姻;婚礼;婚姻生活;已婚状态

normal

['nɔ:ml]

adj. 典型的;正常的;
n. 常态;通常标准;

reliable

[rɪ'laɪəbl]

adj. 可信赖的;可依靠的

sensitive

['sensətɪv]

adj. 敏感的;体贴的
n. 敏感的人

theory

['θɪəri]

n. 学说;论;说;理论;原理

realtor

['rɪəltə]

n. 不动产经纪人

condo

['kɒndəv]

n. 一套公寓住房

neighborhood

['neɪbə(r)hʊd]

n. 邻里;地区

commit

[kə'mɪt]

v. 犯罪;承诺, 承担义务

inclination

[,ɪnklɪ'neɪʃn]

n. 倾向;意愿;趋向;趋势

catchphrase

['kætʃfreiz]

n. 名言;流行语;时兴的话

I would say, "I want to get married." He'd say, "Not yet." I'd say, "Let's live together." "Not yet." "Not yet" was a hair I couldn't get out of my eye and a bad song I couldn't get out of my head. So you could imagine my surprise when he said "Sure" to meeting me at the condo at noon. Now, I arrived early and eager. But Hector? Haha, well that was another story. 12:15 came. 12:30. 12:45. 1:00 pm. No Hector.

我会说,"我想结婚"他会说,"还没准备好"。我会说,"搬到一起住吧","还没准备好"。"还没准备好"是一根扎进我眼睛中的毛发,一首在我脑袋中挥之不去的烂歌。所以你可以想象当他说"当然"时,中午在公寓见我时我有多惊讶。我早早就到了,满心期待,但赫克托呢,哈哈,那又是另一回事了。12:15了没来,12:30,12:45,下午一点,一直不见赫克托。

Eventually, he called, something had come up. So we agreed to reconvene at three, but Hector was a no-show again. It was in that moment that I decided, after 12 years, it was time to let go.

最后,他打电话来说,发生了一些事情,所以我们同意三点再见,但他又没来,就在那刻,我决定,12年过去了,是时候放手了。

See, I had to let go of Hector and of the idea of marrying him or anybody because at 41, my options were scary. I could either stay with a man who couldn't commit, but was great on all the holidays and birthdays, or I could break up with him and be alone.

我不得不放弃赫克托,放弃和他或任何人结婚的想法,因为41岁时,我面临的选择很可怕,我要么和一个不能给我承诺的男人在一起,但在所有的节日和生日都很棒,或者我可以和他分手,一个人孤独地生活,

condo

[ˈkɒndəʊ]

n. 同condominium; 一套公寓住房

reconvene

[ˌriːkənˈviːn]

v. 重新集合; 重新召集

scary

[ˈskeəri]

adj. 恐怖的; 吓人的



Not that **letting go of** a good man I truly loved was easy. No, no. I had to **survive** the **consequences** of my **epiphany**, and that's when the pain stage **kicked in**. "You and Hector won't be together forever. You won't be his person. In fact, he'll probably meet somebody else fast, marry her, and she'll be his person. And then you're going to have to live with the fact that you made a mistake."

放弃一个我真心爱着的好人并不容易，不，我必须熬过我顿悟的后果，这时疼痛的阶段**开始**了，"你和赫克托不会永远在一起，你不是合适他的人。事实上，他可能很快就会遇到另一个人，和她结婚，她会变成那个对的人，然后你将不得不接受，你做出来错的选择"

I **ugly** cried, ate a lot of **pizza**, listened to a lot of Joni Mitchell. And then, when I couldn't **rub** my eyes anymore without hitting bone or imagine Hector in a **wedding** photo with another woman, probably in a size-6 dress, I **brushed** myself **off**. See, I let go of the fear that I would grow old and die alone, that my friends would use me as a **cautionary** **tale**, that it was too late for me. No, no. In that moment, I had to finally admit what I really wanted, which was more.

我哭的很难看，吃了很多披萨，听了很多琼尼·米歇尔的歌。然后当我终于不再肿着眼睛，一直抹眼泪，或者想象赫克托和另一个女人的结婚照时，她可能只穿6码的裙子，我**抛开**自己的想法，我不再害怕自己会变老，孤独地死去，我的朋友们会把我当作一个反面教材，对我来说已经太晚了。不，不，在那一刻，我不得不承认我真正想要的那就是更多。

survive

[sə'vaɪv]

v. 幸存;生存;存活;继续存在;幸免于难;艰难度过;比...活(或存在)的时间长

consequence

['kɒnsɪkwəns]

n. 结果;后果;重要性

epiphany

[ɪ'pɪfəni]

n. 显现节, 主显节(1月6日纪念贤士朝拜耶稣)

ugly

['ʌɡli]

adj. 丑陋的;难看的;令人不快的;危险的;险恶的;凶险的

pizza

['pi:tʃə]

n. 披萨;比萨饼;意大利饼

rub

[rʌb]

v. 擦;磨;搓;(使)相互摩擦;摩擦(尤指引起疼痛或损害);涂

n. 擦;抹;搓;揉;问题;困难

wedding

['wedɪŋ]

n. 婚礼;结婚庆典

v. 结婚;娶;嫁

cautionary

['kɔːʃənəri]

adj. 劝告的;告诫的;警告的

tale

[teɪl]

n. (尤指充满惊险的)故事;历险记;(精彩但不一定完全真实的)讲述,叙述



You see, Hector not showing up, that was a gift, and that it gave me freedom because let's face it, I'd been chasing that ball for 12 years. No, no. It was time to move on, even if I risked rejection.

赫克托没有出现这件事，其实是上天的恩赐，它给了我自由，因为让我真正去面对它，我追那个球追了12年，不，是时候继续前进了，即使我冒着被拒绝的风险。

So I made a plan, one that got clearer with every step. Of course, Hector had an excuse for his no-show. But by then, it didn't matter. I told him it was over. I quit my job, I hugged my friends, I sold my beautiful condo in the same neighborhood that delivered me that life-changing epiphany.

所以我制定了计划，每一步都要走得更清晰，当然，赫克托有他没有出现的理由，但是在那个时候，这已经不重要了，我告诉他这一切都结束了。我辞掉工作，拥抱我的朋友，我卖掉了我在同一个街区漂亮的公寓，就在那个给我带来改变人生顿悟的街区。

I let go of everything to start a whole new life in New Hope, Pennsylvania. To which he said, "Don't go, we'll get married."

To which I said, "You had 12 years."

To which he said, "I'll come visit."

To which I said, "Not yet."

Was it hard? Ha ha, you bet.

Was it worth it?

我放弃了一切，在宾夕法尼亚州的新希望地区开始全新的生活，他说："别走，我们会结婚的"，我对他说："你曾有十二年的时间"，他说："我会去看你"，我说："别了"，这很难吗，哈哈，当然了。这值得吗？

chasing

[ˈtʃeɪsɪŋ]

v. 追赶; 追逐; 追捕; 努力获得; 争取得到; 追求; 求爱
n. 雕镂术; 车螺丝雕镂; 铸件最后抛光

rejection

[rɪˈdʒekʃ(ə)n]

n. 拒绝; 否决; 抛弃; 拒斥

excuse

[ɪkˈskjuːs, ɪkˈskjuːz]

n. 借口; 辩解; (正当的) 理由; 拙劣样品; 蹩脚货; 假条
vt. 原谅; 宽恕; 为... 辩解 (或找理由); 准许... 离开; 请求准予离开; (离开前) 请求原谅; 同意免除

hugged

[hʌɡd]

v. 拥抱; 搂抱; 抱紧; 有一段距离地挨着(某物)

delivered

[dɪˈlɪvəd]

v. 递送; 传送; 交付; 运载; 发表; 宣布; 发布; 履行诺言; 不负所望; 兑现

epiphany

[ɪˈpɪfəni]

n. 显现节, 主显节(1月6日纪念贤士朝拜耶稣)

Within a year of leaving, I met my husband Dan online. I knew when he showed up for our first **date**, in the most **wrinkled** shirt I have ever seen, with a rain hat to keep me **dry** **walking from** the restaurant to the car, that this was my guy.

离开他不到一年，我就在网上遇到了我的丈夫丹，他第一次约会的时候我就知道，穿着我所见过的最皱的衬衫，带着防雨帽为了让我从餐厅**走到**车上不被淋湿，这才是我想要的那个人。

You see, **umbrellas** were for people who wanted **distance**. Too heavy a wind, you know, **turned them inside out**, and even the best of them only lasted so long. But a rain hat, you know, the kind with a string, and you **tie** it under your **chin**.

你看，伞是给那些想要保持距离的人准备的，风太大了，把它们**吹翻**了，即使最好的伞也支撑不了很久，但是一定防雨帽，就是那种有绳子的，然后你把绳子系在下巴下面。

Now, that's personal. And after four dates, it **turned to** love. Finally, I understood why I had to wait so long. Dan was **handsome** and wise and **soulful** and kind, and he made me feel like I could do and be anything. We could. And we got married a year later.

就是这个人，约会四次后，它**变成**了爱情。终于，我明白了为什么我要等这么久，丹很英俊、聪明、深情、善良，他让我觉得我可以做任何事情，我们可以。一年后我们结婚了。

When I turned 50, Hector died of **cancer**. And as you can imagine, I **grieved for** a very long time.

当我50岁时，赫克托死于癌症，你可以想象，我**难过**了很长一段时间

date

[deɪt]

n. 日期;约会;约会对象

v. 注明日期;写上日期;确定年代;过时;不流行

wrinkled

['rɪŋkld]

adj. 有皱纹的

v. (使脸上)起皱纹;皱起;

dry

[draɪ]

adj. 干的;干燥的

v. (使)变干;(把...)弄干

n. 干涸

umbrellas

[ʌm'brɛləz]

n. 伞;雨伞;阳伞;综合体

distance

['dɪstəns]

n. 距离;间距;

vt. 拉开距离;与...疏远

tie

[taɪ]

n. 领带;联系;纽带;绳子;

v. (用线、绳等)系, 拴

chin

[tʃɪn]

n. 颊;下巴

handsome

['hænsəm]

adj. 英俊的;漂亮的;有魅力的;健美的;美观的;悦目的;数量大的;大方的

soulful

['səʊlfʃl]

adj. 深情的;脉脉含情的

cancer

['kænsə(r)]

n. 癌症;癌;

But his death reaffirmed for me the promise I made to myself when I was 41: that I would never take time for granted again. Instead, I would use it to let go, to create space for the things I really wanted and for what mattered most. Here are five ways to let go I know work because I still use them every single day.

但他的去世让我再次确认了，我41岁时对自己的承诺，我也不会认为时间是理所当然的，相反，我会用它来放手，来为我真正想要的东西和重要的东西创造空间，这里有5种方法可以让我们放手，我确信这很有用，是因为我每天都在实行。

One. Let go of taking things personally.

一，不要把事情都怪罪自己。

I spent a lot of time wondering why Hector didn't love me enough to marry me until I realized that his inability to commit had less to do with me and more to do with his duty to his family. Now, I'm not saying that was not a hard pill to swallow, but there was a lot of peace in knowing that it was his issue and not some defect in me. If people aren't giving you what you want, or if they're just behaving badly, most times, that's their problem, not yours.

我花了很多时间去想，为什么赫克托不够爱我，不愿意和我结婚，直到我意识到他的无能为力，与我无关，更多的是他的家庭责任问题，我并没有说这是一颗很容易就能咽下的药丸，但当我知道这是他的问题，而不是我身上的某种缺陷时，我感到很平静，如果他人给不了你想要的东西或者他们做得很差，大多数时候，这是他们的问题，不是你的。

reaffirmed

[ˌriːəˈfɜːmd]

v.重申;再次确定

granted

[ˈgrɑːntɪd]

adv.不错，的确

conj.因为

v.同意，准予，允许

wondering

[ˈwʌndərɪŋ]

v.想知道;想弄明白

inability

[ˌɪnəˈbɪləti]

n.无能;无力;不能

commit

[kəˈmɪt]

v.犯罪;自杀;承诺，保证

duty

[ˈdjuːti]

n.责任;义务;职责;值班;任务;本分;上班;税

pill

[pɪl]

n.药丸;药片;口服避孕药;讨厌的人;讨厌鬼
vi.起球;结绒

swallow

[ˈswɒləʊ]

v.吞;咽下;(由于紧张等)做吞咽动作;吞没;淹没;
n.吞;燕;咽;一口

defect

[ˈdiːfekt, dɪˈfekt]

n.缺点;缺陷;毛病
vi.背叛;叛变;投敌

behaving

[biˈheɪvɪŋ]

v.表现;表现得体;有礼
貌;表现得…的

Two. Let go of what other people think.

二，不要太在意别人的看法。

So after my husband and I dated for **a couple of months**, I took him home to meet my parents.

"He's very **good-looking**," my mother said.

"You know, Ted Bundy is very good looking."

Now, I could've let this influence my actions, could have let my **imagination** run wild with thoughts of my new **beau** **stabbing** me while I slept.

在我和丈夫约会**几个月**之后，我带他回家见我的父母，"他长得很帅"我妈妈说，"你知道，泰德·邦迪长得也很**帅**"。我可以让这些话影响我的行为，想象着我的新男友会在我睡觉时用刀捅我。

But instead, I just **chalked** it **up** to my mother. There is a rule in business that **states**: Whenever you are **putting** something **out** there, 10% of people will **hate** it, 80% will be **indifferent**, and 10% will be your **raving** fans. And raving fans are awesome, but if somebody's not a raving fan, let that be okay too.

但是，我只是把这些话**归结于**我的母亲，商业中有一条规则是这样说的，无论你在什么时候**发布**什么东西，10%的人会讨厌它，80%的人会无动于衷，10%的人会是你的狂热粉丝。狂热粉丝很棒，但如果有人不是狂热粉丝，那也没关系。

Three. Let go of trying to be something you're not.

三，放下你的伪装。

Now, I have this **crazy** big personality that I actually call "the Big." Some people really like the Big. Some people are **fascinated** by it, kind of the way they are **fascinated** by **jugglers**. And others just **run away**.

我有一种疯狂的独特个性，我称之为"那个大家伙"，有些人就喜欢这种个性，有些人人为之着迷，有点像他们对杂耍演员着迷的样子，有些人会**逃**的远远的。

beau

[bəʊ]

n.(女性的)男友，情郎

stabbing

['stæbɪŋ]

n.持刀伤人事件

adj.突然而剧烈的

v.刺，戳，捅

chalked

[tʃɔ:kt]

v.用粉笔写(或画)

states

[steɪts]

n.状态;状况;情况;国家;

v.陈述;说明;声明;规定;

hate

[heɪt]

v.憎恨;厌恶(某事物)

n.憎恨;厌恶;

indifferent

[ɪn'dɪfrənt]

adj.漠不关心的;

n.冷淡的人

raving

['reɪvɪŋ]

adj.狂热的;语无伦次的;

awesome

['ɔ:səm]

adj.令人惊叹的;使人惊悚的;很困难的

crazy

['kreɪzi]

n.疯子

adj.疯狂的;不理智的

fascinated

['fæsmɪneɪtɪd]

adj.入迷的;极感兴趣的

jugglers

['dʒʌgləz]

n.玩杂耍的人

But it's who I am. I have tried to **turn down** the current on the Big, but hard as I try, there it is. There are some things we just can't change about ourselves, and that's a good thing.

但这就是我，我试过让这种个性**停下来**，但尽管我很努力，它还是那样，我们自身的有些事情是无法改变的，这是一件好事。

Four. Let go of the need to be perfect.

四，放弃对追求完美的需求。

Many years ago, I wrote a **column** for Shape Magazine, and I got **a lot of** mail from readers, including a very sad letter from this teenage girl asking for my advice on how to improve herself after her **absolutely horrid** boyfriend had her **strip down** so he could **critique** her body. This is a true story. I said, "**Dump him immediately**, and never let anybody make you feel bad about yourself again."

很多年前，我为《体型》杂志写专栏，我收到了**很多**读者的来信，包括一封来自这个十几岁女孩的非常悲伤的信，在她那可怕的男友把她的衣服**脱下来**，对她的身材进行批判之后，她向我请教如何改善自己，这是一个真实的故事，我说："**马上甩掉他**，永远不要让任何人再让自己感到难过"。

But we all know that feeling the **need for perfection** is not just about our weight. It's also about keeping the house clean and the dogs **groomed** and the kids healthy and the bosses happy and all the balls in the air. It's even about keeping our **youth intact**. And yet, who wants to be friends with someone who's perfect? Think about that.

但我们都知道那种**追求完美**的感觉，不仅仅是我们的体重，这也意味着保持房子干净，狗狗梳理干净，孩子们健康，老板们开心，所有你试图接住球。它甚至是关于保持我们的**青春完整**。然而，有谁想和完美的人交朋友吗，想想这一点。

column

['kɒləm]

n.柱;(通常为)圆形石柱;纪念柱;圆柱状物;柱形物;(书、报纸印刷页上的)栏;(报刊的)专栏,栏目;纵行(数字或字);长列,纵队

absolutely

['æbsəlu:tli]

adv.(强调真实无误)绝对地,完全地;绝对不;完全没有;极其;当然,极了;当然不,绝对不行

horrid

['hɒrɪd]

adj.可怕的;非常讨厌的;很不友好的

critique

[kri'ti:k]

n.评论文章;评论
vt.写评论;对...发表评论;评判

groomed

[gru:md]

adj.描述穿着打扮情况
v.(给动物)擦洗,刷洗;(给自己或其他动物)理毛,梳毛;使作好准备;培养;训练

intact

[ɪn'tækt]

adj.完整的;完整;完好无损

And lastly, five – my favorite! Let go of "Not yet."

最后，第五点，我最喜欢的，放下所有的"还没准备好"。

You know, when I left Chicago, my life was pretty good, it just wasn't good enough. If there is something you want to do, make a plan and act, but don't wait. I still grieve for Hector, you know, it just comes in waves now. But it's the phone call I can't make that reminds me to make every day count. And I encourage you all to do the same. Whatever that is, I say, "Let go for it."

Thank you.

当我离开芝加哥的时候，我的生活很好，但还不够好，如果你想做某件事，制定一个计划并付诸行动，但不要等待，我还是会为赫克托伤心，它就像波浪一样汹涌而来，但是它是一通我无法再拨出的电话，提醒我要珍惜每一天，我鼓励你们也这样做，不管你面对的是什么，我要告诉你们："放手吧"。谢谢！

grieve

[gri:v]

v. 悲伤;(尤指因某人的去世而)悲痛;使伤心

n. 监工

waves

[weivz]

n. 海浪;波浪;波涛;汹涌的行动(或思想)态势;心潮;风潮;涌现的人(或事物);涌动的人(或物)

v. 挥手;招手;摆手;挥臂;挥手指引, 挥手示意(方向);挥舞, 挥动(手中之物)

