

1. A Road to Happiness

Stories That Will Change the Way You Think

From time to time, you are told by parents or teachers to “think outside the box.” To this, you may say, “Easier said than done.” But try it.

1) 다른 관점에서 문제를 보는 것은 당신을 문제를 처리할 새로운 접근법으로 이끌 것이다.

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It truly works. The following stories show how changing your perspective can change your life.

Story 1 The Weight of the Glass

A professor walked around on a stage while teaching. She raised a glass of water and asked, “How heavy is this glass of water?” Students shouted out various answers.

She replied, “From my perspective, the weight of this glass doesn’t matter. It all depends on how long I hold it. If I hold it for a minute or two, it’s fairly light. If I hold it for an hour, it may make my arm ache.

2) 만약 제가 그것을 하루 종일 들고 있다면, 제 팔에는 아마 경련이 오게 될 것이고, 그것은 결국 제가 이 유리잔을 떨어뜨리게 만들 것이예요.

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In each case, the weight of the glass doesn’t change,

3) 하지만 제가 그것을 더 오래 들고 있는 다면 그것이 저에게는 더 무겁게 느껴집니다.

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“Some of your worries are like this glass of water. Think about them for a short while, and nothing happens. Think about them a bit longer, and you begin to ache a little.

4) 그것들에 대해 하루 종일 생각한다면, 당신은 감각이 없어지고, 그것들을 떨어뜨릴 때 까지는 아무것도 할 수 없게 될 것입니다.

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Story 2 Potatoes, Eggs, and Coffee Beans

One day, a daughter complained to her father about the problems she was struggling with.

5) 그녀는 한 가지 문제가 해결되면 또 다른 문제가 따라오는 것처럼 보였기 때문에 좌절감을 느끼고 있었다.

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Her father took her to the kitchen. He filled three pots with water and placed potatoes, eggs, and ground coffee beans in each of the three pots.

6) 그리고 그는 그것들이 끓게 두었다.

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After twenty minutes, he turned off the stove. Turning to her, he asked, "What do you see?" "Potatoes, eggs, and coffee," she hastily replied. "Yes, but look closer," he said, "and tell me what happened to each." Shortly after, she found that the potatoes became soft.

7) 달걀의 껍데기를 벗기고 나서, 그녀는 달걀의 안이 단단해졌다는 것을 알아챘다.

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Finally, she took a sip of the coffee and smiled at the aroma.

"Alright, Dad. What are you trying to tell me?" she asked.

8) 그는 각각의 대상들이 같은 역경을 마주했지만, 각각 다르게 반응했다는 것을 설명했다.

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"The potato was strong and hard, but became soft and weak after sitting in the boiling water.

9) 달걀의 내부는 깨지기 쉽지만, 물에서 끓여진 후로 단단해졌지.

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The ground coffee beans stayed intact but changed the water itself, making it fragrant and flavorful."

"Which are you?" he asked his daughter, "When adversity knocks on your door, how do you respond? You can lose your strength though you started strong. You can be tough with a stiff spirit though you started weak.

10) 아니면 역경에 의해 닥친 상황들을 더 나은 상황으로 바꿀 수도 있겠지.

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Are you a potato, an egg, or a coffee bean?"

Story 3 The Races

Once upon a time,

11) 스스로 달리기 대회를 준비하는 어린 육상 소년이 살았다.

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He ran with determination, strength, and power, and always beat other competitors. Whenever the boy was running for a prize, a large crowd gathered together to watch the race.

12) 한 현명한 노인은 그 소년에 대한 얘기를 듣자마자 그의 경주를 보기 위해 먼 길을 여행했다.

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13) 관중들은 그 소년을 위해 크게 환호했지만, 그 현명한 남자는 조용하고 차분하게, 감정을 표현하지 않고 있었다.

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The little boy felt proud and important. "I can beat anyone!" cried the little boy. After hearing this, the wise man said to him, "Now I present two new challengers to you."

14) 그의 뒤에는 노부인과 시각 장애인인 남성이 있었다.

→ Behind _____

The race began, and the boy was the only finisher because the elderly lady and the blind man were left standing at the starting line.

15) 소년은 관중들이 이번에는 그를 위해 환호하지 않는 다는 것을 알아차렸고, 이것은 그를 헛갈리게 했다.

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16) 관중 속에서 현명한 남자는 조용히 그 소년을 바라보며 앉아있었다.

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He ran to the wise man and asked, "Why don't people cheer for me now?"


"Race again," replied the wise man, "but this time, finish together."

The little boy stood between the blind man and the elderly lady, holding them arm in arm. The race began, and the little boy walked slowly with the others. When they crossed the finishing line, the crowd cheered loudly and waved at the boy. The wise man smiled. He said, "Well done, little boy."

17) 당신은 이 경주에서 전에 당신이 뛰었던 어떤 경기보다 더 많은 것을 얻었어요.

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You are a real winner." Now the little boy was greatly delighted, and he felt proud and important again.



◇「콘텐츠산업 진흥법 시행령 제33조에 의한 표시

1) 제작연월일 : 2018년 11월 05일

2) 제작자 : 교육지대(주)

3) 이 콘텐츠는 「콘텐츠산업 진흥법」에 따라 최초 제작일부터 5년간 보호됩니다.

◇「콘텐츠산업 진흥법」외에도 「저작권법」에 의하여 보호되는 콘텐츠의 경우, 그 콘텐츠의 전부 또는 일부를 무단으로 복제하거나 전송하는 것은 콘텐츠산업 진흥법 외에도 저작권법에 의한 법적 책임을 질 수 있습니다.

정답

- 1) [정답] Looking at a problem from a different perspective can lead you to a new approach to handle the problem.
- 2) [정답] If I hold it for an entire day, my arm will likely cramp up, which will force me to eventually drop the glass.
- 3) [정답] but the longer I hold it, the heavier it feels to me."
- 4) [정답] Think about them all day long, and you will feel numb and be incapable of doing anything else until you drop them.
- 5) [정답] She was frustrated because it seemed that just as one problem was solved, another followed.
- 6) [정답] He then let them boil.
- 7) [정답] After peeling off the shells of the eggs, she noted that the inside of the eggs became firm.
- 8) [정답] He explained that each of these objects had faced the same adversity, but each one reacted differently.
- 9) [정답] The inside of the egg was fragile but became hardened after being boiled in the water.
- 10) [정답] Or, you can change the circumstance that was brought about by adversity for the better.
- 11) [정답] there lived a young athletic boy who prepared himself for a running competition
- 12) [정답] A wise old man, upon hearing of the boy, had traveled far to watch his races.

- 13) [정답] Though the crowd cheered loudly for the boy, the wise man stayed still and calm, expressing no sentiment.
- 14) [정답] him were an elderly lady and a blind man
- 15) [정답] The little boy noted that the crowd did not cheer for him this time, which puzzled him.
- 16) [정답] In the middle of the crowd was sitting the wise old man, looking calmly at the boy.
- 17) [정답] You've won a lot more in this race than in any other you've run before.