

第 120 弹



原文：成功是一种心态，你要相信自己能成功。一旦你有自信，就能放开去做获得成功所需要做的事，比如努力、钻研、尝试新方法等等。

翻译： Success is a mindset. You have to believe you will be successful. Once you can do that, you free yourself up to do the things you need to do to succeed, such as working hard, researching, trying new strategies, etc.

*分析：

1. 成功是一种心态，你要相信自己能成功。

Success is a mindset. You have to believe you will be successful.

1) “心态” 可以是 mindset (思维模式)、mentality (心态) 或者 attitude (态度)

2) believe 后面省略了宾语从句引导词 that

2. 一旦你有自信，就能放开去做获得成功所需要做的事，

Once you can do that, you free yourself up to do the things you need to do to succeed

1) “一旦” : once, 该词可以做连词，引导条件状语从句

2) “你有自信” : 因为上句讲过这个概念了，所以用 can do that 去指代就可以了

3) “放开去做” : free oneself up to do (把某人放开去做某事)

4) “获得成功所需要做的事” : the things you need to do to succeed (you need to do to succeed 作为一个定语从句修饰 the things)

3. 比如努力、钻研、尝试新方法等等。

such as working hard, researching, trying new strategies, etc.

1) such as 是介词短语，后面要跟动名词的

2) “努力” : working hard

- 3) “钻研” : researching
- 4) “尝试新方法” : trying new strategies
- 5) “等等” : etc. (这个缩写前面的逗号和后面的小点别忘了),
还可以用 and so on 表达

最后再对照学习一遍：

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