

TED演讲者: Jason B. Rosenthal | 杰森 B. 罗森索

演讲标题: The journey through loss and grief | 失去与哀悼的旅程

内容概要: In her brutally honest, ironically funny and widely read meditation on death, "You May Want to Marry My Husband," the late author and filmmaker Amy Krouse Rosenthal gave her husband Jason very public permission to move on and find happiness. A year after her death, Jason offers candid insights on the often excruciating process of moving through and with loss -- as well as some quiet wisdom for anyone else experiencing life-changing grief.

已故的作者兼电影工作者艾米·克鲁塞·罗森塔尔, 在她针对死亡所写的一篇极诚实、有着讽刺趣味, 且被广大读者阅读的文章「你可能会想要嫁给我先生」中, 她非常公开地给了她丈夫杰森许可, 要他继续向前走, 找到幸福。她过世后一年, 杰森来分享了他坦率的洞见, 谈的是这个通常很难忍受的过程, 带着失去、走失去的过程——也带来一些智慧, 提供其他正在经验改变人生之悲恸的人做参考。

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There are three words that explain why I am here.

用九個字可以解釋 為什麼我會在這裡。[00:12]

They are "Amy Krouse Rosenthal."

「艾米·克魯塞·羅森塔爾」。[00:17]

At the end of Amy's life, **hyped** up on **morphine** and home in **hospice**, the "New York Times" published an article she wrote for the "Modern Love" column on March 3, 2017.

艾米的生命走到終點時, 她因為嗎啡而興奮, 在家中安寧療護, 《紐約時報》刊出了一篇她寫的文章, 刊在 2017 年 3 月 3 日的《摩登情愛》專欄。[00:23]

It was read worldwide by over five million people.

全世界有超過五百萬人讀這個專欄。[00:34]

The piece was **unbearably** sad, **ironically** funny and **brutally** honest.

這篇文章讓人悲傷到無法自己, 卻又帶著諷刺的趣味, 和殘酷的誠實。[00:38]

While it was certainly about our life together, the focus of the piece was me.

雖然這篇文章絕對是 在寫我們一起的生活, 但焦點是在我身上。[00:47]

It was called, "You May Want to Marry My Husband."

文章主題叫做「你可能会想要嫁给我先生」。[00:53]

It was a creative **play on** a personal ad for me.

那是個為我做的個人廣告, 很有創意。[00:56]

Amy quite literally left an empty space for me to fill with another **love story**.

艾米真的留了一個空間給我, 讓我填入另一個愛情故事。[01:00]

Amy was my wife for half my life.

我的人生有一半的時間, 艾米都是我的太太。[01:07]

hyped: v. 炒作(hype的过去分词)/adj. 兴奋的 **morphine**: n. [毒物][药] 吗啡 **hospice**: n. 收容所; 旅客招待所; 救济院
unbearably: adv. 不堪忍受地; 无法容忍地 **ironically**: adv. 讽刺地; 说反话地 **brutally**: adv. 残忍地; 野蛮地; 兽性地 **play on**: 演奏; 发生影响; 利用别人的感情; 继续比赛 **love story**: n. 爱情故事, 恋爱小说

She was my partner in raising three wonderful, now grown children, and really, she was my girl, you know?

我們一起養大了三個美好的孩子, 他們現在都已長大, 而且, 說真的, 她是我的女孩。[01:10]

We had so much in common.

我們有好多共同點。[01:16]

We loved the same art, the same **documentaries**, the same music.

我們愛同樣的藝術、同樣的紀錄片、同樣的音樂。[01:20]

Music was a huge part of our life together.

在我們一起的生活中, 音樂佔了很大一部分。[01:24]

And we shared the same values.

我們還有相同的價值觀。[01:27]

We were in love, and our love grew stronger up until her last day.

我們愛著彼此, 我們的愛不斷成長茁壯, 直到她的最後一天。[01:29]

Amy was a **prolific** author.

艾米是位多產的作家。[01:37]

In addition to two **groundbreaking memoirs**, she published over 30 children's books.

除了兩本開創性的自傳之外, 她還出版了超過三十本童書。[01:38]

Posthumously, the book she wrote with our daughter **Paris**, called "Dear Girl,"

在她過世後, 她和我們的女兒 帕里絲一起寫的書《親愛的女孩》, [01:44]

reached the number one position on the "New York Times" **bestseller** list.

爬到《紐約時報》暢銷書排行榜的第一名。[01:49]

She was a **self-described** tiny **filmmaker**.

她自稱是位小電影工作者。[01:54]

documentaries: n. 纪录片; 记录片(documentary的复数) **prolific**: adj. 多产的; 丰富的 **In addition to**: 除...之外
groundbreaking: adj. 开创性的/n. 动工 **memoirs**: n. 回忆录 **Posthumously**: adv. 于死后, 于身后; 于著作者死后出版地
Paris: n. 巴黎(法国首都); 帕里斯(特洛伊王子) **bestseller**: n. 畅销书; 畅销书作者; 畅销商品(等于 bestseller) **self-described**: adj. 自我描述的 **filmmaker**: n. 电影制作人; 电影摄制者

She was 5'1" and her films were not that long.

她只有五呎一寸, 且她的電影也沒那麼長。[01:57]

(Laughter) Her films **exemplified** her natural ability to gather people together.

(笑聲) 她的電影就是很好的例子, 呈現她天生善於把人聚集在一起能力。[02:00]

She was also a **terrific** public speaker, talking with children and adults of all ages all over the world.

她也是位很出色的公開演說家, 演說對象包括兒童及各種年齡的成人, 且到世界各地演說。[02:07]

Now, my story of grief is only unique in the sense of it being

只有一點讓我的悲慟故事很獨特, 那點就是: 它是公

rather public.	開的。[02:15]
However, the grieving process itself was not my story alone.	然而,我的故事不只是哀悼的過程。[02:19]
Amy gave me permission to move forward, and I'm so grateful for that.	艾米允許我向前走下去,我對此心懷感激。[02:25]
Now, just a little over a year into my new life, I've learned a few things.	進入我的新生活大約一年多之後,我學到了幾件事。[02:29]
I'm here to share with you part of the process of moving forward through and with grief.	我來這裡和各位分享的,是我帶著悲慟向前穿過悲慟的過程。[02:35]
But before I do that, I think it would be important to talk a little bit about the end of life, because it forms how I have been emotionally since then.	但在我分享之前,我認為必須要稍微談談臨終,因為它造成了我之後情緒上的狀況。[02:42]
Death is such a taboo subject, right?	死亡是個禁忌的話題,對吧? [02:50]
exemplified: vt.例证;例示 terrific: adj.极好的; 极其的, 非常的; 可怕的 grieving: v.使悲伤;伤心(grieve的ing形式) emotionally: adv.感情上;情绪上;令人激动地;情绪冲动地 taboo: n.禁忌;禁止/adj.禁忌的;忌讳的/vt.禁忌;禁止	
Amy ate her last meal on January 9, 2017.	艾米在 2017 年 1 月 9 日 吃完了她的最後一餐。[02:54]
She somehow lived an additional two months without solid food.	不知怎麼,她又多活了兩個月,沒有吃固態食物。[02:58]
Her doctors told us we could do hospice at home or in the hospital.	她的醫生告訴我們,我們能讓她在家做臨終安寧,或在醫院也可以。[03:03]
They did not tell us that Amy would shrink to half her body weight, that she would never lay with her husband again, and that walking upstairs to our bedroom would soon feel like running a marathon .	他們沒有告訴我們,艾米的體重只剩下一半,且她永遠無法再和 她的丈夫同床共眠,且走上樓到我們的臥房 很快就變得像跑馬拉松一樣。[03:09]
Home hospice does have an aura of being a beautiful environment to die in.	在家安寧,能讓她 在美麗的環境中離開人世。[03:22]
How great that you don't have the sounds of machines beeping and going on and off all the time, no disruptions for mandatory drug administration, home with your family to die.	身邊沒有機器一直嗶嗶叫、開開關關,這樣有多好? 也不用因為強制用藥而被打斷,能在家裡離開人世,有家人陪伴在身邊。[03:27]
We did our best to make those weeks as meaningful as we could.	我們盡力而為,[03:42]
We talked often about death.	我們常常會談死亡。[03:46]
Everybody knows it's going to happen to them, like, for sure, but being able to talk openly about it was liberating .	大家都知道,每個人都一定會死,但能開放地談它,讓人覺得很解放。[03:48]
marathon: n.马拉松赛跑;耐力的考验/adj.马拉松式的;有耐力的/vi.参加马拉松赛跑 aura: n.光环;气氛;(中风等的)预兆;气味 beeping: vi.嘟嘟响/n.哔哔的声音;警笛声/vt.嘟嘟响 disruptions: 破坏,毁坏/分裂,瓦解(disruption的复数) mandatory: adj.强制的;托管的;命令的/n.受托者(等于mandatary) liberating: 解放,释放(liberate的现在分词)	
We talked about subjects like parenting.	我們談的主題包括教養子女。[03:56]
I asked Amy how I could be the best parent possible to our children in her absence.	我問艾米,當她不在了以後,我要如何為孩子們扮演最好的爸爸? [03:59]
In those conversations, she gave me confidence by stressing what a great relationship I had with each one of them, and that I can do it.	在那些對談中,她給我信心,強調我和我們的每個孩子 都有很棒的關係,強調我能做到。[04:05]
I know there will be many times where I wish she and I can make decisions together.	我知道將來會有許多時刻,我會希望她能和我一起 做決定。[04:15]
We were always so in sync .	我們過去總是同頻的。[04:19]
May I be so audacious as to suggest that you have these conversations now, when healthy.	我能不能大膽地建議各位 現在就進行這些談話,趁還健康時。[04:24]
Please don't wait.	請不要等。[04:32]
As part of our hospice experience, we organized groups of visitors.	在我們的安寧過程中,我們安排了訪客群。[04:36]
How brave of Amy to receive them, even as she began her physical decline.	艾米十分勇敢地接待他們,即使她的身體狀況已經越來越糟。[04:40]
We had a Krouse night, her parents and three siblings .	我們有個克魯塞之夜,先和她的父母及三個手足。[04:45]
Friends and family were next.	接下來是朋友和家人。[04:49]
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Each told beautiful stories of Amy and of us.	每次都訴說了關於艾米 和關於我們的美好故事。[04:51]
stressing: 强调/加压(stress的现在分词) sync: n.同步,同时/vi.同时发生/vt.使同步 audacious: adj.无畏的;鲁莽的 siblings: n.兄弟姐妹;同科	
Amy made an immense impact on her loyal friends.	艾米對她忠誠的朋友 造成了很大的影響。[04:55]

But home hospice is not so beautiful for the surviving family members.	但對於留下來的家人而言, 居家安寧並沒有那麼美好。[05:00]
I want to get a little personal here and tell you that to this date, I have memories of those final weeks that haunt me.	在此我想跟各位說比較 個人化的事,那就是,至今,最後這幾週的記憶仍然揮之不去。[05:05]
I remember walking backwards to the bathroom, assisting Amy with each step.	我還記得我倒退著走進廁所, 協助艾米踏出每一步。[05:14]
I felt so strong.	我感到很強壯。[05:21]
I'm not such a big guy, but my arms looked and felt so healthy compared to Amy's frail body.	我的個頭不高大, 但和艾米虛弱的身體相比, 我的手臂看起來且感覺起來好健康。[05:23]
And that body failed in our house.	那虛弱的身體, 在我們的家中衰竭了。[05:31]
On March 13 of last year, my wife died of ovarian cancer in our bed.	去年 3 月 13 日, 我太太因為卵巢癌, 在我們的床上過世。[05:36]
I carried her lifeless body down our stairs, through our dining room and our living room to a waiting gurney to have her body cremated .	我扛著她沒有生命的身體, 走下我們的樓梯, 穿過我們的餐廳 和我們的客廳, 到在那等候著的推床上, 將她的屍體火化。[05:46]
immense: adj.巨大的, 广大的; 无边无际的; 非常好的 haunt: vt.常出没于...;萦绕于...;经常去.../vi.出没;作祟/n.栖息地;常去的地方 assisting: v.协助(assist的现在分词) frail: adj.脆弱的;虚弱的/n.灯心草簍;少妇;少女 ovarian: adj.[解剖]卵巢的;子房的 lifeless: adj.无生命的;死气沉沉的;无趣味的 gurney: n.(医院用来移动病人的)轮床 cremated: vt.火葬;烧成灰	
I will never get that image out of my head.	我腦中永遠會留有這個影像。[06:03]
If you know someone who has been through the hospice experience, acknowledge that.	如果你認識一個 曾經經歷過臨終安寧的人, 請認可他。[06:07]
Just say you heard this guy Jason talk about how tough it must be to have those memories and that you're there if they ever want to talk about it.	就說,你聽過這個叫傑森的傢伙, 談過留著那些記憶是多麼艱難的事, 如果他們想要找人談談, 可以隨時找你。[06:11]
They may not want to talk, but it's nice to connect with someone living each day with those lasting images.	他們可能不會想談, 但能夠和每天都帶著那些持久記憶 過日子的人有所連結, 是很好的。[06:18]
I know this sounds unbelievable, but I've never been asked that question.	我知道這聽起來難以置信, 但從來沒有人問過我那個問題。[06:27]
Amy's essay caused me to experience grief in a public way.	艾米的文章讓我 以公開的方式經驗這段悲慟。[06:32]
Many of the readers who reached out to me wrote beautiful words of reflection.	有許多讀者向我伸出手, 他們用美麗的文字寫下他們的想法。[06:36]
The scope of Amy's impact was deeper and richer than even us and her family knew.	艾米的影響力, 比我們和她的家人所知道的 還要更深、更豐富。[06:41]
Some of the responses I received helped me with the intense grieving process because of their humor, like this email I received from a woman reader who read the article, declaring , "I will marry you when you are ready --	我收到的一些回覆, 協助我度過這段強烈的哀悼過程, 因為他們的幽默, 就像我收到一位女性讀者的郵件, 她讀了那篇文章,宣稱:「當你準備好之後,我會嫁給你——」[06:48]
responses: n.响应回应 intense: adj.强烈的; 紧张的; 非常的; 热情的 declaring: n.宣告行为,说明/v.说明(declare的现在分词形式)	
(Laughter) "provided you permanently stop drinking.	(笑聲) 「前提是你永遠停止飲酒。[07:01]
No other conditions.	沒有其他條件。[07:06]
I promise to outlive you.	我保證會活得比你久。[07:09]
Thank you very much."	非常謝謝你。」[07:11]
Now, I do like a good tequila , but that really is not my issue.	我確實很喜歡好喝的龍舌蘭酒, 但我並沒有酗酒問題。[07:14]
Yet how could I say no to that proposal?	但我要如何對那樣的求婚說不? [07:18]
(Laughter) I laughed through the tears when I read this note from a family friend: "I remember Shabbat dinners at your home and Amy teaching me how to make cornbread croutons .	(笑聲) 當我讀到這段我們家人的朋友 寫的文字時,我是笑中帶淚的:「我還記得在你們家吃的安息日晚餐, 艾米教我如何做玉米油炸麵包丁。[07:21]
Only Amy could find creativity in croutons."	只有艾米能夠在 油炸麵包丁中找到創意。」[07:34]
(Laughter) On July 27, just a few months after Amy's death, my dad died of complications related to a decades-long battle with Parkinson's disease.	(笑聲) 7 月 27 日,艾米過世後幾個月, 我長期在和帕金森氏症對抗的父親, 也因為併發症而過世了。[07:38]
I had to wonder: How much can the human condition handle?	我不得不納悶, 一個人能夠承受多少? [07:52]
What makes us capable of dealing with this intense loss and yet carry on ?	是什麼讓我們有辦法處理 這麼強烈的失去, 且還能走下去? [07:56]
permanently: adv.永久地,长期不变地 outlive: vt.比...活得长;比...经久;经受住;渡过...而存在 tequila: n.龙舌兰酒;蒸馏酒 say no to: 拒绝;反对;否定 Shabbat: n.(犹太教)安息日(等于Shabbos,Shabbas) cornbread: n.玉米面包(等于cornbread) croutons: n.油炸面包丁;烤碎面包块;巴豆(crouton的复数形式) capable of: 有...能力的;可...的 carry on: 继续/参与	

Was this a test?	這是個試煉嗎? [08:02]
Why my family and my amazing children?	為什麼選上我的家人 和我那麼棒的孩子? [08:03]
Looking for answers, I regret to say, is a lifelong mission, but the key to my being able to persevere is Amy's expressed and very public edict that I must go on.	很遺憾,我得要說, 尋找這個答案是一生的任務。但讓我能堅持下去的關鍵, 是艾米非常公開的公告, 要我一定要走下去。 [08:08]
Throughout this year, I have done just that.	今年,我就是在做這件事。 [08:23]
I have attempted to step out and seek the joy and the beauty that I know this life is capable of providing.	我嘗試著踏出去, 尋求我知道這個人生 能夠提供的喜悅和美麗。 [08:26]
But here's the reality: those family gatherings , attending weddings and events honoring Amy, as loving as they are, have all been very difficult to endure.	但現實卻是: 那些家庭聚會、出席婚禮,以及追思艾米的活動, 雖然都充滿了愛, 但對我來說都好難承受。 [08:36]
People say I'm amazing.	大家都說我很了不起。 [08:48]
"How do you handle yourself that way during those times?"	「你如何能用那樣的方式 來面對那些時刻?」 [08:49]
They say, "You do it with such grace."	他們說:「你表現得非常優雅。」 [08:52]
Well, guess what?	你猜怎樣? [08:56]
I really am sad a lot of the time.	大部分的時候,我其實很傷心。 [08:58]
lifelong : adj.终身的 persevere : vi.坚持;不屈不挠;固执己见(在辩论中) expressed : v.表达(express的过去式和过去分词);(用符号等)表示;榨;(如在说话,写作或绘画中)表达(自己)的意见 edict : n.法令;布告 step out : 走出去;暂时外出 gatherings : n.聚会(gathering的复数)	
I often feel like I'm kind of a mess, and I know these feelings apply to other surviving spouses , children, parents and other family members.	我常覺得我自己一團糟, 我知道其他留下的遺眷 也都會有那些感受, 配偶、孩子、父母, 及其他家屬都會。 [09:01]
In Japanese Zen, there is a term " Shoji ," which translates as "birth death."	在日本的禪道中, 有個詞叫「shoji」, [09:15] 翻譯為「生死」。 [09:18]
There is no separation between life and death other than a thin line that connects the two.	生與死之間沒有阻隔, 只有一條很細的線連結兩者。 [09:21]
Birth, or the joyous , wonderful, vital parts of life, and death, those things we want to get rid of, are said to be faced equally.	生,或是說人生中喜悅的、美好的、充滿活力的部分, 以及死,我們想要擺脫的那些事物, 都要被平等面對。 [09:28]
In this new life that I find myself in, I am doing my best to embrace this concept as I move forward with grieving.	在我的新人生當中, 我帶著悲慟向前走時, 我盡力而為去擁抱這個概念。 [09:38]
In the early months following Amy's death, though, I was sure that the feeling of despair would be ever-present , that it would be all-consuming .	不過,在艾米剛過世的那幾個月, 我很確定絕望的感受會經常出現, 它會吞噬一切。 [09:47]
Soon I was fortunate to receive some promising advice.	沒多久,我很幸運, 收到了很棒的忠告。 [09:56]
Many members of the losing-a-spouse club reached out to me.	失去配偶俱樂部的許多成員 都向我伸出手。 [10:01]
spouses : 配偶 Shoji : n.障子(本房屋用的紙糊木框,等于shojiscreen) joyous : adj.令人高兴的;充满欢乐的(等于joyful) ever-present : adj.经常存在的;始终存在的 all-consuming : 消耗一切的	
One friend in particular who had also lost her life partner kept repeating, "Jason, you will find joy."	特別有一位朋友,她也失去了 人生的另一半,她不斷重覆:「傑森,你將來會找到喜悅的。」 [10:05]
I didn't even know what she was talking about.	我當時甚至不知道她在說什麼。 [10:14]
How was that possible?	那怎麼有可能? [10:16]
But because Amy gave me very public permission to also find happiness, I now have experienced joy from time to time .	但因為艾米非常公開地允許我 去找到幸福, 我現在也偶爾會感受到喜悅了。 [10:19]
There it was, dancing the night away at an LCD Soundsystem concert, traveling with my brother and best friend or with a college buddy on a boys' trip to meet a group of great guys never met before.	喜悅就這麼出現了,夜晚用 LCD 音響系統聽音樂會時跟著起舞, 和兄弟及好友旅行, 或和同事伙計來一趟男孩之旅, 去認識一群我從來沒有見過 但很棒的先生們。 [10:29]
From observing that my deck had sun beating down on it on a cold day, stepping out in it, laying there, the warmth consuming my body.	從觀察到在一個冷天 我的甲板上有陽光照射, 我開始走出去,躺在甲板上, 讓溫暖充滿我的身體。 [10:42]
The joy comes from my three stunning children.	喜悅來自我那三位讓人驚奇的孩子。 [10:54]
There was my son Justin, texting me a picture of himself with an older gentleman with a massive, strong forearm and the caption , "I just met Popeye ,"	比如我的兒子賈斯汀, 他傳給我一張他和一位 較年長的男士的照片, 那位男士的前臂非常強壯,他加註「我剛遇到了大力水手卜派」, [11:00]
in particular : 尤其,特別 from time to time : 不时,有时 buddy : n.伙伴,好朋友;密友;小男孩/vi.做好朋友,交朋友 observing : adj.观察的;注意的;观察力敏锐的/v.观察;遵守(observe的ing形式) warmth : n.温暖; 热情; 激动 stunning : adj.极好的;使人晕倒的;震耳欲聋的/v.把...打昏;使震耳欲聋;使大吃一惊(stun的ing形式) texting : n.[计]文本;课文;主题/vt.发短信 forearm : n.前臂/vt.预先武装;准备 caption : n.标题;字幕;说明;逮捕/vt.加上说明;加上标题 Popeye : n.凸出的眼睛	
with a huge grin on his face.	他臉上是個露齒的大微笑。 [11:09]

(Laughter) There was his brother Miles, walking to the train for his first day of work after graduating college, who stopped and looked back at me and asked, "What am I forgetting?"	(笑聲) 還有他的兄弟邁爾斯,走向火車,那是他大學畢業後第一天去工作,他停下腳步,回頭看著我,問:「我忘了什麼?」[11:11]
I assured him right away , "You are 100 percent ready. You got this."	我馬上向他保證:「你 100% 準備好了。你沒問題的。」[11:23]
And my daughter Paris, walking together through Battersea Park in London, the leaves piled high, the sun glistening in the early morning on our way to yoga .	還有我女兒帕里絲,我和她一起散步穿過 倫敦的巴特西公園,樹葉堆得很高,我們一大清早去做瑜伽的路上,陽光在閃耀著。[11:27]
I would add that beauty is also there to discover, and I mean beauty of the wabi-sabi variety but beauty nonetheless .	我想補充一下,美麗也在那裡等著被發掘,我指的是侘寂多樣性的美麗,(註:不完美的美學)但也仍然是美麗。[11:40]
On the one hand , when I see something in this category, I want to say, "Amy, did you see that? Did you hear that? It's too beautiful for you not to share with me."	另一方面,當我看到這類事物時,我想要說:「艾米,你看到了嗎?你聽到了嗎?」[11:48]
On the other hand , I now experience these moments in an entirely new way.	這太美了,你不能不與我分享。」[11:54]
grin: v.露齒而笑,咧着嘴笑/n.露齒笑 right away: 立刻 piled: adj.有細毛的/v.堆積,積累(pile的過去分詞) glistening: adj.閃亮的;閃耀的;白花花的/v.反光,閃耀(glisten的現在分詞形式) yoga: n.瑜珈(意為“結合”,指修行);瑜珈術;联想可360°翻轉的平板電腦 nonetheless: adv.儘管如此,但是 On the one hand: 一方面 On the other hand: 另一方面	
There was the beauty I found in music, like the moment in the newest Manchester Orchestra album, when the song "The Alien"	我在音樂中能找到美麗,比如在曼徹斯特管絃搖滾樂團 最新的專輯中,當「外星人」這首歌[12:08]
seamlessly transitions into "The Sunshine,"	無縫地轉換到「陽光」的時候,[12:16]
or the haunting beauty of Luke Sital-Singh's "Killing Me,"	或是像路克西塔爾辛的專輯「要我的命」,有種難忘的美麗,[12:19]
whose chorus reads, "And it's killing me that you're not here with me.	他的合唱團唱著:「你不在這裡陪我,真是要我的命。[12:24]
I'm living happily, but I'm feeling guilty."	我活得很快樂,但我覺得很罪惡。[12:29]
There is beauty in the simple moments that life has to offer, a way of seeing that world that was so much a part of Amy's DNA, like on my morning commute ,	在人生中帶給我們的那些簡單時刻裡,就有美麗,把這個世界看成是 艾米 DNA 的一部分,比如我早上通勤時,[12:35]
looking at the sun reflecting off of Lake Michigan , or stopping and truly seeing how the light shines at different times of the day in the house we built together;	看著密西根湖上反映的太陽,或是停下腳步真正去欣賞 一天不同時刻中,光是如何 照耀我們一同建造的房子:[12:46]
Manchester: n.曼徹斯特(英格蘭西北部一大城市) Orchestra: n.管弦樂隊,樂隊演奏處 seamlessly: adv.無縫地 transitions: n.過渡,轉變(transition的複數形式);轉場效果;轉換濾鏡 chorus: n.合唱隊;齊聲;歌舞隊/vt.合唱;異口同聲地說/vi.合唱;異口同聲地說話/ commute: vt.減刑;交換;用.....交換;使.....變成/vi.通勤;代償/n.通勤(口語) reflecting: adj.反射的;沉思的/v.反射;表明;考慮(reflect的ing形式) Michigan: n.密歇根;美國密歇根州 shines: v.使亮(shine的第三人稱單數);發光 at different times: 在不同的時間;在不同的時代	
even after a Chicago storm, noticing the fresh buildup of snow throughout the neighborhood; or peeking into my daughter's room as she's practicing the bass guitar.	甚至在芝加哥暴風雨之後,注意到在整個街坊中 雪是如何漸漸堆起;或是窺視我女兒的房間,偷看她練低音吉他。[12:59]
Listen, I want to make it clear that I'm a very fortunate person.	我想說清楚一件事,我是一個非常幸運的人。[13:13]
I have the most amazing family that loves and supports me. I have the resources for personal growth during my time of grief.	我有著最棒的家人,他們愛我、支持我。[13:18]
But whether it's a divorce, losing a job you worked so hard at or having a family member die suddenly or of a slow-moving and painful death,	在我悲慟的過程中,我有資源可以做個人成長。[13:22]
I would like to offer you what I was given: a blank of sheet of paper.	但不論是離婚、失去你很努力在維持的工作,或有親人突然過世,或以緩慢痛苦的方式離世,[13:27]
What will you do with your intentional empty space, with your fresh start?	我都想要給予你 我所得到的:一張白紙。[13:38]
Thank you.	當意識裡有個空白的空間,你也會面對一個全新的開始,那麼,你打算要做什么? [13:47]
(Applause)	謝謝。[13:55]
	(掌聲) [13:56]
buildup: n.增強;發展;形成;組合;樹立名譽 peeking: v.窺視(peek的ing形式);瞥 bass: n.鮭魚;男低音;低音部;椴樹/adj.低音的 slow-moving: adj.滯銷的;動作緩慢的 intentional: adj.故意的;蓄意的;策劃的	

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