

Learn to Let Go

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Of the Things
You Can't Change
There are various ways to let go
of something
and attitude has everything
to do with it.
You can put it behind you,
distance yourself from it,
accept it, learn from it,
or change your attitude
and feelings to make the best of it.
The important thing is to refuse
to let it steal any of the happiness
you are entitled to each and every day.
Purposely look at your blessings.
Listen to uplifting music,
seek out people and activities you enjoy,
and do something nice for someone.
Your future has wonderful moments
to experience,
fun things to do,
and great people to be with.
The important thing is to transform
the regrets of yesterday
into the joys of today.

—Barbara Cage

有些事
你总是放不下，
其实，学会放手，
有很多种办法，
态度
是最重要的。
为了放手，
你可以把它放在身后，
远离它，
接受它，
以它为鉴，
或者完全改变自己对它的态度和情感。
重要的是
不要让它偷走了
属于你今天的幸福。
你不如
列举一下生活中的种种幸事，
听听振奋人心的音乐，
去发现自己的兴趣爱好，
结交志趣相投的朋友，
再给某个特别的人一个惊喜。
这样，
你就可以做你爱做的事，
和你喜欢的人交往，
你的未来将充满美妙的体验。
无论如何，
请把昨天的遗憾
转变成今天的愉悦。

——芭芭拉·凯奇 ★

本文摘自“炫彩人生”双语系列读物之《积极心态，七日速成》一书，本书即将由安徽科学技术出版社出版，欢迎广大读者订购。

学会
放下

