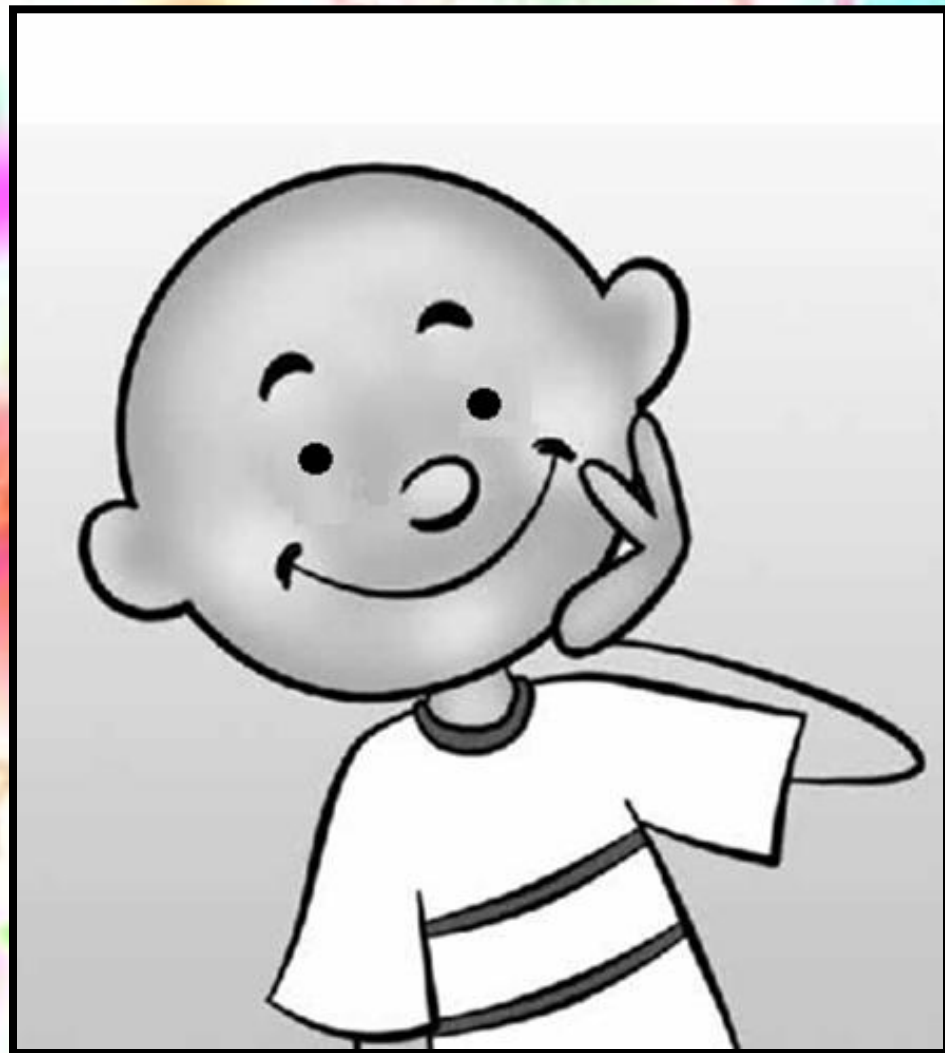


Contentment

滿意



儿童的道德价值观 / Moral Values for Children

It's only natural to see all the things that are wrong with the situation, or to remember all the times you had it better, or to look at those who currently seem to have it better, but you're not going to be happy that way. You will be happy, though, if you decide you're going to be thankful for what you have, rather than dwelling on what you don't have.

处境不好时，很自然会看到所有不好的方面，或回想起以前的好时光，或看着目前处境似乎很好的人，但这并不能让你快乐起来。然而，你可以快乐起来，只要你下决心，对自己所拥有一颗心怀感激，而不是只盯着自己所没有的。



When you look for the good in a situation and focus on that, the things that you don't like about it fade into the background. The circumstances may not have changed, but if you change your attitude, it will be as if the circumstances have changed too, because your perception of them will be different.

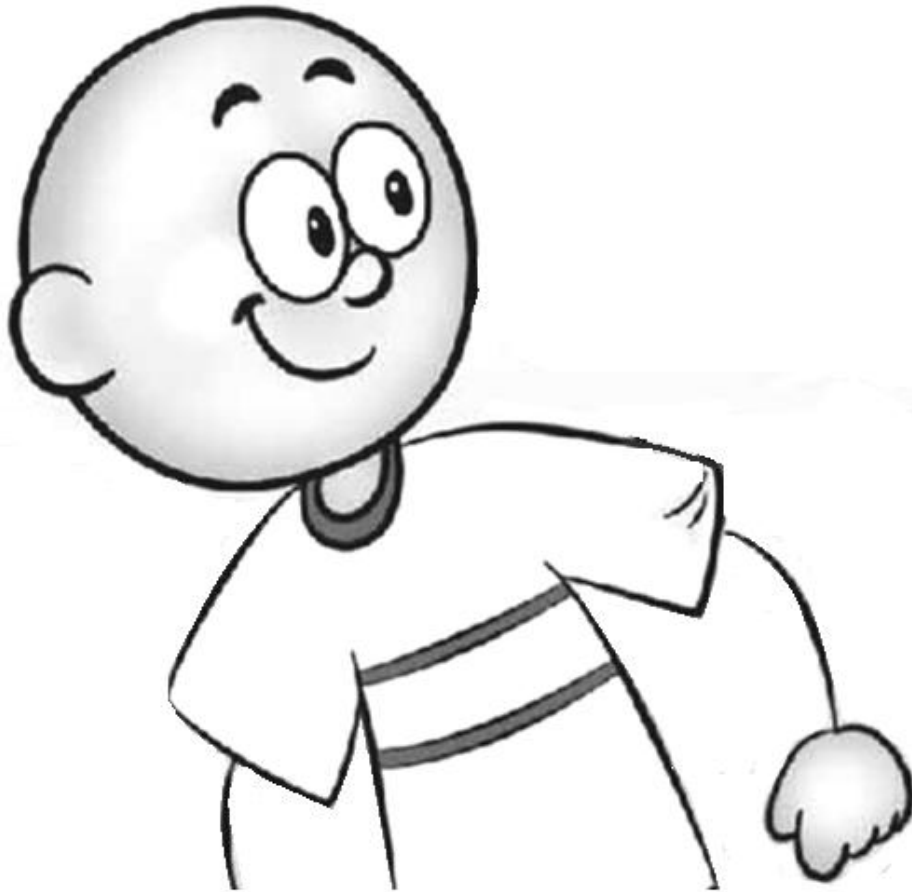
当你在某种情形中寻找好的方面，且只看着这些方面时，你所不喜欢的那些就会慢慢消退。情形可能一点也没变，但如果你的态度变了，情形似乎也变了，因为你对它的看法不同了。





Learn the great art of doing the best you can, with what you have, where you are. When you do this, you will either be content with how things are, or you will have the satisfaction of knowing you have made them better.

学习那伟大的生命技巧吧，那就是，无论你身处何处，都要尽你所能，发挥所有。当你这样做时，你将会因你现在的情况而满足，或因你曾改善你的情况而满意。



If your contentment is dependent on circumstances, things, or the people around you, you will never be completely happy.

Happiness is not in our circumstance but in ourselves. It is not something we see, like a rainbow, or feel, like the heat of a fire. Happiness is something we are.

你的满足若是依赖于环境、周围的人和事，你就永远无法完全快乐。

快乐不在于环境，而在于我们自身。它不像彩虹，是可见之物；也不像火的灼热，是可感觉之物。快乐是在于我们本人如何。