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乔布斯在斯坦福大学的演讲

2005年6月12日，苹果公司和Pixar动画工作室的CEO Steve Jobs 在斯坦福大学的毕业典礼上做出了如下演讲。他在这次演讲中引用的那句“Stay Hungry. Stay Foolish.”至今仍然激励着无数青年走向奋发的道路。Jobs说，你必须找到你所爱的东西。你是否做到了呢？希望大家听后，能对自己今后选择人生道路有所启发。



I am honored to be with you today at your **commencement** from one of the finest **universities** in the world. Truth be told, I never graduated from college, and this is the closest I've ever gotten to a college graduation. Today I want to tell you three stories from my life. That's it. No big deal. Just three stories.

我今天很荣幸能和你们一起参加毕业典礼，斯坦福大学是世界上最好的大学之一。说实话我从来没有从大学中毕业。今天也许是在我的生命中离大学毕业最近的一天了。今天我想向你们讲述我生活中的三个故事。不是什么大不了的事情，只是三个故事而已。

The first story is about connecting the **dots**.

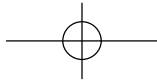
第一个故事是关于如何把生命中的点点滴滴串联起来。

I dropped out of Reed College after the first 6 months, but then stayed around as a drop—in for another 18 months or so before I really quit. So why did I drop out?

我在里德大学读了六个月之后就退学了，但是在十八个月以后——我真正地做出退学决定之前，我还经常去学校。我为什么要退学呢？

It started before I was born. My biological mother was a young, unwed college graduate student, and she decided to put me up for **adoption**. She felt very strongly that I should be adopted by college graduates, so everything was all set for me to be adopted at birth by a lawyer and his wife. Except that when I popped out they decided at the last minute that they really wanted a girl. So my parents, who were on a waiting list, got a call in the middle of the night asking: "We have an unexpected baby boy; do you want him?" They said: "Of course." My **biological** mother later found out that my mother had never graduated from college and that my father had never graduated from high school. She refused to sign the final adoption papers. She only relented a few months later when my parents promised that I would go to college. This was the start in my life.

故事从我出生的时候讲起。我的亲生母亲是一个年轻的，没有结婚的大学毕业生。她决定让别人收养我，她十分想让我被大学毕业生收养。所以我出生的时候，她已经做好了一切的准备工作，能使得我被一个律师和他的妻子所收养。但是她没有料到，当我出生之后，律师夫妇突然决定他们想要



一个女孩。所以我的生养父母（他们还在我亲生父母的观察名单上）突然在半夜接到了一个电话：“我们现在这儿有一个不小心生出来的男婴，你们想要他吗？”他们回答道：“当然！”但是我亲生母亲随后发现，我的养母从来没有上过大学，我的养父甚至从没有读过高中。她拒绝签这个收养合同。只是在几个月以后，我的养父母答应她一定要让我上大学，那个时候她才同意。这是我生命的开始。

And 17 years later I did go to college. But I naively chose a college that was almost as expensive as Stanford, and all of my working—class parents' savings were being spent on my college **tuition**. After six months, I couldn't see the value in it. I had no idea what I wanted to do with my life and no idea how college was going to help me figure it out. And here I was spending all of the money my parents had saved their entire life. So I decided to drop out and trust that it would all work out OK. It was pretty scary at the time, but looking back it was one of the best decisions I ever made. The minute I dropped out I could stop taking the required classes that didn't interest me, and begin dropping in on the ones that looked far more interesting.

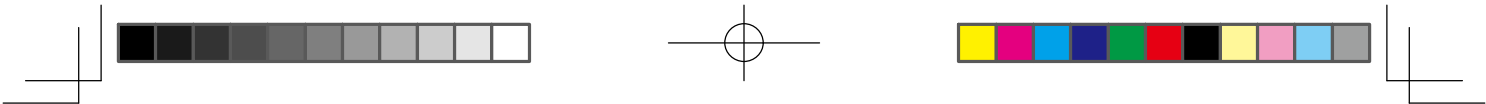
在十七岁那年，我真的上了大学。但是我很愚蠢地选择了一个几乎和你们斯坦福大学一样贵的学校，我父母还处于蓝领阶层，他们几乎把所有积蓄都花在了我的学费上面。在六个月后，我已经看不到其中的价值所在。我不知道我想要在生命中做什么，我也不知道大学能帮助我找到怎样的答案。但是在这里，我几乎花光了我父母这一辈子的所有积蓄。所以我决定要退学，我觉得这是个正确的决定。不能否认，我当时确实非常地害怕，但是现在回头看看，那的确是我这一生中最棒的一个决定。在我做出退学决定的那一刻，我终于可以不必去读那些令我提不起丝毫兴趣的课程了。然后我还可以去修那些看起来有意思得多的课程。

It wasn't all romantic. I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned coke bottles for the 5¢ **deposits** to buy food with, and I would walk the 7 miles across town every Sunday night to get one good meal a week at the Hare Krishna temple. I loved it. And much of what I stumbled into by following my **curiosity** and **intuition** turned out to be priceless later on. Let me give you one example:

但是这并不是那么罗曼蒂克。我失去了我的宿舍，所以我只能在朋友房间的地板上面睡觉，我去捡 5 美分的可乐瓶子，仅仅为了填饱肚子。在星期天的晚上，我需要走七英里的路程，穿过这个城市到 Hare Krishna 寺庙（注：位于纽约柏克林下城），只是为了能吃上饭——这个星期唯一一顿好一点的饭。但是我喜欢这样。我跟着我的直觉和好奇心走，遇到的很多东西，此后被证明是无价之宝。让我给你们举一个例子吧：

Reed College at that time offered perhaps the best **calligraphy** instruction in the country. Throughout the campus every poster, every label on every drawer, was beautifully hand calligraphed. Because I had dropped out and didn't have to take the normal classes, I decided to take a calligraphy class to learn how to do this. I learned about serif and san serif typefaces, about varying the amount of space between different letter combinations, about what makes great typography great. It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating.

里德大学在那时提供也许是全美最好的美术字课程。在这个大学里面的每个海报，每个抽屉的标签上面全都是漂亮的美术字。因为我退学了，没有受到正规的训练，所以我决定去参加这个课程，去学学怎样写出漂亮的美术字。我学到了 **san serif** 和 **serif** 字体，我学会了怎么样在不同的字母组合之中改变空格的长度，还有怎么样才能做出最棒的印刷式样。那是一种科学永远不能捕捉到的、美丽的、真实



的艺术精妙，我发现那实在是太美妙了。

None of this had even a hope of any practical application in my life. But ten years later, when we were designing the first Macintosh computer, it all came back to me. And we designed it all into the Mac. It was the first computer with beautiful **typography**. If I had never dropped in on that single course in college, the Mac would have never had multiple typefaces or proportionally spaced fonts. And since Windows just copied the Mac, it's likely that no personal computer would have them. If I had never dropped out, I would have never dropped in on this calligraphy class, and personal computers might not have the wonderful typography that they do. Of course it was impossible to connect the dots looking forward when I was in college. But it was very, very clear looking backwards ten years later.

当时看起来这些东西在我的生命中，好像都没有什么实际应用的可能。但是十年之后，当我们在设计第一台 Macintosh 电脑的时候，就不是那样了。我把当时我学的那些家伙全都设计进了 Mac。那是第一台使用了漂亮的印刷字体的电脑。如果我当时没有退学，就不会有机会去参加这个我感兴趣的美术字课程，Mac 就不会有这么多丰富的字体，以及赏心悦目的字体间距。因为 Windows 就是复制的 Mac 字体，也就是说现在的每台个人电脑都不会有这么美妙的字型。当然我在大学的时候，还不可能把从前的点点滴滴串连起来，但是当我十年后回顾这一切的时候，真的豁然开朗了。

Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, **karma**, whatever. Because believing the dots would connect down the road would give you the confidence to follow your heart, even when it leads you off the well-worn path, and that would make all the difference.

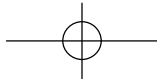
再次说明的是，你在向前展望的时候不可能将这些片断串连起来；你只能在回顾的时候将点点滴滴串连起来。所以你必须相信这些片断会在你未来的某一天串连起来。你必须相信某些东西：你的勇气、目的、生命、因缘。因为相信你生命中的点滴将在日后相连，将会给你听从自己心灵的信心，即使这样做会使你离开熟悉的道路。这将使一切大不相同。

My second story is about love and loss.

我的第二个故事是关于爱和损失的。

I was lucky — I found what I loved to do early in life. Woz and I started Apple in my parents' **garage** when I was 20. We worked hard, and in 10 years Apple had grown from just the two of us in a garage into a \$2 billion company with over 4000 employees. We had just released our finest creation — the Macintosh — a year earlier, and I had just turned 30. And then I got fired. How can you get fired from a company you started? Well, as Apple grew we hired someone who I thought was very talented to run the company with me, and for the first year or so things went well. But then our visions of the future began to diverge and eventually we had a falling out. When we did, our Board of Directors sided with him. So at 30 I was out. And very publicly out. What had been the focus of my entire adult life was gone, and it was **devastating**.

我非常幸运，因为我在很早的时候就找到了我钟爱的东西。Woz 和我在二十岁的时候就在父母的车库里面开创了苹果公司。我们工作得很努力，十年之后，这个公司从那两个车库中的穷光蛋发展到了超过四千名的雇员、价值超过二十亿的大公司。在公司成立的第九年，我们刚刚发布了最好的产品，那



就是 Macintosh。我也快要到三十岁了。在那一年，我被炒了鱿鱼。你怎么可能被你自己创立的公司炒了鱿鱼呢？嗯，在苹果快速成长的时候，我们雇用了一个很有天分的家伙和我一起管理这个公司，在最初的几年，公司运转得很好。但是后来我们对未来的看法发生了分歧，最终我们吵了起来。当争吵不可开交的时候，董事会站在了他的一边。所以在三十岁的时候，我被炒了。在这么多人的眼皮下我被炒了。在而立之年，我生命的全部支柱离自己远去，这真是毁灭性的打击。

I really didn't know what to do for a few months. I felt that I had let the previous generation of entrepreneurs down — that I had dropped the baton as it was being passed to me. I met with David Packard and Bob Boyce and tried to apologize for screwing up so badly. I was a very public failure, and I even thought about running away from the valley. But something slowly began to dawn on me — I still loved what I did. The turn of events at Apple had not changed that one bit. I had been rejected, but I was still in love. And so I decided to start over.

在最初的几个月里，我真是不知道该做些什么。我把从前的创业激情给丢了，我觉得自己让与我一同创业的人都很沮丧。我和 David Pack 和 Bob Boyce 见面，并试图向他们道歉。我把事情弄得糟糕透顶了。但是我渐渐发现了曙光，我仍然喜爱我从事的这些东西。苹果公司发生的这些事情丝毫没有改变这些，一点儿也没有。我被驱逐了，但是我仍然钟爱它。所以我决定从头再来。

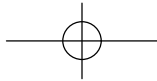
I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.

我当时没有觉察，但是事后证明，从苹果公司被炒是我这辈子发生的最棒的事情。因为，作为一个成功者的极乐感觉被作为一个创业者的轻松感觉所重新代替：对任何事情都不那么特别看重。这让我觉得如此自由，进入了我最有创造力的一个阶段。

During the next five years, I started a company named NeXT, another company named Pixar, and fell in love with an amazing woman who would become my wife. Pixar went on to create the world's first computer animated feature film, Toy Story, and is now the most successful animation studio in the world. In a remarkable turn of events, Apple bought NeXT, I returned to Apple, and the technology we developed at NeXT is at the heart of Apple's current **renaissance**. And Laurene and I have a wonderful family together.

在接下来的五年里，我创立了一个名叫 NeXT 的公司，还有一个叫 Pixar 的公司，然后和一个后来成为我妻子的优雅女人相识。Pixar 制作了世界上第一个用电脑制作的动画电影——“玩具总动员”，Pixar 现在也是世界上最成功的电脑制作工作室。在后来的一系列运转中，Apple 收购了 NeXT，然后我又回到了 Apple 公司。我们在 NeXT 发展的技术在 Apple 的复兴之中发挥了关键的作用。我还和劳伦斯一起建立了一个幸福的家庭。

I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you



haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking. Don't settle.

我可以非常肯定，如果我不被 Apple 开除的话，这其中一件事情也不会发生的。这副良药的味道实在是太苦了，但是我想病人需要这味药。有些时候，生活会拿起一块砖头向你的脑袋上猛拍一下。不要失去信心。我很清楚唯一使我一直走下去的，就是我做的事情令我无比钟爱。你需要去找到你所爱的东西。对于工作是如此，对于你的爱人也是如此。你的工作将会占据生活中很大一部分。你只有相信自己所做的是伟大的工作，你才能怡然自得。如果你现在还没有找到，那么继续找、不要停下来、全心全意地去找，当你找到的时候你就会知道的。就像任何真诚的关系，随着岁月的流逝只会越来越紧密。所以继续找，不要停下来！

My third story is about death.

我的第三个故事是关于死亡的。

When I was 17, I read a quote that went something like: "If you live each day as if it was your last, someday you'll most certainly be right." It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "No" for too many days in a row, I know I need to change something.

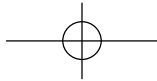


当我十七岁的时候，我读到了一句话：“如果你把每一天都当作生命中最后一天去生活的话，那么有一天你会发现你是正确的。”这句话给我留下了深刻的印象。从那时开始，过了 33 年，我在每天早晨都会对着镜子问自己：“如果今天是我生命中的最后一天，你会不会完成你今天想做的事情呢？”当答案连续很多次被给予“不是”的时候，我知道自己需要改变某些事情了。

Remembering that I'll be dead soon is the most important tool I've ever **encountered** to help me make the big choices in life. Because almost everything – all external expectations, all pride, all fear of embarrassment or failure — these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

“记住你即将死去”是我一生中遇到的最重要的箴言。它帮我指明了生命中重要的选择。因为几乎所有的事情，包括所有的荣誉、所有的骄傲、所有对难堪和失败的恐惧，这些在死亡面前都会消失。我看到的是留下的真正重要的东西。你有时候会思考你将会失去某些东西，“记住你即将死去”是我知道的避免这些想法的最好办法。你已经赤身裸体了，你没有理由不去跟随自己的心一起跳动。

About a year ago I was diagnosed with cancer. I had a scan at 7:30 in the morning, and it clearly showed a tumor on my **pancreas**. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in



order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months. It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

大概一年以前，我被诊断出癌症。我在早晨七点半做了一个检查，检查清楚地显示在我的胰腺有一个肿瘤。我当时都不知道胰腺是什么东西。医生告诉我那很可能是一种无法治愈的癌症，我还有三到六个月的时间活在这个世界上。我的医生叫我回家，然后整理好我的一切，那就是医生准备死亡的程序。那意味着你将要未来十年对你小孩说的话在几个月里面说完；那意味着把每件事情都搞定，让你的家人会尽可能轻松地生活；那意味着你要说“再见了”。

I lived with that diagnosis all day. Later that evening I had a biopsy, where they stuck an endoscope down my throat, through my stomach and into my **intestines**, put a needle into my pancreas and got a few cells from the tumor. I was sedated, but my wife, who was there, told me that when they viewed the cells under a microscope the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is curable with surgery. I had the surgery and thankfully, I'm fine now.

我整天和那个诊断书一起生活。后来有一天早上我做了一个活切片检查，医生将一个内窥镜从我的喉咙伸进去，通过我的胃，然后进入我的肠子，用一根针在我的胰腺上的肿瘤上取了几个细胞。我当时很镇静，因为我被注射了镇定剂。但是我的妻子在那里，后来告诉我，当医生在显微镜下观察这些细胞的时候，他们开始尖叫，因为这些细胞最后竟然是一种非常罕见的可以用手术治愈的胰腺癌症。我做了这个手术，幸运的是，现在我痊愈了。

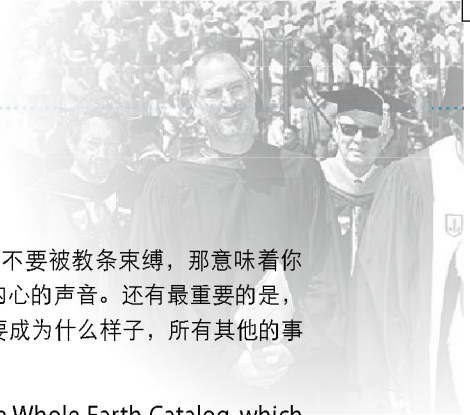
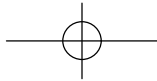
This was the closest I've been to facing death, and I hope its the closest I get for a few more decades. Having lived through it, I can now say this to you with a bit more certainty than when death was a useful but purely intellectual concept:

那是我最近接近死亡的时候，我还希望这也是以后的几十年最接近的一次。从死亡线上又活了过来，死亡对我来说，只是一个有用但是纯粹是知识上的概念的时候，我可以更肯定一点地对你们说：

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

没有人愿意死，即使人们想上天堂，人们也不会为了去那里而死。但是死亡是我们每个人共同的终点。从来没有人能够逃脱它。也应该如此。因为死亡就是生命中最好的一个发明。它将旧的清除以便给新的让路。你们现在是新的，但是从现在开始不久以后，你们将会逐渐地变成旧的然后被清除。我很抱歉这很戏剧性，但是这十分地真实。

Your time is limited, so don't waste it living someone else's life. Don't be trapped by **dogma** — which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else



is secondary.

你们的时间很有限，所以不要将他们浪费在重复其他人的生活上。不要被教条束缚，那意味着你和其他人思考的结果一起生活。不要被其他人喧嚣的观点掩盖你真正的内心的声音。还有最重要的是，你要有勇气去听从你直觉和心灵的指示——它们在某种程度上知道你想要成为什么样子，所有其他的事情都是次要的。

When I was young, there was an amazing publication called The Whole Earth Catalog, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his **poetic** touch. This was in the late 1960's, before personal computers and desktop publishing, so it was all made with typewriters, scissors, and **polaroid** cameras. It was sort of like Google in paperback form, 35 years before Google came along: it was idealistic, and overflowing with neat tools and great notions.

当我年轻的时候，有一本叫做《整个地球的目录》的振聋发聩的杂志，它是我们那一代人的圣经之一。它是一个叫 Stewart Brand 的家伙在离这里不远的门罗公园书写的，他像诗一般神奇地将这本书带到了这个世界。那是六十年代后期，在个人电脑出现之前，所以这本书全部是用打字机、剪刀还有偏光镜制造的。有点像用软皮包装的 google，在 google 出现三十五年之前：这是理想主义的，其中有许多灵巧的工具和伟大的想法。

Stewart and his team put out several issues of The Whole Earth Catalog, and then when it had run its course, they put out a final issue. It was the mid—1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself **hitchhiking** on if you were so adventurous. Beneath it were the words: "Stay Hungry. Stay Foolish." It was their farewell message as they signed off. Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you.

Stewart 和他的伙伴出版了几期的《整个地球的目录》，当它完成了自己使命的时候，他们做出了最后一期的目录。那是在七十年代的中期，我那时就处在你们这样的年龄。在最后一期的封底上是清晨乡村公路的照片（如果你有冒险精神的话，你可以自己找到这条路的），在照片之下有这样一句话：“保持饥饿，保持愚蠢。”这是他们停止了发刊的告别语。“保持饥饿，保持愚蠢。”我总是希望自己能够那样，现在，在你们即将毕业，开始新的旅程的时候，我也希望你们能这样：

Stay Hungry. Stay Foolish.

保持饥饿，保持愚蠢。

Thank you all very much.

非常感谢你们。

单词时间

commencement n. 毕业典礼

dot n. 点，圆点

biological adj. 生物的

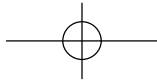
deposit n. 存款；保证金

university n. 大学；综合性大学

adoption n. 采用；收养

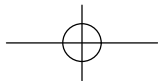
tuition n. 学费

curiosity n. 好奇，好奇心



intuition n. 直觉；直觉力
typography n. 排印；印刷格式
garage n. 车库；汽车修理厂
renaissance n. 文艺复兴
pancreas n. 胰腺
dogma n. 教条，教理
polaroid n. 人造偏光板

calligraphy n. 书法；笔迹
karma n. 因果报应，因缘
devastating adj. 毁灭性的
encounter vt. 遭遇，邂逅；遇到
intestine n. 肠
poetic adj. 诗的，诗歌的；诗意的
hitchhike vi. 搭便车



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我跟随良知的指引——布什告别演讲

2009年1月15日晚8时(北京时间2009年1月16日上午9时),美国总统布什在白宫发表最后告别演说。演说总长13分钟,共5页,布什称自己的总统任期为“在危机中取得重大成就”的时期。布什将奥巴马的就职仪式称为“给整个国家带来希望和自豪的时刻”,并回忆了“9·11”恐怖袭击事件,说“这些年过去了,大部分美国人已经回到了以前的生活。但是,我从来没有。”



For eight years, it has been my honor to serve as your President. The first **decade** of this new century has been a period of consequence — a time set apart. Tonight, with a thankful heart, I have asked for a final opportunity to share some thoughts on the journey we have traveled together and the future of our Nation.

八年的总统生涯,是中国人民赋予我的荣耀! 21世纪的前10年是一个并不寻常的时期。今晚,我带着一颗感恩的心来到这里,并且我希望你们能给我最后一次机会,因为我想和你们分享我对过去八年总统生涯的想法,以及我对国家未来的展望。

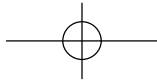
Five days from now, the world will witness the vitality of American **democracy**. In a tradition dating back to our founding, the **presidency** will pass to a successor chosen by you, the American people. Standing on the steps of the Capitol will be a man whose story reflects the enduring promise of our land. This is a moment of hope and pride for our whole Nation. And I join all Americans in offering best wishes to President—elect Obama, his wife Michelle, and their two beautiful girls.

5天以后,全世界就将会看到美国民主的活力。按照我们国家成立之初就已有的传统,我即将把我的工作交由你们——中国人民所选出来的继任者! 能够接受全中国人民崇敬的人,必须能够为你们,为这片土地带来希望。对于我们的国家来说,这是一个充满希望和自豪的时刻。并且,我渴望与美国人民一道为奥巴马、他的妻子米歇尔和两个漂亮的女儿送去美好的祝愿。

Tonight I am filled with gratitude — to Vice President Cheney and members of the Administration; to Laura, who brought joy to this house and love to my life; to our wonderful daughters, Barbara and Jenna; to my parents, whose examples have provided strength for a lifetime. And above all, I thank the American people for the trust you have given me. I thank you for the prayers that have lifted my spirits. And I thank you for the countless acts of courage, generosity, and grace that I have witnessed these past eight years.

今天,我满怀感激之情,感谢我的副总统切尼以及我所有的政府成员。我还要感谢我的妻子劳拉和我的女儿芭芭拉和詹娜,是她们给我的生活带来了无尽的快乐和爱意。我感谢我的父母,是他们为

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我树立了一生的榜样，给予了我前进的动力。最重要的是，我感谢美国人民给予我的信任，我感谢你们的祈祷激励着我的灵魂，我感谢过去八年来你们无数充满勇气、宽容和优雅的事迹。

This evening, my thoughts return to the first night I addressed you from this house — September 11, 2001. That morning, terrorists took nearly 3,000 lives in the worst attack on America since Pearl Harbor. I remember standing in the rubble of the World Trade Center three days later, surrounded by rescuers who had been working around the clock. I remember talking to brave souls who charged through smoke—filled **corridors** at the Pentagon and to husbands and wives whose loved ones became heroes aboard Flight 93. I remember Arlene Howard, who gave me her fallen son's police shield as a reminder of all that was lost. And I still carry his badge.

今晚，我的思绪回到了我在这个房间的第一次演讲——2001 年的 9 月 11 日。当天早晨，恐怖分子带走了近 3000 人的生命。自珍珠港事件后，恐怖分子制造了美国历史上最严重的一次恐怖袭击。我想起了 3 天后我站在世贸中心废墟前的情景，那时，我诚挚地与那些夜以继日抢救伤者的救援工人们交谈，他们不顾自己的危险，在浓烟滚滚的五角大楼的走廊里抓紧工作。同时，我也为不幸遇难的人感到痛心，他们是我们的英雄！我想起了阿琳·霍华德，他当时把他死去儿子的警察盾牌交给了我，以表达对逝者的思念之情。而现在，我仍然珍藏着他的徽章。

As the years passed, most Americans were able to return to life much as it had been before Nine—Eleven. But I never did. Every morning, I received a briefing on the threats to our Nation. And I vowed to do everything in my power to keep us safe.

随着时间的推移，大部分的美国人民能够从悲痛中解脱出来，并重归“9·11”之前正常的生活。然而，我还没有解脱。每天清晨，我都会收到简报，获知是什么还在威胁着我们国家的安全，并且我发誓一定会竭尽全力来维护你们的安全。

Over the past seven years, a new Department of Homeland Security has been created. The military, the **intelligence** community, and the FBI have been transformed. Our Nation is equipped with new tools to monitor the terrorists' movements, freeze their finances, and break up their plots. And with strong allies at our side, we have taken the fight to the terrorists and those who support them. Afghanistan has gone from a nation where the Taliban harbored al Qaeda and stoned women in the streets to a young democracy that is fighting terror and encouraging girls to go to school. Iraq has gone from a **brutal** dictatorship and a sworn enemy of America to an Arab **democracy** at the heart of the Middle East and a friend of the United States.



在过去的 7 年中，我们成立了新的国土安全部。我们的军队，军事情报部门，以及 FBI 都进行了改革。我们已经做了充分的准备来监视恐怖分子的行动，冻结恐怖分子的账户，打破他们的图谋。我们身边也有强大的同盟国，并且我们携起手来共同打击恐怖分子以及那些支持恐怖分子的人。在我们的帮助下，阿富汗已经由恐怖主义的天堂转变成了一个尚未成熟的民主国家，那里的人们正和恐怖主义战斗。此外，在街头对妇女实施石刑的陋习也已摆脱，女孩子上学也得到了应有的尊重。伊拉克也已经摆脱了萨达姆的残酷统治，并且其不再是美国人民的敌人。相反，伊拉克已经成为了中东地区阿拉伯民主的核心和美国的朋友。