

快樂箴言

Happiness in a Nutshell



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Happiness in a Nutshell



獻給
我摯愛的妻子—茱麗。
謝謝妳給予我靈感，推動我去創作這本小書，
也謝謝妳爲我編輯及整理這本書。

Dedication:

*To my precious wife, Julie:
Thank you for your idea to create
this little book, and thank you for
editing and putting it together!*

Happiness in a Nutshell

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in a Nutshell

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written and illustrated by
Andrew Matthews

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AUSTRALIA



通常，要一切從新開始，
最理想的起點，
就是你現在身處的地點！

下次改換住址之前，
先考慮改變自己的想法！

當你改變，
你的環境也跟你一起改變。
這是不變的定律。



Usually, the best place
to make a new start
is where you are!

Before changing your address,
consider changing your thinking!

When you change,
your situation changes.
It is law.

我們都會失敗。

但是失敗並不使人感到痛苦。

痛苦是因為你知道
你並沒有全力以赴。



We all fail.

But it is not failing that hurts.
What hurts is knowing that
you didn't give your best.

憑著自律去做
你不喜歡的小事 -

將來才会有你喜歡的大事
等著你去做。



Have the discipline to do
little things you don't like -
and you can spend your life
doing the big things you do like.

快樂？ 我哪有時間去快樂！

