

“快乐人生”座谈会
 为人处事的一点心得, 诀窍和原则

Discussion Led by **James Yin**
 Chairman of Board of Directors
 Jacksonville Chinese Association (JCA)

At JCA Chinese School
www.jcausa.org

Nov. 15, 2009



知足者常樂。

要為自己擁有的東西而喜悅，不要為自己沒有的東西而沮喪。



真誠的關心別人，不求回報，以助人為樂。



與人分享也是樂

製作了 PPS 與大家分享也是樂哦！



多一點笑聲，“笑”有助於身心健康。

😊 笑一笑，十年少。 😊



多一點幽默，幽默是生活中的調味劑，幽默是一種智慧。



積極鍛煉，增強體質，健康與快樂是相輔相成的。



聽點音樂，音樂對大腦皮層和各器官功能有很好的調節作用。



學會與各種人相處。



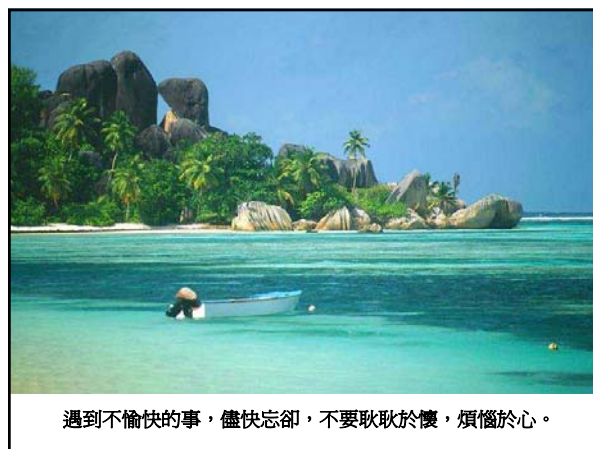
朋友之間

有幾個知心朋友，可以相互傾訴。



夫妻關係

學會理解生活中的另一半，不要要求對方和你完全一致，製造和睦的家庭氛圍。



遇到不愉快的事，儘快忘卻，不要耿耿於懷，煩惱於心。



遇到好事時，不要認為理所當然，
要有感恩之心。



當別人對你誤解、指責、甚至辱罵時，

記住齊白石老人的座右銘“人譽之一笑，人罵之一笑。”

善待自己

給自己：

- * 買盆喜歡的花 
- * 買點好吃的  
- * 買件漂亮的衣服 (山寨版的也行) 



注意調節生活，忙碌一段時間後，過一天與平常不同的生活。

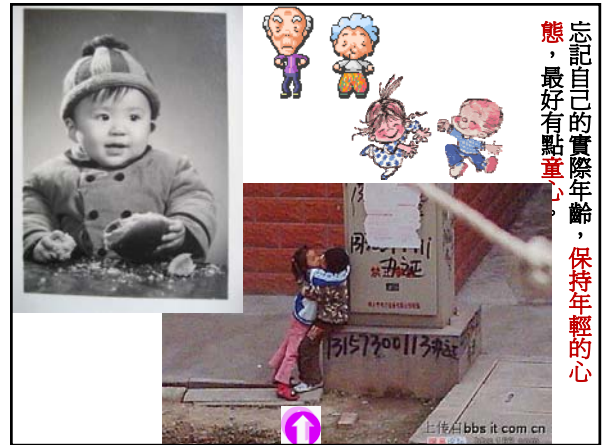
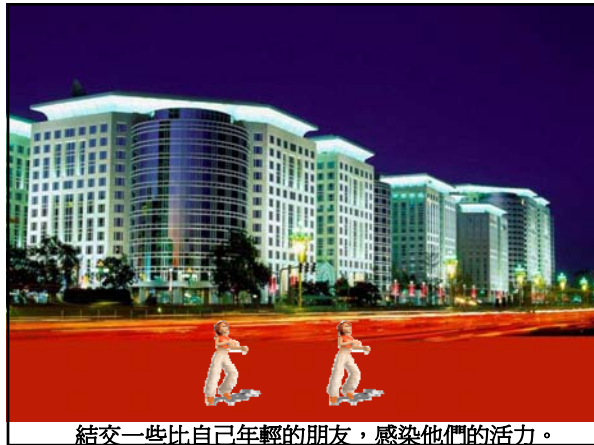


不要把錢看得太重，錢是身外之物，生不帶來，死不帶去。



如果你和我一樣已上了年紀，還有下面幾點建議：





Now 言归正传

Do You Know him?

Have you heard the name of Dale Carnegie (戴爾卡內基) before?

影响新中国60位外国人第18名

戴爾卡內基 (Dale Carnegie)
被評選為影響新中國60位外國人第18名

Source: http://blog.sina.com.cn/s/blog_60e4d0280100fc20.html

美國著名演說家、作家和教育家，國際著名的勵志大師。他的《卡內基溝通與人際關係》、《如何停止焦慮開創人生》、《享受工作享受生活》等著作，已成為歷史上最具有影響力的勵志圖書，曾經激勵和影響了**世界億萬讀者**。卡內基思想及卡內基精神不但在過去，在今天仍極具影響力。在《財富》雜誌的全球500強企業中，有超過425家企業長期使用卡內基訓練。

戴爾卡內基在中國被奉為20世紀最偉大的成功學大師。其上述30—40年代出版的作品幾乎被全部介紹到了中國。當商業的地位在中國人生活、工作中顯著提高，卡內基走進中國就是很自然的事情。他被稱為是“成功學”的奠基人，他的《人性的弱點》一書被稱為是影響中國營銷人最重要的著作。直到今天，**很多人在找工作、上門推銷，或者遇到管理與溝通難題時，還會立刻想起他的論述，試圖從他的書籍中找到能夠讓別人相信自己的“高招”和能夠在競爭中取勝的“竅門”**。卡內基在中國的人際關係發生變化的時候走進中國，他也對中國的人際關係變化產生了深遠的影響。（丁剛）

Training Center in China: <http://www.dalecarnegie-china.cn/>

影响新中国60位外国人第18名

- | | |
|------------------------|------------------------|
| 1. 牛顿 (1642—1727) | 10. 弗洛伊德 (1856—1939) |
| 2. 鲁索 (1712—1778) | 11. 泰戈尔 (1861—1941) |
| 3. 贝多芬 (1770—1827) | 12. 高尔基 (1868—1936) |
| 4. 安徒生 (1805—1875) | 13. 列宁 (1870—1924) |
| 5. 达尔文 (1809—1882) | 14. 爱因斯坦 (1879—1955) |
| 6. 马克思 (1818—1883) | 15. 斯大林 (1879-1953) |
| 7. 恩格斯 (1820—1895) | 16. 波音 (1881—1956) |
| 8. 列夫·托尔斯泰 (1828-1910) | 17. 杜鲁门 (1884-1972) |
| 9. 诺贝尔 (1833-1896) | 18. 戴尔·卡内基 (1888-1955) |



Dale Carnegie Biography

(1888 - 1955)

(born Nov. 24, 1888, Maryville, Mo., U.S.—died Nov. 1, 1955, Forest Hills, N.Y.) U.S. lecturer and author. Born into poverty, he worked as a traveling salesman and an actor before he began teaching public speaking at a YMCA in New York City in 1912.

His classes were extremely successful, and he was soon lecturing to packed houses. To standardize his teaching methods he began publishing pamphlets, which he collected into book form as *Public Speaking: A Practical Course for Business Men* (1926).

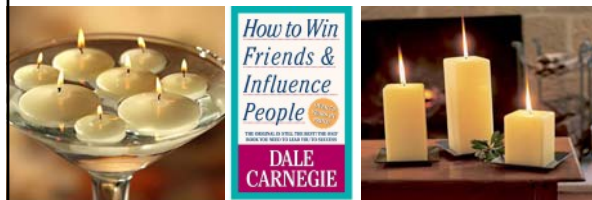
His hugely popular *How To Win Friends and Influence People* (1936) won him a national following; like most of his books, it **reveals little that was unknown about human psychology but stresses that an individual's attitude is crucial**. The Dale Carnegie Institute subsequently established hundreds of chapters throughout the country.



Book Review:

How to Win Friends & Influence People ?

by Dale Carnegie (戴尔卡内基)



Why this book is so popular and welcomed worldwide?

The 6 Ways to Make People Like You

The 12 Ways to win people to your way of thinking

The 9 ways to change people without arousing resentment



Six Ways to Make People Like You

by Dale Carnegie (戴尔卡内基)



Principal 1:

Become genuinely interested in other people





Principal 2 Smile



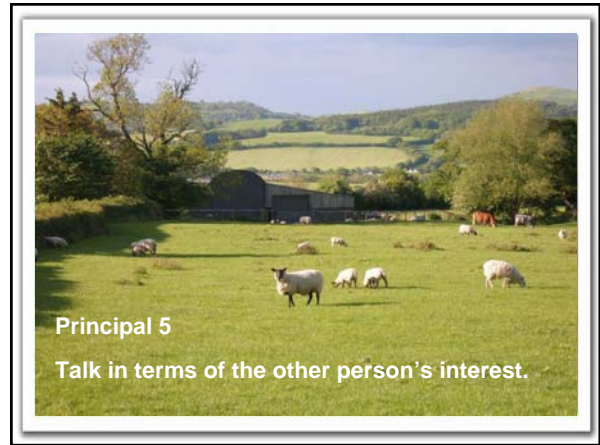
Principal 3

Remember that a **person's name** is to that person the sweetest and most important sound in any language.



Principal 4

Be a good listener. Encourage others to talk about themselves



Principal 5

Talk in terms of the other person's interest.



Principal 6

Make the other people feel important – and do it sincerely.



Six Ways to Make People Like You

By Dale Carnegie

Principal 1: Become genuinely interested in other people.

Principal 2: Smile

Principal 3: Remember that a person's name is to that person the sweetest and most important sound in any language.

Principal 4: Be a good listener. Encourage others to talk about themselves.

Principal 5: Talk in terms of the other person's interests.

Principal 6: Make the other person feel important – and do it sincerely.

Fundamental Techniques in Handling People

by Dale Carnegie (戴尔卡内基)

Principal 1

Don't criticize, condemn or complain.

Principal 2

Give honest and sincere appreciation.

Principal 3

Arouse in the other person an eager want.

Win People To Your Way of Thinking

by Dale Carnegie (戴尔卡内基)

1. The only way to get the best of an argument is to avoid it.
2. Show respect for the other people's opinions. Never say, "You're wrong."
3. If you are wrong, admit it quickly and emphatically.
4. Begin in a friendly way.
5. Get the other person saying "yes, yes" immediately.
6. Let the other people do a great deal of the talking.

Win People To Your Way of Thinking

by Dale Carnegie (戴尔卡内基)

7. Let the other person feel that the ideas is his or hers.
8. Try honestly to see things from the other person's point of view.
9. Be sympathetic with the other person's ideas and desires.
10. Appeal to the nobler motives.
11. Dramatize your ideas.
12. Throw down a challenge.

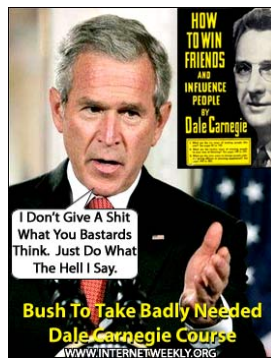
Be a Leader: How to Change People Without Giving Offense or Arousing Resentment

by Dale Carnegie (戴尔卡内基)

1. Begin with praise and honest appreciation.
2. Call attention to people's mistakes **indirectly**.
3. Talk about your own mistakes before criticizing the other person.
4. Ask questions instead of giving direct orders.
5. Let the other person **save face**.
6. Praise the slightest improvement and praise every improvement. Be "heartly in your approbation and lavish in your praise."
7. Give the other person a fine reputation to live up to.
8. Use encouragement. Make the fault seem easy to correct.
9. Make the other person **happy** about doing the thing you suggest.

Bush To Take Badly Needed Dale Carnegie Course

http://www.internetweekly.org/2006/07/cartoon_bush_dale_carnegie.html



WASHINGTON - (IWR News Satire) White House Press Secretary Tony Snow revealed today that President Bush will be taking the Dale Carnegie course *How to Win Friends and Influence People* this week in order to help Mr. Bush [make some friends with other world leaders](#) and also to help boost [the President's sagging poll numbers](#). Snow reported that Mr. Bush's speaking style and personal charm need a lot of work, and that even Ross Perot has more "panache" than Mr. Bush does. Mr. Bush received the three day course as a birthday present from Karl Rove.

謝謝 and Welcome Your Feedback

