

学英语，练听力，上听力课堂！

There is no better school than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve my performance next time. Never again will I contribute to my downfall by refusing to face the truth and learn from my past mistakes. Because I know: gems cannot shine without polish, and I can not perfect myself without hardship.

Now I know that there are no times in life when opportunity, the chance to be and do gathers so richly about my soul when it has to suffer cruel adversity. Then everything depends on whether I raise my head or lower it in seeking help. Whenever I am struck down, in the future, by any terrible defeat, I will inquire of myself, after the first pain has passed, how I can turn that adversity into good. What a great opportunity that moment may present.....to take the bitter root I am holding and transform it into fragrant garden of flowers.

Always will I seek the seed of triumph in every adversity.

译文：

逆境是一所最好的学校。每一次失败，每一次打击，每一次损失，都蕴育着成功的萌芽，都教会我在下一次有更出色的表现。我再也不会逃避现实，也不会拒绝从以往的错误中获取经验，我不再因此而促成自己的失败。因为我知道，宝玉不经磨砺就不能发光，没有，我也不能完善自我。

现在我知道，灵魂倍受煎熬的时刻，也正是生命中最多选择与机会的时刻。任何事情的成败取决于我在寻求帮助时是抬起头还是低下头。无论何时，当我被可怕的失败击倒，在最初的阵痛过去之后，我都要想方设法将苦难变成好事。伟大的机遇就在这一刻闪现——这苦涩的根必将迎来满园芬芳！

我将一直在困境中寻找成功的希望。