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## Words about life 適用於日常生活的精警英文句子

在日常生活中，偶然拋出一兩句英文金句，不單令你說話生輝，而且讓對方覺得你有智慧、有深度，非一般凡夫俗子喔!

1. A cheerful heart is a good medicine 開心就是良藥
2. A downcast spirit dries up the bones.  
下沈的心令骨頭也乾枯喔
3. A cheerful wife is the joy of life.  
令老公快樂的老婆，是老公生命中的歡樂窩
4. A crow is never whiter by washing herself often.  
烏鴉洗白白，點洗都唔會白
5. A difference, to be a difference, must make a difference.  
改變，就要作出改變，這會令你與眾不同 G Stein
6. A different world cannot be built by indifferent people.  
對世界無動於衷的人不會令世界改變 P Marshall
7. A friend to everybody is a friend to nobody.  
將每個人都作為朋友，結果是沒有一個真正朋友
8. A good leader inspires others confidence in him. A great leader inspires them with confidence in themselves.  
一個好領袖令下屬對領袖有信心。一個偉大的領袖令下屬對他們自己有信心。

9. A journey of a thousand miles begins with one single step.  
千里之行，始於足下
10. A joy that is shared is made double.  
分享歡樂是將一份歡樂變成兩份歡樂 J Ray
11. A leopard cannot change its spots.  
斑豹的花點是不能改的 [死性不改]
12. A man cannot leave a better legacy to the world than a well-educated family 人對世上留下的最好的遺產，莫過於留下一些好學問的家人 HS Truman
13. A man doesn't learn to understand anything unless he loves it 除非你愛上它，你才學懂它 J W von Goethe
14. A mother is not a person to lean on, but a person to make leaning unnecessary 偉大母親不是要子女倚賴她，而是令子不需倚賴她 D C Fisher
15. A successful marriage is one where the wife is the boss and she doesn't know it; one in which the husband knows when to remember and the wife knows what to forget; one composed of three complete volumes: the Prayer Book, the Cheque Book and the Cook Book. 成功的婚姻是：老婆是老闆，但她從不知道；老公知道要記得什麼，而老婆知道要忘記什麼；家中有三本：祈禱用的書，支付生活費的存摺，煮好餸的方法

16. A thing of beauty is a joy forever 美麗的事物是快樂之源
17. A well-educated man should know something of everything and everything of something 好學問的人須對每事知一點，和對他擅長的事則無所不知
18. A word of appreciation often can accomplish what nothing else could accomplish 一聲讚美能令對方做出不可能的事 B. C. Forbes
19. Above all else, guard your heart, for it is the wellspring of life 無論如何，守護你的心，因那是生命的源 Proverb 4:23
20. Abundance, like want, ruins many. 太多財富，或者太多慾望，令好多人毀掉一生
21. Accept reality as it is 接受現實吧
22. Accept the challenge, so that you may feel the exhilaration of victory 接受挑戰吧! 這會令你獲取勝利的喜悅 George Patton
23. Accidents happen even in the best regulated families. 意外就是意料之外，即使最有規矩的家庭也會發生
24. Action is more effective than words 行動比說話更有效
25. Action is the proper fruit of knowledge. 行動是知識的果實

26. Actions speak louder than words 行動比說說更響亮
27. Adversity is the midwife of genius.  
艱苦的生活令天才誕生 Napoleon
28. Aim at the sun, and you may not reach it; but your arrow will fly higher than if you aim at an object on a level with yourself 射向高處，即使射不到太陽，但會射得高 J Hawes
29. All glory comes from daring to begin.  
所有光榮都是由敢於開始 E F Ware
30. All great discoveries are made by mistakes.  
一切發現皆由行錯路而發生 [意指跟大圍不會有新發現]
31. All is well that ends well 好的結果，那就是好了
32. All men are mortal 人皆會死
33. All serious daring starts from within.  
一切勇氣皆發自內心 Eledora Welty
34. Always demanding the best of oneself, living with honor, devoting one's talents and gifts to the benefit of others these are the measures of success that endure when material things have passed away. 時常盡己所能，做到最好，活在榮耀中。發揮自己所長，做對別人、社會有益的事，這就是人生成就，儘管最後離開世上 Gerald R. Ford

35. Always do right. This will gratify some people, and astonish the rest. 時常做正確的事，這會令一些人心存感激，令其他人驚訝 Mark Twain
36. An idea is something that won't work unless you do it. 一個意念不會起作用，除非你實行它 Thomas Edison
37. An idea won't work unless you do it 意念無用，除非實行
38. An open door may tempt a saint 打開門引人犯罪，即使聖潔的人也會被引誘
39. An optimist laughs to forget. A pessimist forgets to laugh. 樂觀的人大笑後就會忘記，悲觀的人忘記了開心大笑
40. And the trouble is: if you don't risk anything, you risk even more. 問題是：當你不願冒任何風險時，你所承受的風險卻會因此而增加了 Erica Jong
41. Anger punishes itself 盛怒令人犯錯，因而受到懲罰
42. Anyone who stops learning is old, whether this happens at twenty or eighty. Anyone who keeps on learning not only remains young, but becomes constantly valuable regardless of physical capacity. 任何人停止學習便會變老，無論他是廿歲抑或八十歲。任何人繼續學習時不單保持青春，而且變得有用，不管他身體是否有缺陷
43. As a well-spent day brings happy sleep; so a well-used life brings happy death. 白天過得好，當晚睡得穩。生命活得好，死時笑得著 Leonardo da Vinci

44. As is the man so is his work 人的價值在於他做過的工作
45. As the wind blows, you must set your sail 有風，駛艋
46. Ask and you will receive; seek and you will find; knock and the door will be opened to you 去問，你才會取得；去尋，你才會找到；去叩門，門才會開 Matthew 7:7
47. Assume a virtue though you have it not 假如你沒有一種美德，你假裝有時，那你便有了 William Shakespeare
48. Attempt the impossible in order to improve your work 嘗試去做一些不可能的事去改進你的工作 Bette Davis
49. Be always as merry as ever you can, for no man delights in a sorrowful man 無論如何，你也要快樂，因為沒有人喜歡悲傷的人
50. Be glad of life because it gives you the chance to love and to work and to play and to look up at the stars. 你應該感激生命，因為它給你機會：去愛人，去工作，去玩耍，去仰望星空 Henry Van Dyke
51. Be life long or short, its completeness depends on what it was made for 生命無論是長是短，它的完成在於它因何而活 David Starr Jordan
52. Be still and have thy will 企定吧，緊握信念吧
53. Before everything else, getting ready is the secret of success 成功是留給有準備的人 Henry Ford

54. Best things in life are either illegal or immoral. 生命中最  
好的兩樣東西：一樣是違法的，另一樣是不道德的
55. Better a glorious death than a shameful life.  
光榮而死，好過羞愧而活
56. Better be alone than in ill company.  
與損友一起，不如獨自過活
57. Better late than never 遲到好過冇到
58. Better master one than engage with ten.  
十樣野水皮，不如一樣野威
59. Better say nothing than say nothing to purpose.  
說話不知所謂，不如不說話
60. Better to ask the way than to go astray 問路勝於迷路
61. Better to do well than to say well 說得好，不如做得好
62. Better to wear out than to rust out 寧戰死，也不做廢柴
63. Better unborn than unbred 沒有學識地過活，不如不活
64. Birth is much but breeding is more 生存重要，教養更重要
65. Brevity is the soul of wit 簡潔有力就是機鋒喔

66. Burn not your house to rid it of the mouse.  
你不會為了趕走老鼠而將你的住所燒毀吧
67. Business is the salt of life 工作是生命要素
68. Business makes a man as well as tries him.  
工作使人成長，也使人受到考驗
69. By reading we enrich the mind. By saying we polish it.  
閱讀使我們增長知識，演說讓我們梳理知識
70. Care and diligence bring luck 小心和勤力帶來幸運
71. Character cannot be developed in ease and quiet. Only through the experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved. 堅強的性格不會在安逸的環境練成。只有經過痛苦的考驗，我們的靈魂才會變得強大，眼界才會開闊，鬥志才會旺盛，成就才會造成 Helen Keller
72. Children must have at least one person who believes in them. It could be a counselor, a teacher, a preacher, a friend. It could be you. You never know when a little love and support will plant a small seed of hope. 小孩子需要有人信他，他可以是輔導員、老師、傳導者、玩伙。但也可以是你。你或許不知道，你的一點愛心和支持會在一個小孩子的生命中留下一個希望的種子 Marin Wright Edelman
73. Complacency is the enemy of study 自滿是學習的敵人

74. Confidence in yourself is the first step on the road to success. 信任自己是踏向成功的第一步
75. Constant vigilance makes fatigue, then negligence. 無時無刻地過份緊張會造成疲累，導致疏忽。
76. Content is better than riches 滿足就是最好財富
77. Continual cheerfulness is a sign of wisdom. 每天快樂生活就是智慧的表現 Old Irish saying
78. Learn all there is to learn, and then choose your own path 不斷學習各種事物，然後順心而為 L Beaconsfield
79. Courage is resistance to fear, master of fear and not absence of fear. 勇氣就是對抗恐懼，戰勝恐懼，而不是逃避恐懼或沒有恐懼 Mark Twain
80. Death is the grand leveller 死亡是最偉大的平復者
81. Desire has no rest 慾望是無止境的
82. Determine your future now by taking hold of any opportunity 把握機會，創造未來 D Turner
83. Devils make little faults great. 魔鬼令小錯擴大 [當心，有人會將你的小錯搞大]
84. Difficulties mastered are opportunities won. 克服困難，就是取得勝利 Winston Churchill

85. Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can. 做所有好的事，你能的話；用所有好的方法，你能的話；在所有好的地方，你能的話；於所有好的時間，你能的話；對所有人做好事，你能的話 — 當你還能夠做好事的時候 John Wesley
86. Do everyday something no one else will be silly enough to do. 每天做一點沒有人會做的傻事 C Morley
87. Do in haste and repent in leisure 魯莽做事，留下後悔
88. Do not follow where the usual path may lead. Go and leave a trail 不要跟大隊，走自己的路，留下自己的事跡
89. Do not give dogs what is holy; do not throw your pearls before swine. If you do, they may trample them under their feet, and then turn and tear you to pieces. 不要將聖物丟給狗，也不要將珍珠丟在豬面前，免得牠們用腳把好东西踐踏了，然後轉身撕咬你 Matthew 7 : 6
90. Do not pray for easy lives, pray to be stronger men ! Do not pray for tasks equal to your power, pray for power equal to your tasks. 不要祈求易過的生活。祈求做堅強的人吧！不要祈求易做的工作。祈求自己有能力戰勝艱鉅的工作 Philip Brooks
91. Do not say go, but go! 不要只說做，要做！

92. Do not wait for extraordinary circumstances to do good actions. Try to use ordinary circumstances. 不要等待特別情況才做好事，就用日常事做吧 JP Richter
93. Do slowly. Look sternly. 慢慢地做，扮到超正經
94. Do well and have well 事情辦得好，收獲自然好
95. Do well and let people say what they will.  
自己做好，由他們說吧
96. Do what is right. Come what may.  
做對的事，萬事由天定
97. Do wrong once and you will never hear the end of it.  
只要做錯一次，就會沒完沒了
98. Do you love life? Then waste no time; for time is the stuff that life is made for. 你熱愛生命嗎？若然，就不要浪費時間，因為時間就是生命 Benjamin Franklin
99. Do your work with your whole heart and you will succeed there is so little competition! 全心全意做好你的工作，你就會取得成就，你會發覺對手其實並不多呢 E Hubbard
100. Doing good is the easiest way to get the most of life 最容易由生命得到最多的方法就是做好事 EG Leterman

101. Doing good to others is not a duty. It is a joy, for it increases your health and happiness 為世人做好事不是一項責任，而是它會令你喜悅，促進你的健康和快樂  
Zoroastrian Scriptures
102. Don't be afraid to take big step. You can't cross a chasm in two small jumps. 有時，不要怕行大步些，當你遇上大難關時，小步是不行的 David Lloyd George
103. Don't claim to know what you don't know 不要逞強
104. Don't cry for the moon 不要妄想拿取天上的月亮
105. Don't do things halfway, or else you find yourself dropping more than picking up. 半途而廢只會令你落後而非上前 Louis Armstrong
106. Don't judge each day by the harvest you reap, but by the seeds you plant 不要每天數著收成，但要每天努力耕耘  
Robert Louis Stevenson
107. Don't keep all your eggs in one basket.  
不要將所有注碼押在一起
108. Don't kill dream. Execute it. 不要毀掉夢想，要實行夢想  
Robert H. Schuller
109. Don't make a mountain out of a molehill 不要將小事說大
110. Don't play with sharp tools. 不要玩刀 [因會受傷]

111. Don't put the cart before the horse.  
勿將車放於在馬前 [不要本末倒置]
112. Don't quarrel with your bread and butter.  
不要同衣食供應者吵架 [因會失業]
113. Don't sell the bear's skin before you catch the bear.  
不要在捉到熊前就賣熊皮 [還未到時候]
114. Don't swap horses when crossing a stream.  
不要在過河時換馬 [情況危急下改動易成大錯]
115. Don't throw away the baby with the bath water.  
不要將嬰兒連同髒水一起丟棄 [要小心分清楚]
116. Don't trouble troubles unless troubles trouble you.  
不要自找麻煩，除非麻煩找上門來
117. Don't wait for the best because it has been taken.  
不用等最好的了，因最好的會一早被人取去
118. Don't worry about tomorrow. Today is the day that counts.  
不要為明天擔憂，做好今天吧
119. Doubt is the key of knowledge 好奇是知識的開端
120. Dream great dreams and make them come true.  
夢想要大，將夢想實現吧!
121. Drive the nail that will go 邊個想去，就叫佢去啦

122. Drive your business. Don't let it drive you.  
駕馭你的工作，不要讓工作駕馭你
123. Dumb dogs are dangerous 無聲狗咬人
124. Dying is as natural as living 死亡就像生存一樣自然
125. Each citizen should play his part in the community  
according to his individual gifts 在社會上，每個公民都有  
因應他的天賦才能而需做的本份 Plato
126. Each one of us works for a small change in the world  
around us. 每個人都可以為世界做一點小小的改變  
Lama S. Smith
127. Eagles fly alone; but sheep flock together.  
鷹單獨地飛，但羊群在一起 [有本領的人會獨立特行]
128. Early start makes easy stages 早點做，容易做
129. East or west, home is best 去東定去西，返家就最威
130. Easy come; easy go 來得易，走得快
131. Eat to live, but not live to eat. 我們應為活著而吃，我們不  
應為了吃而生存 [飲食要有節制，不應大吃大喝啊]
132. Education is not something to prepare you for life; it is a  
continuous part of your life. 教育不是為了使你能過活，而  
是持續你的生活 Henry Ford

133. Education is the knowledge of how to use the whole of life. 教育是教你如何使用生命 Henry W. Beecher
134. Enough is enough 夠了，不要了
135. Every cloud has a silver lining.  
每片烏雲都有光亮的邊 [事情不是全黑，也有亮點]
136. Every day of your life is a leaf in your history.  
生命中的每一天都是生命歷程中的一部份
137. Every failure teaches a man something if he will learn.  
每次失敗都是個教訓，只要肯學的話 Charles Dickens
138. Every great man, every successful man, no matter what the field of endeavour, has known the magic that lies in these words: every adversity has the seed of an equivalent or greater benefit. 每個成功者都識得這句話：每個挫折都會帶來好處 W. Clement
139. Every horse thinks his sack heaviest.  
每隻馬都抱怨它的負重最大
140. Every job is a selfportrait of the person who did it.  
工作成品代表了作者
141. Autograph your work with excellence.  
為你的工作蓋上傑出的印記吧
142. Every law has a loophole 每條法律都有漏洞

143. Every little deed counts. Every word has power. We can, everyone, do our share to redeem the world. 每件小事都要計，每句話都要計，我們每一個人都可以做小事來回饋社會 Rabbi Abraher John Heseel
144. Every little helps 每件小工作對大局都有幫助
145. Every man a little beyond himself is a fool.  
每個人做了超越了他能力的事都會變成傻瓜
146. Every man has his faults 人人都會犯錯
147. Every man has his price 每個人都有叫他做事的酬價
148. Every man has his talent 每個人都有自己的長處
149. Every man has his weak side 每個人都有弱點
150. Every man is for himself 人皆為己
151. Every man is his own enemy 每個人都是他自己的敵人
152. Every man is mad on some points 人皆有所惡
153. Every man is the architect of his fortune.  
每個人都是他自己命運的建築師
154. Every man must carry his own cross.  
每個人都要背負他的罪過

155. Every man should make up his mind if he expects to succeed: he must give an honest return for every man's dollar. 人若要成功，就要誠實和守信：他須為他收到的每一元付出誠實的代價 Edward H. Harriman
156. Every man's work, whether it be literature or music or pictures or architecture or anything else, is a always a portrait of himself. 每個人做過的事，無論是文學的、音樂的、繪畫的、建築的、無論什麼的，都是他自己的自畫像 Samuel Butler
157. Every noble work is at first impossible. 每件偉大的工作最初看來都是不可能的 T Carlyle
158. Every one has talents. It is our duty to find ours and use them well. 每個人都有他擅長之處。我們有責任找出自己的長處，然後好好運用它 J Templeton
159. Every person has a choice: he can love the world's beauty and be happy, or he can hate its ugliness and be miserable. 每個人都有選擇，他可以愛這個世界的美好而快樂，也可以恨這個世界的醜惡而悲傷。
160. Every pleasure has a pain 每次快樂都有苦痛 [樂源於苦]
161. Every solution breeds problems 每個解決方法都帶來問題
162. Every thing comes to him who waits 等吓，就得架啦

163. Every thing has a time and that time must be watched.  
每件事都有它的時機，千祈咪走鷄
164. Every tide has an ebb 高潮之後便是低潮
165. Every worthwhile accomplishment, big or little, has its stages of drudgery and triumph, a beginning, a struggle and a victory. 每件有價值的工作，無論大或小，都有苦有樂，有開始，有奮鬥，也有勝利。
166. Everything can go wrong. Not yet? Thank God and indulge. 凡事都會走樣啦，仲未？咁就謝天謝地啦！
167. Example is not the main thing in influencing others. It is the only thing. 身教是影响別人的唯一方法 Schweitzer
168. Excellence costs a great deal.  
傑出，要付出好多的 M Sarton
169. Excellence is never an accident.  
傑出不會是出於意外 J Panas
170. Experience shows that success is due less to ability than to zeal. The winner is he who gives himself to his work body and soul. 經驗顯示，成功是基於熱誠工作多基於工作能力。勝利者須為工作付出身體與靈魂 C Buxton
171. Extremity of right is wrong 過份的對便是錯了

172. Failure is only postponed success as long as courage “coaches” ambition. The habit of persistence is the habit of victory. 失敗只是將成功推遲了，只要我們保持勇氣和鬥志。持之以恆就是踏向勝利之道 Herbert Kaufman
173. Failure is only the opportunity to begin again, more intelligently. 挫折只是讓我們從新開始，做得更加有智慧而已 Henry Ford
174. Faint heart never wins fair lady 懦弱的人不會贏得美人歸
175. Fair words make me look to my purse.  
奉承的說話令我顧住個銀包
176. Familiarity breeds contempt 英雄見慣亦平常
177. Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them and try to follow where they lead. 我的夢想在那遙遠燦爛的地方，或許我不會去到，但我可以遠望，相信，和朝著它前進 M Alcott
178. Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; hate less and love more; and all good things are yours. 少點擔憂，多些盼望；少點吭氣，多些正氣；少點廢話，多些真話；少點怨恨，多些愛心。咁就，所有好野歸曬你啦 Swedish proverb
179. Find out where you can render a service. Then render it. The rest is up to the Lord. 找出哪裏你可以為人服務，然後就去做，其他的就由上天決定吧 S Kresge

180. First thing first 該先做的就要先做
181. Focus on contribution that you can make.  
什麼是你能奉獻的，就做它吧 Peter Drucker
182. Follow your heart 按照內心的意願做事
183. For a lost thing, care nothing 唔見咗，算把啦
184. For today and its blessings, I owe the world an attitude of gratitude. Gratitude is a humble emotion. It expresses itself, not for the gifts of this day only, but for the day itself; not for what I believe will be mine in future, but for the bounty what I've got in the past. 對於今天和今天帶來的福氣，我為此向上天感恩。感恩是謙卑的。它只為感恩而表現出來。它不是為了今天得到的禮物，它是為了今天活著這份上天給予的恩典。感恩不是為了我將來能擁有的，而是為了過去我已經得到的。
185. Forgive and forget 原諒一切過錯，之後就忘記它們
186. Fortune is fickle 好運無常
187. Fortune is good to him who makes good use of her.  
幸運會降臨於能好好運用它的人

188. Freedom is not a luxury that we can indulge in, when at last we have security and prosperity and enlightenment; it is, rather, antecedent to all of these, for without it, we can have neither security nor prosperity nor enlightenment. 自由不是用來放縱的奢侈品 — 當我們已有安全、財富和文明。反之，自由是安全、財富和文明的大前題。原因是，沒有了自由，我們又怎會有安全、財富和文明呢？ Henry Steele Commager
189. Genius is the ability to put into effect what is in your mind. 天才是能實踐心中所想的人 F. Scott Fitzgerald
190. Give life meaning through your commitments. 用行動令你的生命有意義 Paul Reinert
191. Give me a break 讓我抖抖吧
192. Go get things done 去實行吧
193. Go in through the narrow gate, because the gate to hell is wide and the road that leads to it is easy, and there are many who travel it. But the gate to life is narrow and the way that leads to it is hard, and there are few people who find it. 耶穌說：「你們要走進窄門，因為引向滅亡的門是寬的，路是大的，進去的人也多；但引向永生的門卻是窄的，路是小的，找到的人也少。」 Matthew 7 : 1314
194. Go while the going is good 有得做時就繼續做啦

195. God gives opportunities; success depends upon the use of them. 上天給我們機會，成功靠我們好好利用機會  
Ellen G. White
196. Good actions ennoble us and we are the sons of our own deeds. 做好事令我們人格高尚。我們須為我們做過的事負責  
Miguel de Cervantes
197. Good and quickly seldom meet. 好與快難同時存在
198. Good counsel never comes too late.  
好的進言永不會遲
199. Good for good is natural; good for evil is stupid.  
以德報德是當然的，以德報惡是愚昧的
200. Good health is best wealth 健康是最好的財富
201. Good ware makes quick market 好野就會好賣
202. Good wits jump 醒目跳得高
203. Good work is seldom an accident. It's done by people who care. 做得好不是意外，它是靠用心做的
204. Good workmen are seldom rich.  
好工人好少富有 [因為大錢是老闆賺的]
205. Goodness is not tied to greatness 好人不等於偉大

206. Goodness is so simple; always live for others, never to seek one's own advantages 為善很簡單，就是時常為別人而活，不為自己個人利益 D Hammarskjold
207. Gossiping and lying go hand in hand.  
“談八卦”與“說謊”常在一起
208. Grasp all, lose all 想要齊全部，卻失去所有
209. Gratitude is not only the greatest of virtues, but the parent of all others 感恩不單只是最重要的美德，它是所有其他美德的源頭 MT Cicero
210. Gratitude is the sign of noble souls.  
感恩是高尚的表現 Aesop
211. Gratitude will transform my days into satisfaction; will turn routine jobs into joy; and will change ordinary opportunities into blessings. 感恩令我每天獲得滿足，將平常的工作變成喜悅，使平常的機會變成福份
212. Great boasters, little doers.  
愈吹得大，愈不會做事
213. Great design requires great consideration.  
弘大的設計需靠弘大的思慮
214. Great dreams make great men 有偉大的夢想才是偉人

215. Great honors are great burdens 榮耀愈大，負擔愈大
216. Great minds think alike 英雄所見略同
217. Great strokes make not great music.  
大力敲打不能製造偉大樂章 [大力不一定好]
218. Great work is performed not by strength, but by  
perseverance 偉大成就不是靠武力，而是靠毅力
219. Greatness is a twofaced coin and its reverse is humility.  
The closer you are to humility, the closer you are to true  
greatness. '偉大'像一個兩面錢幣，它背面是謙卑。你愈近  
謙卑時，你就愈近偉大 Marguerite Steen
220. Greatness is not standing above our fellows and ordering  
them around; it is standing with them and helping them to  
be all they can be. 偉大不是站在別人頭上呼喝。偉大是與  
下屬並肩作戰，幫助下屬發揮所長 G. Arthur Keough
221. Grin and bear it 笑著忍受吧
222. Growth is the only evidence of life.  
成長是生命唯一的實現 John Henry Newamn
223. Happiness in this world, when it comes, comes  
incidentally. Make it the object of pursuit, and it leads us  
on a wildgoose chase, and is never attained. Follow  
some other objects, and very possibly we may find that  
we have caught happiness without dreaming of it.

幸福是隨緣，著意追求幸福是徒然的。當我們在追求其他東西時，幸福便可能到來 Nathaniel Hawthorne

224. Happiness is inward, not outward; and so it does not depend on what we have, but on what we are. 快樂是內心的感覺，不在乎外在的物質。因此，快樂不在於我們擁有什麼，而在於我們是什麼 Henry Van Dyke
225. Happiness is like a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you. 幸福好像飛舞的蝴蝶，你愈追她，她愈走，但當你靜靜地坐下來時，她可能會停在你的身上 Nathaniel Hawthorne
226. Happiness is never a goal to be pursued. It is always the unexpected surprise of a life lived in service to others. 幸福不能是追求目標。當你為別人做好事時，它就會突然來臨 Tom Sine
227. Happiness lies not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort. 幸福不在於財富，它在於成就的喜悅，和創新的振奮 Franklin D Roosevelt
228. Happiness will never come if it is a goal in itself. Happiness is a by-product of a commitment of worthy causes. 若你以幸福為目標，幸福就不會來。幸福是做有意義的工作帶來的副產品 Norman Vincent Peale
229. Happy are those who are humble; they will receive what God has promised. 幸福是屬於謙卑的人，因為這是上天賜予的禮物 Matthew 5:5

230. Haste makes waste 貪快會造成浪費
231. Have patience. All things are difficult before they become easy. 忍耐吧! 所有事情在變得容易前都是難的 Saddi
232. He makes no mistakes makes nothing.  
不曾犯錯，等於不曾做事
233. He who has money finds many cousins. 你愈多錢，便愈多契細佬跟你 Italian Proverb
234. Histories make men wise; poems witty; mathematics subtle; natural philosophy deep; moral grave; logic and rhetoric able to contend. 讀歷史令人有智慧，讀詩令人有機智，讀數學令人心思，讀哲學令人有深度，讀德行令人有辨力，讀邏輯和修辭令人有機鋒 Francis Bacon
235. Honesty is the best policy 做事誠懇就是最好的做事策略
236. Hope for the best; but prepare for the worst.  
對結果樂觀，但對最壞的結果作準備
237. I am going to go anywhere, anywhere, anywhere; so long as it is forward. 我願意到任何地方，只要那處能令我向前邁進 David Livingston
238. I am only one, but still I am one; I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something I can do.  
我是獨一無二的，但我亦是社會中的一份子；我不能會做

所有事，我仍可做一點事；就正因我不會做所有事，我就不能不做好我會做的那點事 Edward Everett Hale

239. I believe that any man's life will be filled with constant and unexpected encouragement, if he makes up his mind to do his level best each day, and as nearly as possible reach the highwater mark of pure and useful living. 我相信人只要發揮所長，每日做到最好，他的生命就會不斷充滿驚喜 Booker T. Washington
240. I believe that serving and being served are reciprocal and that one cannot really be had without the other. 我相信人是靠互相服務而活的 Robert K. Greenleaf
241. I cannot afford to waste my time on making money. 我不會浪費生命於賺錢之上 Louis J. R. Agassiz
242. I cannot give you the formula for success, but I can give you the formula for failure, which is try to please everybody. 我沒有成功的方程式，但我可以告訴你失敗的方程式，那就是想取悅每一個人 H W Longfellow
243. I care not what others think of what I do, but I care very much about what I think of what I do - that is character! 我不在乎人家對我做事的評價，我只在乎自己對自己做事的感受 — 這就是性格嘛! Theodore Roosevelt
244. I don't know if I should care for a man who made life easy; I should want someone who made it interesting. 我不在乎某人的生活是否過得容易，但我會欣賞那些令生活過得有趣的人 Edith Wharton

245. I have observed that only plants in nature which are strongest to survive and reproduce themselves. It seems to me that hardiness is the chief essential for success.  
依我看，只有堅強的植物才能生存，似乎堅強也是人類生存之道 Luther Burbank
246. I have one life and it is short enough; why waste it on things that I don't want most? 既然生命是短促的，為什麼我將生命浪費於我不想要的地方 Louis D. Brandeis
247. I never fight ... except against difficulties. 我不想戰鬥，除非面對困難 Helen Keller
248. I think, therefore I am 我思故我在 Rene Descartes
249. I strive to raise my own body and soul into all the higher powers of duty and happiness, not in rivalry or contention with others, but for the help and delight and honor of others and for the joy and peace of my own life.  
我努力提升我的身體和精神，以取得成就和快樂。我的努力不是為了與人競爭，也不是為了博取別人掌聲。我會樂於助人，使自己活得開心和自在 John Ruskin
250. Ideas won't work; something has to be done about them.  
意念不會有用，除非我們將意念實行 A N Whitehead
251. Idleness travels very slowly and poverty soon overtakes her. 怠懶令人行得慢，貧窮很快趕過來 John Hunter

252. If a thing is worth doing, it is worth doing well.  
如果一件事情值得去做，它就值得做得好
253. If everything looks well, you are overlooking something.  
如果所有環節都看來沒問題，那只是你忽略了一些問題
254. If excellence is to prevail in our lives, mediocrity must be shunned at every cost. 如果你真的喜歡優異，那麼你必須拋棄平庸，無論是什麼代價 Mary Louise Wiley
255. If God shuts one door, He opens another.  
若一度門關上了，上天會為你開另一度 Irish proverb
256. If I can't be content with what I have received, be thankful for what I have escaped. Because so much has been given to me, I have no time to ponder over what has been denied. It isn't what I have in my pocket that makes me thankful; but what I have in my heart. 如果我不能滿足於我得到的好處，我就慶幸於我能逃過了的災難。因為上天已給予我太多好東西，我已沒時間去想我還有什麼欠缺。不是由於我擁有的金錢使我需要感恩，而是我心中的財富令我必須感恩。
257. If it works, don't fix it. 若方法行，就不要改它
258. If one advances confidently in the direction of his dreams, and endeavour to live the life which he has imagined, he will meet with a success unexpected in common hours.  
如果一個人滿懷信心地向著夢想前進，奮力活出他所希冀

的生活，他就會在突然間得到成功 H Thoreau

259. If our freedom means ease alone, if it means shirking the hard disciplines of learning, if it means evading the rigors and rewards of creating activity, if it means more expenditure on advertising than education, if it means in the schools the steady cult of the trivial and the mediocre, if it means -- worst of all -- indifference, or even contempt for all but athletic excellence, we may keep for a time the forms of free society, but its spirit will be dead. 如果我們的自由是：單單為了容易過活，為了躲避學習，為了埋沒創意，為了口號而非教育，為了延續平庸 --- 那麼，我們的自由便會變成冷漠或蔑視，我們只會有自由的軀殼，而自由的靈魂將會死掉 Adlai Stevenson
260. If you are really thankful, what do you do? You share. 如果你真的為你擁有的感恩，你就要與人分享 W Stone
261. If you can dream it, you can do it. 如果你可以夢想得到，你就可以做得到 Walt Disney
262. If you can't beat them, join them. 如果你不能打低佢地，你就加入佢地
263. If you cannot have the best, make the best of what you have. 如果你沒有最好的，那你就將最好的做出來吧
264. If you don't like the answer, don't ask the question. 如果你不想知道答案，你就不要問

265. If you listen to yourself speaking, you will speak less.  
如果你聽聽你自己說過的話，你就會減少說話
266. If you really love something, set it free. If it comes back to you, it is meant to be. 如你真的愛她，那就放任她。若她終歸回來，她就是你的真愛 Gale Clarke
267. If you want a place in the sun, you got to put up with a few blisters. 如果你想在陽光下生活，那你就得忍受身上的熱癢 A Buren
268. If you want the honey, don't kick the beehive. 如果你想要蜂蜜，那你就不要踢蜜蜂窩囉 Dale Carnegie
269. If you want your life to be meaningful, go out and do something about it. 你想活得有意義？行出去，做點事吧！ Mary Wiley
270. In a hierarchy, every employee tends to rise to a level of his incompetence. 在每一個架構內，每個人會傾向升至他力所不逮的位置 Peter's principle
271. In fair weather, prepare for the foul 居安思危
272. In gratitude for your own good fortune, you must render in return some sacrifice of your life for another life. 如果你對你的好運感恩，你必須為其他人作出回報 Albert Schweitzer

273. In prosperity, caution; in adversity, patience.  
順時警覺，逆時忍耐
274. In uplifting, get underneath 提升前，先打好根基 G Ade
275. Innocent is no protection 無知不會給你保護
276. It doesn't matter if you try and try and try again, and fail. It does matter if you try and fail, and fail to try again.  
嘗試，嘗試，嘗試，失敗 — 沒問題，問題是失敗之後便不再嘗試 Benjamin Franklin
277. It is a foolish sheep that makes the wolf his confessor.  
若羊向狼訴苦，那是正一蠢羊
278. It is a small world after all 畢竟，世界真細小啊!
279. It is ability, not disability, that counts.  
我們要的是才能，不是無能 Edgar J. Helmes
280. It is better safe than sorry 安全是上策
281. It is by surmounting difficulties, not by sinking under them, that we discover our fortitude. 是跨越困難，而不是被困難打低 -- 我們才發現勇氣 Hannah Webster Foster
282. It is disgraceful to stumble against the same stone twice.  
給同一塊石頭絆倒多次是恥辱 German Proverb

283. It is equal failing to trust everybody and to trust nobody  
相信每一個人與不相信每一個人同樣會帶來失敗
284. It is wisdom to learn at another's cost.  
在別人的錯誤中學習是智慧
285. It is good to think well; it is divine to act well.  
想德好當然好，做得好就更加好 H Thoreau
286. It is in vain to cast your nets in a river where there are no  
fish. 河中無魚，無謂撒網
287. It is kind of fun to do the impossible. 做那些看來不可能  
的事是多麼有趣啊 Walt Disney
288. It is never too late to be what you might have been.  
做你想做的永不嫌遲 George Eliot
289. It is never too old to learn 活到老，學到老
290. It is no sin to sell dear, but a sin to give ill measure.  
賣得貴不算罪過，但騙人就是罪過
291. It is no use crying spilt milk 覆水難收，喊都無謂
292. It is no use pumping a dry well 枯井冇水抽
293. It is not good to wake up a sleeping lion 叫醒獅子正傻仔

294. It is not how long, but how well we live.  
生命不在於長短，而在於我們如何用它
295. It is not how much we have; but how much we enjoy  
that makes happiness. 不是我們擁有什麼才快樂，而是我  
們如何享用什麼才是快樂 Charles H. Spurgeon
296. It is not the brains that matter most, but that which guide  
them: character, the heart, generous qualities,  
progressive ideas. 腦袋本身不重要，但用腦去引出：獨特  
個性，善心，仁慈和上進，那才最重要 F Dostoevski
297. It is not the suffering, but the cause, that makes a martyr.  
單單受苦不是行聖人之道，而受苦的原因才是
298. It is only as we develop others that we permanently  
succeed. 當我們啟發了其他人進步時，我們便是長期成功  
了 Harvey S. Firestone
299. It is our first duty to serve society.  
我們有責任為社會做點事 Samuel Johnson
300. It is right to be contented with what we have, but never  
with what we are. 對目前物質生活滿足是對的，但我們不  
要滿足於目前的境界，我們要不斷進步 J Mackintosh
301. It is the creative potential in human beings that is the  
image of God. 創造力乃上天對人類的恩賜 Mary Daly

302. It is the link from the present to the past that gives us a spirit to address the future. 由今天連繫過去令我們有信心應對未來 Midge Costanza
303. It is water under the bridge now.  
生米已經煮成熟飯，算把啦
304. It takes all sorts to make the world.  
世界是由各種不同東西組成的 [千奇百怪，見怪不怪]
305. It was the best of time; it was the worst of time. It was the age of wisdom; it was the age of foolishness. It was the epoch of belief; it was the epoch of incredulity. It was the season of light; it was the season of darkness. It was the spring of hope; it was the winter of despair. We had everything before us; we had nothing before us.  
今天是最好的時代，也是最壞的時代。今天是智慧的時代，也是愚昧的時代。今天是信任的時代，也是猜忌的時代。今天是光明的時代，也是黑暗的時代。今天是希望的時代，也是絕望的時代。我們在今天擁有著一切，也將會失去一切。 Charles Dickens [我們的態度和抉擇決定一切]
306. It will be all the same a hundred years later.  
一百年後大家都歸於塵土 [有什麼好爭呢]
307. It's not whether you get knocked down. It's whether you get up again. 問題的關鍵不是你跌倒了，而是你跌倒後能否站起來

308. It's slow and steady that win the race 穩步前進是致勝之道 Aesop's fable "The tortoise and the hare 龜兔賽跑"
309. Joy is not in things. It is in us. 喜悅不在物質內，而在我們心內 Richard Wagner
310. Judge not from appearances 不要以表象作判斷
311. Just say "yes" or "no"; anything else you say comes from the Evil One 是就說是，不是就說不是，多說就到邪惡處 Matthew 5:37
312. Keep your face to sunshine and you will not see the shadow 面向陽光，你就不會看到黑影 Helen Keller
313. Know the true value of time; snatch, seize, and enjoy every moment of it 我們要明瞭時光的價值：爭取，把握，享用生命中的每一刻 Chesterfield
314. Knowing is not enough; we must apply. Willing is not enough; we must do. 知道是不夠的，要行動。意願是不夠的，要實踐 John Wolfgang von Goethe
315. Knowledge advances step by step, not by leaps. 知識的增長是一小步、一小步，不會是大躍進。
316. Knowledge is power 知識是力量 Francis Bacon
317. Knowledge is power, but only wisdom is liberty 知識是力量，但只有智慧才令我們得到解放 Will Durant

318. Knowledge makes humble; ignorance makes complacent.  
知識令人謙卑，無知令人自大
319. Labour is the source of all wealth and all culture.  
努力做事乃財富之源，文化之始 Ferdinand Lassalle
320. Laugh, and the world laugh with you. Weep, and you weep alone 笑吧! 世界和你一起笑。哭吧! 你一個人哭
321. Law is a bottomless pit 法律是個無底深潭
322. Lawsuits consume time, and money, and rest, and friends 法律訴訟消耗了時間、金錢、休息、和朋友
323. Leadership is in action, not in position.  
領導才能存在於在行動中，而不在位置上
324. Leadership is not magnetic personality. It is not “making friends and influencing people”; that is flattery. 領導才能不是吸引人的性格，它不是廣交朋友，那是奢談 Leadership is lifting a person's vision to higher sights, the raising of a person's performance to a higher standard, the building of personality beyond its normal limitations. 領導才能是擴闊和提升下屬的眼界、能力，令下屬超越自我 P Drucker
325. Learn to creep before you leap 學完爬，才學走
326. Learn wisdom by the follies of the others 由他人的愚昧學會智慧
327. Leave “well” alone 好就不要搞它喔

328. Let all that you do be done in love.  
就將你所有要做的都為了愛 Corinthians 8:1
329. Let bygones be bygones 過去了的，就讓它過去
330. Let no man imagine that he has no influence. Whoever he may be, and wherever he may be placed, the man who thinks becomes a light and a power. 人人皆有影响力，無論他是誰或身處何地，只要他將自己肯想肯做，他就會成為光點和力量 Henry George
331. Let sleeping dog lies 不要叫醒睡著了的惡狗喔
332. Let us realize that the privilege to work is a gift, that the power to work is a blessing, that the love of work is success. 就讓我們將工作當作是上天賜給我們的禮物，我們有能力工作就是上天對我們的祝福，而我們熱愛工作就是成功的人生 D Mckay
333. Let your light shines before men that they may see your good deeds and glorify your Father in heaven 讓你的光照耀，人們便可以看到你的德行，以榮耀主 Matthew 5:16
334. Life goes on whether you use it or not. But if you use it, you give life a meaning. 生命 - 無論你用與否 - 仍會繼續，但若你好好用它，你將令生命有意義
335. Life is a daring adventure or nothing 生命是有勇氣的探險，否則它便是垃圾 Helen Keller

336. Life is a sort of splendid torch which I've got hold for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.  
生命是美麗的火炬，它照亮目前。我要發出最亮的光，然後將光輝傳給下一代 George Bernard Shaw
337. Life is half spent before we know what it is.  
當我們了解什麼是生命時，唉，我們的生命已過半了
338. Life is made up of many many little things 生命是由許多許多小事組成的 [故此，生命中每一件小事都很重要]
339. Life is not all roses 生命不會全是玫瑰園 [生命中有順境也有逆境]
340. Life is not easy for any of us. We must work and above all we must believe in ourselves. We must believe that each one of us is able to do something well, and that, when we discover what this something is, we must work until we succeed. 對我們每個人來說，生活或許不會容易，因為我們要努力工作。但我們一定要有信心，相信我們對某些事一定有能力做得好，而當我找到了那些事之後，我們必須努力將那些事做到成功 Marie Curie
341. Life is not in having and getting, but in being and becoming. 生命的意義不在於擁有和爭取，而在於今天我們如何做人和將來我們怎樣做人 Mathew Arnold
342. Life is nothing, but growth 生命就是不斷地成長 [不斷改錯，不斷學習，不斷進步]

343. Life is nothing, if not daring 生命就是勇敢地向前邁進
344. Life is ten percent what you make it and ninety percent how you make it 百分之十的生命是你造成的，而百分之九十是靠你如何活出來的 Irving Berlin
345. Life is the best thing I've got 生命是上天賜予的最好東西
346. Life shrinks or expands in proportion to courage 生命的強弱與勇氣成正比 Anais Nin
347. Lions are not terrified by cats 獅子又怎會給小貓嚇怕呢
348. Little intermeddling makes good friends 少干預，友情好
349. Little strokes fell great oaks 細力打得多，大樹都會倒
350. Live a splendid life 活出光輝
351. Living in the past has one thing in its favour; it's cheaper. The past is valuable as a guidepost, but dangerous if used as hitching post. 活在過去只得一樣好處，賤。過去可作指路牌，但千萬不能成為綁死棍 Heinrich Heine
352. Lock the stable before you lose the horse. 鎖好馬房，避免失馬
353. Look at the bright side 看光明面吧
354. Look before you leap 跳前，要先看清楚

355. Look inside yourself to find strengths 勇氣往內心求
356. Lost time is never found again 時間一去不復返
357. Love and you shall be loved 愛人，會被人愛 R Emerson
358. Love grows by service 為人服務，愛會滋長 C Gilman
359. Love is a verb. It needs action 愛是動詞，它需要行動
360. Love is a force. It is not a result; it is not a cause. It is not a product; it produces. 愛是動力，不是結果，也不是起因。它不是製成品，而是生產力 A M Lindbergh
361. Love is not something you feel. It's something you do. 愛不是用來感受的，它需要你的行動 David Wilkerson
362. Love is patient; love is kind. It does not envy; it does not boast; it is not proud. 愛是忍耐，愛是寬宏。它不妒忌，不浮誇，也不驕橫 Corinthians 13:14
363. Love is the reward of love 愛的回報也是愛
364. Love is touchstone of virtue 愛令一切變得美好
365. Love is without reasons 愛是不講理由的
366. Love life and life will love you back. Love people and they will love you back. 你愛生命，生命就愛你。你愛人們，人

們便愛你 Arthur Rubinstein

367. Love lives in cottages, as well as in courts.  
愛存在於茅屋，也存在於大宅
368. Love makes life beautiful 愛令生命變美
369. Love never fails 愛裏沒有失敗 Corinthians 13:7
370. Make each day useful and cheerful and prove that you know the worth of time by employing it well. Then youth will be happy, old age without regret, and life a beautiful success. 你要使每天有用和開心，以証明你懂得時間的價值。那麼，你的青年期就會快樂，老年時就沒有遺憾，而生命就是一樁美麗的成就。 Louisa May Alcott
371. Make it beautiful 令事物變美吧
372. Make it interesting 令事情變得有趣吧
373. Make much of what you have 好好運用你所擁有的
374. Make no little plans, they have no magic to stir men's blood... Make big plans, aim high in hope and work, remembering the noble, logical diagram... will be a living thing, asserting itself with ever growing insistence. 不要訂下小計劃，它不會令你熱血沸騰。要訂大計劃，盼望高處，成就功業 — 那將令你活出光輝 D H Burnham
375. Make things simple and interesting 令事物變得簡約、有趣

376. Make yourself necessary to somebody 我們要令自己成為有用的人 Ralph Waldo Emerson
377. Man cannot really improve himself without improving others. 令別人進步，自己才會進步 Charles Dickens
378. Man is a bubble 人如泡沫 [容易破毀]
379. Man proposes; God disposes 謀事在人，成事在天
380. Many dishes, many diseases 愈吃得多，愈易生病
381. Material possessions will rust away, wear away or depreciate; but your inner resources, character must never depreciate. In seeking success you must seek fulfilment. Ask yourself not only what you want to be, but also who you want to be. 物質財富終歸失去，但人的內在美德和性格永不磨損。成功是內心的滿足，而追求滿足，就不單要自問將來想要什麼，還要自問將來想做什麼人 Elizabeth Dole
382. Medicines are not meant to live on.  
藥物不能當飯吃
383. Men do less than they ought unless they do all they can.  
要做幾多？盡己所能吧！ Thomas Carlyle
384. Might overcomes right.  
能力超越正義
385. Misfortune might be a blessing in disguise.

衰運可能是一種假裝了的福氣

386. Money can't buy love, but it sure gets you a great bargaining position. 金錢雖則不能買到真愛，但金錢肯定給你一個有利的位置去尋找愛 Murphy's love law
387. Money is a terrible master but an excellent servant. 金錢是個可怕的主人，但卻是個優秀的僕人 Barnum
388. Money may be the husk of many things, but not the kernel. It brings you food, but not appetite; medicine, but not health; acquaintances, but not friends; servants, but not loyalty; days of joy, but not peace of happiness 金錢是外殼，不是核心。它給你食物，但沒給你食慾。它是藥，不是健康。它給你酒肉朋友，但沒有真正友誼。它給你下屬，但缺乏忠心。它給你暢快，但不能令你安樂 H Ibsen
389. Money may not be everything. But it is a great consolation until you have everything. 金錢可能買不到所有東西，但在你擁有一切東西前，金錢卻是一個偉大的安慰品
390. Money spent on brain is never spent in vain. 花於提升腦力的錢絕不會白花的
391. More haste, less speed 愈想快，愈仆街
392. Most of all will never do great things, but we can do small things in a great way. 我們大部份人都不會做偉大的事，但我們卻可用做大事的方法將小事做得傑出
393. Music is a moral law. It gives a soul to the universe,

wings to the minds, flight to the imagination, a charm to sadness, gayety and life to everything. It is the essence of order and leads to all that is good, just and beautiful. 音樂是道德的法則。它將靈魂帶到宇宙，將思想配上雙翼，飛往幻想，忘卻憂傷，奔向喜樂和生命。音樂是有序的要素，將我們帶往真、善、美 Plato

394. My dream comes true 我的夢想成真了
395. My hope is to leave this world a little better for my being here. 但願我的存在帶給世界一點好處 J Henson
396. Nature does not demand that we be perfect. It only requires that we grow. 大自然沒要求我們完美，它只要求我們不斷成長 Josh Liebman
397. Nature is relentless. She doesn't care what you care. 天地不仁，以萬物為芻狗
398. Necessity is the mother of invention 需要令發明出現
399. Never argue with a fool; people will not know the difference 不要同傻仔鬭交，否則人家以為你也是傻仔
400. Never ask your boss whether you need to do it 不要問老闆該不該做 [如果那是該做的，你便不應問他，免得他噴你；如果那是不該做的，你更不應問他，免得他罵你笨]
401. Never be afraid to take on a really tough problem. When you solve it, the benefits will be much greater. 不要害怕

接受挑戰，當你戰勝它時，你得到更多 C Gerstacker

402. Never bray at an ass 不要對住傻仔學傻仔叫
403. Never cast your pearls before swine 不要將寶物放在豬前
404. Never challenge a fool to do wrong 不要挑戰傻仔做壞事
405. Never do things by halves 不要半途而廢
406. Never explain, never retract, never apologize; get the things done and let them how! 不解釋，不後退，不道歉。將事情做到最好，讓事情自己說話 B Jowett
407. Never fish in troubled water 濁水沒魚釣
408. Never hang a man twice for one offence 一個錯誤，不要罰多過一次
409. Never look at a gift horse in the mouth.  
人家送的禮物，不要嫌三嫌四
410. Never look down to test the ground before taking your step; only he who keeps his eye fixed on the far horizon will find his right road. 不要注視眼前的地方來前進。望向遠處，你會找到前路 Hammarskjold
411. Never put off until tomorrow what you can do today. By then there may be a law against it. 今天的事今天做，明天可能不准做啊!

412. Never say die 過咗就算，不要喊生喊死
413. Never say never 不要輕言永遠不會 [因世事常變]
414. Never take a hammer to break an egg when you can do it with the back of your knife. 不要拿大槌敲雞蛋，你用刀柄就可以了 [做事不需太激，因應情況用適當的方法]
415. Never think yourself above your business 不要自視過高
416. Never too late to learn 學到老
417. Never too late to mend 改過永不嫌遲
418. Never too late to turn 轉軚永不遲
419. Never trouble others what you should do yourself.  
你自己做到的事就不要麻煩人家囉
420. Never write what you dare not to sign.  
你不敢承認的，就不要寫出來喔
421. New wine in old bottles 舊瓶裝新酒而已
422. Night is the mother of counsel 過一夜，就想得通嘛
423. Nightingale will not sing in a cage 困住，就發揮不了
424. Ninety-nine percent of the failures come from people who

have the habit of making excuses. 百份之九十九的失敗  
是由找藉口的人造成的 G W Carver

425. No autumn fruits without spring blossoms 不開花，怎結果
426. No bee, no honey; no work, no money.  
沒錢，沒人愛喔! 沒工作，沒錢賺囉!
427. No fish without bones. No woman without a temper.  
沒有魚是無骨的，沒有女人是無脾氣的
428. No flying without wings 沒有翅膀，怎能飛呢
429. No garden without its weeds 花園當然會有雜草喔
430. No good building without a good foundation.  
偉大的建築物需要堅固的地基
431. No man can make a good coat with bad cloth.  
衣料不好造不成錦衣美服
432. No man can serve two masters.  
沒有人能在同一時間忠心服侍兩個老闆
433. No man ever became thoroughly bad at once 一個人不  
會一下子就全變壞的 [人有許多面，不會全變壞]
434. No man is able of himself to do all things.  
一個人不可能什麼事都會做 Homer

435. No man is born wise 沒有人一生出來就有智慧
436. No man is his craft's master the first day.  
沒有人學一天就成為師父
437. No man is indispensable 沒有人是不能替換的
438. No man is wise at all times 沒有人什麼都懂
439. No one can call back yesterday 沒有人能追回昨天
440. No one can make you inferior without your consent.  
未得你同意，沒人能將你貶低 Eleanor Roosevelt
441. No mouse likes to bell the cat 沒有老鼠敢替花貓掛鈴嚙
442. No pain, no gain 不付出，沒收成喔
443. Not possession, but use, is the only riches.  
擁有而不用的不是財富
444. Not to advance is to go back 不進則退
445. Not to be grateful is not to be happy.  
不懂感恩，不會快樂 Elizabeth Carter
446. Not to get ahead of others; but to get ahead of  
ourselves. 我們不是為了超越別人，而是為了超越自己

447. Nothing comes from nothing.  
不做就不會有喔 [想有什麼，就先要去做野]
448. Nothing comes from nothing. If you want something, you must do something. 不做就不會有。若想有什麼，就要去幹活
449. Nothing great in the world has been accomplished without passion. 做偉大的事需熱誠苦幹 Hegel
450. Nothing great will ever be achieved without great men, and men are great only if they are determined to be so. 偉大的事是靠偉大的人做。做偉大的人是要有偉大的決心。 Charles de Gaulle
451. Nothing is certain but death 世事無絕對，除了人皆會死
452. Nothing is got without pains but poverty.  
凡事需苦幹，除了貧窮
453. Nothing is invented and perfected at the same time. 世上沒有一樣發明一開始就是完美 Oliver Cromwell
454. Nothing is more powerful than an individual acting out of his conscience. 用良心做事就是力量 Norman Cousins
455. Nothing is more worth than this day. 沒有東西比當下更有價值 Johann Wolfgang von Goethe
456. Of all God's gifts to man, laughter is one of the most subtle and is one of the most precious. It has neither

nationality nor religion. As an equalizer, it has no equal. Even science which can do so many things can't teach us to laugh. Mirth is from God, dullness from the devil. When we laugh, we agree with God that all is good.

在上天給予人類的禮物中，笑聲是最深層而寶貴的。它不分國籍和宗教。它沒有替代品。科學雖然好使好用，但它無法教我們笑。歡笑是來自天神，沈悶則來自魔鬼。當我們笑時，我們便與天神在一起：世界是多麼美好啊！

457. One good forewit is worth two afterwits.

一個先知先覺的價值等如兩個後知後覺

458. One hundred times a day I remind myself that my personal and professional life depends on the fruit of the work of other men, living and dead. I should make every effort to give in the same measure in which I have received and am receiving. 每天我告訴自己一百次，我今天的生活需倚賴前人的工作成果。那麼，我應該盡我所能作出同樣的回報 Albert Einstein

459. One machine can do the work of fifty ordinary people. No machine can do the work of one extraordinary person.

一部機器或許能做五十個普通人的工作，但沒有機器能得到一個傑出人士的工作成果

460. One man's fault is another man's lesson.

一個人的犯錯是另一個人的教訓

461. One man's food may be another man's poison.

一個人的食物可能是另一個人的毒藥

462. One wrong move makes you lose the game.  
一子錯滿盤皆落索
463. One of the secrets of a long and beautiful life is to forgive everybody everything every night before you go to bed.  
健康長壽的其中一個秘訣是寬恕 Ann Landers
464. One's words reflect one's thinking 言為心聲
465. Only the crying babies get the milk 會哭的嬰兒有奶吃
466. Only the brave gets it 只有勇敢的人才得到成功
467. Only who attempt the absurd will achieve the impossible.  
只有做不可能的事才有非凡的成就 Albert Einstein
468. Open confession is good for the soul.  
公開懺悔是靈魂的解放
469. Open not your door when the devil knocks.  
當魔鬼拍門時，千萬不要開門
470. Opinion rules the world 意見掌管世界
471. Opportunities are usually disguised as hard work, so most people don't recognize them. 機會時常假扮成苦工，因此好多人忽略了它 Ann Landers
472. Other person's things look better 別人的東西看來較好

473. Other times, other manners 不同場合，不同禮節
474. Our aim is not to get ahead of others, but to get ahead of ourselves. 我們不是要超越別人，我們要超越自己
475. Our first duty is not to hate ourselves: because to advance we must have faith in ourselves first and then in God. He who has no faith in himself can never have faith in God. 我們首要的責任是不要恨自己無能，因為生命的前進需要自信，然後對上天有信任。一個沒自信的人永不會信任上天 Vivekananda
476. Our greatest glory consists not in never failing; but in raising every time we fall. 我們的光榮不在於永不失敗，而在於每次失敗後都能起身 Oliver Goldsmith
477. Our greatest strength comes not from what we possess, but from what we believe; not from what we have, but from what we are. 我們最大的力量不在於我們擁有的物質，而在於我們的相信；不在於我們有什麼，而在於我們是什麼 Michael S. Dukakis
478. Our worth is determined by the good deeds we do, rather than by the fine emotions we feel. 我們生命的價值是以我們做過的好事去量度，而不是以我們取得的快感去量度 EL Magoon
479. Out of sight, out of mind. 看不見，就不理了

480. Outstanding people have one thing in common: an absolute sense of mission. 傑出的人們有一個共同點，就是他們的人生必有該做的使命 Zig Ziglar
481. Patience is the necessary ingredient of genius. 忍耐與堅持是成為天才的必要條件 B Disraeli.
482. Pen and ink is wit's plough 筆墨是機智的耕具
483. Pension never enriches a young man. 每月收取長俸是不能令年青人上進的
484. People can be divided into three groups: those who make things happen, those who watch things happen and those who wonder what happened. 可以將人分為三類: 自己身體力行的人，看人家做事的人，和想知道有什麼事發生的人 Nicholas Murray Butler
485. Perceived defects are like good beliefs: we never know them until they come. 想像中的缺點就如信仰，我們永不知道它們何時會來臨
486. Perfection is attained by slow progress: she requires the hand of time. 達致完善需要慢慢改進，她需要時間的手 Voltaire
487. Perfection is not attained at the point at which nothing can be added, but at the point nothing can be taken away. 完美不是加無可加，而是減無可減 Bud Wilkinson
488. Persevere and never fear. 堅持，永不退縮

489. Pleasant hours fly fast 快樂不知時間過
490. Pleasure comes through toil 先吃苦，然後才有樂
491. Plough deep while others sleep. Any you shall have corn to sell and keep. 當人家怠懶時，你要努力工作，那麼你就有好收穫
492. Poets are born but orators are made.  
詩人需天賦，演說家靠努力
493. Poison is poison even though it comes in a golden cup.  
毒藥就是毒藥，即使它用金杯盛著
494. Possession is nine points of law.  
佔有著等如九個法律理據 [說什麼都好，最緊要搶到]
495. Poverty breeds strife 人窮，便要努力奮鬥
496. Poverty is not a sufficient cause for disgrace. But poverty without resolution to help oneself is a disgrace 貧窮不是恥辱，但貧窮而不奮鬥則是恥辱
497. Practice makes perfect 工多藝熟
498. Practice what you preach 做你宣揚的道理吧!
499. Praise not the work but let thy work praise you.  
不需誇耀你的工作，讓你的工作榮耀你

500. Pray to God, but keep rowing to the shore.  
向上天禱告，但仍要自己努力 Russian Proverb
501. Prevention is better than cure 預防勝於治療
502. Procrastination is the thief of time 拖延是時間的賊
503. Promise is debt 承諾是欠債
504. Promise little. But do much. 說少些承諾，做多點事吧
505. Promises are like piecrust, made to be broken.  
承諾如餅食，做來弄碎的
506. Punctuality is the soul of business 守時是營商之魂
507. Put your feet down when you mean to stand.  
起身前，先放下雙腳
508. Quality comes before quantity 品質第一，數量第二
509. Quality is never an accident. It is always the result of  
intelligent effort. 品質永遠不會是基於意外，它是心智和努  
力的成果 John Ruskin
510. Quality is the key to success 品質優良就會成功
511. Quality without quantity is nothing.  
只追求品質，而沒有出產，是無用的

512. Question the way things are. Imagine the way things could be. 質疑目前的事物，想像事物可以變成什麼
513. Quietude is the crown of life 心靜是生命的桂冠
514. Quitters never win. Winners never quit. 放棄的人永不成功，成功的人永不放棄 Virginia Hutchson
515. Rank does not confer privilege or give power. It imposes responsibility. 職級不是給予特權或權力，它是責任 Peter Drucker
516. Reading enriches mind 讀書令思想豐富
517. Reading is to the mind, as what exercise to the body. 讀書對思想的好處，猶如運動對身體
518. Reading makes a full man, conference a ready man, and writing an exact man. 讀書令人豐盛，議論令人完備，而寫作令人精確
519. Real knowledge, like everything else of the highest value, is not to be obtained easily. It must be worked for, studied for, thought for and, more than all, it must be prayed for. 真正的知識，如其他珍寶，不會容易得到。它需要做過、學過、想過—最重要的是—祈求過 Thomas Arnold
520. Real riches are the riches possessed inside. 真正的財富是內心的財富 B. C. Forbes
521. Reason is the guide of life 探求理由是生活的導航

522. Reckless youth makes a rueful age.  
少壯不務正業，年老必定懊悔
523. Recognition is the greatest motivator.  
給予認同是最大的推動力 GC Ekedal
524. Reputation is often got without merit and lost without fault.  
名聲大多無原無故而得，也大多無過無錯而失
525. Respect yourself, or no one else will respect you.  
尊重自己吧！否則沒人尊重你
526. Riches are mental, not material 富有，要在心中，不在於  
物質 B. C. Forbes
527. Rome was not built in one day 羅馬不是一天建成的
528. Say it from your heart 就說心中話吧！
529. Selfconfidence and selfreliance are the mainstay of a  
strong character 堅強主要靠自信和自力
530. Selfhelp is the best help 自己顧自己是最好的照顧
531. Selfpreservation is the first law of nature.  
自我保護是自然界裏的第一個法則
532. Set a fool on a horseback and he will ride to the devil.  
叫傻仔駕車，即叫他送死

533. Silence is wisdom, when speaking is folly. 當說話變成愚昧時，緘默就是智慧 Thomas Fuller
534. Simple life 簡單生活吧!
535. Simplify your life 簡化你的生活
536. Simplicity is the baggage enough for the journey of life. 在生命旅程中，‘簡單’就是足夠的行李喔
537. Six essential qualities that are key to success: sincerity, integrity, humility, courtesy, wisdom and charity. 六個成功要素：誠實、情操、謙卑、禮貌、智慧、寬容 Merrinager
538. Skill and confidence are an unconquered enemy. 最厲害的敵人是技術與信心
539. Sloth turns the edge of wit 怠懶毀掉了聰明
540. Slow and steady win the race 穩步前進是致勝之道
541. Small sorrows speak; great ones are silent. 小痛楚會呱呱叫，大痛苦是沈默的
542. Smile. Tomorrow may be worse 笑吧，明天會更衰
543. So got, so gone 得到了，轉眼就失去了
544. Soft fire makes sweet malt 慢工出細貨

545. Some are wise and some are otherwise.  
有些人精明，有些人傻仔
546. Some books are to be tasted, others to be swallowed,  
and some few to be chewed and digested. 有些書要略  
讀，有些要快讀，有些則要慢慢讀 Francis Bacon
547. Some men see things as they are and say “Why?” I  
dream things that never were and say “Why not?”  
有些人看見事物會問點解，有些人會想像事物可以變成點  
並問點解做不了 George Bernard Shaw
548. Sometimes, to gain is to lose 有時，後退是為了向前
549. Soon learnt, soon forgotten 學得快，忘得也快
550. Soon ripe, soon rotten 快大，快壞
551. Sow nothing; reap nothing 不播種，沒收成
552. Sow with the hand and not with the whole sack  
用手慢慢逐少栽種，不能貪快成袋種籽丟在田裏
553. Speak less 說少些吧
554. Speech is silver; silence is gold 說出來是好，不說更妙
555. Speech shows what a man is 說話顯示為人

556. Spend not all you have. Believe not all you hear.  
不要花光你所有的，不要盡信你聽到的
557. Step by step the ladder is ascended 一步一步就行了
558. Stop beating around the bush 不要轉變抹角了
559. Strike the iron while it is hot 打鐵要趁熱喔
560. Studies serve for delight, for ornament, and for ability.  
Their chief use for delight, is in privateness and retiring ;  
for ornament, is in discourse; and for ability, is in the  
judgment and disposition of business. 學習可以是為了開  
心、名銜、能力。開心是自我的，名銜是對外炫耀的，而  
能力則是用來幹一番事業喔 Francis Bacon
561. Study what you wish to be 為你的願景學習吧!
562. Success in business hinges mostly on the ability to get  
the important things done. 事業成功的關鍵是將最重要的  
事情做得好 William Feather
563. Success in life should be determined by contributions,  
not accumulation. 人一生的成就應以付出計，不是以取得  
計 Arthur F. Leneban
564. Success is a peace of mind which is a direct result of self  
satisfaction in knowing that you did your best to become  
the best you are capable of being. 成功是一種心理狀  
態，它是你悉力以赴做出最好所得的滿足 J Winter

565. Success is discovering your best talents, skills and abilities, and applying them where they will make the most effective contribution to your fellow men. 成功是發現你的專長、技藝和能力，然後用它們來服務社會
566. Success is never final. Failure is never fatal. Courage is the only thing. 成功永不會終止，失敗永不會令你滅亡，勇氣是唯一的考慮 Winston Churchill
567. Success is not arriving at the summit of a mountain as a final destination. It is a continuing upward spiral of progress. It is perpetual growth. 成功不是到達頂峯而停止，它是不斷前進和成長
568. Success is to be measured not by wealth, power, or fame, but by the ratio between what a man is and what he might be. 成功不是以財富、權力或名聲來計算。成功是以一個人的現狀和他能達到的境界的比例來計算 H G Wells
569. Success lies in doing not what others consider to be great, but what you consider to be right. 成功不在於是否做得勁，而在於是否做得對 John Gray
570. Success lies not in being the best, but in doing the best. 成功不在於是否成為最好，而在於是否做到最好
571. Success never be measured by bank balances; money measures only prosperity. Success is a matter of character. 成功不能以銀行存款來量度；金錢只能代表財富。成功是做人的特性。

572. Successful folks don't just entertain thoughts; they put them to work. 成功人士不是空談理想，而是實踐理想
573. Swallows and sparrows do not know the ambition of swans 燕子和麻雀又怎會知道天鵝的大志呢？
574. Swift gratitude is sweetest.  
即時感恩是最甜美 Greek proverb
575. Take chance! All life is a chance. The man goes furthest is generally the one who is willing to do and dare. 把握機會。人生就是機會。敢作敢為的人去得最遠 Dale Carnegie
576. Take heed will surely speed 小心，就會快到
577. Take things as they come 既來之，則取之
578. Take time when time comes. Don't let time steal away.  
時機到了要把握，勿讓時機跑掉喔！
579. Talk less. Go and get things done and let them how!  
說少些吧！做好工作，讓工作成果自己說話
580. Talking mends no holes 成日大隻講，什麼做不到
581. Teaching others teaches yourself 教人會教自己
582. Technical knowledge is important but it accounts for less than 20% of one's success. More than 80% is due to the development of one's personal qualities, such as initiative, concentration, decision, adaptability, organizing

ability, observation, industry and leadership 技術知識是成功的重要原因，但它只是成功的 20%原因，而 80%原因是由於個人素質，例如自發性、專注性、決斷性、適應性、組織能力、觀察能力、勤奮工作和領導才能 G P Koch

583. Temperance is the best physic 節制飲食是最好的醫生
584. That is a shot in the dark 那真是一鳴驚人啊!
585. The bait hides the hook 當心，肉裏有鈎
586. The ball is in your court 球在你那邊，到你出招喔
587. The best fish swim near the bottom 好魚在水底
588. The best horse needs breaking; the aptest child needs teaching 好馬要鞭，醒目仔要教
589. The best way to succeed in this world is to act on the advice you gave to others 你給別人的忠告，若由你自己去做，你便會成功 Aristotle
590. The biggest things are always the easiest to do because there is no competition. 最偉大的事情其實最容易做，因為那裏沒有人同你競爭 William Van Horne
591. The challenge of life is to appreciate everything and attach yourself to nothing 生活之道是珍惜目前的一切，而不受任何事物困住 Andrew Matthews

592. The cunning fox has a bag of excuses.  
狡猾的狐狸有很多藉口
593. The darkest hour is that before dawn 黎明前最黑暗
594. The dream is not the destination but the journey.  
夢想不是尾站，而是中途站 Diane Sawyer
595. The failure to be perfect does not mean you are not at a success; it is giving your best that helps you to understand the joy of receiving. 不能達致完美並非失敗，因為盡己所能已令你取得快樂 Fran Tarkenton
596. The first step to virtue is to abstain from vice.  
遠離罪惡是踏向美德的第一步
597. The future belongs to those who believe the beauty of their dreams. 未來是屬於有夢想的人 E Roosevelt
598. The golden rule is: He who has the gold makes the rules.  
黃金定律是：誰有黃金，誰有權製造定律
599. The good Lord has been good to me and I am trying to return the favor. I just want to do as much good in the world as I can. 上天對我十分好。作為回報，我要為世界做點好事 Milton Petrie.
600. The great aim of education is not knowledge, but action.  
教育最大的目的不是為了知識，而是為了實踐 H Spencer

601. The happiest people are those who are contributing to the society. 貢獻社會的人最快樂 Ted Turner
602. The heart sees better than the eyes.  
有時，內心的感覺比眼睛看得更清楚 Jewish Proverb
603. The highest reward for man's toil is not what he gets for it; but what he becomes by it. 辛勞工作最大的報酬不是那人取得什麼，而那人變成什麼 John Ruskin
604. The key to life is service to others.  
生命的意義在於為人民服務 Jesse Jackson
605. The ladder of success is best climbed by stepping on the rungs of opportunity 若要在成功的階梯往上爬，就要把握每個機會 Ayn Rand
606. The mind is the man 什麼思想造就什麼人
607. The miracle of the power that elevates the few is to be found in their industry, application, perseverance under the promptings of a brave, determined spirit. 領袖能力是令下屬在勇氣和決斷的精神下提升勤勞、實踐、和堅持 Mark Twain
608. The monument of a great man is not of granite or marble or bronze. It consists of his goodness, his deeds, his love and his compassion 偉人的墓碑不是靠花崗石、雲石或者青銅。它是靠偉人的善心、德行、愛心和憐憫 Anne Frank
609. The more haste, the less speed 愈想快，愈仆街

610. The more noble, the more humble 愈高貴，愈謙卑
611. The more noise a man or a motor makes; the less power there is available 聲大大，冇料到 W. R. McGeary
612. The most important things in life are not things.  
生命最重要的東西不是東西 [是物質以外的成就]
613. The most powerful weapon on earth is human soul on fire. 最厲害的武器是靈魂著火了 [熱誠] F Foch
614. The most practical thing in the world is common sense.  
世上最實際的東西是普通常識
615. The objective is not to pass, but to surpass 生存的目的不是為了日常過活，而是為了超越日常過活 M Thornton
616. The only people who fail are those who never try.  
失敗往往由於不敢嘗試 Ilka Chase
617. The only way to accept an insult is to ignore it. If you can't ignore it, laugh at it. If you can't laugh at it, it is probably deserved 對付人家侮辱的最佳方法是不理它。若不成，則大笑之，若不成，則可能是你應得的 Lynes
618. The only way to achieve true success is to express yourself completely in service to society. 對社會有用才是真正的成就 Aristotle
619. The path to glory is always rugged.  
通往光榮的道路是難行的

620. The people who get on in this world are the people who get up and look for circumstances they want, and if they cannot find them, make them. 人活著，便要找尋機會。若找不到，自己創造機會 Bernard Shaw
621. The possibility of failure ought not deter you from doing it. 可能失敗不應阻止我們做對的事
622. The price of greatness is responsibility. 偉大的代價是責任 Winston Churchill
623. The probability that we may fail in the struggle ought not to deter us from the support of a course we believe to be just. 有機會失敗不應阻止我們做應做的事 Abraham Lincoln
624. The right word may be effective, but no word was ever as effective as a rightly timed pause. 說該說的話或許有用，但有時無聲勝有聲 Mark Twain
625. The rotten apples injure their neighbors. 爛蘋果會令其他好的都變壞
626. The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to put the other somewhat higher. 人生的階梯不是讓你久留，它是讓你繼續向上爬 Thomas Henry Huxley
627. The same knife cuts bread and fingers. 同一把刀可以切麵包，也可以切手指

628. The secret of joy is contained in one word: excellence. To know how to do something well is to enjoy it. 快樂是存在於表現傑出。懂得傑出，就懂得快樂 Pearl S. Buck
629. The secret of success in life is for a man to be ready for his opportunity when it comes. 成功是留給有準備去把握機會的人 Benjamin Disraeli
630. The secret of wealth is SAVE and INVEST.  
財富的秘訣是留起錢，用錢在適當時候作投資
631. The secret to success is constancy to purpose.  
成功的秘訣是對著目標做，並持之以恆
632. The shortest answer is doing 最簡短的答案是：去做
633. The sting is in the tail 小心，黃蜂尾後針 [提防敵方有後著]
634. The structure of human betterment cannot be built upon foundations of materialism or business, but upon the bedrock of individual character in free men and women.  
人類的幸福不是建在物質或生意上，而是建在自由人們的品格上 Herbert C. Hoover
635. The talent of success is nothing more than doing what you can do well, and doing well whatever you do, without a thought of fame. 成功的稟賦是做你能做好的和做好你所做的，並毫不顧慮名聲 H W Longfellow
636. The time is right to do what is right.  
現在就去做該做的事情吧 Martin Walsh

637. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so. 現在是快樂的時候。這裏是快樂的地方。讓人家快樂也會令自己快樂 R H Schuller
638. The essence of true nobility is neglect of self. 真正高尚的情操是忘記自己 J A Froude
639. The squeaky wheel gets the grease 吵鬧，才有人理
640. The ultimate measure of man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. 量度一個人的人生，不在於他有多少舒暢和逸樂，而在於他如何應付挑戰和爭議 Martin Luther King
641. The use of money is all the advantage there is in having it. 金錢的作用在於它帶來的好處 Benjamin Franklin
642. The used key is always bright 愈用愈光輝
643. The value of life lies not in the length of days, but in the use we make of them; a man may live long, yet get little from life. 生命的價值不在於長短，而在於我們如何用它。一個人可能活得很長，但卻活得沒用 ME Montaigne
644. The way I see it: if you want the rainbow, you gotta put up with the rain 若你想看彩虹，你要忍受一陣雨 Dolly Parton

645. The way to be safe is never to be secure.  
要安全，就不要原地停留，要不斷向前走
646. The winners in life think constantly in terms of I can, I will and I am. Losers, on the other hand, concentrate their waking thoughts on what they should have, or would have done, or what they don't do. 生命的勝利者會不斷地想著：我能，我會，是我。生命的失敗者天天想著：他們應該有什麼，將會有什麼，和不想要什麼 Denis Waitley
647. The wise man is a good listener 智者擅於聆聽
648. The wise man knows he knows nothing; the fool thinks he knows everything. 聰明人知道他所知的有限，愚昧的人以為他什麼都知道
649. The world is as large as the range of one's interests. A narrow-minded man has a narrow outlook. The walls of his world shut out the broader horizon of affairs. Prejudice can maintain walls that no invention can remove. 一個人的興趣有多大，他的世界就有多大。眼淺的人只看到小處，他的偏見像牆堵住了他的世界 Jastrow
650. The world is like a mirror; frown at it, and it frowns at you. Smile, and it smiles too. 世界像一面鏡子。你對它笑，它對你笑。你對它皺眉頭，它也對你皺眉頭。
651. The worship most acceptable to God comes from a thankful and cheerful heart. 上天喜歡聽來自快樂和感恩的心所作的禱告 Plutarch [不要滿肚子埋怨]

652. There are in nature no rewards or punishments. There are just causes and consequences. 大自然裏是沒有賞和罰，只有起因和結果 Blaise Pascal
653. There are no secrets to success. It is the result of preparation, hard work and learning from failures. 成功沒有秘密，它是來自準備、勤奮和從失敗中的學習 C Powell
654. There are two kinds of people in the world: those who are always ready to do something, and those who go ahead and do it. 世上有兩種人：第一種是等做事的人，第二種是馬上做事的人 Elbert Hubbard
655. There is a wild, splendid, intoxicating joy that follows work well done. 事情辦得好，快樂到離譜 E Hubbard
656. There is enough in the world for everyone's need, but not enough for everyone's greed. 世界能提供我們需要的，但卻沒法滿足我們貪婪的 Zeno
657. There is no duty we underrate so much as the duty of being happy. 保持快樂的心是我們生活中最大的責任 Robert Louis Stevenson
658. There is no failure except in no longer trying. There is no defeat except from within; no really insurmountable barrier save our own inherent weakness of purpose. 只要繼續努力嘗試，就不算失敗。我們真正的挫敗是當我們變成了懦弱 Kenneth Blanchard

659. There is no golden rule in doing things: just follow your heart 世上根本沒有做事的黃金定律，若有的話，就是按照你的心願做事
660. There is no safety in numbers, or in anything else. 人多不代表萬無一失，世上根本就沒有萬無一失
661. There is no security in the world. There is only opportunity 世上沒有絕對的安全，只有不斷的機會
662. There is no teaching to compare with example. 以身作則是最好的教育 RB Powell
663. There is no way to happiness. Happiness is the way. 世上沒有通往幸福的路，因為幸福本身就是路  
[幸福是過程，不是目標] Wayne Dyer
664. There isn't any formula or method of love. You learn to love by loving. 世上沒有愛的方程式，若想得到愛，便要去愛 ☺ Aldous Huxley
665. They are able because they think they are. They can because they think they can. 當你認為自己是得哥，你便是得哥喔 Virgil
666. Things are not always what they seem. 表象不一定是真實的
667. Things become too bad when you want them too good. 當你把事情弄得再好時，它可能變成太壞  
[凡事不要做得太過份，因住好事會變壞事喔]

668. Things done cannot be undone 幹了，就不能回到當初
669. Things may not be what they seem 表象可能是騙人的
670. Things past cannot be recalled 往事不能重做
671. Things unreasonable are seldom durable.  
不合理的事難以持久
672. Think much; speak little 多思考，少說舌
673. Think well of yourself and proclaim this fact to the world  
not in loud words, but in great deeds. 用心去想，然後用  
做了的事實靜靜地去告訴世人，不須大聲喊話的
674. This puts you between a rock and a hard place.  
今次你真係唔死唔得掂囉
675. Those believe money can do everything are frequently  
prepared to do everything for money.  
那些認為金錢是萬能的人會不惜一切去搵錢
676. Those seek to please everybody please nobody.  
你想討每個人歡喜，最終沒人歡喜
677. Those who eat best and drink best often do worst.  
食野唔做野，做野打爛野

678. Those who are contented are never poor.  
心足的人不會窮 TC Lai
679. Those whose work and pleasure are one are fortune's children. 將工作當作娛樂的人是幸運的寵兒 Winston Churchill
680. Though thy enemy seems a mouse, yet watch him like a lion. 如果敵人看似老鼠，你就要當它是獅子來打
681. Thoughts are free 思想是自由的，不須付費的
682. Three things make us happy: the seeing eyes, the hearing ears and the responsive heart. 身體上三樣東西令我們快樂：能看透世事的眼睛，能聽清世事的耳朵，能感應世事的心
683. Time cures all things 時間會醫治一切苦痛
684. Time flies 時間過得真快
685. Time is not measured by the years that we live; but by the deeds what we do. 生命的時間不以年齡計，是以我們做過的事來計 Helen Steiner Rice
686. Time is the most precious gift in our possession, for it is the most irrevocable. 時間是我們擁有最寶貴的財產，因為它是不能填補的 Dietrich Bonhoeffer

687. Time is: too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice. But for those who love, time is eternity.  
時間：對等待的人是太慢，對恐懼的人是太快，對悲痛的人是太長，對快樂的人是太短，對懂得愛的人，時間就是永恆。Henry Van Dyke.
688. Time marches on 時間一刻一刻地過去
689. Time past cannot be called back 時間走了，便永不回頭
690. Time stays long enough for anyone who will use it.  
如果你好好運用時間，時間便會足夠 Leonardo da Vinci
691. Time tames the greatest grief 時間會將悲痛撫平
692. Time tries all 時間會考驗一切
693. Time tries truth 時間會考驗真相。
694. Time waits for no man 時間不會等你
695. Time wasted is existence; time used is life.  
存在是浪費時間，運用時間才是生命
696. Time works wonders 偉大的事情需時間去創造

697. To accomplish great things, we must not only act but also dream, not only plan but also believe. 做大事不單要肯做，還要夢想，不單要策劃，還要相信 Anatole France
698. To be successful, you don't have to do extraordinary work. Just do the ordinary work extraordinarily well 成功不是做偉大的工作，而是將日常的工做到最好 J Robin
699. To convert ideas and good intentions into something real and positive requires time and perseverance. 將意念和好想頭實踐需要時間和毅力 Eugenio Mendoza
700. To do anything in this world worth doing, we must not stand back shivering and thinking of the cold and danger. We must jump in and scramble through as well as we can. 做有價值的事，我們不能後退，或想著困難和危險。我們要勇猛精進，拼命去做 Sydney Smith
701. To forgive heals the wound. To forget heals the scar. 寬恕治療創傷，忘記令疤痕褪掉
702. To help myself live without fault, I made a list of what I considered the thirteen virtues. These virtues were : (1) temperance, (2) selfcontrol, (3) silence, (4) order, (5) firmness of mind, (6) saving, (7) industry, (8) honesty, (9) justice, (10) cleanliness, (11) calmness, (12) morality and (13) humbleness. 為使自己不要犯錯，我做了一個生活要求表：節制飲食，控制自我，減少說話，做事有序，決擇果斷，每月儲蓄，工作勤奮，誠實誠懇，公正不阿，身心潔淨，頭腦冷靜，高尚情操，做人謙卑 Benjamin Franklin

703. To keep young, every day read a poem, hear a choice piece of music, view a fine painting, and if possible, do a good action. Man's highest merit always is, as much as possible, to rule external circumstances, and as little as possible to let himself be ruled by them. 保持青春的方法：每天讀一首詩，聽一段樂章，看一幅畫，若可以的話，做一件好事。人應該盡量做到駕馭外物，而非受外物所奴役 Johann Wolfgang von Goethe
704. To make money immortal, invest it in man. 讓金錢的價值長存，就是將它用於改善人類的福祉 Horace Mann
705. To be, or not to be, that is the question 存在，抑或滅亡，這是問題的關鍵 Shakespeare
706. To me, it is sink or swim 對我來說，那是生死悠關的
707. To me, success is not something to be measured in power or fortune or fame. I believe a life of service to others is a successful life. 對我來說，成功不是權力、財富、榮譽。我認為為人民服務就是成功 Gerald R Ford
708. To measure a man, measure his heart. 評價一個人，就看他的心吧 Malcolm S. Forbes
709. To please every one is to please no one.  
想取悅每一個人，結果沒人被取悅
710. To read without reflection is like eating without digesting.  
讀書而不反省，猶如吃東西而不消化 Edmund Burke

711. To succeed in life one must have determination and must be prepared to suffer during the process. If one isn't prepared to suffer during adversities, I don't really see how he can be successful. 要取得成功，就要有堅定決心和承受挫折。若不能承受挫折，人決不會成功 G Player
712. Too many of us hear without heeding, read without responding, confess without changing, profess without practicing, worship without witnessing, and seek without sharing. 太多人聽見而沒有留心，讀過而沒有反應，懺悔過而不改過，學成了而不實踐，崇拜而不見證，找獲而不分享 William Arthur Ward
713. Too many people know the price of everything and the value of nothing. 太多人知道事物的價格而不懂得事物的真正價值 Ann Landers
714. True love is giving, not taking 真愛是付出，不是收取
715. Trust in God and keep your gun powder dry.  
信上帝，但仍要準備開火
716. Turn over a new leaf 過新生活吧
717. Two heads are better than one 兩個腦袋比一個腦袋好
718. Undertake no more than you can perform.  
不要做超過你能力能應付的事

719. Use life to provide something that outlasts it.  
利用生命去做一些超越生命的事 B C Forbes
720. Variety is the spice of life 多樣性才是生活
721. We are judged by what we finish, not what we start.  
人家會以我們最後的結果來評價，不在乎我們如何開始
722. We are what we do. Excellence is not an act but a habit.  
我們所做的事代表了我們。傑出不是一個孤立事件，它是一種習慣
723. We cannot change yesterday; that is quite clear; or begin on tomorrow until it is here. So all that remains, both for you and me, is to make today as sweet as can be. 我們不能改變昨天，大家都知道。明天如何，要待明天才知道。但我們必須知道，就是我們要令今天變成美好的一天  
Robert Browning
724. We fail most frequently when we seek a goal by someone's path. We stumble most, trying to walk the other fellow's way. We get best results when we do the best we can. "Making the most of what you have" is not the worst definition of success. 當我們跟大圍時，我們大多會失敗。我們必須走自己的路，盡己所能，才有機會成功  
Norman G. Shidle
725. We fought hard. We gave our best. We did what was right. And we made a difference. 我們全力作戰，做到最好，那麼我們就會出類拔萃 Geraldine Ferrao

726. We must not be afraid of dreaming the seemingly impossible if we want the seemingly impossible to become a reality. 我不要怕作不可能的夢想，如果我們願望有一天夢想會成真的話。
727. We only live once, but if we work it right, once is enough. 我們只活一次，若我們活得對，一次就夠了。
728. We work to become, not to acquire. 我們做事不是為了取得什麼，而是為了我們要成為什麼人 Elbert Hubbard
729. We, whoever we are, must have a daily goal in our lives, no matter how small or great, to make that day mean something. 我們必須每天有生活目標。無論目標大或小，它會令我們生活有意義 Maltz
730. Wealth is the product of man's capacity to think. 一個人的財富是他的思考能力的成果 Ann Rand
731. What can't be cured must be endured 不能醫的就要忍囉
732. What greater loss than loss of time? 有什麼損失比失去光陰大呢
733. What I must do is all that concerns me, not what people think. 我為我自己做事，不在乎人家怎麼想 Eliot
734. What is gone is gone 走了，就不會回來
735. What is lost is lost 失去了，就沒法找回來

736. What is time? The shadow on the dial, the striking of the clock, the running of the sand; day and night, summer and winter, months, years, centuries; these are but arbitrary and outward signs, the measure of time, not time itself. Time is the life of the soul. 時間是什麼?  
日影儀上的影子，時鐘上的報時響號，沙漏裏的流沙；  
日與夜，夏與冬，月，年，世紀；這全都是；但這些只是時間的外在，或者是時間的計算。時間是什麼？時間是靈魂的生命啊！ Henry Wadworth Longfellow
737. What would life be if we had no courage to attempt everything? 如果我們沒有勇氣去嘗試，我們的生命還剩下什麼呢 Vincent Van Gough
738. What you focus burns! 你所專注的事物會著火架!
739. What you posses in this world will go to someone else when you die. But what you are will be yours forever. 當你死後，你在世上擁有的財富會交給別人，但你的為人則永遠是屬於你的。
740. Whatever other gifts you have, if you are to succeed, you must have heart, and heart that can feel. 無論你有什麼，最重要是有心，若你有心去感受，你就會成功。 William Booth
741. Whatever you do, do with all your might. 無論做什麼，都要全力去做

742. When a man forgets himself, he usually does something everybody else remembers. 當一個人忘記了自己，其他人就會永遠記得他 James Baldwin
743. When a man has put a limit on what he will do, he has put a limit on what he can do. 當一個為他會做的事設限，他就是為他的能力設限 Charles M. Schwab
744. When everybody is somebody, then nobody is anybody. 如果每個人都是傑出的人，那就沒有人是街上的阿茂了
745. When everything seems to be going against you, remember the airplane takes off against the wind, not with it. 當好多事都是逆你意時，你要記住，飛機是靠逆風起飛的 Henry Ford
746. When fortune knocks, open the door. 當好運來到，要把握喔
747. When gun speaks, it is too late to argue. 當對方開槍時，和他爭論就是傻仔 [一係走，一係還火]
748. When in doubt, play trump 當猶疑不決時，出絕招啦
749. When in Rome, do as the Romans do 入廟拜神
750. When it is not necessary to do it, it is necessary not to do it. 當事情可以不做時，就必須不要理它

751. When one sheep leads the way, the rest follow.  
當一隻羊帶出，其他羊會跟從 [羊群心理]
752. When people are serving, life is no longer meaningless.  
為人民服務，生命便有意義 John Gardner
753. When someone does something good, applaud! You will make two people happy. 當有人做了好事，你要大聲稱讚他，那麼你會令兩個人開心 Roman proverb
754. When sorrow is asleep, wake it not.  
當悲痛沈睡時，不要叫醒它
755. When the cat is away, the mice will play 貓走了，鼠出來
756. When the fox preaches, take care of your geese.  
當狐狸在說道理時，小心看顧你的鵝啊
757. When the well is full, it will run over.  
當井水滿時，水就會流出井 [容忍度是有限度的]
758. When there is a trouble, delegate the trouble. Where there is a problem, spread the problem. 當有麻煩時，叫別人去做。當有問題時，叫大家一起分擔。
759. When things go wrong is when I go strong.  
當情況出錯，人就要變得堅強
760. When two ride a horse, one must sit behind.  
兩人騎馬，梗有一人坐後面 [首領只得一個，其他的跟尾]

761. When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost.  
失去財富，不打緊；失去健康，很要緊；失去自我，死梗。
762. When you consider everything we have is a gift from God, it's amazing how little gratitude we show. Giving to others is such a small way to say thank you. 今天我們所得的全是上天的恩賜，但我們有幾多人會為此感恩呢？將財富與人分享就是真正的道謝 Charles L. Overby
763. When you get to the end of a rope, tie a knot and hang on. 當你去到繩子的盡頭時，打個結，將自己掛上吧 [到了盡頭，還是自己了斷的好] Franklin D. Roosevelt
764. When you go to buy, use your eyes, not your ears.  
你買東西時，用眼看，不要用耳聽
765. Where the heart is willing, it will find a thousand ways. Where it is unwilling, it will find a thousand excuses.  
當你想做時，你會找一千個理由去做。當你不想做時，你會找一千個藉口不做 Dayak Proverb
766. Where there is a will, there is a way.  
只要有決心，就一定有方法
767. Whether the pitcher strikes the stone or the stone strikes the pitcher, it is bad for the pitcher. 無論茶壺打石頭，抑或是石頭打茶壺，兩樣對茶壺都是災難

768. Who likes not his business, his business likes not him.  
如果你不喜歡你的工作，那麼你的工作也不會對你好
769. Whoever wants to be first must place himself last of all  
and be the servant of all. 誰想做首領，誰就要將自己放在  
最後和為其他人服務 Mark 9:35
770. Win new friends but keep the old. The first are silver; but  
the latter are gold. 找新朋友，保留舊朋友。新朋友是好，  
舊朋友是寶。
771. Wink at small faults 小小錯，隻眼開隻眼閉 [算把啦]
772. Winter comes. Can spring be far behind?  
冬天來了，春天還會遠嗎? Shelly
773. Wisdom is knowing what to do next. Virtue is doing it.  
智慧是知道下一步如何，美德是做下去 Stan John
774. Wisdom to the mind is as what health to the body.  
智慧對於思想，猶如健康對於身體
775. Work hard. Hard work is the best investment a man can  
make. 努力工作，它是人最好的投資 C M Schwab
776. Work hard. Play hard. 努力工作，盡情享樂
777. Work in haste longer. 做得快，做錯曬

778. Work is not man's punishment. It is reward and strength, his glory and his pleasure. 工作不是對人的懲罰。反之，它是報酬與力量，引發光輝和樂趣 George Washington
779. Work is the true elixir of life. The busiest man is the happiest man. Excellence in any art or profession is attained only by hard and persistent work. Never believe that you are perfect. When a man imagines, even after years of striving, that he has attained perfection, his decline begins. 工作是生命中的靈丹妙藥。有事做的人是快樂的。傑出是靠努力工作。不要相信你是完美的。當一個人想像他達到完美，他便開始墮落，即使他曾經努力工作過 Sir Theodre Martin
780. Worry doesn't empty tomorrow of its sorrow; it empties today of its strength. 擔憂不會令明天的悲傷消失，擔憂只會令今天的力量消散 CT Boom
781. Worse than being blind would be to be able to see but not have any vision. 比瞎子更可悲的是，我們有些人有眼看但卻失去了視野 Helen Keller
782. Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is the only cash you have. Spend it wisely. 昨天是過期的廢票，明天是尚未到期的期票。今天是現金，好好地用吧!
783. You can do anything if you have enthusiasm. Enthusiasm is at the bottom of all progress. With it, there is accomplishment. Without it, there are only alibis. 只要有熱誠，凡事皆可為。熱誠是進步的基石，有它，便成功，沒有它，便只有失敗的藉口 Henry Ford

784. You can work at something for twenty years and come away with twenty years' worth of valuable experience, or you can come away with one year's experience twenty times. 你可以工作了廿年而有廿年的工作經驗，也可以工作了廿年而只有做了廿次的一年經驗 Gwen Jackson
785. You can't be brave if you've got only wonderful things happening to you. 若你只有順境，你就不會顯得勇敢 Mary Tyler Moore
786. You don't get to choose how you're going to die, or when. You can only decide how you're going to live now! 或許你不能選擇如何或何時死去，但你可以決定今天如何去活 Joan Baez
787. You can't teach old dogs new trick 老狗學不會新招
788. You carried the joke too far 你的玩意太過份了
789. You have to accept whatever comes and the only important thing is that you meet it with courage and with the best you have to give. 你須接受現實，並以勇氣和付出去面對現實 Eleanor Roosevelt
790. You have to look inside yourself to find strengths. 你須向自己內心尋求力量
791. You may be disappointed if you fail, but you are doomed if you don't try. 若你失敗，你會失望。若你不嘗試，你注定滅亡 Beverly Sills

792. You really have to look inside yourself and find your own inner strength and say, "I am proud of what I am and who I am, and I'm just going to be myself." 你要向自己內心尋求力量，然後對自己說“我以自己為榮，我要做出真我”  
Mariah Carey
793. You set a goal to be the best and then you work hard every hour of every day, striving to reach the goal. If you allow yourself to settle something less than number one, you are cheating yourself. 你定下目標，做到最好。然後向著目標努力工作。如果你交了行貨或次貨，你就是欺騙了你自己 Don Shula
794. You try to please everyone and you please no one.  
你若想取悅每個人，你最終一個人也取悅不了
795. You won't win if you don't begin.  
你不開始做，你就不可能成功 Robert H. Schuller
796. Your guess is as good as mine.  
大家都係靠估咋 [我唔係專家，唔駛信曬我]
797. Your mission in life is not to be without problems; your mission is to get excited. 你存在於人間的使命不是為了沒有難題，你的生存是為了取得興奮 Andrew Mathews
798. Youth is the opportunity to do something and to become somebody. 年青就是機會：去做一些特別的事，去成為一個特別的人 T T Munger

799. You've got to know where it is and go after it. You won't get it every time, but it's worth trying. 你要知道你的人生目標及如何實現它。或許你不能每次達標，但它是值得你去嘗試的 Arthur C. Frantzreb
800. Zest is the secret of all beauty. 令人興奮是美麗的秘密 Christian Dior



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