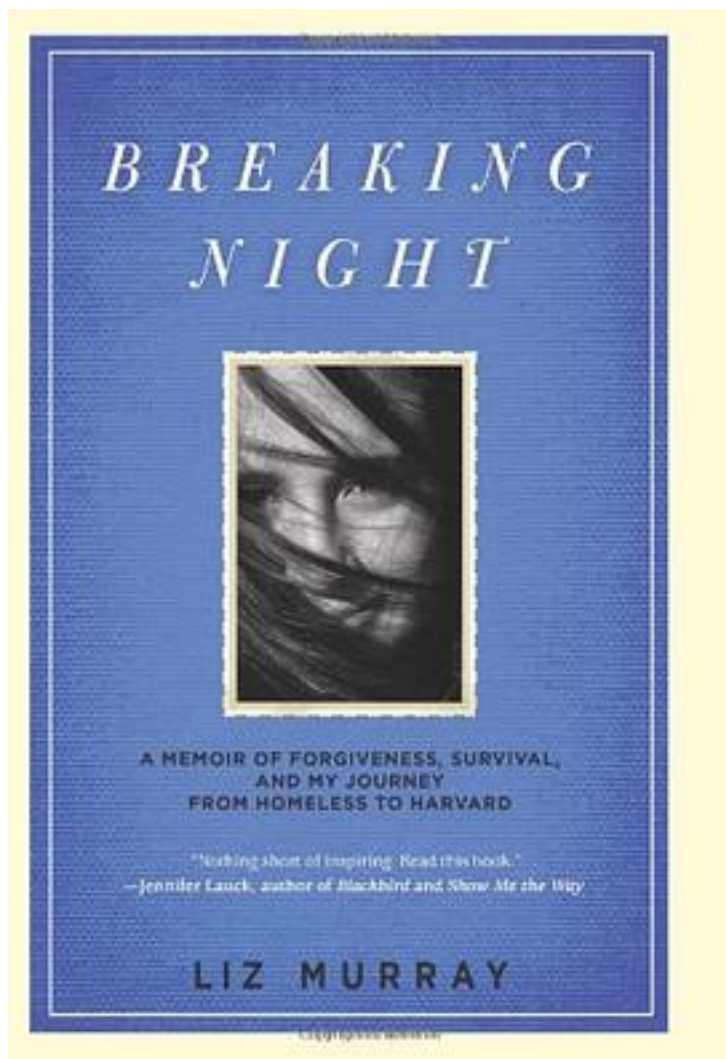


# Breaking Night



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著者:Liz Murray

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" Breaking Night reads more like an adventure story than an addiction-morality tale. It's a white-knuckle account of survival. . . . By age 6, Murray knew how to mainline drugs (though she never took them) and how to care for her strung-out parents. She showed uncanny maturity, even as a child, and later managed to avoid that malady of teenagers and memoir writers, self-pity. . . . Murray's stoicism has been hard-earned; it serves her well as a writer. Breaking Night itself is full of heart, without a sliver of ice, and deeply moving." ( The New York Times Book Review ) "Liz Murray shows us that the human spirit has infinite ability to grow and can never be limited by circumstance. Breaking Night is a beautifully written, heartfelt memoir that will change the way you look your community, the obstacles in your own life and the American Dream. An inspiration, a must read." (Robert Redford) "[Liz Murray] reminds us that the greatest acts of love and failure can occur side by side; that isolation and loss can give way to accomplishment and promise. She offers the awesome hope that, regardless of its past, a life can go beyond endurance and reach for triumph. She leave us with the memory of a child who clung to and refused to surrender the dignity of her soul." (Andrew Bridge, author of the New York Times bestseller Hope's Boy ) "As much as it is a memoir, Breaking Night is a primer on how poverty and drug abuse create a heartbreaking underclass of children, one that goes largely unnoticed. By the truly uplifting ending, Liz Murray has shown us the worst, and the very best, of America." (Haven Kimmel, author of A Girl Named Zippy and She Got Up Off the Couch ) In the vein of The Glass Castle, Breaking Night is the stunning memoir of a young woman who at age fifteen was living on the streets, and who eventually made it into Harvard. Liz Murray was born to loving but drug-addicted parents in the Bronx. In school she was taunted for her dirty clothing and lice-infested hair, eventually skipping so many classes that she was put into a girls' home. At age fifteen, Liz found herself on the streets when her family finally unraveled. She learned to scrape by, foraging for food and riding subways all night to have a warm place to sleep. When Liz's mother died of AIDS, she decided to take control of her own destiny and go back to high school, often completing her assignments in the hallways and subway stations where she slept. Liz squeezed four years of high school into two, while homeless; won a New York Times scholarship; and made it into the Ivy League. Breaking Night is an unforgettable and beautifully written story of one young woman's indomitable spirit to survive and prevail, against all odds.

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风雨哈佛路

作者介绍:

Liz Murray completed high school and won a New York Times scholarship while homeless, and graduated from Harvard University in 2009. She has been awarded The White House Project Role Model Award, a Christopher Award, as well as the Chutzpah Award, which was given to Liz by Oprah Winfrey. Lifetime Television produced a film about Liz's life, Homeless to Harvard: The Liz Murray Story. Today, she travels the world to deliver motivational speeches and workshops to inspire others. Liz is the founder and director of Manifest Trainings, a New York-based company that empowers adults to create the results they want in their own lives. ^Liz Murray completed high school and won a New York Times scholarship while homeless, and graduated from Harvard University in 2009. She has been awarded The White House Project Role Model Award, a Christopher Award, as well as the Chutzpah Award, which was given to Liz by Oprah Winfrey. Lifetime Television produced a film about Liz's life, Homeless to Harvard: The Liz Murray Story. Today, she travels the world to deliver motivational speeches and

workshops to inspire others. Liz is the founder and director of Manifest Trainings, a New York-based company that empowers adults to create the results they want in their own lives.

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标签

励志

英文原版

传记

LIZMURRAY

美国

Liza

外国文学

风雨哈佛路

评论

很久没有那种意犹未尽的感觉了，这本书读了大概有10天，每次拿起都不想放下。生活就是这样，或许苦难或许励志，或许无奈获取自强，就像是作者最后说的那句话：“Life takes on the meaning that you give it”。之前度过毛姆的人生的枷锁，觉得人生其实就是毫无意义的，所谓的意义都是人赋予的。可是想想如果人生满都是负面的东西，那么活着便是真的没有意义了。人类赋予的也好，自然存在的也好，给自己设定目标，然后认真地活下去，享受自己达成目标的过程，这样的生活不也挺好吗？很喜欢Liz举的那个例子，我的眼前真的出现了那个跨栏跑的运动员，是她赐予我力量。作为英专生，觉得文章写得很好，用小词很多，句子不长，便于理解。读的过程中刚好可以督促自己掌握新的词汇，还有各种近义词等。很好！

-----  
前11章都在回忆过去的灰暗人生,第12章开始逆袭之路……苦冲开了便淡

-----  
风雨哈佛路

-----  
Didn't finish it.

-----  
写得好压抑，而且和电影差别太大了。

-----  
stunning memoir of a young woman who is strong-minded.

-----  
电影曾经让我哭的岔气儿，但是书的话，我读的时候一直在疑惑这究竟是自传啊还是小

说啊。那种故意压抑的痛苦让我觉得很不舒服。

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Bad.

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没收获

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inspiring and moving

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No.24

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没读完

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Read it as the English material. If what I read is the Chinese version, I may have dropped it in a half way. 85% of the book describes her miserable life before high school, and only 15% tells us how she tried her best for the study and scholarship. For me, I haven't been touched that much.  
作为英语读物读完的。如果是读的中文版，可能看不到一半就放弃了吧。本以为是部励志书，结果85%都在写她高中之前的悲惨生活

-----  
最后一个chapter才觉得没有那么压抑，也细腻的描写出很多电影里面没有说明的细节，看起来很过瘾

-----  
大学时看过风雨哈佛路之后很感动～然后就像阿甘正传一样找到了原著看了看～仍然有内心的感触～

-----  
相比这本书，我更喜欢电影。电影看完以后给人感觉很励志很有动力。而书一共12章，前十章半都在描述悲惨的童年和流浪生活，看着仅仅觉得压抑。

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“我愿意以任何代价，换回曾经那个温暖幸福的家。”

-----  
一边跑步一边听，就像在回忆当初看过的电影一般，不过细致了许多

-----  
really good book. not sure if Liz wrote it herself? because i am confused how she can remember all the little details that happened when she was less then 5 years old?

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有共鸣，加一星

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## 书评

许多人从电影中认识了Liz Murray和她的故事。许多人为之感动。不论在微博上或是在网络上，许多人把她树立成学习榜样，或努力的楷模，或是美国梦的另种实现形式。当然，这是电影需要的，普通人需要的，报纸需要的，电视台需要，微博需要的，也许还是哈佛需要的。一个女孩，未成...

-----  
多年前。我倦缩在我家沙发上。手里拿着廉价速溶咖啡。  
看着中央八套第一次播放根据这本书原著改编的电影。  
我承认，我完全是被标题党的风雨哈佛路吸引，然后慢慢的看下去的。  
Sat考试。Sat2美国历史。AP数学。这些名词。都是我那时候也正在经历的。  
看到Liz打工，疲惫到不堪...

-----  
转自：子非鱼 世界在转动，你只是一粒尘埃，就算你消失了，地球仍然转动。  
现实是不会按照你的意志去改变的，因为别人的意志更强些。  
生活的残酷会让人不知所措，于是有人终日沉浸在彷徨迷茫之中，

不愿意睁大双眼看清形势...

-----  
莉斯-默里的故事是如此的令人心灵震撼，以致于被拍成电影并获得大奖。一个生活在无家可归者家庭的女孩，父母双双感染上艾滋病，但这个女孩没有放弃人生的希望，她用自己微薄的力量向命运挑战，最后踏入了哈佛大学的学术殿堂。  
由于父母都染上了毒瘾，默里8岁...

-----  
最初看同名电影，看到父母吸毒的时候，感觉恶心，受不了；也许是习惯了日韩的清纯和英美的大气。  
后来得了传染病，身体情况每况愈下，更郁闷的是这个传染病不痛苦却很容易使别人痛苦，而由于不是什么要命的病，所以医院都不怎么给治。如果是在乡下或是闹市，这就不算病；然而...

-----  
人生在世，漫长的人生征途中，没有人的一生是一帆风顺、事事如意的，无不伴随着曲折、坎坷、挫折与磨难。虽然，我们无法预知明天、预知未来；但是，我们当时的心态与选择决定了我们所拥有的未来。  
在我们成长的路上遇见挫折与磨难，有的人抱怨、自暴自弃，从此消极人生，一事无...

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回汉时，一个偶然的机会住在西崽家，还是第一次去，往房间里的书架上一扫，惊讶的发现这两年多我俩关注的书有好几本相同，这本书便是其中之一。曾经还上网找过电子版，没找到，也就放弃了。看到西崽书架上的那本，回家便在亚马逊上淘回一本，直到离家前几天才到。在飞机上一口...

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又是一本被书名毁了的书，  
其实这不是一本告诉你怎么考上哈佛的书，而是告诉你面对苦难，你是可以选择的，当看到莉兹那段消沉的日子，就想起陈扬师兄说过的话：当一个烂人和当一个好人都一样难，你为什么选择不选择当个好人？今年农历后，爸爸的公司倒闭了，钱被合...

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有的人生来锦衣华服，有的生来贫困潦倒。但是如果弱者不思进取，不愿付出努力，寻找种种理由为自己的潦倒开脱，在享受中堕落，那么这样的生活势将如同一潭死水一般毫无生机。上帝赐予我平静，让我们接受无法改变的事情。莉丝的父母吸毒，一家生活

在贫民窟，她不能穿整洁的衣服...

当莉丝身上的钱只够做两件事情，买地铁去下一个地点面试和坐火车回去，还可以买点披萨，如果是我，我可能会选择后者。  
小时候，父亲跟我讲过一句话叫：“穷人的孩子先当家”，每个人对这句话的体会是不一样的。刚出生，她已经注定去应付，“毒品，色情交易，贫...

父亲告诉她“你认为对你好的东西，你尽管向前冲去努力争取，不用管他们在背后胡说什么。”很多时候我觉得我从她的身上我看到了光芒，我觉得自己的生活狗血而不好的时候我读着她的故事我才觉得自己还是那么幸福。只要不放弃自己，这样就算全世界指着你的头对你说你是个废物的时...

风雨之后的彩虹 ---- 学会感恩 文/落潇 评《风雨哈佛路》  
在众多的人物自传中，我们学到了隐忍，学到了等待，学到了厚积薄发，学到了韬光养晦，当一个又一个的伟人、名人、高人，十年寒窗之后，光耀门楣之时，目光所到之处尽是表面的光鲜。《风雨哈佛路》则描写的是...

买这本书，确实因为这段时间极度需要一点激励，工作中天天出现的问题让我觉得厌烦了。  
这本书我只看了前面几页，然后直接跳到200页之后的她选择读书的部分开始看。因为前面的大部分都是在描述她在贫民窟的生活，一直充斥着饥饿，慌乱和不安定。不知道是不是越是成功的人，越想...

认识莉丝的开始是从那部电影。了解她是从这本书。  
其实，也没有什么，简而言之，就是一本一个女孩的改过自新，奋斗成功故事。  
“你为什么没有成为莉丝，我为什么没有成为莉丝？”我总是实在反问自己，其实一切都是自己在逃避，逃避社会，逃避面对。想着过一天算一天，或者是今...

我想买此书的时候，该书在大中国还没有上市，我叫人在美国买然后寄回来的。开始看，觉得还是那么回事，看着看着，就失望了。我发现电影真的是很大程度上升华了Liz Murray 的故事。她的事迹其实没有那么精彩。  
她也没有这么正气，不是电影中说的：跟朋友溜达时...



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高中看过同名电影，直到大学才把书看了。一个贫民窟的女孩最后走进哈佛的校园，到成为一名著名的演说家，实在非常不容易。在看这本书的过程，我在寻找一个答案，究竟是什么让莉丝做出了人生拐点的选择，去选择重新上高中，开始跟以前不一样的人生。我觉得母亲的死对她的影响也...

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这本书的分类是励志传记，很久以前也看过这部电影，确实小小地励志了一把，觉得自己只要努力没有达不到的梦想。可是，后来就渐渐忘了，在日复一日的生活里，渐渐忘却了自己还有梦想，忘了本该竭尽所能去追寻自己的梦。励志故事的效果大都如此，心里热乎一把，小小激动一把，然...

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