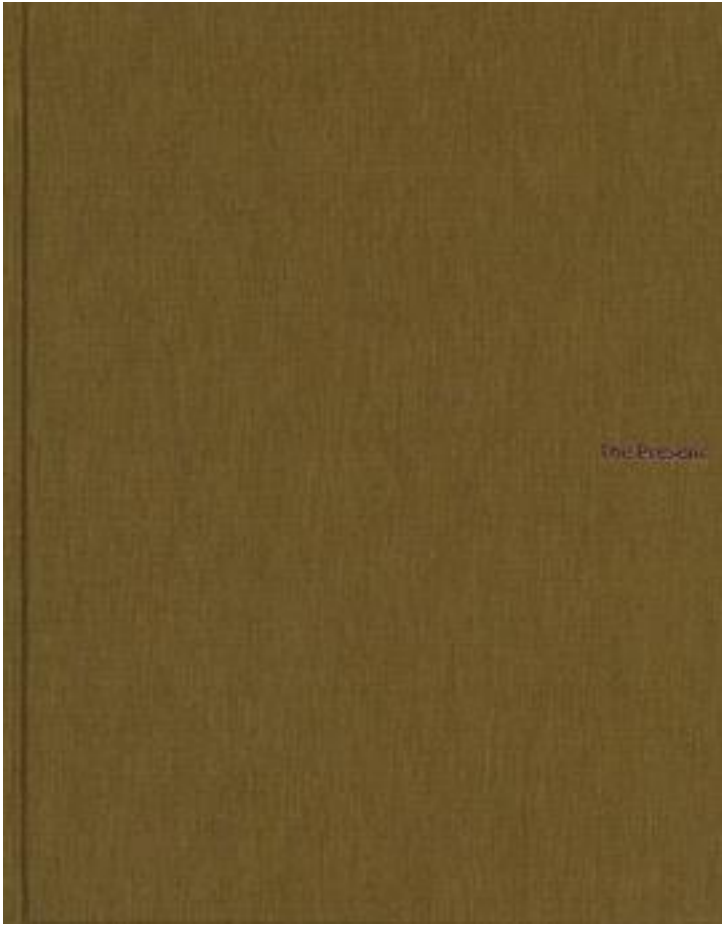


The Present



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《礼物》内容简介：利用此时此刻来享受工作和生活的三种方法!把握此刻：当你想过得更快乐更高效的时候。专注于现在好的方面，并全力做好现在最重要的事。向过去学习：当你想让现在比过去更好的时候。审视过去发生的事情，从中吸取经验教训，今天就采取不同的做法。

着手创造将来：当你想让将来比现在更好的时候。想象一个美好的将来是什么样的。制定一个切实可行的计划。今天就做些事情使之成真。

明确你的目标发掘让你的工作和生活更有意义的方法。

For over two decades, Spencer Johnson has been inspiring readers with his simple yet profound stories of the challenges we face in these times of unprecedented change.

The Present is an engaging story of a young man's journey to adulthood, and his tireless search for The Present, a mysterious and elusive gift he first hears about from a wise old man. This Present, according to the old man, is the most valuable gift a person can receive. Why? Because it is the one thing that doesn't change in changing times.

As the young boy becomes a man, he grows disillusioned with his work and his life. So he returns to ask the old man to help him find The Present. The old man responds, "Only you have the power to find The Present for yourself." Heeding the old man's advice, the young man embarks on a worldwide search for this magical gift that remains unchanging in a changing world, and holds the secret to personal happiness and lifelong success.

It is only after the young man has searched high and low and all but given up his relentless pursuit that he discovers The Present—and all of the promises it offers.

Like the young man, you may find that it is the best gift you can ever give to yourself — and to those you care about.

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活在当下，把握当下，放下过去，并吸取过去的经验教训。计划将来，好好努力更大限度的成为你能，你想成为的那种人。不要总是惯性的习惯，身边没有风景，其实身边的风景才是最真实美好的。

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书评

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