السعادة بإختصار

Happiness in a Nutshell

أندرو ماثيوز

ANDREW MATTHEWS

ترجمة: المقداد عبد الله
almegdadbooks@gmail.com
almegdadbooks@gmail.com
السعادة بإختصار

Happiness in a Nutshell

written and illustrated by
Andrew Matthews

ترجمة:
المقداد عبد الله
Dedication:

To my precious wife, Julie: Thank you for your idea to create this little book, and thank you for editing and putting it together!

إهداء:

إلى زوجتي العزيزة جولي: شكرًا لفكرة عمل هذا الكتاب الصغير، وشكرًا لتحرير وجمع مادة الكتاب.
Happiness in a Nutshell

السعادة بإختصار
Usually, the best place to make a new start is where you are!
Before changing your address, consider changing your thinking!
When you change, your situation changes.
It is law.
We all fail.
But it is not failing that hurts.
What hurts is knowing that you didn’t give your best.
Have the discipline to do little things you don’t like - and you can spend your life doing the big things you do like.

كون عادة عمل بعض الأشياء القليلة التي لا تحبها، وستتمكن بعدها من قضاء حياتك في عمل الأشياء الكثيرة التي تحبها.
"السعادة ؟ ليس لدي وقت لكي أكون سعيداً!"
Happy people don’t just accept change, they embrace it! They are the people who say: “Why would I want my next five years to be like my last five?”

الأشخاص السعداء لا يقبلون فقط بالتغيير بل يعانقوه أيضاً، إنهم الأشخاص الذين يقولون: "لماذا أرغب في أن تكون السنوات الخمس القادمة مشابهة تماماً للسنتين الخمس الماضية؟".
The moment you get too attached to things, people, money ... you screw it up!
The challenge of life is to appreciate everything and attach yourself to nothing.
On giving advice:
If people aren’t asking you,
they usually don’t want
the information!
The first law of expansion is “order”.
For something to grow, it needs system.
Look at a flower, cut an orange,
check out the symmetry
of a tree or a beehive.
There is discipline.
Nature keeps what is essential
and gets rid of the garbage.
It’s called organisation.

أول قانون للتوسع هو التنظيم.
اي شيء يحتاج إلى النمو ، يحتاج إلى النظام.
انظر إلى زهرة ، اقطع برتقالة ، دقق في تناسب شجرة أو
خليه نحل ، تجد النظام فيها كلها.
الطبيعة تحافظ على ما هو مهم وتتخلص من الفضلات ،
هذا ما يسمى بالتنظيم.
You get motivated by doing things, not thinking about them.
Next time you are upset, remember it’s not so much people who make you angry, as your thoughts about them. Whatever thoughts are causing you pain, they are only thoughts. You can change a thought.
The more emotional you are about things, the less control you have. Most people are very emotional about money - so they are out of control.

كلما زاد انفعالك وحساسيتك تجاه الأشياء ، كلما قل تحكمك بها.
معظم الناس حساسين جداً تجاه المال ، لذا هم لا يستطيعون السيطرة عليه.
Following your dream is no guarantee of an easy ride. Life usually becomes more challenging, but you embark on an outer journey which starts the inner journey. You have a chance to blossom - to see who you really are.
Where did we get the idea that if we don’t forgive people, they suffer?
For the world to treat you well, you have to treat yourself well.
Every “disaster” in your life is not so much a disaster, as a situation waiting for you to change your mind about it.
Most of us learned things inside out!

We learned:

“If you don’t like your job, change it.
If you don’t like your wife, change her.”

Sometimes it’s appropriate to change your job or your partner. But if you don’t change too, you are setting yourself up for more of the same.
When we forgive ourselves, we stop criticising other people.
Because we are always attracting the learning experiences we need, we often attract what we fear. If you fear loneliness, you’ll attract that. If you fear embarrassment, you’ll fall on your face. It’s life’s way of encouraging us to grow. The only way to beat fear is to face it.
When your body hurts, pain reminds you to take a rest, or maybe to change your shoes or to find a better way. When your mind hurts, pain reminds you to quit worrying or to be more forgiving, or to think a different way.

Pain is not your enemy.
Pain is your friend!
"لو كنت أكثر دينما أن اليوم سيكون فظيعاً، كنت سعيداً البارحة!"
Courage is not the absence of fear - courage is acting in spite of fear.

People who do nothing with their lives are just as scared as people who take major risks. It’s just that the first group get scared over tiny things. Why not get scared over something significant?
If we are honest with ourselves, we can list almost everything that’s ever happened to us - and see how we helped create it.
Start anywhere you can.

Give your best shot
to whatever is in front of you,
and opportunity will begin to find you.
It’s called developing a reputation.
The happiest people don’t worry too much about whether life is fair or not. They just get on with it.
If you want more peace of mind, stop labeling everything that happens as "good" or "bad".

إذا كنت تريد المزيد من راحة البال، توقف عن تصنيف أي شيء يحدث لك بال"جيد" أو ال"سيء"
If you think the world is against you, it is. Blaming other people doesn’t work. When you fight life, life always wins.
The universe is always nudging us with gentle signals. When we miss the signals, it nudges us with a sledgehammer. Growth is most painful when we resist it.

الكون دائما ما يلفتنا بإشارات لطيفة، فإذا لم ننتبه لها فإنه يلفتنا بإشارات عنيفة. النمو يكون أكثر إيلاما عندما نقاومه.
If there is something in your life you don’t want, stop worrying about it and stop talking about it! The energy you put into it keeps it alive. Withdraw your energy and it will likely go away.

إذا كان هنالك شيء ما في حياتك لا ترغب، توقف عن القلق بشأنه وتوقف عن الحديث عنه! الطاقة التي تطلقها عند القلق والحديث تحافظ على بقاء ما لا ترغب، لذا اسحب طاقتك وسوف يولي بغير رجعة.
Your mission in life is not to be without problems - your mission is to get excited.
What you focus on expands ... so think about what you want!
Detachment is a major reason why rich people get richer. They don’t care so much - they’re not desperate. There’s a big difference between a poor person’s attitude - wishing you had it - and a wealthy person’s approach - believing you’ll get it.
"كلنا نعلم كم هو جاد هذا الا..."
To see things differently, you don’t need willpower, self confidence, or brain surgery. You just need the courage to think the unfamiliar. Your beliefs determine your quality of life.
The balance in your bank book is not the measure of your abundance. Abundance is what’s circulating through your life.
Your life will only work when you take full responsibility for your choices. Your choice of vocation is at the top of the list.
Nature seeks balance, and you can’t be desperate and balanced. Life doesn’t have to be an endless struggle. Let things flow.
The universe has no favourites.
Your success and happiness depend on natural laws and principles - and how you use them.
Every event has the potential to transform us, and disasters have the greatest potential to change our thinking.
Happiness in a Nutshell

السعادة بإختصار
Life happens in waves.

This means family crises, wedding invitations and car repairs tend to travel in bunches.

When you strike a month without bills, you say to yourself:

“I’ll put something aside for the next wave.”

When you get swamped by the next wave, you say to yourself:

“This is only temporary”.

الحياة تأخذ شكل الموجات، هذا يعني الأزمات العائلية أو دعوات الزواج أو الإصلاحات للسيارة تأتي كل منها في صورة جماعية.

عندما يمر عليك شهر بدون فواتير، تقول لنفسك: "سوف اضع هذا جانباً للموجة القادمة"،

وعندما تغمرك الموجة القادمة تقول لنفسك: "إنه أمر مؤقت".
We are not here to be punished. We are here to be educated.
Simplify your life.
Quit doing things out of habit.
Eliminate some of the garbage from your routine so you can see your path more clearly.
Happiness in a Nutshell
Your life is a perfect reflection of your beliefs. When you change your deepest beliefs about the world, your life changes accordingly.
Once we make a decision to do a thing, the means appear. We might explain away these lucky breaks as coincidence. But with keen observation, we notice it happens regularly.

عندما نتخذ قراراً لعمل شيء ، تظهر وسائل التنفيذ. يمكن أن نفسر هذه الفرص بصورة خاطئة بأنها مجرد مصادفات ، ولكن بالملاحظة الدقيقة لها ندرك أنها تحدث بصورة منتظمة.
To succeed at anything, you don’t need to be a genius. But you do need a good plan! Most people quit!
Start every day with an intention to be balanced and peaceful. Some days you will cruise through until bedtime, and some days you won’t make it past breakfast. If peace of mind is your daily goal, you will get better and better.
Your mission in life is not to change the world.
Your mission is to change yourself.
There are no “outside” solutions, only “inside” solutions.
“Get off your butt and do something!”

"هيا انهض ، واعمل أي شيء"
You give your best not because you need to impress people.
You give your best because that’s the only way to enjoy your work.
The joy is in doing your thing - and stretching because you choose to, not because you have to. Whatever you do for a living is a vehicle to connect with people.

المتعة في أن تقوم بعملك وترتاح بعدها، لأنك اختترت ذلك لا لأنه يتوجب عليك ذلك. اياً ما كان عملك الذي تقوم به لكي تعيش فهو وسيلة للتواصل مع الآخرين.
Fred says:

“I think like I do because my life is a mess!”

No Fred, your life is a mess because you think like you do!
Happiness in a Nutshell

السعادة بإختصار

الدرس الأول: الدين للمبتدئين

الدرس الثاني: الدين المتأنم

الدرس الثالث: الفقر 1، 2

الدرس الرابع: الدين الكبير

الدرس الخامس: الفقر (دكتورة)
We are here to learn lessons,
and the world is our teacher.
When we fail to learn a lesson,
we get to take it again ... and again!
Once we have learned the lesson,
we move on to the next one.
(And we never run out of lessons!)
God is never going to come down from a cloud and say: “You now have permission to be successful!” You have to give yourself permission.
The question is always:

“What are you doing with what you have?”

While the answer is “not much”, nothing gets better. The universe rewards effort, not excuses.
The law of the seed:

effort + patience = results.

You reap your harvest after you do the work.
Doing what you love
is not a recipe for an easier life.
It is a recipe for an interesting life.
Happiness in a Nutshell

السعادة بإختصار
If you don’t know what you like doing, maybe you stopped listening to yourself years ago. Many of us became different people in order to please everyone else.
When life is sweet, and that little voice says: "It can’t last!" Tell yourself: "Maybe it’s about to get better!"
Life goes like this...

We get hit by little pebbles - as a kind of warning.
When we ignore the pebbles, we get hit by a brick.
Ignore the brick and we get wiped out by a boulder.
If we are honest, we can see where we have ignored the warning signs.
And then we have the nerve to say:

“Why me?”
Peace of mind doesn’t come from having less problems - it comes from being less critical!
Loving people means giving them the freedom to be who they choose to be and where they choose to be. Love is allowing people to be in your life out of choice.
“Sometimes I ask myself: ‘Why am I the lucky one?’”

أحيانا أسأل نفسي: لماذا أنا أذا أنا الأكثر حظًا؟
When have you made the most important decisions in your life?

When you were on your knees - after disasters, after knock-backs, when you’ve been kicked in the head. That’s when we say to ourselves:

“I’m sick of being broke, sick of being kicked around. I’m tired of being mediocre. I’m going to do something.”

We learn our biggest lessons when things get rough.
Happiness in a Nutshell

In order to have something in your life and keep it - whether it’s a job, or a relationship - you have to be comfortable with it.

To make money and keep it, you must be comfortable with money!
To find, you have to seek.
If you have lost your life direction, you probably won’t find it between drinks at the local bar. Give yourself a break, give yourself some time and space to examine what counts for you.
Master, is there more to life than owning a Mercedes Sports?
You bet – get a Ferrari!

[Master, هل هناك شيء أعيش من أجله أكثر من أن أمتلك سيارة
مرسيدس رياضية]

[تراهن ، احصل على فراي]
Act as if every event has a purpose, and your life will have purpose. Figure out why you needed an experience, conquer it, and you won’t need it again. Ultimately, you can only depend on your inner guidance - in other words, follow your heart.