# 三分钟英语演讲：保持乐观

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*三分钟英语演讲：保持乐观1三分钟英语演讲：保持乐观The Importance of Keeping OptimisticHonourable judges, ladies and gentlemen,Good afternoon! Tod...*

三分钟英语演讲：保持乐观1

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The Importance of Keeping Optimistic

Honourable judges, ladies and gentlemen,

Good afternoon! Today I would like to talk about the importance of keeping optimistic. When we encounter difficulties in life, we notice that some of us choose to bury their heads in the sand. Unfortunately, however, this attitude will do you no good, because if you will have no courage even to face them, how can you conquer them? Thus, be optimistic, ladies and gentlemen, as it can give you confidence and help you see yourself through the hard times, just as Winston Churchill once said, “An optimist sees an opportunity in every calamity; a pessimist sees a calamity in every opportunity.”

Ladies and Gentlemen, keeping optimistic, you will be able to realize, in spite of some hardship, there’s always hope waiting for you, which will lead you to the ultimate success. Historically as well as currently, there are too many optimists of this kind to enumerate. You see, Thomas Edison is optimistic; if not, the light of hope in his heart could not illuminate the whole world. Alfred Nobel is optimistic; if not, the explosives and the prestigious Nobel Prize would not have come into being. And Lance Armstrong is also optimistic; if not, the devil of cancer would have devoured his life and the world would not see a 5-time winner of the Tour De France.

A rose may be beautiful, or maybe not; that depends on your attitude only, and so does success, so does life. Hindrances and difficulties do exist, but if you are optimistic, then they are only episodes on your long way to the throne of success; they are more bridges than obstacles! Now I prefer to end my speech with the great British poet Shelley’s lines: “If winter comes, can spring be far behind?” Thank you!

保持乐观的重要性

尊敬的评委、女士们、先生们：

下午好!今天我想谈一谈保持乐观的重要性。 我们注意到，当在生活中遇到困难时，我们中的有些人选择逃避它们。但令人遗憾的是，这样的态度对你没有任何好处，因为如果你连面对它们的勇气都没有的话，你怎么去征服它们呢?因此，乐观起来吧，女士们、先生们，因为它会带给你信心，帮助你渡过难关。正如温斯顿·丘吉尔所说，“乐观者在每次灾难中都看到机遇;悲观者在每次机遇中都看到灾难”。

女士们，先生们，困难是存在的，但如果你保持乐观，你就会意识到永远有希望在等着你，它会把你领向最终的成功。不管是历史上还是现实中，这样的乐观者总是不胜枚举。你看，托马斯·爱迪生是乐观的，如果不是的话，他心中那希望的明灯就不能照亮整个世界;阿尔弗雷德·诺贝尔是乐观的，如果不是的话，那炸药和享有很高声望的诺贝尔奖就不会诞生;兰斯·阿姆斯特朗也是乐观的，如果不是的话，那癌症的.病魔早已吞噬了他的生命，这个世界就会少了一位五届环法自行车赛冠军得主.

玫瑰花可能很美，也可能不美，这，仅仅取决于你的态度;而成功也如此，人生也如此。困难和阻碍的确存在，但是如果你很乐观的话，那它们就仅仅是我们通向胜利之冠的漫长道路上的小插曲;与其说它们是障碍，不如说它们是桥梁!此刻，我想以伟大的英国诗人雪莱的一句诗来作为我的结尾：“冬天来了，春天还会远吗?”谢谢!

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