

# 從《快樂的15個習慣》 談美好生活的秘方

## The key to happy living - with reference to the book 'the 15 Habits of Happiness'

風箏

《快樂的15個習慣》是由日本國寶級人物日野原重明教授所著，該書出版時日野原教授已屆91歲高齡，但他仍然每日堅持工作，而且活力充沛。許多人經常向日野原教授請教養生之道，日野原教授認為健康快樂的生活秘訣源於健康的生活習慣，這些習慣看似微不足道，但對個人的生活素質卻有重要的影響。日野原教授把自己平常的生活方式及思考習慣總結成以下十五項：

The book entitled 'the 15 Habits of Happiness' was written by Hinohara Shigeaki, a national treasure of Japan. Professor Shigeaki had reached the age of 91 by the time the book was published. But he was still insistent on working every day and was full of vitality. Many people seek advice from Professor Shigeaki about healthy living. The professor thinks that healthy and happy living originates from healthy routines. The habits may seem negligible but they can have important impact on one's personal quality of living. Professor Shigeaki summarized his daily habits and ways of thinking in fifteen points:-

習慣一：心中永保“愛”的習慣

習慣二：抱持“一切都會變得更好”的正面想法

習慣三：挑戰新事物

習慣四：鍛鍊自己的專注力

習慣五：向心目中的偶像學習

習慣六：感受他人的心情

習慣七：珍惜有緣相逢的所有人、事、物

習慣八：吃飯不超過八分飽

習慣九：對於飲食不要過於神經質

習慣十：能走路就走路

習慣十一：與更多的同好者享受運動時光

習慣十二：發現更多的樂趣

習慣十三：調節壓力

習慣十四：反身要求自己(責任總是在我)

習慣十五：不要盲目、非理性地因循習慣

Habit 1: Always cherish the habit of keeping 'love' in our hearts

Habit 2: Abide by the positive concept that 'things will be better'

Habit 3: Meet the challenge of novel matters

Habit 4: Exercise and strengthen our ability of concentration

Habit 5: Learn from the idols in our hearts

Habit 6: Feel the way others feel

Habit 7: Treasure everyone and everything whose paths cross ours by fate

Habit 8: Avoid making our stomachs more than 80% full at a meal

Habit 9: Avoid senseless eating and drinking

Habit 10: Walk as often as we can

Habit 11: Enjoy physical activities with people of shared interest

Habit 12: Try to discover more fun

Habit 13: Regulate stress

Habit 14: Be self-critical (It is always my responsibility)

Habit 15: Avoid blindly and irrationally giving in to our habits





筆者認為，日野原教授分享的15個習慣，其實反映了每一個人的價值觀念、生活態度、自處能力、以及待人接物的方方面面，而這些習慣都不是一兩天形成的，而是從小養成的生活態度。這態度不僅塑造了我們目前的生活處境，也將決定我們未來的生活狀態。

在日野原教授分享的15個習慣中，筆者認為習慣一、習慣三及習慣十四尤為重要。首先，心中永保“愛”的習慣是最關鍵的，因為它是所有習慣的基礎。如果心中永保“愛”，那麼我們便會常懷希望、懂得珍惜、懂得分享、懂得體諒。“愛”會讓我們的的生活更豐富，也更有存在意義。其次，如能不斷挑戰新事物，那麼我們的潛能便能得到更好的發揮，一成不變的生活狀態，容易消磨個人的意志和上進心，試問生活又怎會快樂呢？最後，是反身要求自己，反身要求自己不是盲目把

In my opinion, the 15 habits shared by Professor Shigeaki are actually a reflection of everyone's core values, life attitude, ability of self management and way of getting along with others, etc. Moreover, these habits are not formed in a day or two. On the contrary, they are the life attitude adopted since childhood. The attitude has not only shaped our living condition at present, but it will also determine our living condition in the future.

Among the 15 habits shared by Professor Shigeaki, I think the first, the third and the fourteenth are of particular significance. In the first place, it is of utmost importance to cherish the habit of keeping 'love' in our hearts as it is the foundation of all the habits. With 'love' in our hearts, we will always have hope and will learn to treasure, to share and to be tolerant. 'Love' will lead to a more enriched and meaningful life for us. Apart from this, without constantly meeting the challenge of novel matters, how can our potentials be better developed?

An unchangeable living condition will undermine one's will power and readiness to seek improvement. How can this bring happiness in life? Finally, there is the habit of being self critical. This does not imply blindly putting the blame on ourselves. Rather, it is to consider from our point of view whether there is room





責任歸於自己，而是從自己的角度看看是否有改善的地方。面對學業、事業及生活上的種種責任和挑戰，我們是主動接受，還是迴避推諉，我們是虛心學習，還是得過且過，這種思考方式將決定我們現在和將來的生活質素。正如日野原教授在書中所說“若能改變思考的方式，疏忽或失敗都將成為未來更往前發展，進步的貴重資產。”

日野原教授這本書對所有追求快樂的人來說，都是一個很好的啟示。一個人的習慣如何，他的人生也將如何。願大家都能在生活中養成快樂的習慣！活出生命的意義！

for improvement. When confronted with challenges and responsibilities in life related to our academic or career pursuit, should we accept them on our own initiative or should we shy away from them? Should we learn with a humble attitude or should we take things for granted without making the least effort? These ways of thinking can determine the quality of our living at present and in the future. As stated in Professor Shigeaki's book, 'If the ways of thinking can be changed, even negligence and failure can be treasured assets that can ensure further development and greater progress in the future.'

Professor Shigeaki's book is very inspiring to all seekers of happiness. How one's living habits are can determine how his life will be. I hope everyone of us can adopt these habits of happiness in our lives! Live up to the meaning of life!