

# 好書分享-深夜加油站遇 見蘇格拉底

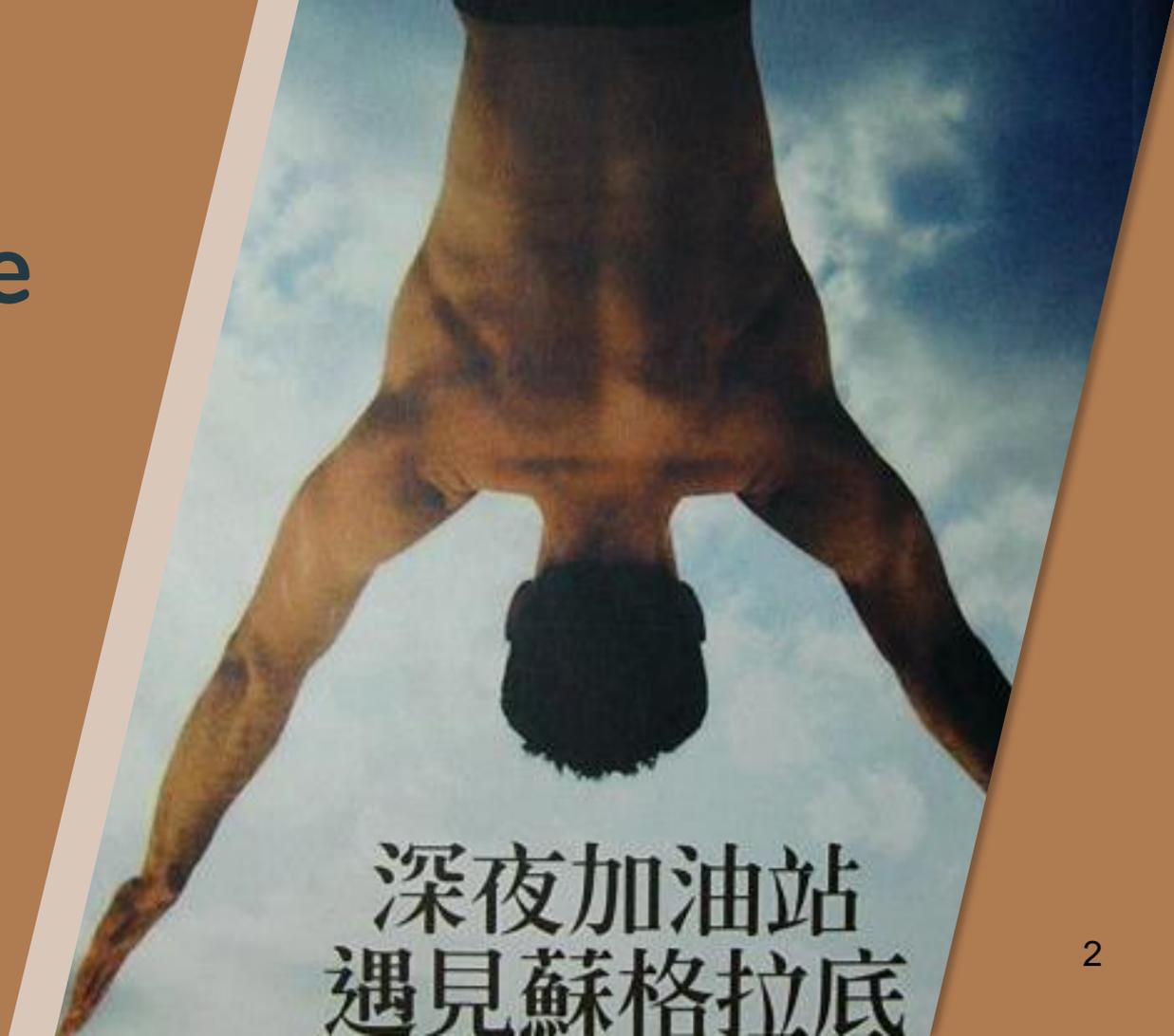
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# 大綱

- 內容
- 心靈、認識自己、學習
- 身體智慧
- 關鍵成敗時
- 改變
- 死亡的理解
- 心態
- 如何運用
- 結論

Why I decide  
to choose is



深夜加油站  
遇見蘇格拉底

幫車加油？  
那心靈呢？





# 認識自己



在開始學習前

你必須先清空

你的油箱(水杯)



啊 多麼痛的領悟  
你曾是我的全部

領悟

身體智慧 ex:開車



智慧就是亲自去实践

A dark, atmospheric landscape featuring a calm body of water in the foreground, with silhouetted mountains and hills in the background under a heavy, grey sky. The overall mood is somber and contemplative.

表現最好的選手在  
關鍵成敗時

改變是一項法則，  
再怎麼假裝，  
都不能改變的事實



塞翁失馬

焉知非福



我想你受傷的不僅僅只有腳



你該關切的只有一種水準，你的水準，與我的水準

A person is sitting cross-legged on a mat on a wooden floor in a dimly lit room. A large, ornate lamp with a glowing shade stands to the right, casting a warm light. In the background, there are large windows with multiple panes, some of which are dark, suggesting it is nighttime. The room has a classic, somewhat rustic feel with a fireplace on the right side.

靜坐有兩個同時並進的過程：一個是內觀；一個是  
放下



# 莊子-鼓盆而歌

A photograph showing two men in what appears to be a laboratory or industrial setting. In the foreground, a man with dark hair, wearing a dark jacket, is looking down and to the right. Behind him, separated by a glass barrier, is an older man with white hair and glasses, wearing a light blue shirt, looking towards the camera. The scene is dimly lit, with a greenish tint.

死亡並不讓人感到悲傷；讓人悲傷的是，  
大多數人根本沒有真正活過

快樂 = 滿足 ÷ 慾望

A photograph of two men standing outdoors at night. The man on the left is younger, with dark hair, wearing a dark jacket. The man on the right is older, with white hair and a beard, wearing a dark jacket. They are facing each other as if in conversation. The background is dark with some blurred lights and a wooden bench.

人生沒有平凡無奇的時刻



運動員們在訓練中，學會聚精會神，卻未擴及到日常生活



Thank you for  
心得  
your attention!