

阅读的本质：在慢与精之间重新看见自己

温儒敏谈到阅读，本质上不是技术，也不是任务，而是一种让人重新获得清醒和深度的方式。当我读到关于“阅读提升人的思维质量”的论述时，心里有一种被轻轻点醒的感觉。阅读之所以重要，并不是因为它让我们知道更多，而是因为它使我们思考得更好。在大量信息涌入的时代，判断、筛选、沉淀的能力显得尤为珍贵，而阅读恰恰是锻炼这种能力的最佳途径。

我特别认同温儒敏谈到的“慢读”和“精读”。在手机刷屏成为生活常态之后，我们的注意力被切割得越来越碎，不再愿意在一段文字上停留太久。可真正的阅读必须慢下来。当我尝试按照他的建议重新调整自己的读书节奏时，我发现慢读并不是效率低，而是让内容在脑子里真正停下来的一种方式。越是慢，越能听清作者的心声，也越能逼迫自己去思考文字背后的逻辑。

精读则是另一种自我训练。在过去，我常常抱着“多读几本”的心态，用数量安慰自己，可最终记住的却少得可怜。温儒敏提醒我精读的重要：只有愿意深入，阅读才能真正改变人的思维方式。精读迫使我不断追问：这段话的核心是什么？作者为什么这么写？我自己又是如何理解的？这样一来，阅读的过程变成了一次次对大脑的雕刻。

想到自己的阅读经历，我意识到阅读不仅改变了我的学习方式，也悄悄影响着我的生活态度。它让我变得更愿意沉住气，不在纷乱里随波逐流。在学习上，我更注重理解而不是速度；在生活中，我更愿意花时间把事情做好，而不是匆匆忙忙完成。阅读像是一条缓慢却坚定的河流，在时间的推移中不断塑造一个人的内在风景。

最后我越来越确信：阅读的价值从来不是立竿见影的，而是一种长期力量。它不会替我们解决所有问题，却能在我们迷茫时提供方向；不会立即让人变得智慧，却能让人逐渐学会如何独立思考。在这个信息快速更替的时代，能够保持阅读能力，或许就是能够保持自我。

The Essence of Reading: Rediscovering Oneself Through Slow and Close Reading

When Wen Rumin speaks about reading, he emphasizes that it is neither a technique nor a task but a way to regain clarity and depth. His view that reading improves the quality of one's thinking struck me deeply. The significance of reading does not lie in accumulating more information, but in enabling us to think with greater precision. In an age overwhelmed by information, the ability to judge, filter, and internalize becomes invaluable, and reading remains one of the best ways to train these skills.

I especially resonate with Wen Rumin's ideas of "slow reading" and "close reading." With constant scrolling on our phones fragmenting our attention, many of us are no longer willing to linger over a paragraph. True reading, however, requires slowness. When I tried adjusting my reading pace according to his suggestions, I realized that slow reading is not inefficient. Rather, it allows the text to truly

settle in the mind. The slower I read, the clearer the author's voice becomes, prompting deeper reflection on the ideas behind the words.

Close reading is another form of self-discipline. I used to comfort myself with the belief that reading more books meant better learning, yet I retained very little. Wen Rumin reminds us that only through close engagement can reading genuinely reshape our thinking. Close reading pushes me to ask: What is the essence of this passage? Why does the author express it this way? How do I interpret it? Through these questions, reading becomes an exercise in mental craftsmanship.

Reflecting on my own reading experiences, I realize that reading has not only transformed my learning habits but has also influenced my attitude toward life. It has taught me to be patient and not be swept away by chaos. I now care more about understanding than speed in my studies, and I prefer doing things attentively rather than rushing through them. Reading is like a slow, steadfast river that shapes the landscape of one's inner world over time.

Ultimately, I have come to believe that the value of reading is never immediate. It is a long-term force. It will not solve every problem, but it offers direction when we are lost. It may not instantly make us wise, but it teaches us how to think independently. In an age of rapid information turnover, preserving the ability to read deeply may be the key to preserving our sense of self.

在信息洪流中坚持阅读的能力

我们生活在一个被信息填满的时代，屏幕不断告诉我们“你还有什么没看”，但真正的阅读能力却在这个过程中悄悄衰退。温儒敏在谈阅读时，特别强调了在信息过载时代保持“读的能力”的重要性。这里的能力不仅是识字、理解，更是专注、判断与筛选的综合素质。越是信息膨胀，人越容易迷失，而阅读恰恰是一种让人重新掌握主动权的方式。

信息过载带来的最大问题，是让人误以为浏览就是阅读。无论是新闻推送还是碎片化短视频，它们让人保持一种“看了很多”的错觉。但温儒敏反复强调，阅读是要和文字建立关系，而不是被动接受刺激。我也深有同感：过去我常觉得自己每天阅读量很大，但回头一想却记不住任何有价值的内容。直到后来，我开始刻意练习慢读和精读，那些原本模糊的内容才真正变得清晰起来。

慢读的意义不仅在于节奏，更是一种态度。它让我从“快速获取信息”的心态，转向“沉下来理解世界”的心态。慢读的时候，我会逼着自己停下来，思考一句话的含义，或者联想它与现实的关系。在这个过程中，阅读不再是急着完成的任务，而是一种自我对话。

精读则更像是一场精神训练，需要耐心，也需要愿意深入的勇气。很多时候，我们读书不愿意停下来，是因为思考比浏览更累，而精读的本质就是不断地深思与辨析。温儒敏提到，阅读是

让思维变得更敏锐的方法，我对此深信不疑。精读能让人更清楚地看见作者的意图，也更清楚地看见自己的思考盲点。

在坚持慢读与精读的过程中，我发现自己的注意力变强了，思考也变得更加有条理。在面对大量信息时，我不再被动接收，而会主动选择值得花时间的内容。这种选择本身，就是阅读赋予的力量。

所以，在信息洪流中坚持阅读，已不只是学习需求，而是一种必要的生活能力。阅读教会我们不随波逐流，教会我们在纷繁中保持清醒，也让我们意识到知识不在多，而在于理解的深度。真正的阅读能力，是任何时代都不应该失去的。

Holding On to the Ability to Read in an Age of Information Flood

We live in an age overflowing with information. Screens constantly remind us of what we haven't yet seen, yet our true ability to read is quietly declining. Wen Rumin emphasizes the importance of maintaining the "ability to read" in an age of information overload. This ability is not just literacy or comprehension but a combination of focus, judgment, and discernment. The more information expands, the easier it becomes for people to feel lost. Reading, however, offers a way to regain a sense of control.

The biggest problem brought by information overload is the illusion that browsing equals reading. Whether it's news feeds or short videos, they create a sense of "I've consumed a lot," but little remains afterward. Wen Rumin stresses that reading means forming a relationship with text rather than receiving passive stimuli. I relate strongly to this. I used to think I read a lot each day, yet I could not recall anything meaningful. Only when I began practicing slow and close reading did the content start to solidify.

Slow reading is not merely a pace—it's an attitude. It shifts our mindset from "quick information intake" to "calm understanding." When reading slowly, I force myself to pause, interpret, question, and connect. Reading becomes less of a task and more of an inner dialogue.

Close reading, on the other hand, is like mental training. It demands patience and the courage to explore ideas deeply. Many people avoid pausing during reading because thinking is harder than browsing. But Wen Rumin is right—reading sharpens our thinking. Close reading reveals both the author's intention and our own blind spots.

Through these practices, I found my attention improving and my thinking becoming

more organized. I no longer accept information passively; instead, I choose what is worth spending time on. This ability to choose is itself a gift of reading.

Thus, holding on to reading in an age of overwhelming information is not merely a learning requirement—it is a life skill. Reading keeps us from drifting with the current. It helps us remain clear-minded amid complexity and reminds us that knowledge lies not in quantity but in depth. The true ability to read is something no era should lose.

阅读如何改变学习方式：一次自我经验的回望

如果说阅读能改变一个人，我愿意用自己的经历来作证。在学生时代，我把阅读理解成完成任务：读完一本书，写一篇心得，然后盼着下一次考试。那时候，我并不知道阅读真正的价值，只把它当成一种必须完成的学习流程。直到后来，我接触到温儒敏关于阅读的观点，才慢慢明白阅读其实是一场自我塑造的旅程。

温儒敏常说，阅读是提高思维质量的重要途径。这句话听上去简单，却真正触动了我。因为在我开始练习“慢读”和“精读”之前，我的学习方式有一个明显的问题：急躁。我总希望尽快把书看完，尽快抓到“重点”，然后尽快进入下一阶段。但这种“快”的背后，其实是浅薄。很多内容来不及沉淀，也来不及深想，知识因此在脑子里像水一样流走。

当我尝试慢读时，学习的体验完全不同了。我开始允许自己在一句话上停留，甚至把书放下思考。刚开始会觉得效率很低，但慢慢地，我发现自己能够真正理解作者的意思，也能把读到的内容与自己的经验联系起来。那种理解带来的踏实感，是过去从未有过的。

精读让我学会了另一件事：学习不是为了记住所有知识，而是为了获得能解决问题的思维方式。我在精读一本书时，会不断做笔记、提问题、尝试复述作者的观点。有时候看似只读了几页，却比以前囫圇吞枣的整本书更有收获。温儒敏说阅读训练的是思维，我深以为然。

阅读带来的变化不只发生在学习上，也悄悄渗透进生活。它让我变得愿意耐心对待事情，不再一味追求速度；让我在混乱中能保持相对清醒，懂得判断哪些信息值得吸收，哪些应该放弃。阅读像是一面镜子，照见我思维的薄弱点，也指引我如何让自己变得更好。

回头看，我意识到阅读改变了我的学习方式，也改变了我面对世界的方式。从被动吸收信息，到主动筛选、分析，再到将阅读融入生活态度，这一切都证明阅读确实是一种长期的力量。它不会突然把人变得聪明，但会在人不知不觉中把人塑造成一个更完整的自己。

How Reading Changes the Way We Learn: A Personal Reflection

If reading can change a person, I am willing to use my own experience as evidence. When I was a student, reading felt like completing tasks: finish a book, write a reflection, and prepare for the next test. I did not understand the true value of reading then; it was simply part of the academic routine. Only later, after encountering Wen Rumin's ideas on reading, did I begin to realize that reading is a journey of self-shaping.

Wen Rumin often says that reading is an important way to improve the quality of thinking. This sounds simple, yet it struck me deeply. Before practicing slow and close reading, I had a major problem in my learning style: impatience. I wanted to finish books quickly, extract the "main points," and move on as fast as possible. But behind this speed was superficiality. Ideas passed through my mind like water, leaving no trace.

When I started reading slowly, the learning experience changed drastically. I allowed myself to pause at a sentence, even put down the book to think. Though it felt inefficient at first, I gradually found myself truly understanding the author's meaning and relating the content to my own experiences. The sense of clarity that followed was something I had never felt before.

Close reading taught me something else: learning is not about remembering everything, but about acquiring ways of thinking that solve problems. While reading closely, I often take notes, ask questions, and restate the author's points. Sometimes I read only a few pages, yet gain more than I ever did skimming an entire book. Wen Rumin is right—reading trains the mind.

The changes brought by reading extend beyond learning and into everyday life. It has made me more patient, no longer obsessed with speed. It has helped me stay clear-headed amid the noise, discerning what information matters and what should be ignored. Reading is like a mirror, showing me where my thinking is weak and how I can grow stronger.

Looking back, I realize that reading has transformed not only how I study but how I approach the world. Moving from passive consumption to active selection and analysis, then integrating reading into my life attitude, all demonstrate that reading is a long-term force. It may not instantly make us wise, but it shapes us into more complete versions of ourselves over time.

阅读与生活态度：从文字到人生的转变

阅读表面上看是一种获取知识的方式，但温儒敏提醒我们，阅读更深层的价值在于它影响一个人的生活态度。很多时候，我们并不意识到自己正在被阅读悄悄改变——改变我们观察世界的视角，改变我们面对问题的方式，也改变我们看待自己的方式。

在我过去的阅读经历中，最明显的变化就是注意力的改善。在手机时代，注意力成为最稀缺的资源，长时间的阅读几乎是一种奢侈。但当我尝试按照温儒敏提倡的慢读方式重新阅读，我发现自己能在文字中找到一种难得的安静。那种安静不是外界没有声音，而是内心不再被纷乱的信息牵着走。这种感觉延伸到生活中，就是在面对复杂情况时能比较冷静地分析，而不是被情绪牵动。

阅读对生活态度的影响，还体现在对时间的理解上。以前我总希望把事情做快一些，好腾出更多时间；现在我反而愿意花时间把事情做好。阅读让我认识到，有些事就是需要慢慢来，比如与人相处、理解一件事情、处理一段经历。速度并不是价值，深度才是。

温儒敏提到，阅读是一种“养心”的方式。我起初不太理解，但后来在一次次阅读体验中渐渐明白过来。阅读能让人从狭窄的日常中跳出来，看到更大的世界，也看到更真实的自己。在书中，我们能遇见不同的观点和人生，从而重新审视自己的思考方式。而这些自我对话构成了生活态度最隐蔽却最坚固的部分。

还有一个变化是阅读带来的包容。我发现自己更愿意倾听，更愿意理解，而不是急着判断。读得越多，就越知道世界的复杂，也越知道自己所知道的有多有限。阅读让我从一个容易下结论的人，变成一个愿意停下来思考的人。

最终我意识到，阅读带来的不只是知识储备，而是影响着生活的底层逻辑。它改变一个人看问题的方式，也改变一个人处理情绪的方式。阅读的力量不在于告诉你要怎样生活，而在于给你一种更稳、更清醒、更温和的姿态去面对生活。

Reading and Life Attitude: How Words Transform One's Way of Living

Reading may appear to be a way of gaining knowledge, but Wen Rumin reminds us that its deeper value lies in how it shapes one's attitude toward life. Often, we are unaware of how reading quietly transforms us—changing the way we see the world, the way we handle problems, and even the way we understand ourselves.

The most obvious change in my own reading journey is the improvement of attention. In the smartphone era, attention is scarce, and long reading sessions feel like a luxury. But when I started practicing slow reading, as Wen Rumin suggests, I found a rare sense of quiet within the words. This quietness is not the absence of

noise, but the absence of distraction. It eventually influenced my daily life: when facing difficult situations, I found myself more composed and less controlled by emotion.

Reading also shaped my understanding of time. I used to rush through tasks to free up more time, but now I prefer doing things well rather than fast. Reading helped me realize that some things require slowness—relationships, understanding, and healing. Speed is not the real value; depth is.

Wen Rumin describes reading as a way of “nourishing the mind.” At first I didn’t quite get it, but gradually it made sense. Reading allows us to step outside our narrow routines and see a broader world. It brings us into contact with different perspectives and lives, allowing us to re-examine our own. These internal conversations form the most subtle yet strongest part of one’s life attitude.

Another change reading brought me is tolerance. I find myself more willing to listen, more willing to understand, and less eager to judge. The more one reads, the more one recognizes the complexity of the world—and the limits of one’s own knowledge. Reading transformed me from someone who rushed to conclusions into someone willing to pause and reflect.

Ultimately, reading does more than expand knowledge; it alters the underlying logic of life. It shapes how we view problems and how we handle emotions. The power of reading does not lie in prescribing a way to live, but in giving us a steadier, clearer, and gentler posture toward life.

阅读的长期力量：在时间中悄悄塑造一个人

阅读的力量往往不是立刻显现的，而是在时间的流动中慢慢发挥作用。温儒敏反复强调阅读对人的长期影响，我以前对这句话没有太深的体会，但随着阅读的积累，我越来越理解其中的分量。阅读不会让人在一天之内变得聪明，却能让人在多年之后显得不一样。

在阅读的道路上，我最深的感受就是“潜移默化”这四个字。读得越多，就越能感受到思维方式在发生变化，判断力变得更稳，理解变得更深。许多曾经困扰我的问题，在阅读积累到一定程度后，竟自然找到了答案。原来阅读的力量正在于此：它不强迫你改变，但它能在你不察觉的时候改变你。

温儒敏强调“慢读”“精读”的原因，也与阅读的长期性密切相关。快读只能获取表面的信息，而慢读和精读则是让文字真正进入心里。当我开始练习这些阅读方式后，最大的收获不是记住了多少内容，而是思考逐渐变得有层次、有深度。这种变化虽然看不见，却真实存在。

阅读带来的长期影响，也体现在面对生活的态度上。因为读过足够多的书，我不再那么轻易

被情绪左右，也更愿意理解他人。阅读让我学到一种更从容的姿态，一种更温和、更不急躁的力量。这些性格上的变化，都是多年的阅读慢慢沉淀出来的。

如果说人生是一段不断寻找方向的旅程，那么阅读就是途中最安静却最可靠的灯光。它不会替你走路，但会照亮你看不见的部分；不会替你做选择，但会让你做出更有判断的选择。阅读让一个人逐渐变得坚定，也逐渐变得清醒。

在这个节奏越来越快的时代，坚持阅读显得尤为重要。它让我们保持深度，保持思考，保持独立。即使世界不停变化，阅读带来的力量却能始终陪伴我们。这份长期的力量，是任何速成方式都无法替代的。

The Long-Term Power of Reading: Quietly Shaping a Person Over Time

The power of reading rarely appears immediately; instead, it unfolds gradually over time. Wen Rumin repeatedly emphasizes reading's long-term influence. I didn't fully grasp this at first, but as I accumulated more reading experiences, I began to understand its weight. Reading does not make us smarter overnight, but after years, it makes us noticeably different.

The most profound experience I've had with reading is how subtly it works. The more I read, the more I sense my thinking transforming—my judgment becomes steadier, my understanding deeper. Many problems that once puzzled me seemed to resolve themselves once I had read enough. This is the essence of reading: it doesn't force change upon you, but it changes you without your noticing.

Wen Rumin's emphasis on slow and close reading is closely tied to this long-term power. Fast reading provides only surface-level information, while slow and close reading allows words to truly enter the mind. When I began practicing these methods, the greatest gain was not the amount of knowledge remembered, but the increasing depth and structure of my thinking. These changes are invisible, yet undeniably real.

The long-term influence of reading also appears in the way I approach life. Because I have read widely, I'm less easily swayed by emotion and more willing to understand others. Reading has taught me a calmer, more patient attitude—one that grows naturally over years of reflection. These changes in character are all the result of long-term reading.

If life is a journey of finding direction, then reading is the quietest yet most reliable light along the path. It cannot walk for you, but it illuminates what you cannot see; it cannot make decisions for you, but it helps you make wiser ones. Reading helps us become stronger and clearer over time.

In an increasingly fast-paced world, holding onto reading is especially important. It helps us maintain depth, maintain independent thinking, and maintain clarity in a noisy environment. Though the world constantly changes, the power of reading remains. It is a long-term strength that no quick method can replace.