

# 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.