

《活着》观后感——生命的坚韧与温暖

某个周末，我坐在书桌前，翻开了余华的《活着》。从封面到第一页，每一行文字都带着沉重而真切的生命气息。书中讲述的是主人公福贵一生的起伏与挣扎，他从富家子弟到家道中落，再到经历亲人离去的悲痛，每一次打击都让人心酸，却又充满对生命的敬意。

福贵的人物性格非常立体。他既有年轻时的任性和骄傲，也有晚年面对苦难的坚韧与宽容。在他身上，我看到了一个普通人面对命运不公时的抗争与顺从，他的经历让人明白，人生不会一帆风顺，但仍应以勇敢和坚韧去面对。

《活着》传递的主题非常深刻：生命的脆弱与珍贵、苦难中的坚强、家庭与爱的价值。福贵失去了家人，却在悲伤中学会了珍惜眼前的每一天，这种对生活的态度让我深受触动。书中没有华丽的辞藻，但文字的力量让人心底震颤，仿佛每一个字都在提醒我们，活着本身就是一种坚持和希望。

读完这本书，我对自己的生活有了新的感悟。作为一名中学生，虽然现在的困难和挑战可能只是学业和人际问题，但福贵的经历让我学会了更坚强地面对挫折，理解生活的不易，并珍惜亲人和朋友的陪伴。在学习中，我会更加努力，也会尝试以平和和坚韧的心态处理困难，用感恩和爱心对待身边的人。

《活着》不仅是一本书，更是一种生活的启示。它让我明白，每个人的生命都是独一无二的，哪怕经历了无数磨难，只要心中有爱与希望，我们依然可以坚强地走下去。这样的理解和感悟，将影响我在成长中的每一个选择和行为。

Reflections on 'To Live' - The Resilience and Warmth of Life

One weekend, I sat at my desk and opened Yu Hua's 'To Live.' From the cover to the first page, every line of text carried a heavy yet vivid sense of life. The book tells the story of Fugui's life, from a wealthy young man to losing his fortune and enduring the grief of losing loved ones. Each blow is heart-wrenching, yet full of respect for life.

Fugui is a deeply complex character. He shows youthful recklessness and pride, yet in his later years, he demonstrates resilience and tolerance in the face of suffering. In him, I saw an ordinary person struggling with and submitting to fate. His experiences remind us that life is never smooth, but we must face it with courage and perseverance.

'To Live' conveys profound themes: the fragility and preciousness of life, strength amid suffering, and the value of family and love. Fugui loses his loved ones but learns to cherish every day in the face of sorrow. This attitude toward life deeply moved me. The writing may not be extravagant, but its power shakes the heart,

reminding us that living itself is an act of persistence and hope.

After reading the book, I gained new insights into my own life. As a middle school student, my challenges may be only academic or social, yet Fugui's experiences teach me to face difficulties more bravely, understand life's hardships, and cherish the company of family and friends. In my studies, I will work harder and approach obstacles with calmness and resilience, treating people around me with gratitude and love.

'To Live' is not just a book, but a guide to life. It made me realize that every life is unique. Even after countless hardships, with love and hope in our hearts, we can still walk forward strongly. This understanding will influence every choice and action in my growth.