

Chinese TV Host Faces Midlife Crisis

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1

Dàjiā hǎo, wǒ shì Eileen
大家好，我是 Eileen
Hi everyone, I'm Eileen.

2

Huānyíng láidào Mandarin Corner!
欢迎来到 Mandarin Corner!
Welcome to Mandarin Corner!

3

Jīntiān shì yī wèi hěn tèbié de jiābīn
今天是一位很特别的嘉宾
Today, we have a very special guest.

4

Gěi dàjiā dǎ gè zhāohu ba
给大家打个招呼吧
Say "hello" to everyone!

5

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Hālóu, dàjiā hǎo, wǒ shì Tony

哈喽，大家好，我是 Tony

Hello everyone, I'm Tony.

6

Wǒ láizì Zhèjiāng, qiánshēn dehuà shì yī míng diànshìtái de zhǔbō

我来自浙江，前身的话是一名电视台的主播

I'm from Zhejiang, and I used to work as a TV host and presenter.

7

Nà xiànzài dehuà zhèngzài chóngxīn de qù sīkǎo zìjǐ de rénshēng,

那现在的话正在重新地去思考自己的人生，

Right now, I'm in the process of rethinking my life

8

zuòchū xīn de xuǎnzé

做出新的选择

and making some new choices.

9

Kěnéng yǒuyīxiē guānzhòng yǐjīng rènchū le

可能有一些观众已经认出了

Some of you might recognize (Tony)

10

yīnwèi zhīqián wǒmen zài yī gè jiēfǎng lǐ rènshi de

因为之前我们在一个街访里认识的

because I actually met him during a street interview

11

Shì zài Níngbō de shíhou

是在宁波的时候

in Ningbo.

12

Dāngshí nǐ zài nàbian lǚyóu,

当时你在那边旅游，

At the time, you were there for a tour

13

ránhòu hòumian wǒmen jiù yīzhí bǎochí zhe liánxi,

然后后面我们就一直保持着联系，

and later, we kept in touch.

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14

zuìzhōng wǒmen zài Tàiguó jiànmiàn le.

最终我们在泰国见面了。

Eventually, we met up again in Thailand!

15

Méicuò, jiù gǎnjué fēicháng de yǒu yuánfen.

没错，就感觉非常地有缘分。

Right, and I feel it's fate (that brought us together).

16

Duì, ránhòu zhè yīcì jiànmiàn jiùshì wǒmen zài chīfàn de shíhou,

对，然后这一次见面就是我们在吃饭的时候，

Right, this time when we met (in Thailand) and had a meal together,

17

wǒmen jiù liáo dào le zhège niánlíng ma

我们就聊到了这个年龄嘛

we talked about age

18

jiù shuō hǎoxiàng mǎnmǎn de dào le zhōngnián de shíhou,

就说好像慢慢地到了中年的时候，

and you said that as you approached middle age,

19

yě huì gǎnjuédào duì rénshēng yǒu yī gè xīn de sīkǎo,

也会感觉到对人生有一个新的思考，

you began to reflect on your life

20

shènzhì kěnéng gǎndào yǒudiǎn mí máng.

甚至可能感到有点迷茫。

and even felt a little lost.

21

Gānghǎo nǐ yòu zhīqián shì xīnwénzhǔbō,

刚好你又之前是新闻主播，

In addition, since you were a TV news anchor before

22

qíshí wǒ duì zhège yě hěn hàoqí

其实我对这个也很好奇

which I am also curious about,

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23

suǒyǐ jīntiān wǒmen jiù yīqǐ lái liáo liáo zhè liǎng gè huàtí, zhǔyào shì
所以今天我们就一起来聊聊这两个话题，主要是
today, we will talk about these two topics.

24

Shǒuxiān shuō yīxià, jiùshì nǐ xué de zhuānyè shì shénme ba
首先说一下，就是你学的专业是什么吧
First, tell us what your (university) major was.

25

Wǒ zhīqián jiùshì xué guo liǎng gè zhuānyè
我之前就是学过两个专业
I actually studied two majors before.

26

Wǒ dìyī gè zhuānyè běnkē niàn de shì
我第一个专业本科念的是
My first undergraduate major was

27

wàimào yīngyǔ jiào foreign trade English
外贸英语叫 foreign trade English
Foreign Trade English.

28

Yīnwèi wǒ xiǎo de shíhou ne jiùshì duì xiàng bōyīn zhǔchí
因为我小的时候呢就是对像播音主持
When I was little, I was really interested broadcasting

29

hái yǒu xiàng zhèzhǒng yǔyán wàiyǔ děngděng dōu fēicháng de gǎnxìngqù.
还有像这种语言外语等等都非常地感兴趣。
and foreign languages.

30

Suǒyǐ shuō hòulái de huà ne,
所以说后来的话呢,
So, later on,

31

zài shàng dàxué zhīhòu wǒ jiù xuǎnzé le dìyī gè běnkē,
在上大学之后我就选择了第一个本科,

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when I attended university, I chose Foreign Trade English

32

niàn de shì wàimào Yīngyǔ.

念的是外贸英语。

as my first bachelor's degree.

33

Nà niàn wán sì nián zhīhòu,

那念完四年之后，

After studying it for four years,

34

qíshí wǒ háishi yǒu yī gè bōyīn zhǔchí mèngxiǎng de.

其实我还是有一个播音主持梦想的。

I still had a dream of becoming a broadcaster and TV host

35

Kěnéng yīnwèi wǒ de jiùjiu tā shì yī míng bōyīnyuán

可能因为我的舅舅他是一名播音员

maybe because my uncle was a broadcaster.

36

Nàme hòulái zài niàn wán sì nián de wàimào Yīngyǔ de běnkē zhīhòu ne

那么后来在念完四年的外贸英语的本科之后呢

So, after finishing my undergraduate degree in Foreign Trade English,

37

wǒ jiù xiǎng qù xuǎnzé yī gè zìjǐ yě fēicháng gǎnxìngqù de

我就想去选择一个自己也非常感兴趣的

I wanted to study something else that I was also very interested in.

38

Suǒyǐ nàge shíhou wǒ jiù qù le nàge zhōng chuán

所以那个时候我就去了那个中传

So at that time, I went to (a different university), Communication University of China

39

niàn le yī gè èr xuéwèi de bōyīn zhǔchí.

念了一个二学位的播音主持。

and got a second bachelor's degree in broadcasting and hosting.

40

Ránhòu duì zhǔbō zhège yǒuméiyǒu xíngxiàng de yāoqiú?

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然后对主播这个有没有形象的要求？

For a broadcaster, are there requirements for physical appearance?

41

Yīdìngyào zhǎngde shuài ya, zhǎngde piàoliang ya?

一定要长得帅呀，长得漂亮呀？

Do you have to be handsome or beautiful?

42

Qíshí wǒmen yī kāishǐ zài niàn bōyīn zhǔchí zhuānyè de shíhòu

其实我们一开始在念播音主持专业的时候

Actually, when we first started our broadcasting major,

43

jiù jīngguò le yīlún xuǎnbá.

就经过了一轮选拔。

we went through a round of selection.

44

Duìyú bōyīn zhǔchí láishuō,

对于播音主持来说，

For broadcasting and hosting,

45

shǒuxiān nánshēng bùnéng dīyú yī mǐ qī

首先男生不能低于一米七

males can't be shorter than 1.7 meters.

46

Kěnéng shàngjìng dehuà,

可能上镜的话，

For on-screen appearance,

47

duìyú měigerén de xíngxiàng láishuō jiùshì yào fúhé dàzhòng shěnměi

对于每个人的形象来说就是要符合大众审美

our faces need to fit the mainstream beauty standards.

48

dàzhòng shěnměi dehuà kěnéng jiùshìshuō

大众审美的话可能就是说

Regarding mainstream beauty standards, it might mean that

49

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nǐ bùnéng zhǎngde tài qíguài

你不能长得太奇怪

you cannot have a weird-looking face.

50

Wāiguālièzǎo | Duì

歪瓜裂枣 | 对

Like a "twisted melon, cracked jujube" (it means to be unattractive). | Right.

51

Bùnéng tài guòyú nàzhǒng bù fúhé zhǔliú de shěnměi

不能太过于那种不符合主流的审美

Your looks cannot be too far from the mainstream beauty standards.

52

ránhòu qícì dehuà, wǒ juéde shēngyīn tiáojiàn yào hǎo

然后其次的话，我觉得声音条件要好

Secondly, your vocal conditions must be good,

53

jiùshìshuō nǐ bùnéng shuō shēngyīn tài guòyú

就是说你不能说声音太过于

meaning your voice can't be too

54

jiān, sīyǎ, shāyǎ huòzhě shì hěn qíguài

尖、嘶哑、沙哑或者是很奇怪

high-pitch, hoarse, raspy, or strange.

55

Zǒngzhī nǐ jiù yào fúhé

总之你就要符合

In short, you must meet

56

zhǔliú méitǐ de zhèyàng yī gè shěnměi de yāoqiú.

主流媒体的这样一个审美的要求。

the aesthetic requirements of mainstream media.

57

Wǒ kěyǐ ma? | Nǐ kěyǐ

我可以吗? | 你可以

Am I okay? | Yes, you are.

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58

Érqiě nǐ běnshēn, wǒ juéde nǐ de jīběn tiáojiàn háishi mán bùcuò de.

而且你本身，我觉得你的基本条件还是蛮不错的。

And I think your basic conditions are quite good.

59

Dàn qíshí xiànzài, wǒ yuèfā juéde zài zhèyàng yī gè shídài,

但其实现在，我越发觉得在这样一个时代，

But actually, I increasingly feel that in this era,

60

xiàng wǒmen zhèzhǒng tài zhǔliú,

像我们这种太主流，

looking overly mainstream

61

tài bōyīn de zhèzhǒng zhǔliú biāozhǔn dehuà fǎn'ér bùhǎo

太播音的这种主流标准的话反而不好

and having a voice that is "boardcast standard" can be a disadvantage.

62

Yīnwèi shénme?

因为什么？

Why?

63

Yīnwèi xiànzài de rén tā gèng qūyú yīzhǒng jiùshì xiǎozhòng de

因为现在的人他更趋于一种就是小众的

Because people now tend to prefer something more niche.

64

Zìrán yīdiǎn de? | Duì, nǐ kěyǐ yǒu gèxìng

自然一点的？ | 对，你可以有个性

More natural? | Yes, and with a personality.

65

Xiàng wǒmen dehuà, jiùshì kěnéng... | Méiyǒu gèxìng le

像我们的话，就是可能... | 没有个性了

People like us, we might... | Have no personality?

66

Duì, méiyǒu gèxìng

对，没有个性

Yes, no personality.

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67

Dàjiā dōu shì, huānyíng láidào shénme shénme tái | Duì, jiùshì...

大家都是，欢迎来到什么什么台 | 对，就是...

Everyone is like, "Welcome to [station name]." | Right, it's just...

68

Nǐ lái yī gè

你来一个

Show us (how it is).

69

Gèwèi hǎo! Huānyíng shōukàn zhè yī shíduàn de xīnwén,

各位好！欢迎收看这一时段的新闻，

"Hello everyone! Welcome to this news segment,

70

yóu Tony lái wèi nín bōbào.

由 Tony 来为您播报。

reported by Tony.

71

Wǒmen jiēxiàlái guānzhù zhè yī zǔ xīnwén yàowén

我们接下来关注这一组新闻要闻

Next, we'll focus on this set of important news headlines."

72

jiù zhèyàng de

就这样的

Just like that.

73

Zhēnde? Nǐmen shì zhèyàngzi de?

真的？你们是这样子的？

Really? You guys were like this?

74

Duì duì duì, jiùshì tài zhèng le

对对对，就是太正了

Yes, it's too formal.

75

Wǒ gǎnjué xiàng shì nàge xiǎoxuéshēng, zuòhǎo lìzhèng

我感觉像是那个小学生，坐好立正

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I feel it's like a primary school student, sitting straight and at attention.

76

Dāngrán, wǒmen zài bōbào xīnwén de shíhòu ne kěnéng jiùshìshuō

当然，我们在播报新闻的时候呢可能就是说

Of course, when we report the news,

77

yī gè jiùshìshuō dàibiǎo zhèngfǔ de hóushé.

一个就是说代表政府的喉舌。

we are representing the government's voice.

78

Suǒyǐ shuō wǒmen kěnéng jiùshìshuō yào shāowēi duān yīdiǎn.

所以说我们可能就是说稍微端一点。

So, we need to be a bit more formal.

79

Zhèyàng yī duān qilai dehuà,

这样一端起来的话，

When you are so formal,

80

kěnéng jiù ràng rén juéde nǐ quēshǎo le yīxiē gèxìnghuà de dōngxī.

可能就让人觉得你缺少了一些个性化的东西。

it might make people feel you lack some individuality.

81

Méiyǒu nǐ zìjǐ de fēnggé | Duì duì duì

没有你自己的风格 | 对对对

No personal style. | Right.

82

Nà xiàng wǒmen jīntiān zhèyàng yī gè miànduìmiàn,

那像我们今天这样一个面对面，

Like today, having this face-to-face conversation,

83

bāokuò hé hěn duō de yīxiē wǎngyǒu de jiāoliú

包括和很多的一些网友的交流

and interacting with many netizens,

84

wǒ jiù juéde hěn qīngsōng hěn zìzai, wǒ jiù bù yòng duān zhe

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我就觉得很轻松很自在，我就不用端着

I feel very relaxed and comfortable and I don't have to be so stiff,

85

Suīrán shuō kěnéng nǐ hái shì huì juéde wǒ yǒudiǎn bōyīn qiāng,

虽然说可能你还是会觉得我有点播音腔，

although you might still think I have a "broadcaster's tone".

86

dàn qíshí wǒ juéde jīntiān duìyú wǒ láishuō dehuà,

但其实我觉得今天对于我来说的话，

Actually, for me today,

87

wǒ shì yī gè fēicháng fàngsōng de, wǒ bù yòng xiàng zhèyàng...

我是一个非常放松的，我不用像这样...

I'm very relaxed and I don't have to be like this...

88

Yīnwèi xiàng bō xīnwén de shíhòu,

因为像播新闻的时候，

Because when broadcasting news,

89

wǒ jiù yào wánquán jiùshì zhěng gè rén tí zài zhèbiān, jià zài zhèbiān

我就要完全就是整个人提在这边，架在这边

I must maintain a very rigid posture.

90

Wǒ bù néng cuò, wǒ bù néng gòu jiùshì tuōgǎo,

我不能错，我不能够就是脱稿，

I can't make mistakes, go off-script,

91

wǒ yě bù néng gòu shuō wǒ zìjǐ nǎozǐ dāngzhōng

我也不能够说我自己脑子当中

say what's on my mind

92

hěn xǐhuan de huòzhě gèxìng huà de dōngxi.

很喜欢的或者个性化的东西。

or things that represent my personal thoughts.

93

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Dàn jīntiān zhèyàng dehuà wǒ gēn Eileen,
但今天这样的话我跟 Eileen,
But today, talking with Eileen

94

wǒ gēn wǒmen de wǎngyǒu lái jìnxíng jiāoliú de shíhou,
我跟我们的网友来进行交流的时候,
and with an online audience,

95

wǒ jiù juéde wǒ kěyǐ wánquán ànzhào wǒ zìjǐ de xiǎngfǎ qù shuō
我就觉得我可以完全按照我自己的想法去说
I feel I can completely speak according to my own thoughts.

96

wǒ bù yòng qù shòuzhì yú gǎojiàn, zhèyàng jiù gǎnjué hěn qīngsōng.
我不去受制于稿件，这样就感觉很轻松。
I don't have to be constrained by a script, so it makes me feel very relaxed.

97

Nǐ shì zěnmē zhǎodào nà yī fèn bōyīn de gōngzuò de ne?
你是怎么找到那一份播音的工作的呢?
How did you find that broadcasting job?

98

Zhège dehuà, jiùshì wǒmen dāngnián bìyè de shíhou,
这个的话，就是我们当年毕业的时候，
Well, on the year that we graduated,

99

tā huì yǒu yīxiē diànshìtái ránhòu zhāopìn
它会有一些电视台然后招聘
some TV stations (came to our school) to recruit.

100

Tā rúguǒ kàn guo nǐ de yīxiē xiāngguān de zīliào zhīhòu,
他如果看过你的一些相关的资料之后，
If they reviewed your background

101

tā juéde ai, nǐ okay de
他觉得哎，你 okay 的
and thought you were okay,

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102

nà nǐ jiù kěyǐ dào nàbian qù jìnxíng miànshì.

那你就到那边去进行面试。

you could go for an interview.

103

Lǐngdǎo huòzhě shuō dāngdì de diànshìtái juéde nǐ okay dehuà,

领导或者说当地的电视台觉得你 okay 的话,

If the leader in the TV station thought you were okay,

104

nà nǐ jiù kěyǐ qù gōngzuò.

那你就去工作。

then you could start working.

105

Nǐ dìyī fèn gōngzuò shì shénme?

你第一份工作是什么?

What was your first job?

106

Wǒ dìyī fèn gōngzuò qíshí bùshì zuò de shì diànshìtái,

我第一份工作其实不是做的是电视台,

My first job wasn't at a TV station,

107

ér zuò de shì guǎngbōdiàntái.

而做的是广播电台。

but rather at a radio station.

108

Jiù zhǐshì shēngyīn? | Duì, zhǐ chū shēngyīn

就只是声音? | 对, 只出声音

Just using your voice? | Yes, only voice.

109

Jiùshì nàzhǒng chuántǒng de nàzhǒng guǎngbōdiàntái

就是那种传统的那种广播电台

It was a traditional radio station.

110

jiàozuò radio station

叫做 radio station

It was called "radio station".

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111

Ránhòu wǒ dìyī fèn gōngzuò zuò de shì zǎo jiān de xīnwén

然后我第一份工作做的是早间的新闻

My first job was hosting the morning news,

112

jiùshì wǒ huì wèi dàjiā zài diàntái dāngzhōng

就是我会为大家在电台当中

delivering news

113

lái chuándì yīxiē fēicháng xīnxiān de zīxùn.

来传递一些非常新鲜的资讯。

to the audience through radio.

114

Nàme wǒ de shòuzhòng ne qíshí zhǔyào shì chūzūchē sījī

那么我的受众呢其实主要是出租车司机

My audience was mainly taxi drivers

115

bāokuò hěn duō de yīxiē kāichē de péngyou

包括很多的一些开车的朋友

and other people who had a car.

116

Tā zài zǎoshang chūmén de shíhou,

他在早上出门的时候,

When they left home in the morning,

117

yī dǎkāi chēzài de guǎngbō, tā jiù néng tīngdào wǒ de shēngyīn le

一打开车载的广播, 他就能听到我的声音了

they would turn on the car radio and hear my voice.

118

Suǒyǐ shuō nà shì wǒ de dìyī fèn gōngzuò.

所以说那是我的第一份工作。

So, that was my first job.

119

Nàge bōbào zǎo jiān xīnwén shì yǒu gǎozi de, shì ba?

那个播报早间新闻是有稿子的, 是吧?

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The morning news broadcast had a script, right?

120

Zǎo jiān de zīxùn dehuà tā shì yǒu gǎo de.

早间的资讯的话它是有稿的。

For morning news, we had a script.

121

Jiùshì wǒ kěyǐ ná zhe gǎojiàn, ránhòu duì zhe huàtǒng,

就是我可以拿着稿件，然后对着话筒，

I could hold the script, speak into the microphone,

122

ránhòu zài bā lā bā lā bā lā, jiùshì zài nàbian

然后在巴拉巴拉巴拉，就是在那边

and just keep talking.

123

Dànshì wǒ juéde tā bùtóng yú

但是我觉得它不同于

But I think it's different from

124

wǒmen chuántǒng de nàzhǒng bō huòzhě shì niàn gǎo

我们传统的那种播或者是念稿

our traditional way of broadcasting or reading a script.

125

Tā huì yǒuyīxiē zhèzhǒng nǐ de kǒuyǔ huà de chéngxiàn.

它会有一些这种你的口语化的呈现。

It was more of a conversational delivery.

126

Jiù xiàng wǒ gēn nǐ lái liáotiān

就像我跟你来聊天

It was like chatting with (the audience).

127

Wǒ shuō jīntiān wǒmen lái guānzhù yī zé fēicháng yǒuyìsi de xiāoxi,

我说今天我们来关注一则非常有意思的消息，

I would say, "Today, we're going to focus on a very interesting piece of news,

128

shì hé wǒmen píngshí lǎobǎixìng de qièshēn de shēnghuó

Chinese TV Host Faces Midlife Crisis

是和我们平时老百姓的切身的生活
and it's closely related to

129

yǒuguān de yī tiáo xīnwén
有关的一条新闻
the daily lives of ordinary people."

130

O, shì zhèzhǒng gǎnjué
哦，是这种感觉
Ah, that's how it felt.

131

Duì, jiùshì xiàng zài shuō yīyàng
对，就是像在说一样
Yes, it was like having a conversation.

132

Diàntái zhǔbō zuò le duōshao nián?
电台主播做了多少年?
How many years did you work as a radio host?

133

Diàntái zhǔbō dehuà, zuò le dàgài yǒu...
电台主播的话，做了大概有...
I worked as a radio host for...

134

wa! Jiāngjìn shí nián le
哇！将近十年了
Wow! Roughly ten years!

135

Shí nián dōu zhǐshì shuōhuà, shì ma?
十年都只是说话，是吗？
Only voice for ten years?

136

Duì, shí nián zhǐshì bù lòuliǎn, jiùshì zài huàtǒng qián
对，十年只是不露脸，就是在话筒前
Yes, ten years without appearing on screen, just in front of a microphone.

137

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Hòulái dehuà ne, yǒu yī gè jīhuì dehuà
后来的话呢，有一个机会的话
Later, I had an opportunity (to be a TV host),

138
wǒ jiù zhuǎnxíng cóng huàtǒng dào píngmù qián,
我就转型从话筒到屏幕前，
so I transitioned from being in front of a microphone to being on a screen.

139
jiù zuò le yī gè diànshì de zhǔbō.
就做了一个电视的主播。
I became a TV anchor.

140
Shì bō xīnwén ma?
是播新闻吗?
Was it broadcasting the news?

141
Bō xīnwén, yě zhǔchí jiémù
播新闻，也主持节目
Broadcasting news, and also hosting shows.

142
Shénmeyàng de jiémù?
什么样的节目?
What kind of shows?

143
Jiémù dehuà ne, wǒmen de diànshìjiémù qíshí yǒu hěn duō
节目的话呢，我们的电视节目其实有很多
For shows, we actually had many

144
Bùtóng de zhōu bō de yīxiē lèixíng,
不同的周播的一些类型，
different types,

145
xiàng měishí jiémù, xiàng kēpǔ lèi de jiémù
像美食节目、像科普类的节目
such as food, science,

Chinese TV Host Faces Midlife Crisis

146

bāokuò xiàng Yīngyǔ jiémù, háiyǒu xīnwén jiémù

包括像英语节目，还有新闻节目

English, and news.

147

Zhè jǐge lèixíng de jiémù wǒ dōu zuò guo

这几个类型的节目我都做过

I've done all these types of programs.

148

Děngyú shuō wǒ qiánmiàn shí nián

等于说我前面十年

So, for the first ten years,

149

dōu shì zài bùduàn de duànzào zìjǐ de yǔyán

都是在不断地锻造自己的语言

I was constantly honing my language skills

150

ránhòu zài zìjǐ sìshí suì bù nàme niánqīng de shíhòu,

然后在自己四十岁不那么年轻的时候,

and when I was around forty, not so young,

151

fǎn'ér cóng zhège mùhòu dào le táiqián.

反而从这个幕后到了台前。

I transitioned from behind the scenes to being in front of the camera.

152

Shuōdào zhège niánlíng,

说到这个年龄,

Speaking of age,

153

nǐ gānggang shuō sìshí suì cái kāishǐ

你刚刚说四十岁才开始

you just said you started

154

cóng huàtǒng biān zhuǎnxíng dào le yíngmù qián.

从话筒边转型到了荧幕前。

transitioning from radio to TV around forty years old.

Chinese TV Host Faces Midlife Crisis

155

Zhège duì niánlíng méiyǒu yāoqiú de ma?

这个对年龄没有要求的吗?

Is there an age requirement for this (job)?

156

Duì, qíshí zhège wǒ juéde xiāngduì lái shuō

对, 其实这个我觉得相对来说

Yes, actually, I think relatively speaking,

157

jiùshì diànshì duì nán zhǔbō hái suàn bǐjiào de kuānróng.

就是电视对男主播还算比较地宽容。

TV is quite lenient with male anchors.

158

Nǚ zhǔbō dehuà qíshí hěn yǒu niánlíng jiāolǜ.

女主播的话其实很有年龄焦虑。

Female anchors, however, often experience age anxiety.

159

Xiàng yǒuxiē nǚ zhǔchí kěnéng dào le sānshí wǔ suì zhīhòu,

像有些女主持可能到了三十五岁之后,

Some female hosts, perhaps after turning thirty-five,

160

miànróng bùzài nàme niánqīng le

面容不再那么年轻了

when their faces are no longer as youthful,...

161

Yǒu zhòuwén le | Duì, yǒu zhòuwén le

有皱纹了 | 对, 有皱纹了

They start getting wrinkles. | Right.

162

Ránhòu ne zhège yòu kāishǐ mànman fāfú le

然后呢这个又开始慢慢发福了

And they start gaining weight.

163

Nǐ zhīdào jìngtóu shì fēicháng cánkù de,

你知道镜头是非常残酷的,

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You know, cameras can be cruel

164

tā shì héngxiàng lāshēn de

它是横向拉伸的

because they stretch (the person's body) horizontally.

165

Suǒyǐ shuō yīdàn nǐ fāfú le,

所以说一旦你发福了,

So once you gain weight,

166

yīdàn nǐ liǎn bù nàme xiǎo le, bù nàme jīngzhì le

一旦你脸不那么小了, 不那么精致了

and your face isn't as small or as delicate,

167

kěnéng shàngjìng jiù zhēnde bù hǎokàn le.

可能上镜就真的不好看了。

you might not look good on camera.

168

Shòuzhòng kěnéng kàn nǐ jiù juéde

受众可能看你就觉得

The audience might look at you and feel,

169

bùshì nàme de shǎngxīnyuèmù le

不是那么地赏心悦目了

you are not so pleasing to their eyes anymore.

170

Shènzhì lián nǐ zìjǐ dōu kāishǐ xiánqì zìjǐ le

甚至连你自己都开始嫌弃自己了

Even you yourself might start disliking your appearance.

171

Nǐ nàge xīnwén jiémù shì lèisì yú xīnwén liánbō nàzhǒng ma?

你那个新闻节目是类似于新闻联播那种吗?

Was your news program similar to "Xinwen Lianbo" (News Broadcast)?

Note: Xinwen Lianbo is a news program broadcast every night on Chinese TV.

172

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Duì, dāngdì de xīnwén shízhèng de jiémù
对，当地的新闻时政的节目
Yes, I did local news and political programs.

173
Yào gēn yī gè nǚ zhǔbō dādàng de, shì ba?
要跟一个女主播搭档的，是吧？
You were co-hosting with a female anchor, right?

174
Duì, yībānláishuō dehuà,
对，一般来说的话，
Yes, generally speaking,

175
xīnwén jiémù dehuà dōu shì nánǚ dādàng de.
新闻节目的话都是男女搭档的。
news programs have a male and a female host.

176
Kāitóu shì liǎng gè rén tóngshí chūjìng,
开头是两个人同时出镜，
Both appear together at the beginning,

177
nàme dào hòumian dehuà,
那么到后面的话，
and later,

178
kěnéng jiù yī rén bō yī duàn, yī rén bō yī duàn zhèyàngzi.
可能就一人播一段，一人播一段这样子。
each person reports a segment.

179
Dìyīcì shàngjìng jǐnzhāng ma?
第一次上镜紧张吗？
Were you nervous the first time you were on camera?

180
Dìyīcì shàngjìng, qíshí wǒ juéde duōshǎo háishi yǒudiǎn jǐnzhāng de.
第一次上镜，其实我觉得多少还是有点紧张的。
The first time on camera, I actually felt a bit nervous.

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181

Suīrán shuō wǒ zài zhīqián guǎngbō lìliàn le hěn duō nián,
虽然说我在之前广播历练了很多年,
Although I had many years of radio experience,

182

dànshì wǒ dìyīcì shàngjìng dehuà,
但是我第一次上镜的话,
the first time I was on camera,

183

zǒng gǎnjué zhěng gè rén de zhuàngtài huì yǒudiǎn jǐn
总感觉整个人的状态会有点紧
I felt a bit tight.

184

Jiùshì yīzhí jià zài nàbian, jiùshì gǎnjué bù sōngchí.
就是一直架在那边, 就是感觉不松弛。
I was holding myself tight the whole time and couldn't relax.

185

Xiàlai lèi le ba?
下来累了吧?
Did you feel tired afterward?

186

Duì, xiàlai huì gǎnjué wa... qíshí bèibù dōu chūhàn le
对, 下来会感觉哇... 其实背部都出汗了
Yes, afterward, I felt wow... my back was actually sweating.

187

Hòulái dehuà ne jiùshì bànsuí zhe diànshìjímù zuò de yuèlái yuè duō
后来的话呢就是伴随着电视节目做得越来越多
Later on, as I did more and more TV shows,

188

ránhòu wǒ tiáozhěng le zìjǐ de zhuàngtài.
然后我调整了自己的状态。
I adjusted myself.

189

Suǒyǐ zài zuò de shíhou dehuà,
所以在做的时候的话,
So, as I was doing it,

Chinese TV Host Faces Midlife Crisis

190

wǒ jiù juéde ai, nǐ yuèlái yuè sōngchí

我就觉得哎，你越来越松弛

I became more and more loose,

191

yuèlái yuè bù bǎ zìjǐ dānghuáishì le

越来越不把自己当回事了

and less self-conscious.

192

ránhòu nǐ jiù yuèlái yuè chénjìn zài zhège jiémù dāngzhōng

然后你就越来越沉浸在这个节目当中

I became increasingly immersed in the show,

193

Hòulái nǐ huì juéde qíshí nǐ zhěnggè de zhuàngtài

后来你会觉得其实你整个的状态

and eventually felt completely

194

jiù huì yuèlái yuè róng jìnqù, yuèlái yuè hǎo.

就会越来越融进去，越来越好。

integrated and performed better.

195

Suǒyǐ shuō wǒ juéde qíshí zuò zhǔbō zhème duō nián,

所以说我觉得其实做主播这么多年，

So, I think after all these years of being an anchor,

196

qíshí wǒ juéde yīzhí zài duànzào de shì zìjǐ de...

其实我觉得一直在锻造的是自己的...

what I've really been honing is my...

197

jiù liǎng gè zì - zhuàngtài

就两个字 - 状态

just two words: state of mind.

198

Cóng yī kāishǐ de jǐnbēng dào hòumian de sōngchí,

从一开始的紧绷到后面的松弛，

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I went from initially being tense to later being relaxed,

199

cóng yī kāishǐ de zhěng gè rén jiùshì jiàkōng zài nàbian,

从一开始的整个人就是架空在那边,

from initially being completely stiff and uptight,

200

dào hòumian nǐ nénggòu wánquán chénjìn zài jiémù dāngzhōng.

到后面你能够完全沉浸在节目当中。

to later being able to fully immerse myself in the program.

201

Wǒ juéde rén jiùshì zhèyàngzi

我觉得人就是这样子

I think that's how people should be.

202

Wúlùn nǐ cóngshì gōngzuò yěhǎo,

无论你从事工作也好,

Whether it's work,

203

háishi bāokuò jiù xiàng xiànzài wǒmen jīntiān

还是包括就像现在我们今天

or like today,

204

fēicháng zìzai zài nàr liáotiān yīyàng

非常自在在那儿聊天一样

we're having a conversation here,

205

qíshí rénshēng jiù liǎng gè zì, jiùshì nǐ yào xiǎngshòu

其实人生就两个字，就是你要享受

life is actually about two characters: "xiangshou" - enjoyment.

206

Xiǎngshòu dāngxià, xiǎngshòu zhège huánjìng,

享受当下，享受这个环境，

Enjoy the present, enjoy your environment,

207

xiǎngshòu zhège gōngzuò.

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享受这个工作。
and enjoy your work.

208

Duì duì duì, gōngzuò nǐ yě yào xuéhuì xiǎngshòu.
对对对，工作你也要学会享受。
Right, you also have to learn to enjoy working.

209

Yīnwèi zhǐyǒu nǐ zhēnde xiǎngshòu qízhōng le,
因为只有你真的享受其中了，
Only when you truly enjoy it,

210

nǐ cái huì juéde zhè bùzài shì yī gè fùdān,
你才会觉得这不再是一个负担，
will you feel it's no longer a burden,

211

bùzài jǐnjǐn zhǐshì yī gè gōngzuò.
不再仅仅只是一个工作。
no longer just work,

212

Not just work, érshì yīzhǒng relax
Not just work, 而是一种 relax
but rather a kind of relaxation.

213

Ránhòu wǒ xiǎng wèn yīxià,
然后我想问一下，
Also, I'd like to ask,

214

jiùshì nǐ zài zhǔchí zhège jiémù huòzhě shì xīnwén de guòchéng zhōng,
就是你在主持这个节目或者是新闻的过程中，
when you were hosting a show or news,

215

yǒuméiyǒu chū guo cuò? Huòzhě chūxiàn guo shénme gùzhàng?
有没有出过错？或者出现过什么故障？
did you ever make a mistake or encounter any problems?

216

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Wǒ fēicháng qīngchū de jìde jiùshì wǒ zài zuò dìyī fèn gōngzuò

我非常清楚地记得就是我在做第一份工作

I clearly remember when I was working on my first job

217

guǎngbōjiémù zhǔchí rén de shíhòu yǒuyīcì...

广播节目主持人的时候有一次...

as a radio host, there was one time...

218

yīnwèi wǒmen zài bōbào de shíhòu, qiánmiàn yǒu yī kuài píng

因为我们在播报的时候，前面有一块屏

When we broadcast, there would be a screen in front of us

219

Wàimiàn de dǎobō tā huì shíshí bǎ yīxiē jiāotōng lùkuàng

外面的导播他会实时把一些交通路况

and the director would put real-time traffic

220

háiyǒu tiānqì qíngkuàng fā dào zhège píng shàngmiàn.

还有天气情况发到这个屏上面。

and weather information on this screen.

221

Ránhòu yǒuyīcì, wǒ zài zhèbiān niàn tā zhège tiānqì qíngkuàng de shíhòu,

然后有一次，我在这边念他这个天气情况的时候，

Once, when I was reading the weather information,

222

ránhòu niàn dào yībàn de shíhòu,

然后念到一半的时候，

halfway through,

223

tā nàge xiǎnshìpíng tūrán yīxià jiù méiyǒu le.

它那个显示屏突然一下就没有了。

the screen suddenly went dark.

224

Ránhòu méibànfǎ, wǒ jiù xiàn biān

然后没办法，我就现编

There was nothing I could do, so I had to improvise.

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225

Zhège jiù fēicháng duànliàn yī gè rén de fǎnyìng nénglì ma

这个就非常锻炼一个人的反应能力嘛

This really tests one's ability to react quickly.

226

Tā gěi dào nǐ de xīnxī tūrán yīxiàzi méiyǒu le, nà zěnmébàn?

他给到你的信息突然一下子没有了，那怎么办？

The information given to you suddenly disappears, what do you do?

227

Nà nǐ jiù gǎnjǐn qù qiēhuàn dào

那你就赶紧去切换到

You quickly switch

228

zìjǐ nǎozi dāngzhōng chǔbèi de yīxiē nèiróng.

自己脑子当中储备的一些内容。

to the knowledge you have stored in your brain.

229

Jiù zǒngzhī wǒ juéde duìyú wǒmen zhǔchí rén lái shuō,

就总之我觉得对于我们主持人来说，

In short, I think for us hosts,

230

kěnéng zhèzhǒng shēnghuó de jīlěi fēicháng zhòngyào.

可能这种生活的积累非常重要。

accumulating life experience is very important.

231

Jīngyàn hěn zhòngyào

经验很重要

Experience (in general) is very important.

232

Duì, jīngyàn fēicháng zhòngyào.

对，经验非常重要。

Yes, it is very important.

233

Jiùshì nǐ yào qù yòngxīn de qù jīlěi

就是你要去用心地去积累

You need to diligently accumulate

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234

yīxiē shēnghuó dāngzhōng de yīxiē diǎndiǎndīdī

一些生活当中的一些点点滴滴

bits and pieces of life experience

235

kěnéng nǐ bù zhīdào xiàyīge chǎngjǐng huò xiàyīge shíkè,

可能你不知道下一个场景或下一个时刻,

and you never know when or in what situation

236

nǐ zhēnde kěyǐ yòng dào tā.

你真的可以用到它。

you might actually use them.

237

Qíshí wǒmen shuōdào xīnwénzhǔbō, wǒmen huì xiǎngdào tícíqì,

其实我们说到新闻主播, 我们会想到提词器,

Actually, when talking about news anchors, we think of teleprompters,

238

ránhòu nǐ bù jiùshì zuò zàinàr dú yīxià ma?

然后你不就是坐在那儿读一下吗?

and (we think that) you guys just sit there reading from a script, right?

239

Hǎoxiàng méiyǒushénme liǎobuqǐ de

好像没有什么了不起的

It seems like nothing special,

240

Dàn nǐ gānggang shuō de nà yī duàn qiàqià jiù yànzhèng le

但你刚刚说的那一段恰恰就验证了

but what you just said proved that

241

qíshí háishi yǒu qítā de yīxiē xūyào zhùyì de

其实还是有其他的一些需要注意的

there are actually other things to pay attention to

242

huòzhě shuō xūyào jùbèi de nénglì, duì ba?

或者说需要具备的能力, 对吧?

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or abilities to possess, right?

243

Nà zài diànshì jiùshì shàngjìng de shíhou yǒu chū guo wèntí ma?

那在电视就是上镜的时候有出过问题吗?

So, have you ever had any problems when being on TV?

244

Shàngjìng de shíhou ne, qíshí wǒ...

上镜的时候呢, 其实我...

When appearing on TV, actually I...

245

Bǐrúshuō, huìbùhuì tūránjiān jǐnzhāng dào bù zhīdào shuō shénme

比如说, 会不会突然间紧张到不知道说什么

For example, would you suddenly get so nervous that you don't know what to say

246

huòzhě shuō cuò le de shíhou?

或者说错了的时候?

or say something wrong?

247

Shuō cuò de shíhou shì kěndìng huì yǒu de

说错的时候是肯定会有有的

Saying something wrong definitely happens

248

Yīnwèi wǒmen shì rén, ér bùshì jīqì, duì ba?

因为我们是人, 而不是机器, 对吧?

because we are human, not machines, right?

249

Suīrán shuō qiánmiàn huì yǒu tícíqì,

虽然说前面会有提词器,

Although there is a teleprompter in front of us,

250

dànshì wǒmen zài yǒudeshíhòu bōbào de shíhou

但是我们在有的时候播报的时候

sometimes, when we are broadcasting

251

yě huì yī gè bù xiǎoxīn, yī gè zǒushén

Chinese TV Host Faces Midlife Crisis

也会一个不小心，一个走神
we might accidentally get distracted

252

ránhòu jiù bō cuò le nàzhǒng
然后就播错了那种
and say something wrong.

253

Bùguò hái hǎo, yīnwèi wǒ juéde xiāngduì lái shuō,
不过还好，因为我觉得相对来说，
But it wasn't too bad, because I think relatively speaking,...

254

Wǒmen de zhèzhǒng lù bō de jiémù, tā dōu shì lù bō,
我们的这种录播的节目，它都是录播，
We were doing pre-recorded programs,

255

tā bùshì xiànchǎng bō, duì
它不是现场播，对
and it wasn't live broadcasts.

256

Suǒyǐ shuō jíbiàn nǐ bō cuò le
所以说即便你播错了
So even if you said something wrong

257

huòzhě jíbiàn nǐ chū shénme chǎnzi le,
或者即便你出什么岔子了，
or made a mistake,

258

yě kěyǐ chóngxīn de lái guò.
也可以重新地来过。
you could start over.

259

Suǒyǐ wǒmen de xīntài xiāngduì lái shuō yě shì fàngsōng de.
所以我们的态度相对来说也是放松的。
So our mind was relatively relaxed.

260

Chinese TV Host Faces Midlife Crisis

Wǒ juéde nǐ yǒu zhíyèbìng

我觉得你有职业病

I think you have an occupational habit.

261

Jiùshì yī shuō qilai jiù tíng bù xiàlai?

就是一说起来就停不下来?

Once I started talking, I couldn't be stopped?

262

Bùshì, hái yǒu yī gè shì nǐ yī shuō qilai nǐ jiù huì kàn jìngtóu.

不是, 还有一个是你一说起来你就会看镜头。

No, once you start talking, you look directly at the camera.

263

Duì duì duì, kěnéng wǒ xíguàn le

对对对, 可能我习惯了

Right, maybe I got used to it.

264

Jiùshì kàn zhe jìngtóu, jiù huì zhǎo jìngtóu shuōhuà, shìbùshì?

就是看着镜头, 就会找镜头说话, 是不是?

When you see a camera, you would locate it and speak to it, right?

265

Duì, zhuānyè dāngzhōng yǒu yī gè jiàozuò duìxiàng gǎn.

对, 专业当中有一个叫做对象感。

Yes, in our profession, there's something called "sense of audience".

266

Jiùshì wǒ zài zhèbiān shuō dehuà,

就是我在这边说的话,

When I'm speaking here,

267

wǒ huì bǎ zhège jìngtóu xiǎngxiàng chéng wǒ de yī gè shòuzhòng

我会把这个镜头想象成我的一个受众

I imagine the camera as my audience.

268

jiùshì nǐ yào xiǎngxiàng zhe tīngzhòng zài nà tóu shuō de shíhou,

就是你要想象着听众在那头说的时候,

I had to imagine the listeners on the other end,

Chinese TV Host Faces Midlife Crisis

269

nǐ zài zhè tóu shuō.

你在这头说。

while I was speaking on my end.

270

Wǒmen suīrán shuō gé le hěn duō de yīxiē zhèzhǒng shèbèi

我们虽然说隔了很多的一些这种设备

Although we were separated by a lot of equipment,

271

dàn qíshí wǒmen yòu lí de hěn jìn

但其实我们又离得很近

we were actually very close to each other.

272

Yīnwèi dàjiā zài tīng nǐ shuō de shíhòu yòu gǎnjué hǎoxiàng...

因为大家在听你说的时候又感觉好像...

When people listen to you, it feels like...

273

wǒmen gǎnjué shì miànduìmiàn jiāoliú de.

我们感觉是面对面交流的。

It feels like we're communicating face-to-face.

274

Shuōdào zhíyèbìng a

说到职业病啊

Speaking of occupational habits,

275

chúle gānggang shuōdào de, hái yǒu qítā de zhíyèbìng ma?

除了刚刚说到的，还有其他的职业病吗？

besides what you just mentioned, are there any other ones?

276

Hòulái wǒ zuò le diànshì zhīhòu de zhíyèbìng

后来我做了电视之后的职业病

After working in TV, one occupational habit

277

jiùshì shíkè yào zhùyì zìjǐ de xíngxiàng wǒ juéde

就是时刻要注意自己的形象我觉得

I adopted was always paying attention to my appearance.

Chinese TV Host Faces Midlife Crisis

278

Jiùshì wǒmen jiǎng jiàozuò first impression
就是我们讲叫做 first impression
It's what we call "first impression".

279

rúguǒshuō nǐ de zhège dìyī yìnxiàng fēicháng hǎo,
如果说你的这个第一印象非常好,
If the first impression that you give is very good,

280

nàme shìhòu dehuà ne wúlùn shì nǐ hé biéren gōutōng yěhǎo,
那么事后的话呢无论是你和别人沟通也好,
then later, whether you communicate

281

háishi hé biéren hézuò yěhǎo dēngděng
还是和别人合作也好等等
or collaborate with others,

282

dōu huì yǒuxiào de qù lǎjìn nǐ hé biéren de jùlí.
都会有效地去拉近你和别人的距离。
it will effectively close the distance between you and them.

283

Wǒ tīngshuō zhǔchíren, yóuqíshì xīnwén zhǔchíren shàngjìng de shíhou
我听说主持人，尤其是新闻主持人上镜的时候
I heard that hosts, especially news anchors, when on camera,

284

zhǐyǒu shàngshēn huì chuān xīzhuāng, xiàmiàn kěyǐ chuān duǎnkù
只有上身会穿西装，下面可以穿短裤
only wear suits on the upper body, and can wear shorts

285

shénme tuōxié dōu xíng de, shì ma? Huì zhèyàng ma?
什么拖鞋都行的，是吗？会这样吗？
or slippers below. Is that true? Does this happen?

286

Nǚ zhǔchí ha, jiù tā shàngbàoshēn zhēnde nòng de fēicháng de jīngzhì,
女主持哈，就她上半身真的弄得非常的精致

Chinese TV Host Faces Midlife Crisis

Some female hosts, their upper body is really meticulously dressed,

287

nà xiàbànnshēn tā kěnéng jiù chuān gè tuōxié

那下半身她可能就穿个拖鞋

but their lower body might just have slippers on.

288

yǒudeshíhòu jiù chuān yī gè nàzhǒng hěn suíyì de nàzhǒng

有的时候就穿一个那种很随意的那种

Sometimes they just wear something casual on the bottom,

289

yàome jiùshì qúnzi la

要么就是裙子啦

like a skirt

290

yàome jiùshì nàzhǒng jiùshì duǎnkù zhèyàng jiù guòqù le

要么就是那种就是短裤这样就过去了

or shorts, just like that.

291

Fǎnzhèng jiùshì bù dā de nàzhǒng

反正就是不搭的那种

Basically, their outfits are mismatched.

292

Duì duì, fǎnzhèng jiù wánquán bù dā de

对对，反正就完全不搭的

Right, completely so.

293

Ránhòu xiàng wǒ dehuà yībānláishuō xiàng xiàtiān dehuà

然后像我的话一般来说像夏天的话

As for me, usually in summer,

294

kěnéng yě shì duǎnkù,

可能也是短裤，

I might wear shorts,

295

yīnwèi huì liángkuai yīdiǎn, jiùshì chuān gè tuōxié jiù qù le

Chinese TV Host Faces Midlife Crisis

因为会凉快一点，就是穿个拖鞋就去了
because it's cooler. I might go with slippers.

296

Duì, yě yǒu zhèyàng de shíhou de
对，也有这样的时候的
Yes, there were times like that.

297

Nǐmen zhè fèn gōngzuò yǒu yā lì ma?
你们这份工作有压力吗?
Did you feel stressed in doing this job?

298

Yā lì dà ma?
压力大吗?
Was it stressful?

299

Qíshí wǒ juéde měi gè gōngzuò dōu huì yǒu zìjǐ de yā lì de.
其实我觉得每个工作都会有自己的压力的。
Actually, I think every job has its own stress.

300

Xiàng wǒ zhīqián shàng zǎobān de shíhou,
像我之前上早班的时候,
When I was working the early shift (in radio station),

301

yóuyú měitiān zǎoshang yào zǎoqǐ,
由于每天早上要早起,
because I had to wake up early every morning,

302

suǒyǐ shuō wǒ nà yī duàn shíjiān de shuìmián tèbié bùhǎo.
所以说我那一段时间的话，睡眠特别不好。
my sleep was particularly bad during that period.

303

Jīngcháng huì mèngdào jiùshì nàge guǎngbōdiàntái,
经常会梦到就是那个广播电台,
I would often dream that in the radio station,

304

Chinese TV Host Faces Midlife Crisis

nàge bōyīn shì lǐmiàn ránhòu jǐngbào xiǎng le
那个播音室里面然后警报响了
the alarm in the broadcasting room went off,

305

yīnwèi wǒmen rúguǒ kōng bō dehuà, kěnéng jiù huì dàgài jǐ miǎozhōng,
因为我们如果空播的话, 可能就会大概几秒钟,
because if we had dead air, after a few seconds,

306

tā jiù huì kāishǐ xiǎng jǐngbào.
它就会开始响警报。
and then the alarm would start going off.

307

Duì, jiùshì bìxū yào yīzhí yǒu shēngyīn chūlái.
对, 就是必须要一直有声音出来。
Yes, there must always be sound coming out.

308

Suǒyǐ wǒ jiù huì jīngcháng zuòmèng dào
所以我就经常做梦到
So I would often dream

309

āiyā jiù tūrán yīxiàzi, yàome jiùshì chídào le,
哎呀就突然一下子, 要么就是迟到了,
that suddenly, either I was late,

310

yàome jiùshìshuō zěnmē bō nàge huàtǒng dōu bù chū shēngyīn,
要么就是说怎么播那个话筒都不出声音,
or no sound was coming out of the microphone,

311

ránhòu jiù kāishǐ xiǎng jǐngbào.
然后就开始响警报。
and then the alarm started to go off.

312

Duì, jiùshì zhè shì yīzhǒng | Jiāolǜ
对, 就是这是一种 | 焦虑
Yes, this was a kind of... | Anxiety?

Chinese TV Host Faces Midlife Crisis

313

Jiāolǜ, zhēnde shì yīzhǒng jiāolǜ

焦虑，真的是一种焦虑

Yes, it was a kind of anxiety!

314

Wǒ yě huì zhèyàngzi

我也会这样子

I am like this too.

315

Nǐ yě huì jǐnzhāng ma?

你也会紧张吗?

Do you also get nervous?

316

Jiùshì jiāolǜ, bùshì jǐnzhāng

就是焦虑，不是紧张

It's anxiety, not nervousness.

317

Jiùshì bǐrúshuō wǒ dì'èrtiān yǒu cǎifǎng,

就是比如说我第二天有采访，

For example, if I have an interview the next day,

318

huòzhě yǒu shénme tèbié zhòngyào de nàzhǒng cǎifǎng

或者有什么特别重要的那种采访

and if the interview is so important

319

jiùshì jīntiān cǎifǎng wán le jiù méiyǒu dì'èrcì jīhuì de nà yī zhǒng

就是今天采访完了就没有第二次机会的那一种

that if I mess up, I won't get a second chance,

320

Wǒ jiù huì zuòmèng, bǐrú shuō mèngdào wǒ shuō cuò le ya

我就会做梦，比如说梦到我说错了呀

I will have dreams of saying something wrong

321

mèngdào tā méi lái ya, jiù zhèzhǒng

梦到他没来呀，就这种

or the interviewee doesn't show up. Things like this.

Chinese TV Host Faces Midlife Crisis

322

Wǒ juéde jiùshì xiàng fēicháng zhòngyào de jiābīn,
我觉得就是像非常重要的嘉宾,
I think for very important guests,

323

wǒ juéde zuì zhòngyào de jiùshìshuō qiānwàn bù yào huàtǒng méi kāi a
我觉得最重要的就是说千万不要话筒没开啊
the most important thing is to make sure the microphone is on.

324

huòzhě shuō lù wán zhīhòu huíqu yī jiǎn
或者说录完之后回去一剪
Or, if you did record it, but when you look at the footage later

325

fāxiàn hǎoxiàng zuì xiǎngyào de jìngtóu méiyǒu
发现好像最想要的镜头没有
and you find that the most desired footage didn't get recorded.

326

Zhèzhǒng hěn kǒngbù
这种很恐怖
That would be terrifying!

327

Yīnwèi nǐ kàn wǒmen shì duō jī wèi de ma,
因为你看我们是多机位的嘛,
As you see, we have multiple cameras,

328

yǒudeshíhòu zhēnde yī gè chū le wèntí
有的时候真的一个出了问题
sometimes if one has a problem,

329

huòzhě shuō nǐ méiyǒu kāi yīnpín, hěn kǒpà zhège
或者说你没有开音频, 很可怕这个
or if audio recorders aren't on, it can be very bad!

330

Yóuqíshì tā jiǎng de hěn jīngcǎi de shíhòu
尤其是他讲得很精彩的时候

Chinese TV Host Faces Midlife Crisis

Especially when the talk is great

331

nǐ dāngshí juéde... nǐ jiù zài nàr mòmò qídǎo

你当时觉得... 你就在那儿默默祈祷

and you will feel... I will pray silently

332

yīdìngyào bǎ zhège lù xiàlai, zhège yīdìngyào lù xiàlai!

一定要把这个录下来，这个一定要录下来！

that this part is being recorded!

333

Shìde, yǒudeshíhòu wǒmen jiù jīngcháng huì shuō

是的，有的时候我们就经常会说

Yes, sometimes... We often say that

334

rúguǒ méiyǒu shēngyīn, zài hǎo de xì yě chū bù lái.

如果没有声音，再好的戏也出不来。

with no sound, no matter how good the acting, it will be useless.

335

Zhège hángyè de rén dōu huì yǒu zhège jiāolǜ

这个行业的人都会有这个焦虑

People in this industry all have this worry.

336

Shuōdào wǒmen dōu shì méitǐ cóng yèzhě,

说到我们都是媒体从业者，

Speaking of media professionals,

337

wǒmen suànshì xīn méitǐ le, jiùshì zìméitǐ

我们算是新媒体了，就是自媒体

we are considered the new media,

338

nǐmen shì shǔyú chuántǒng méitǐ.

你们是属于传统媒体。

and you were in the traditional (or legacy) media.

339

Nà zhège xīn méitǐ yě shì jīnjīnián cái kāishǐ xīngqǐ de ma

Chinese TV Host Faces Midlife Crisis

那这个新媒体也是近几年才开始兴起的嘛

This new media has only emerged in recent years, right?

340

duìyú nǐmen chuántǒng diànshì méitǐ

对于你们传统电视媒体

Has it had any impact or major effect

341

yǒu shénme dǎjī huòzhě shì chōngjī ma?

有什么打击或者是冲击吗?

on the traditional TV industry?

342

Qíshí wǒ juéde xīn méitǐ

其实我觉得新媒体

Actually, I think the new media

343

duìyú wǒmen chuántǒng méitǐ láishuō chōngjī hái shì mǎn dà de

对于我们传统媒体来说冲击还是蛮大的

has had quite a big impact on traditional media.

344

Xiàng yǐqián kěnéng dàjiā dōu huì juéde

像以前可能大家都会觉得

In the past, everyone regarded

345

āiyā, diànshì shì yī gè fēicháng hǎo de yī gè méitǐ de yī gè chéngzài

哎呀，电视是一个非常好的一个媒体的一个承载

TV as a great platform for content

346

ránhòu dàjiā yǐqián dōu shì zài diànshì shàng tóu guǎnggào a

然后大家以前都是在电视上投广告啊

and everyone used to put ads on TV,

347

ránhòu měitiān dōu yào kàn zhège diànshì de yīxiē jiémù

然后每天都要看这个电视的一些节目

and watched TV programs,...

348

Chinese TV Host Faces Midlife Crisis

huángjīndàng de diànshìjù a

黄金档的电视剧啊

Prime-time dramas,

349

xīnwén liánbō a | Duì a, dēngděng dēngděng

新闻联播啊 | 对啊, 等等等等

and Xinwen Lianbo (News Broadcast). | Yes, and so on.

350

Qíshí díquè bùkě fǒurèn de shì jiùshìshuō diànshì

其实的确不可否认的是就是说电视

It's undeniable that TV

351

zài wǒmen Zhōngguó de zhěnggè de chuánbō shǐ shàngmiàn

在我们中国的整个的传播史上面

played a very important role

352

quèshí bànyǎn le fēicháng zhòngyào de yī gè juésè

确实扮演了非常重要的一个角色

in the history of communication in China.

353

Dànshì zhèxiē nián, jìnjǐnián dehuà bànsuí zhe xīn méitǐ de chūxiàn,

但是这些年, 近几年的话伴随着新媒体的出现,

But in recent years, with the emergence of new media,

354

dàjiā kāishǐ cóng dà píng zhuǎn xiǎo píng le.

大家开始从大屏转小屏了。

people have started to switch from big screens to small screens.

355

Jiù shuō měitiān dàjiā dōu ná zhe shǒu jī zài kàn

就说每天大家都拿着手机在看

Meaning, everyone is holding their phones all the time.

356

suǒyǐ shuō hǎoxiàng xiànzài diànshì de shòuzhòng zhǔ yàoshi lǎoniánrén

所以说好像现在电视的受众主要是老年人

So it seems that the main audience for TV now is the elderly.

Chinese TV Host Faces Midlife Crisis

357

Jiù lǎoniánrén yě bù kàn le

就老年人也不看了

Even the elderly don't watch it anymore.

358

Yīnwèi wǒ zhè yīcì huíjiā de shíhòu, wǒ mā jiùshì yòng...

因为我这一次回家的时候，我妈就是用...

When I went back home this time, my mom was using...

359

tā huì kàn shǒujī wán Dǒuyīn ma

她会看手机玩抖音嘛

She watches short videos on Douyin on her phone.

360

ránhòu wǒmen jiù shuō wǒmen yīqǐ lái kàn yī gè shénme diànshìjù.

然后我们就说我们一起来看一个什么电视剧。

We decided to watch a TV program together.

361

Kàn zhe kàn zhe tā jiù juéde hěn wúliáo, tā qù kàn shǒujī qù le.

看着看着她就觉得很无聊，她去看手机去了。

After watching for a while, she got bored and started looking at her phone.

362

Ránhòu wǒ jiù fāxiàn lǎoniánrén xiànzài yě bù kàn diànshì le.

然后我就发现老年人现在也不看电视了。

That was when I realized that even the elderly don't watch TV anymore.

363

Zhēnde, jiùshì yīnwèi shǒujī shénme dōu yǒu

真的，就是因为手机什么都有

Really! That's because phones have everything.

364

wúlùn shì xiǎng tīng gē, xiǎng kàn shìpín

无论是想听歌，想看视频

Whether you want to listen to music, watch videos,

365

ránhòu xiǎng mǎidōngxì děngděng,

然后想买东西等等，

shop, and so on,

Chinese TV Host Faces Midlife Crisis

366

yī gè shǒujī wánquán kěyǐ gǎodìng.

一个手机完全可以搞定。

one phone can handle them all.

367

Nǐ hái kěyǐ zìjǐ kòngzhì

你还可以自己控制

And, you can control it all yourself,

368

bù xiàng diànshì, tā guǎnggào nǐ yě méifǎ kòngzhì.

不像电视，它广告你也没法控制。

unlike TV, where you can't control the ads.

369

Shìde, diànshì érqiě xiànzài dehuà guǎnggào yòu tèbié de duō,

是的，电视而且现在的话广告又特别的多，

Yes, and TV now has a lot of ads,

370

nǐ yòu bùnéng... nǐ zhǐnéng huàn tái

你又不能... 你只能换台

and you can't... you can only change the channel.

371

Suǒyǐ shuō wǒ jiù juéde zhè shì gè bìrán de qūshì ba

所以说我就觉得这是个必然的趋势吧

So I think this is an inevitable trend

372

jiùshìshuō cóng dà píng dào xiǎo píng,

就是说从大屏到小屏，

for people to switch from big screens to small screens,

373

ránhòu cóng nǐ bù nénggòu zìzhǔ xuǎnzé

然后从你不能够自主选择

and from not being able to choose independently

374

dào nǐ wánquán kěyǐ zìzhǔ de qù kòngzhì tā

到你完全可以自主地去控制它

Chinese TV Host Faces Midlife Crisis

to being able to completely control content yourself.

375

Suǒyǐ shuō wǒ juéde xiànzài zhěnggè de chuántǒng méitǐ

所以说我觉得现在整个的传统媒体

So I feel that the entire traditional media

376

yě shì mànman de shuāiluò xiàqu le

也是慢慢地衰落下去了

is slowly declining.

377

xīn méitǐ zài bùduàn de juéqǐ

新媒体在不断地崛起

New media is constantly rising.

378

Xīn méitǐ xiànzài dehuà xiàng xiǎo píng dāngzhōng de jiémù

新媒体现在的话像小屏当中的节目

The programs on the new media

379

yě fēicháng de fēngfù

也非常地丰富

are very rich.

380

Wúlùn shì xiàng wǒmen zhèzhǒng de cǎifǎng a

无论是像我们这种的采访啊

Whether it's interviews like this one...

381

háiyǒu hěn duō yīxiē jù xiàng huà, fēicháng xìhuà de yīxiē zhèzhǒng fēnlèi

还有很多一些具像化，非常细化的一些这种分类

There are many different kinds.

382

nǎpà shì xiànzài de duǎnshìpín dōu kěyǐ fēnchéng

哪怕是现在的短视频都可以分成

Even short videos can be divided into

383

hǎoduō hǎoduō de yīxiē bùtóng de nèiróng

Chinese TV Host Faces Midlife Crisis

好多好多的一些不同的内容
many different types of content.

384

Zhège zhuǎnxíng duì nǐ gèrén yǒuyǐngxiǎng ma?
这个转型对你个人有影响吗?
Has this transformation affected you personally?

385

Qíshí wǒ yǐjīng bù zài chuántǒng méitǐ zuò le
其实我已经不在传统媒体做了
Actually, I no longer work in traditional media.

386

Nà xiànzài ne wǒ yě juéding jiùshìshuō
那现在呢我也决定就是说
For the time being, I've decided that

387

zài rénshēng de xiàbàn duàn kāishǐ de shíhou
在人生的下半段开始的时候
as the second half of my life begins,

388

zěnmeyàng nénggòu chóngxīn de qù
怎么样能够重新地去
I should think about

389

zhuǎnhuàn yīxià zìjǐ de zhèzhǒng hángyè
转换一下自己的这种行业
changing professions.

390

Yīnwèi yǐqián dehuà,
因为以前的话,
In the past,

391

nǐ zài zuò chuántǒng méitǐ de shíhou,
你在做传统媒体的时候,
in traditional media,

392

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nǐ de shòuzhòng shì bù yī yàng de.

你的受众是不一样的。

the audience was different.

393

Nà me xiànzài nǐ de zhè ge shòuzhòng de huà, yǐ jīng màn màn de...

那么现在你的这个受众的话，已经慢慢地...

Now, the audience has gradually

394

yǐ jīng cóng chuántǒng méiti de dà píng zhuǎn xiàng xiǎo píng le.

已经从传统媒体的大屏转向小屏了。

shifted from the big screen of traditional media to the small screen.

395

Ránhòu nǐ xiànzài de suǒ zuò de zhè fèn shì yè,

然后你现在的所做的这份事业，

And the career you're in,

396

tā wúlùn shì cóng nǐ zhěng gè de yī gè huò dé gǎn, chéng jiù gǎn

它无论是从你整个的一个获得感，成就感

whether it's your overall sense of accomplishment,

397

bāo kuò nǐ de zhěng gè shōu rù lái shuō,

包括你的整个收入来说

or income,

398

dōu shì zài bù duàn de zǒu xià pō lù.

都是在不断地走下坡路。

is constantly going downhill.

399

Duì nǐ de shōu rù yǒu yǐng xiǎng ma?

对你的收入有影响吗？

Has it affected your income?

400

Qí shí wǒ men xiànzài chuántǒng méiti de shōu rù zài bù duàn de xià jiàng,

其实我们现在传统媒体的收入在不断地下降，

Actually, the income in traditional media is constantly decreasing,

Chinese TV Host Faces Midlife Crisis

401

bùduàn de wǎng xiàpōlù zǒu.

不断地往下坡路走。

constantly going downhill.

402

Suǒyǐ shuō xiànzài wǒmen hěn duō de chuántǒng méitǐ de

所以说现在我们很多的传统媒体的

So now, many of our traditional media

403

yīxiē zhǔchírén yěhǎo děngděng de tóngháng

一些主持人也好等等的同行

hosts and other colleagues

404

yě dōu zài wǎng zhèzhǒng xīn méitǐ fāngxiàng qù zhuǎn.

也都在往这种新媒体方向去转。

are also transitioning towards new media

405

Yīnwèi xiànzài xīn méitǐ dehuà ne bìjìng tā shì yī gè dà de fāngxiàng

因为现在新媒体的话呢毕竟它是一个大的方向

because now new media is, after all, a big trend.

406

suǒyǐ shuō wǒ juéde jiēxiàláí kěnéng wǒ gèng duō de huì sīkǎo

所以说我觉得接下来可能我更多地会思考

So I think next, I might focus more on thinking about

407

cóng chuántǒng méitǐ xiàng xīn méitǐ zhèyàng yī gè zhuǎnhuàn

从传统媒体向新媒体这样一个转换

a transition from traditional media to new media.

408

Bìjìng érqǐě niánlíng dào zhè le, nǐ zài zhèyàng yī gè zhuǎnzhédiǎn dehuà

毕竟而且年龄到这了，你在这样一个转折点的话

After all, I've reached this age, and at this turning point,

409

rúguǒshuō zài zhège chuántǒng méitǐ bù nénggòu huòdé hěn dà de

如果说在这个传统媒体不能够获得很大的

if traditional media can't provide much

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410

yī gè mǎnzúgǎn, huòdé gǎn

一个满足感, 获得感

satisfaction or sense of accomplishment,

411

tóngshí shōurù yòu zài bùduàn de jiàngdī

同时收入又在不断地降低

and at the same time, income is constantly decreasing,

412

Qíshí zhēnde zhè shì yī gè fēicháng xiànshí de wèntí

其实真的这是一个非常现实的问题

which is actually a very practical problem,

413

Suǒyǐ shuō wǒ juéde yě yào wǎng zhège xīn méitǐ fāngxiàng

所以说我觉得也要往这个新媒体方向

I need to look towards new media

414

qù kànyīkàn yǒuméiyǒu gèng shìhé zìjǐ de

去看一看有没有更适合自己的

to see if there's something more suitable for me.

415

Ránhòu nǐ gānggang yǒu tí dào nǐ cízhí ma,

然后你刚刚有提到你辞职嘛,

You just mentioned that you quit your job,

416

nǐ shì shénmeshíhou cí de zhí?

你是什么时候辞的职?

when did you do that?

417

Zài wǒmen dìyīcì jiànmiàn zhīhòu

在我们第一次见面之后

After our first meeting.

418

dàgài guò le jǐge yuè zhīhòu

大概过了几个月之后

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A few months after we met.

419

Wǒ juéde zài nàge dāi xiàqu dehuà,

我觉得再那个待下去的话,

Right. I just felt that if I continued to stay there,

420

nǐ jiù huì juéde jíbiàn kěnéng shuō nǐ kěyǐ hùn dào tuìxiū,

你就会觉得即便可能说你可以混到退休,

even if I could stay until I retire,

421

dànshì rénshēng de yìyì jiù méiyǒu...

但是人生的意义就没有...

there would be no meaning to my life...

422

Nǐ jiù juéde xūdù shíguāng le?

你就觉得虚度时光了?

You'd feel like you wasted your life?

423

Duì, rénshēng méiyǒu tài dà de yìyì

对, 人生没有太大的意义

Yes, and life wouldn't have much meaning.

424

Suǒyǐ wǒ juéde rénshēng de yìyì hěn zhòngyào.

所以我觉得人生的意义很重要。

So I think finding the meaning of life is very important.

425

Jiùshìshuō zěnmeyàng ràng zìjǐ huòdé zhèzhǒng

就是说怎么样让自己获得这种

That is, how to gain

426

xīn de chéngjiù hé mǎnzúgǎn hěn zhòngyào

新的成就和满足感很重要

new achievements and get satisfaction is very important.

427

Duì nǐ láishuō rénshēng de yìyì shì shénme?

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对你来说人生的意义是什么？

What is the meaning of life to you?

428

Zhīqián wǒ kàn guo yǒuxiē rén tāmen shuō rénshēng shì méiyǒuyìyì de,

之前我看过有些人他们说人生是没有意义的，

Before, I heard some people say that life has no meaning.

429

rénshēng tā zhǐshì yī gè tīyàn de guòchéng

人生它只是一个体验的过程

Life is simply a journey of experiences,

430

yīnwèi wǒmen de guīsù dōu shì yīyàng de

因为我们的归宿都是一样的

as our ultimate destination is the same.

431

Nàme zài zhège guòchéng dāngzhōng

那么在这个过程当中

So in this journey,

432

zhǐnéng shuō nǐ rúhé ràng zhège guòchéng gèngjiā de fēngyíng hé bǎomǎn

只能说你如何让这个过程更加地丰盈和饱满

you can only try to make it more rich and full.

433

Nǐ jìn kěnéng de qù zuò zìjǐ rè'ài de shìqíng

你尽可能地去做自己热爱的事情

Try your best to do what you love,

434

jìn kěnéng de qù ràng zìjǐ de zhè fèn rè'ài

尽可能地去让自己的这份热爱

to let your passion

435

nénggòu gěi nǐ dàilái gèng duō de huòdé gǎn hé mǎnzú gǎn

能够给你带来更多的获得感和满足感

bring you more sense of satisfaction and achievement,

436

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tóngshí nénggòu ràng nǐ shēnbiān de rén
同时能够让你身边的人
and at the same time allow the people around you,

437

huòzhě shì ràng nǐ zhēnzhèng zhòngshì hé ài de rén
或者是让你真正重视和爱的人
or those you truly value and love,

438

yě nénggòu huòdé jí dà de mǎnzúgǎn.
也能够获得极大的满足感。
to also gain great satisfaction.

439

Wǒ juéde zhège dehuà kěnéng zài wǒ kànlái shì rénshēng de yìyì
我觉得这个的话可能在我看来是人生的意义
I think this, in my opinion, is the meaning of life.

440

Diànshìtái de gōngzuò qíshí zài guónèi, zài Zhōngguó
电视台的工作其实在国内，在中国
Working in a TV station, especially in China,

441

shuō chūqu hái shì mǎn tǐmiàn de yī fèn gōngzuò.
说出去还是蛮体面的一份工作。
is actually a very respectable job.

442

Nǐ dāngshí cízhí de shíhòu, nǐ de jiārén gēn péngyou de fǎnyìng shì shénme?
你当时辞职的时候，你的家人跟朋友的反应是什么？
After you resigned, what was the reaction of your family and friends?

443

Shì zhīchí de ma?
是支持的吗？
Were they supportive?

444

Wǒ de lǎomā tā shì bù xǐhuan wǒ cízhí de
我的老妈她是不喜欢我辞职的
My mom didn't want me to resign.

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445

Duì, dāngshí dehuà ne qíshí wǒ yě shì mǎn zhe tā de.

对，当时的话呢其实我也是瞒着她的。

But actually at that time, I kept it from her.

446

Wǒ juéde duìyú hěn duō de jiāzhǎng láishuō,

我觉得对于很多的家长来说，

I think many parents

447

tāmen háishi fēicháng de yàomiànzi de.

他们还是非常地要面子的。

still care a lot about "face".

448

Duì a! Zhège shuō chūqu duō yǒu miànzi a

对啊！这个说出去多有面子啊

Right! How much "face" she would get when she told others about (your job).

449

Tā huì juéde zìjǐ de xiǎohái

她会觉得自己的小孩

She would feel that her child

450

zài zhèzhǒng diànshìtái gōngzuò dehuà huì fēicháng de tǐmiàn

在这种电视台工作的话会非常地体面

working at a TV station would be very respectable

451

yě tèbié de gǎnjué yǒu róngyào gǎn

也特别的感觉有荣誉感

and bring a sense of honor to her.

452

Suǒyǐ shuō dāngshí wǒ nàge dehuà,

所以说当时我那个的话，

So at that time, I didn't tell her

453

wǒ bìng méiyǒu gàosu tā, shìhòu dehuà wǒ cái gàosu tā

我并没有告诉她，事后的话我才告诉她

and I only told her afterwards.

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454

Dāngrán tā yī kāishǐ yě shì fēicháng de bù lǐjiě,
当然她一开始也是非常的理解,
Of course, she couldn't understand my decision

455

wǒmen yě céngjīng zhēngchǎo guo.
我们也曾经争吵过。
and we even argued about it.

456

Dànshì wǒ juéde fùmǔ ne tā zuìzhōng hái shì xīwàng nǐ nénggòu kuàilè de
但是我觉得父母呢他最终还是希望你能够快乐的
But I think ultimately, parents want you to be happy.

457

Rúguǒshuō nǐ zìjǐ bù kuàilè,
如果说你自己不快乐,
If you're not happy,

458

zài zhège dìfang ne jiùshìshuō nǐ bù nénggòu
在这个地方呢就是说你不能够
or if you can't

459

huòdé jí dà de yī gè xìngfú gǎn de huà ne
获得极大的一个幸福感的话呢
find great happiness in that job,

460

wǒ juéde yě shì bùkěyǐ de.
我觉得也是不可以的。
I don't think it's good.

461

Suǒyǐ shuō wǒ dāngshí wǒ gēn wǒ mā shuō de yījùhuà jiùshìshuō
所以说我当时我跟我妈说的一句话就是说
So, what I told my mom at that time was:

462

wǒ shuō nǐ bǎ wǒ shēng xiàlai de mùdì shì shénme?
我说你把我生下来的目的是什么?

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"What was your purpose in giving birth to me?

463

Nǐ shì xīwàng wǒ xìngfú, xīwàng wǒ kuàilè

你是希望我幸福，希望我快乐

You wanted me to be happy, to be joyful, (right?)

464

Rúguǒ wǒ zài zhège dìfang bù kuàilè bù xìngfú,

如果我在这个地方不快乐不幸福，

If I was not happy there,

465

wǒ xiāngxìn nǐ yě shì bù yuànyì kàndào de.

我相信你也是不愿意看到的。

I believe you wouldn't want to see that either.

466

Suǒyǐ shuō rúguǒshuō nǐ zhēnde xīwàng wǒ xìngfú hé kuàilè dehuà

所以说如果说你真的希望我幸福和快乐的话

So, if you truly want me to be happy and joyful,

467

nà jiù zhùfú wǒ, bùyào zài gěi wǒ tài dà de yālì.

那就祝福我，不要再给我太大的压力。

then bless me and don't put too much pressure on me anymore."

468

Suǒyǐ shuō hòulái mànman dehuà ne qíshí tā yě nénggòu tǐliàng wǒ

所以说后来慢慢的话呢其实她也能够体谅我

So, gradually, she was able to understand

469

yě nénggòu lǐjiě wǒ.

也能够理解我。

and empathize with me.

470

Dāngrán nǐ bùkěnéng zuòdào ràng shēnbiān de rén wánquán de

当然你不可能做到让身边的人完全地

Of course, you can't expect everyone around you to completely

471

nénggòu zhàn zài nǐ zìjǐ de jiǎodù qù lǐjiě nǐ

Chinese TV Host Faces Midlife Crisis

能够站在你自己的角度去理解你
understand your perspective.

472

Dàn zuì qǐmǎ dehuà ne, tāmen kěyǐ mànman de
但最起码的话呢，他们可以慢慢地
But at the very least, they can slowly,

473

jiùshì cóng gēn nǐ de gōutōng hé jiāoliú dāngzhōng,
就是从跟你的沟通和交流当中，
through communication and interaction with you,

474

nénggòu tǐyàn dào nǐ dāngshí de nánchǔ, wǒ juéde jiù gòu le.
能够体验到你当时的难处，我觉得就够了。
understand your position and I think that will be good enough.

475

Suǒyǐ shuō wǒ juéde zuì zhǔyào de shì nǐ měi zuò yī gè juéding,
所以说我觉得最主要的是你每做一个决定，
So I think the most important thing is

476

nǐ zìjǐ dōu bù yào hòuhuǐ.
你自己都不要后悔。
not to regret any decision you make.

477

Suǒyǐ shuō wǒ juéde shǒuxiān shì nǐ zìjǐ yào jiēnà nǐ zìjǐ
所以说我觉得首先是你自己要接纳你自己
Therefore, I think first you need to accept yourself,

478

zhèyàng dehuà nǐ cái nénggòu ràng shēnbiān de rén qù lǐjiě nǐ hé jiēnà nǐ
这样的话你才能够让身边的人去理解你和接纳你
only then can you get the people around you to understand and accept you as well.

479

Lìngwài jiùshìshuō, qíshí zài zhège shíhou,
另外就是说，其实在这个时候，
In addition, actually at this stage,

480

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wǒ juéde hěn duō rén yě huì yǒu zhōngnián wēijī ma.

我觉得很多人也会有中年危机嘛。

I think many people also experience a midlife crisis at this stage.

481

Jiù shuō nǐ de shìyè, nǐ de zhěnggè de yī gè shēnglǐ de niánlíng

就说你的事业，你的整个的一个生理的年龄

Their career, age,

482

nǐ de zhěnggè de yī gè xīnlǐ de niánlíng,

你的整个的一个心理的年龄，

and mentality

483

dōu zài miànlín yī gè zhōngnián wēijī de yī gè zhuǎnxiàng.

都在面临一个中年危机的一个转向。

all reach a turning point.

484

Suǒyǐ shuō nǐ yào bùduàn de qù xuǎn,

所以说你要不断地去选，

So, you have to constantly make choices,

485

yào chóngxīn de qù xuǎnzé hé shěnshì zìjǐ.

要重新地去选择和审视自己。

re-evaluate, and examine yourself.

486

Nǐ shuōdào zhège zhōngnián wēijī

你说到这个中年危机

Regarding midlife crisis,

487

nǐ shì shénmeshíhou yǒu zhège gǎnjué?

你是什么时候有这个感觉？

when did you start feeling it?

488

Qíshí wǒ juéde sānshí duō suì de shíhou hái hǎo,

其实我觉得三十多岁的时候还好，

Actually, I felt alright in my 30s.

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489

Wǒ zài sìshí suì zuǒyòu de shíhòu jiù tūrán huì juéde
我在四十岁左右的时候就突然会觉得
When I was around forty years old, I suddenly felt that

490

shǒuxiān shì nǐ de zhège shēnglǐ niánlíng...
首先是你的这个生理年龄...
my physical age...

491

nǐ de shēnglǐ fāshēng le yīxiē biànhuà.
你的生理发生了一些变化。
My physiology had undergone some changes.

492

Wǒ juéde sìshí shì yī dào kǎnr
我觉得四十是一道坎儿
I think forty is a hurdle.

493

Nǐ xiànzài shì duōdà?
你现在是多大?
How old are you now?

494

Wǒ xiànzài sì shí'èr suì
我现在四十二岁
I am forty-two years old.

495

Wǒ juéde qíshí jiùshì zài sānshí duō suì de shíhòu
我觉得其实就是在三十多岁的时候
I think that actually when you're in your thirties

496

nǐ huì juéde zìjǐ hái kěyǐ, hái suàn niánqīng
你会觉得自己还可以，还算年轻
you'll feel you're still okay, still relatively young.

497

Suīrán shuō yǒuxiē rén de niánlíng...
虽然说有些人的年龄...
Although some people (think that)

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498

sānshí duō suì yě bù niánqīng le,
三十多岁也不年轻了,
being thirty is not young anymore.

499

dànshì wǒ juéde hái hǎo | Yóuqí duì yǔ nǚxìng
但是我觉得还好 | 尤其对于女性
But I think it's okay. | Especially for women.

500

Duì, dànshì nán de hái hǎo
对, 但是男的还好
Yes, but it's not too bad for men.

501

dāng wǒ sìshí duō suì de shíhòu,
当我四十多岁的时候,
When I reached my forties,

502

wǒ jiù tūrán jiù juéde zìjǐ hǎoxiàng zhēnde...
我就突然就觉得自己好像真的...
suddenly, one day, I felt that...

503

Zhào jìngzi de shíhòu
照镜子的时候
When you look in the mirror,

504

huòzhě shuō nǐ zài zuò yīxiē lìliang xùnliàn de shíhòu
或者说你在做一些力量训练的时候
or when you're doing some strength training,

505

nǐ huì juéde zìjǐ hǎoxiàng lìliang zhēnde shì bùrú yǐqián le
你会觉得自己好像力量真的是不如以前了
you'll feel like your body really isn't what it used to be.

506

Lìbùcóngxīn le? | Duì, lìbùcóngxīn le
力不从心了? | 对, 力不从心了

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Feeling powerless? | Yes.

507

Nǐ huì kàn zhe jìngzi dāngzhōng de zìjǐ,
你会看着镜子当中的自己,
You'll look at yourself in the mirror,

508

hǎoxiàng zhēnde yǒuyīdiǎn wǎng xià kuǎ de gǎnjué le.
好像真的有一点往下垮的感觉了。
and it seems like things are really starting to sag a bit.

509

Jiùshì liǎn méiyǒu zhīqián nàme jǐn zhì le
就是脸没有之前那么紧致了
Like your face isn't as firm as before?

510

Ránhòu yòu yǒu zhòuwén le? | Duì
然后又有皱纹了? | 对
And you got wrinkles? | Yes.

511

Nǐ hái hǎo | Zhòuwén hái hǎo
你还好 | 皱纹还好
You look okay. | I am okay regarding wrinkles.

512

Bùguò wǒ gǎnjué wǒ zhěnggè quèshí yǒuyīdiǎn wǎng xià zǒu de gǎnjué
不过我感觉我整个确实有一点往下走的感觉
But I do feel that I am starting to go downhill overall.

513

Xiàng yǐqián dehuà, wǒ de shuìmián dōu hěn hǎo.
像以前的话, 我的睡眠都很好。
In the past, I used to sleep very well.

514

Dànshì dào le sìshí suì zhīhòu dehuà,
但是到了四十岁之后的话,
But after I reached my 40s,

515

nǐ jiù huì juéde jīngcháng huì yǒudeshíhòu

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你就会觉得经常会有有的时候

I often find myself

516

shuì bùzháo huòzhě shuō róngyì xǐng

睡不着或者说容易醒

unable to fall asleep or wake up easily.

517

Bànyè xǐng ma?

半夜醒吗?

Waking up in the middle of the night?

518

Duì, ránhòu xǐng le yòu hěn nán rùshuì, hěn nán shuìzháo

对, 然后醒了又很难入睡, 很难睡着

Yes, and then it will be hard to fall back asleep.

519

Āi, wǒ xiànzài dōu zhèyàng le, zěnmébàn?

哎, 我现在都这样了, 怎么办?

I'm already like this now! What am I gonna do?!

520

Wǒ dào sìshí suì de shíhou hái déliǎo

我到四十岁的时候还得了

What will I be like when I turn forty?

521

Kěnéng yǒudeshíhòu

可能有的时候

Maybe sometimes

522

kěnéng huì yīnwèi pāipiàn huò zěnmeyàng huì jiāolǜ

可能会因为拍片或怎么样会焦虑

you get stressed out because of having to film videos?

523

Bùshì, dāngrán jiùshì rúguǒ pāipiàn dehuà,

不是, 当然就是如果拍片的话,

No, (but) of course, if I have filming to do,

524

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wǒ huì gèngjiā shuì bùzháo.

我会更加睡不着。

I'll sleep even less.

525

Jiù bǐrúshuō wǒ shì shǔyú dì'èrtiān rúguǒ yào gǎn fēijī a

就比如说我是属于第二天如果要赶飞机啊

For example, if I have to catch a flight the next day,

526

yǒu shénme xíngchéng dehuà,

有什么行程的话,

or have some travel plans,

527

wǔ diǎn wǒ jiù huì xǐng, ránhòu zài yě shuì bùzháo.

五点我就会醒, 然后再也睡不着。

I'll wake up at five and can't go back to sleep.

528

Dàn jīntiān hái hǎo, shuì dào le bā diǎn

但今天还好, 睡到了八点

But today was okay. I slept until eight.

529

Nǐ shǔyú nàzhǒng xīnlǐ bùnéng yǒushì de

你属于那种心里不能有事的

You're the type who can't have things on your mind.

530

Duì, wǒ zhēnde shì

对, 我真的是

Yes, I really am like that.

531

Wǒ yě shì zhèyàng zi | Zhuāng bùliǎo shì

我也是这样子 | 装不了事

Me too. | I can't keep things off my mind.

532

Dì'èrtiān rúguǒ nǐ yǒu shénme tèbié zhòngyào de shìqing de shíhou

第二天如果你有什么特别重要的事情的时候

If I have something particularly important to do the next day,

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533

wǒ qiányītiān shuìmián kěndìng shì bùhǎo de
我前一天睡眠肯定是不好的
my sleep the night before is definitely not good.

534

Nà nǐ zuótiān shuì hǎo le ma?
那你昨天睡好了吗?
So, did you sleep well last night?

535

Wǒ zuótiān shuì de hái tǐnghǎo de
我昨天睡得还挺好的
I slept pretty good last night.

536

Wǒ yě hái hǎo
我也还好
Me too.

537

Yīnwèi zhège pāishè duìyú wǒ láishuō bùhuì yǒu tài dà de xīnlǐ yālì
因为这个拍摄对于我来说不会有太大的心理压力
Because this kind of filming doesn't cause me much stress.

538

Wǒ yě shì yīnwèi shì nǐ lái wǒ cái méiyǒu xīnlǐ yālì
我也是因为是你来我才没有心理压力
I also feel less stressed because it's you as my guest.

539

yīnwèi wǒ juéde nǐ kěndìng néng shuō
因为我觉得你肯定能说
I knew that you definitely can talk well.

540

Suǒyǐ shuōdào zhège shēnglǐ niánlíng dehuà,
所以说到这个生理年龄的话,
So, speaking of physiological age,

541

wǒ jiù juéde nǐ yǒushíhòu bùdébù chéngrèn
我就觉得你有时候不得不承认
I feel that sometimes you have to admit

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542

jiù dào le yīdìng de niánlíng zhīhòu,
就到了一定的年龄之后,
that after a certain age,

543

nǐ de shēntǐ huì gàosu nǐ nǐ yǐ bùzài niánqīng.
你的身体会告诉你你已不再年轻。
your body will tell you that you're no longer young.

544

Jiù nǐ dìyīcì tūránjiān yìshì dào zìjǐ hǎoxiàng zài lǎoqu le
就你第一次突然间意识到自己好像在老去了
When you first realized that you were getting older,

545

dāngshí de xīnqíng shì shānggǎn de ma?
当时的心情是伤感的吗?
did you feel sad?

546

Méiyǒu nàme de shānggǎn ba
没有那么的伤感吧
Not that sad, I guess.

547

Dànshì nǐ jiù huì juéde, tiān na, wǒ jūrán yě huì lǎo!
但是你就会觉得，天呐，我居然也会老!
But I thought: "Oh my goodness, I'm actually getting old too!"

548

Jiùshì nánshēng kěyǐ lǎo de màn yīdiǎn,
就是男生可以老得慢一点,
(Although) men age slower,

549

dànshì wǒ jiù huì xiǎng,
但是我就会想,
I thought

550

wǒ zuì qǐmǎ kěyǐ chēng dào gè wǔshí zài lǎo ba
我最起码可以撑到个五十再老吧

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I could last until at least 50.

551

ránhòu nǐ jiù juéde xiànzài jiù kāishǐ lǎo le,
然后你就觉得现在就开始老了,
So, I realized that I was already getting old,

552

wǒ hái juéde hái yǒu hěn duō de shìqíng yào zuò.
我还觉得还有很多的事情要做。
but I still wanted to do many things,

553

Ránhòu wǒ hòumian kěnéng hái yào chūjìng
然后我后面可能还要出镜
and I needed to appear on camera,

554

kěnéng yǒushíhòu hái yào zuò yīxiē xīn méitǐ de chángshì
可能有时候还要做一些新媒体的尝试
and perhaps, explore new media.

555

wǒ bùkěyǐ lǎo de zhème kuài.
我不可以老得这么快
I can't age so quickly!

556

Hàipà ma?
害怕吗?
Were you scared?

557

Huì yǒudiǎn hàipà, wǒ bùxiǎng zhème kuài de lǎo
会有点害怕, 我不想这么快地老
I was a little scared and I don't want to get old this fast.

558

Suǒyǐ shuō qíshí yǐqián tāmen jiǎng shuō,
所以说其实以前他们讲说,
So actually, people used to say

559

nǚshēng huì yǒu róngmào jiāolǜ, qíshí nánshēng tóngyàng yǒu

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女生会有容貌焦虑，其实男生同样有
that women have appearance anxiety, but guys have it too.

560

yóuqí duìyú wǒmen zhèyàng de yīxiē cóngshì yī gè méitǐ hángyè de
尤其对于我们这样的一些从事一个媒体行业的
Especially for people like us who are in the media industry.

561

Xíngxiàng hěn zhòngyào de | Xíngxiàng hěn zhòngyào
形象很重要的 | 形象很重要
Appearance is very important. | Right.

562

Yīnwèi nǐ shǐzhōng xiǎng bǎochí yī gè bǐjiào niánqīng de yī gè zhuàngtài
因为你始终想保持一个比较年轻的一个状态
Because you always want to maintain a youthful look (on camera).

563

Zhìshǎo kànqǐlái shì yǒuhuó lì de | Duì
至少看起来是有活力的 | 对
At least look energetic. | Right.

564

Bùyào chéngwéi zhōngnián yóunì dàshū
不要成为中年油腻大叔
Don't become a "greasy" middle-aged man!

Note: "中年油腻大叔" describes a middle-aged man who has let himself go, both physically and intellectually, and exhibits traits that are perceived as unappealing, self-satisfied, and somewhat unpleasant in a social context.

565

Wa, wǒ juéde zhōngnián yóunì tài kěpà le
哇，我觉得中年油腻太可怕了
Wow, I think it will be frightening to be like that.

566

Yǒudeshíhòu xiǎng zhe, wǒ zhēnde bùxiǎng nàme yóunì,
有的时候想着，我真的不想那么油腻，
Sometimes I think, I really don't want to be that "greasy",

567

dànshì kěnéng dào le yīdìng suìshù zhīhòu, nǐ hái shì huì yǒudiǎn yóunì.
但是可能到了一定岁数之后，你还是会有点油腻。

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but maybe after a certain age, you'll be a little "greasy" regardless.

568

Jiùshì zhǐ xīwàng zhège yóunì dù méiyǒu zhème... bù yào zhème dà

就是只希望这个油腻度没有这么... 不要这么大

I just hope the level of "greasiness" isn't too high.

569

Kěyǐ shāowēi de nàme yīdiǎndiǎn okay de

可以稍微地那么一点点 okay 的

A little bit is okay.

570

Qiánmiàn wǒmen jiǎng de shì zhège shēnglǐ fāngmiàn de,

前面我们讲的是这个生理方面的,

Earlier, we talked about the physical aspect (of reaching middle age).

571

xīnlǐ fāngmiàn ne?

心理方面呢?

What about the psychological aspect?

572

Duìbǐ yīxià niánqīng de shíhou

对比一下年轻的时候

Compared to when I was younger,...

573

nǐ huì juéde niánqīng de shíhou,

你会觉得年轻的时候,

when I was younger,

574

nǐ shǒuxiān duì hěn duō shìwù dōu chōngmǎn le hàoqí

你首先对很多事物都充满了好奇

I felt that I was curious about many things

575

tànsuǒ de yùwàng fēicháng de qiáng

探索的欲望非常的强

and I had a strong desire to explore things.

576

Yǒu yī gè fēicháng dà de biànhuà wǒ juéde jiùshì

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有一个非常大的变化我觉得就是
I think after you reach middle age,

577

nǐ bùrù dào zhōngnián zhīhòu
你步入到中年之后
one big change is that

578

nǐ kěnéng méiyǒu niánqīng de shíhou nàme de xǐhuan
你可能没有年轻的时候那么的喜欢
you might not be as keen on

579

qù kāituò zìjǐ de péngyouquān le
去开拓自己的朋友圈了
expanding your social circle as when you were younger.

580

Jiùshì dào le yīdìng niánlíng zhīhòu,
就是到了一定年龄之后,
After a certain age,

581

nǐ bùzài nàme rèzhōng yú jiāoji huò qù tuòkuān nǐ de zhèzhǒng rénmai.
你不再那么热衷于交际或去拓宽你的这种人脉。
you're no longer so enthusiastic about socializing or expanding your network.

582

Hǎoxiàng yǐqián niánqīng de shíhou, nǐ jiù shuō āiyā,
好像以前年轻的时候, 你就说哎呀,
It's like when you were young, you'd say, "Oh,

583

wǒ yào qù rènshi xīn péngyou
我要去认识新朋友
I want to meet new friends."

584

Dà de party yào qù cānjiā
大的 party 要去参加
"I want to attend big parties!"

585

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Duì, wǒ yào qù cānjiā hěn duō de yīxiē zhèzhǒng péngyou de jùhuì
对，我要去参加很多的一些这种朋友的聚会
Yes, or attend gatherings with many friends

586

wǒ yào shíbùshí de qù tuòkuān zìjǐ de zhèzhǒng jiāojì quān děngděng
我要时不时地去拓宽自己的这种交际圈等等
and constantly expand my social circle, etc.

587

Dào le yīdìng niánlíng zhīhòu,
到了一定年龄之后,
After a certain age,

588

nǐ fǎn'ér huì hěn xiǎngshòu zìjǐ dúchǔ de shíhou,
你反而会很享受自己独处的时候,
you'll instead enjoy being alone,

589

nǐ fǎn'ér hěn yuànyì jiùshìshuō
你反而很愿意就是说
and prefer to

590

zhǐ hé nà jǐge nǐ jiāowǎng le hěn duō nián de péngyou
只和那几个你交往了很多年的朋友
just meet up with a few friends

591

dàjiā jīngcháng de jù yī jù jiù kěyǐ le
大家经常地聚一聚就可以了
you've known for many years.

592

Wǒ bù zhīdào biéren, dàn wǒ yě yǒu zhèyàng
我不知道别人，但我也有这样
I don't know about others, but I'm like this too.

593

Nǐ yīzhí dōu zhèyàng ma?
你一直都这样吗?
Have you always been like this?

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594

Nà dào yě méiyǒu

那倒也没有

Not really.

595

Yǐqián jiùshì kěnéng èrshí chūtóu de shíhòu

以前就是可能二十出头的时候

Before, perhaps in my early twenties,

596

háishi huì hěn yuànyì chūqù gēn dàhuǒ

还是会很愿意出去跟大伙

I would be more willing to go out with friends,

597

bù rènshi de rén yīqǐ chūqù wán ya, páshān ya shénmede

不认识的人一起出去玩呀，爬山呀什么的

hang out with people I didn't know or go for a hike with them.

598

Xiànzài huì juéde wa, hǎo lèi

现在会觉得哇，好累

Now I feel, "Wow, I am so tired.

599

bù qù le, jiù zàijiā dāi zhe tǐnghǎo.

不去了，就在家呆着挺好。

"I'm not going anywhere, and staying home is better!"

600

Yīgèrén dāi zhe yě tǐnghǎo | Duì, shìde

一个人呆着也挺好 | 对，是的

Right, just being with yourself is pretty nice. | Yes, that's right.

601

Suǒyǐ nǐ juéde shìbùshì xīnlǐ de biànhuà

所以你觉得是不是心理的变化

So do you think physical

602

gēn shēnglǐ de biànhuà shì tóngbù de?

跟生理的变化是同步的？

and psychological changes happen at the same time?

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603

Jiù bǐrúshuō nǐ gānggang shuō de bù yuànyì chūqù shèjiāo

就比如说你刚刚说的不愿意出去社交

For example, you just said you don't want to socialize,

604

yě yǒukěnéng shì nǐ jīnglì méiyǒu yǐqián nàme wàngshèng le

也有可能是你精力没有以前那么旺盛了

it could also be that your energy level isn't as high as before.

605

jiù juéde chūqù hǎo lèi, háishi bù qù le.

就觉得出去好累，还是不去。

If you feel that going out is tiring, you won't want to go out.

606

Duì, bùguò wǒ gèrén gǎnjué ba

对，不过我个人感觉吧

Yes, but I personally feel that

607

wǒ zhègerén ne yīnwèi běnshēn gè fāngmiàn hái suàn mǎn guīlǜ de

我这个人呢因为本身各方面还算蛮规律的

my daily life is pretty regular,

608

suǒyǐ shuō wǒ zhěngtǐ juéde wǒ de zhège zhuàngtài hái xíng.

所以说我整体觉得我的这个状态还行。

so overall, I think my body is alright.

609

Jiù méiyǒu nàme de shuō yīxiàzi...

就没有那么的说一下子...

It's not like suddenly...

610

Duì, wǒ yī kāishǐ yǐwéi nǐ jiù bǐ wǒ dà gè liǎng suì

对，我一开始以为你就比我大个两岁

Yes, at first, I thought you were only two years older than me.

611

Xièxie, nà nǐ tài kuājiǎng le!

谢谢，那你太夸奖了!

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Thank you! That's a big compliment!

612

Dànshì wǒ jiù juéde ne,
但是我就觉得呢,
But I do feel that

613

jiùshìshuō shǒuxiān zìjǐ xīntài hái méiyǒu nàme lǎo.
就是说首先自己心态还没有那么老。
my thinking isn't that old yet.

614

Dànshì yě bùdé bù chéng rèn,
但是也不得不承认,
But I also have to admit that

615

jiù dào le yīdìng niánlíng zhīhòu kěnéng shēnglǐ de yīxiē biànhuà
就到了一定年龄之后可能生理的一些变化
after a certain age, some physical changes

616

huì dǎozhì xīnlǐ de yī gè biànhuà de yī gè fāshēng ba
会导致心理的一个变化的一个发生吧
might lead to psychological changes.

617

Qíshí wǒ juéde rén kěyǐ shēnglǐ shàng biànlǎo,
其实我觉得人可以在生理上变老,
Actually, I think a person can get old physiologically,

618

dànshì xīntài bùnéng biànlǎo.
但是心态不能变老。
but their mindset could remain young.

619

Jiùshì yī gè rén rúguǒ tā xīntài hěn niánqīng,
就是一个人如果他心态很年轻,
If one has a mindset of a young person,

620

bǎochí duì xīnxiān shìwù de hàoqí gǎn, yǒuyīxiē àihào

Chinese TV Host Faces Midlife Crisis

保持对新鲜事物的好奇感，有一些爱好
stays curious of new things, has hobbies,

621

jiù jíshǐ nǐ dào le liùshí suì,
就即使你到了六十岁，
even if you reach sixty,

622

nǐ hái shì kěyǐ sǎnfā chū niánqīng rén de huó lì
你还是可以散发出年轻人的活力
you can still exude the vitality of a young person.

623

Méicuò méicuò, wǒ fēicháng rèntóng zhè yīdiǎn
没错没错，我非常认同这一点
Exactly! I completely agree with this point.

624

Xiàng yǒuxiē shíhòu,
像有些时候，
It's like sometimes,

625

nǐ wúlùn shì zài wǎngshàng huì kàndào yīxiē zhèyàng de rén
你无论是在网上会看到一些这样的人
on the Internet, you will see someone

626

jiùshì tā suīrán yǐjīng mǎn tóu báifà le
就是他虽然已经满头白发了
who already has a head full of grey hair,

627

dànshì ne tā zhěnggè de zhuàngtài tǐxiàn chūlai de huà
但是呢他整个的状态体现出来的话
but their overall state

628

shènzhì kānbǐ niánqīng rén
甚至堪比年轻人
even rivals that of young people.

629

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Bùshì zhīqián wǎngshàng yǒu yījùhuà

不是之前网上有一句话

Wasn't there a saying online

630

jiùshìshuō xiànzài mǎn dàjiē dōu shì huólìsìshè de lǎoniánrén

就是说现在满大街都是活力四射的老年人

that nowadays, the streets are full of vibrant elderly people

631

hé sǐqìchénchén de niánqīngrén

和死气沉沉的年轻人

and lifeless young people?

632

Jiù xiànzài hěn duō de niánqīngrén

就现在很多的年轻人

Many young people nowadays,

633

wǒ yě shì juéde hǎoxiàng tāmen de zhuàngtài...

我也是觉得好像他们的状态...

I feel that their state...

634

Yóuqíshì guónèi

尤其是国内

Especially in China.

635

Duì, tāmen de zhuàngtài bùduì, jiùshì fēicháng de down

对，他们的状态不对，就是非常地 down

Right, their state is not right. They're very down.

636

Kěnéng yě shì yīnwèi tài duō yālì le ba

可能也是因为太多压力了吧

Maybe because they're under so much stress.

637

Jiùshì zài guónèi wǒ gǎnjué

就是在国内我感觉

In China, I feel...

Chinese TV Host Faces Midlife Crisis

638

jiù xiàng qiánmiàn jiǎng de

就像前面讲的

As mentioned before,

639

Zhōngguó shì yī gè jìngzhēng hěn jīliè de shèhuì, hěn juǎn

中国是一个竞争很激烈的社会，很卷

China is a highly competitive society,

640

Suǒyǐ wǒ juéde niánqīngrén bèi hěn duō dōngxi yā zhe

所以我觉得年轻人被很多东西压着

so I think young people are weighed down by many things.

641

shǐfǒu huì zhǎodào gōngzuò, shǐfǒu huì diūdiào gōngzuò

是否会找到工作、是否会丢掉工作

For example, worrying about finding a job, losing a job,

642

Yǎnglǎo, yǎng fùmǔ de lǎo, hái yǒu hái zi.

养老、养父母的老、还有孩子

elderly care, parents' old age, and children.

643

Wǒ juéde zhèxiē wú yī bùshì yālì

我觉得这些无一不是压力

All these are sources of stress

644

jiù yā zài tāmen de jiānbǎng shàng

就压在他们的肩膀上

that are pressing down on their shoulders.

645

Nǐ juéde tāmen néng yǒuhuóli ma? Hái zěnmé huóli a?

你觉得他们能有活力吗？还怎么活力啊？

How can they have vitality?

646

Shì zhèyàngzi de

是这样子的

It's true.

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647

Suǒyǐ shuō wǒ juéde xiànzài de niánqīngrén,
所以说我觉得现在的年轻人,
So I think young people today

648

qíshí huó de háishi mán lèi de.
其实活得还是蛮累的。
are having a really hard time.

649

Zhège wèntí qíshí wǒ yě sīkǎo le hěn jiǔ
这个问题其实我也思考了很久
This problem, I've actually thought about it for a long time.

650

Wǒ yě juéde jiùshìshuō qíshí yī gè hǎo de zhuàngtài
我也觉得就是说其实一个好的状态
I feel that a good state

651

tā bùshì shuō biéren nénggòu gěi nǐ de
它不是说别人能够给你的
is not something others can give you,

652

érshì xūyào nǐ zìjǐ qù gēn zìjǐ yào de
而是需要你自己去跟自己要的
but something you need to get yourself.

653

Suǒyǐ ne wǒ zài zhège yī gè guòdùshíqī ba
所以呢我在这个一个过渡时期吧
So, I'm in a transitional period,

654

děngyú shuō zhōngnián de zhèyàng yī gè zhuǎnzhe shíqī
等于说中年的这样一个转折时期
a turning point in middle age.

655

qíshí wǒ gèng duō de shì xīwàng nénggòu
其实我更多的是希望能够

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Actually, what I want to do the most

656

bǎ zìjǐ de zhuàngtài tiáozhěng hǎo

把自己的状态调整好

is adjust myself

657

Ránhòu gèng hǎo de qù sīkǎo yīxià

然后更好地去思考一下

so that I can better think about

658

jiēxiàlái shìyè fāngmiàn de yī gè zhuǎnxíng, nénggòu zuò dé gèng hǎo.

接下来事业方面的一个转型，能够做得更好。

my future career direction and how I can do it better.

659

Bùguǎn zěnmeyàng, wǒ juéde qíshí wǒ shì méiyǒu fàngqì zìjǐ de.

不管怎么样，我觉得其实我是没有放弃自己的。

In any case, I feel that I still haven't given up on myself.

660

En, zhège hěn zhòngyào

嗯，这个很重要

Hmm, this is very important!

661

Duì, wǒ juéde rènhe rén dōu bù yào fàngqì zìjǐ

对，我觉得任何人都不要放弃自己

Yes, I think no one should give up on themselves.

662

Zhīqián wǒ céngjīng kàn guo wǒ fēicháng xǐhuan de yī míng...

之前我曾经看过我非常喜欢的一名...

I once read my favorite...

663

Zhège zhǔchí rén wǒ bù zhīdào nǐ zhī bù zhīdào, Níping lǎoshī

这个主持人我不知道你知不知道，倪萍老师

I don't know if you know this host, Ni Ping.

664

Zhīdào! | Shì wǒmen zhěnggè bā líng hòu de nà yīdài

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知道! | 是我们整个八零后的那一代

I know her! | She represents our entire post-80s generation.

665

yīnwèi tā shì zài zhěnggè diànshì

因为她是在整个电视

Because she was a TV show host

666

zuì huīhuáng de nàge shíhou de diànshìjiémù zhǔchíren

最辉煌的那个时候的电视节目主持人

during the most glorious era of television.

667

Yīnwèi tā zhǔchí guo fēicháng duōnián de chūn wǎn,

因为她主持过非常多年的春晚,

She hosted the Spring Festival Gala for many years

668

jiāyùhùxiǎo, suǒyǐ shuō...

家喻户晓, 所以说...

and she's a household name, so...

669

Níping lǎoshī běnshēn tā qíshí zìjǐ de rénshēng hái shì mǎn kǎnkě de

倪萍老师本身她其实自己的人生还是蛮坎坷的

Ni Ping herself actually had quite a bumpy life.

670

Dànshì wǒ jìde tā zhīqián céngjīng xiě guo yī běn nàge lǎolao yǔlù

但是我记得她之前曾经写过一本那个姥姥语录

But I remember she once wrote a book called "Grandma's Sayings"

671

Wǒ céngjīng kàn guo

我曾经看过

and I read it before.

672

Tā jiù shuō zhǐyào nǐ zìjǐ bù dǎo,

她就说只要你自己不倒,

She said, "As long as you don't fall down,

673

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rènhé shìqíng dōu bùnéng bǎ nǐ tuīdǎo
任何事情都不能把你推倒
nothing can push you down.

674

Dànshì rúguǒ nǐ zìjǐ dǎo le dehuà, biéren fú dōu fú bù qǐ.
但是如果你自己倒了的话，别人扶都扶不起。
But if you fall yourself, no one can help you get up."

675

Suǒyǐ shuō tā de yánxiàzhīyì jiùshìshuō
所以说她的言下之意就是说
So her implied meaning is that

676

zhǐyào nǐ bù fàngqì nǐ zìjǐ, rènhé shìqíng dōu bùnéng dǎbài nǐ.
只要你不放弃你自己，任何事情都不能打败你。
as long as you don't give up on yourself, nothing can defeat you.

677

Zhèxiē huà ne, suīrán shuōdào lǐ hěn jiǎndān
这些话呢，虽然说道理很简单
Although the words are simple,

678

dànshì duìyú wǒmen láishuō dehuà,
但是对于我们来说的话，
for us,

679

yào zhēnzhèng zuòdào qíshí bìng bùshì yī jiàn fēicháng róngyì de shìqíng.
要真正做到其实并不是一件非常容易的事情。
to truly adopt that attitude is not very easy.

680

Zhī xíng héyī
知行合一
Unity of knowledge and action.

681

Duì duì duì, zhī xíng héyī hěn nán
对对对，知行合一很难
Yes, unity of knowledge and action is difficult.

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682

Dàn bùguǎn zěnmeyàng,
但不管怎么样,
But regardless,

683

wǒ juéde qíshí wǒmen měigerén dōu bù yīnggāi fàngqì zìjǐ
我觉得其实我们每个人都不应该放弃自己
I think all of us should not give up on ourselves

684

yīnwèi nǐ de rénshēng yǒngyuǎn shì nǐ zuòzhǔ de
因为你的人生永远是你做主的
because you control your lives.

685

Nǐ cízhí yīnggāi yǐjīng yǒu yī nián duō le ba?
你辞职应该已经有一年多了吧?
It must've been a year since you quit, right?

686

En, chàbuduō
嗯, 差不多
Yes, roughly.

687

Zhè yī nián duō zuò le shénme shìqing ma?
这一年多做了什么事情吗?
What have you done in the past year?

688

Zhè yī nián duō dehuà shǒuxiān wǒ qù dào le yīxiē dìfang qù lǚxíng
这一年多的话首先我去到了一些地方去旅行
In this past year, first, I traveled to some places.

689

ránhòu ne, wǒ zhège shēntǐ bùtài hǎo
然后呢, 我这个身体不太好
And my health wasn't very good.

690

Qián liǎng tiān yāo zhèbiān hái zuò le yī gè xiǎoxiǎo de shǒushù.
前两天腰这边还做了一个小小的手术。
Just a couple of days ago, I had a small surgery on my lower back.

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691

jiù zǒngzhī cízhí zhīhòu dehuà ne

就总之辞职之后的话呢

So in short, after resigning,

692

wǒ shì yī gè tiáoshì zìjǐ de shēntǐ, ràng zìjǐ shāowēi màn xiàlai,

我是一个调适自己的身体，让自己稍微慢下来，

I focused on taking care of my health, slowing down my life

693

ránhòu ràng zìjǐ de shēntǐ zhuàngtài gèng hǎo.

然后让自己的身体状态更好。

in order to become healthier.

694

Kěnéng bǎ zhīqián gōngzuò de shíhou bùnéng zuò de

可能把之前工作的时候不能做的

Perhaps, I can do things that my previous job

695

yīxiē shēntǐ fāngmiàn de yīxiē dōngxi gěi tā qù zuò hǎo

一些身体方面的一些东西给它去做好

prevented me from doing

696

ránhòu ràng zìjǐ shēntǐ nénggòu jǐnkuài de huīfù.

然后让自己身体能够尽快地恢复。

for my body to recover as quickly as possible.

697

Ràng zìjǐ nénggòu zài zhè yī gè xiūzhěng de guòchéng dāngzhōng

让自己能够在这一个休整的过程中

While adjusting myself,

698

qù xiǎng yī xiǎng jiēxiàlái nǐ kěyǐ qù zuò shénme.

去想一想接下来你可以去做什么。

I can think about what to do next.

699

Nà nǐ cízhí zhīhòu, jiùshì méiyǒu le gōngzuò, huì jiāolù ma?

那你辞职之后，就是没有了工作，会焦虑吗？

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So, after you resigned, with no job, did you feel anxious?

700

Wǒ juéde duìyú Zhōngguó rén lái shuō,
我觉得对于中国人来说,
I think for Chinese people,

701

nǐ zhěng tiān wú suǒ shì shì, méi yǒu gōng zuò
你整天无所事事, 没有工作
without a job,

702

qí shí jiù huì jué de, āi yā wǒ yě méi yǒu shōu rù ya
其实就会觉得, 哎呀我也没有收入呀
they'd feel, "I have no income!"

703

Jiù huì kāi shǐ dān xīn wèi lái, huì ma? | Duì, huì
就会开始担心未来, 会吗? | 对, 会
And they will start worrying about the future, right? | Yes, I do (too).

704

Wǒ juéde jiāo lǜ de huà, měi ge rén dōu huì jiāo lǜ.
我觉得焦虑的话, 每个人都会焦虑。
I think everyone feels anxiety (more or less).

705

Bù guò hǎo zài xiàn zài de huà ne,
不过好在现在的话呢,
But fortunately, right now,

706

wǒ méi yǒu fáng dài, méi yǒu chē dài
我没有房贷, 没有车贷
I don't have a mortgage or a car loan.

707

Wǒ zhěng ge de shēng huó de huà ne qí shí zhǐ yào yǎng huó wǒ zì jǐ jiù kě yǐ le.
我整个的生活的话呢其实只要养活我自己就可以了。
Actually, I just need to support myself.

708

Suǒ yǐ shuō yā lì bù dà
所以说压力不大

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所以说压力不大

So the stress isn't as high.

709

Zhègè wǒ juéde nǐ zài cí zhīqián dehuà yě shì yào kǎoliáng hǎo zìjǐ de

这个我觉得你在辞之前的话也是要考量好自己的

So, I think one should consider carefully before deciding to quit their job.

710

Suǒyǐ shuō ne nǐ zài cízhí huòzhě shì zuò yī gè juéding zhīqián dehuà

所以说呢你在辞职或者是做一个决定之前的话

So, before resigning or making a decision like this,

711

shǒuxiān nǐ yào bǎozhèng zìjǐ shì méiyǒu tài dà de fùdān de

首先你要保证自己是没有什么太大的负担的

you need to first ensure that you don't have too many burdens.

712

Nǐ yào yǒu yīxiē jīxù, yào yǒu yīxiē jīxù

你要有一些积蓄，要有一些积蓄

You need to have some savings,

713

ràng zìjǐ bùzhìyú guòyú de jiāolǜ

让自己不至于过于地焦虑

so you don't become overly anxious.

714

Zài zhègè guòchéng dāngzhōng, ránhòu nǐ zài kāituò xīn de lǐngyù

在这个过程中，然后你再开拓新的领域

During this process, you can explore new fields,

715

zài sīkǎo hái yǒu méiyǒu shénme kě zuò de

再思考还有没有什么可做的

and consider if there's anything else you can do.

716

Dàn wǒ juéde zuì zhòngyào yīdiǎn shì shénme ne,

但我觉得最重要一点是什么呢，

But, what I think is the most important

717

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jiùshìshuō nǐ shǒuxiān nǐ zìjǐ dehuà yào yǒu yīdìng de běnlǐng

就是说你首先你自己的话要有一定的本领

is that first and foremost, you need to develop certain skills

718

nénggòu ràng nǐ bùzhìyú èsǐ.

能够让你不至于饿死。

so that you will at least be able to feed yourself.

719

Wǒ juéde jiùshìshuō xiànzài dehuà jiùshìshuō dàjiā dōu hěn jiāolǜ,

我觉得就是说现在的话就是说大家都很焦虑，

I think that nowadays, people are very stressed

720

shuō zhǎobudào gōngzuò shénme dōngxi

说找不到工作什么东西

because they cannot find a job and so on.

721

Dànshì wǒ juéde qíshí zài zhèyàng yī gè niándài,

但是我觉得其实在这样一个年代，

But I actually think in this era,

722

nǐ zhǐyào yǒu yījìzhīcháng,

你只要有一技之长，

as long as you have a skill,

723

nǐ zhǐyào nénggòu shànyú guānchá hé fāxiàn, qíshí...

你只要能够善于观察和发现，其实...

as long as you are good at observing and discovering, actually...

724

Shì yǒu jīhuì de | Duì, shì yǒu jīhuì de

是有机会的 | 对，是有机会的

There are opportunities. | Yes, there are opportunities.

725

Nǐ dào le sìshí suì de shíhou

你到了四十岁的时候

When you reached forty,

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726

zài gēn nǐ sānshí suì xiāngbǐ

在跟你三十岁相比

compared to when you were thirty,

727

duìyú jīnqián cáifù de guānniàn yǒuméiyǒu gǎibiàn?

对于金钱财富的观念有没有改变?

have your views on money and wealth changed?

728

Cóng wǒ hěn xiǎo de shíhou yīzhí dào xiànzài ba,

从我很小的时候一直到现在吧,

From when I was very young until now,

729

wǒ duì qián dōu méiyǒu fēicháng dà de yùwàng

我对钱都没有非常大的欲望

I've never had a huge desire for money.

730

wǒ dōu shì juéde gòuyòng jiù xíng.

我都是觉得够用就行。

I always feel that having enough money to live is sufficient.

731

Xiàng wǒ shēnbiān huì yǒuxiē rén, wǒ huì juéde tāmen zhēnde hěn ài qián.

像我身边会有些人，我会觉得他们真的很爱钱。

Some people around me really love money.

732

Dàn wǒ shuō zhège ài qián de huà shì tāmen ài zhuàn qián.

但我说这个爱钱的话是他们爱赚钱。

What I mean by that is that they love making money.

733

Dāngrán wǒ juéde zhège méiyǒu cuò,

当然我觉得这个没有错，

Of course, I don't think there's anything wrong with that

734

yīnwèi rúguǒ líkāi qián de huà,

因为如果离开钱的话，

because without money,

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735

wǒmen de shēnghuó shì bù nénggòu zhèngcháng de qù yùnzhuǎn de.

我们的生活是不能够正常地去运转的。

our lives cannot function normally.

736

Qíshí yǒudeshíhòu,

其实有的时候,

Actually, sometimes,

737

wǒ yě xīwàng wǒ nénggòu xiàng tāmen yīyàng nénggòu duō zhuàn yīdiǎn qián

我也希望我能够像他们一样能够多赚一点钱

I also wish I could make more money, just like them.

738

Dànshì ne fǎnguolái wǒ yòu huì xiǎng

但是呢反过来我又会想

But on the other hand, I'd think,

739

rúguǒshuō nǐ zhèyàng de yīménxīnsī de shēn zhe tóu qù zhuànqián dehuà ne

如果说你这样的一门心思地伸着头去赚钱的话呢

if you just single-mindedly stretch your neck out to make money,

740

kěnéng jiù huì hūlūè diào shēnbiān de hěn duō yīxiē qítā de dōngxi

可能就会忽略掉身边的很多一些其他的東西

you might overlook many other things.

741

Shènzhì jiànkāng | Shènzhì jiànkāng, shuō de méicuò

甚至健康 | 甚至健康, 说得没错

Even your health. | Even your health, that's right.

742

Suǒyǐ shuō ne wǒ juéde wǒ de jīnqián guānniàn háishi méiyǒu biàn de

所以说呢我觉得我的金钱观念还是没有变的

So, I think my view on money hasn't changed.

743

jiùshì zhuànqián bìxū de, gòuyòng jiù xíng,

就是赚钱必须的, 够用就行,

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Making money is necessary, but having enough to survive is good enough.

744

dāngrán zài nǐ nénglì hé fànwéi yǔnxǔ de qíngkuàng xià,
当然在你能力和范围允许的情况下,
Of course, within your ability and scope,

745

héfǎ de qíngkuàng xià,
合法的情况下,
and legally,

746

kěyǐ jǐnliàng de duō zhuàn yīdiǎn qián.
可以尽量地多赚一点钱。
you can try to make a bit more money.

747

Dànshì bù yào diūshī diào nǐ de jiànkāng
但是不要丢失掉你的健康
But don't lose your health (for that).

748

Háishi yào jǐnliàng de qù píng héng tā, suīrán yǒudiǎn nán
还是要尽量地去平衡它，虽然有点难
Try to balance it, even though it's difficult.

749

Zuìhòu yī gè wèntí, jiùshì nǐ duì wèilái yǒu shénme guīhuà ma?
最后一个问题，就是你对未来有什么规划吗？
Last question, do you have any plans for the future?

750

Shǒuxiān wǒ juéde kěnéng jiùshì yào jǐnkuài de luòshí hǎo
首先我觉得可能就是要尽快地落实好
First, I think I probably need to quickly figure out

751

Zìjǐ de zhège zhíyè de fāzhǎn fāngxiàng
自己的这个职业的发展方向
the direction of my career

752

Yīnwèi jiù xiàng nǐ shuō de, nǐ háishi yào zhuànqián, duìbùduì?

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因为就像你说的，你还是要赚钱，对不对？

because as you said, we still need to make money (to survive), right?

753

Háishi yào shēnghuó

还是要生活

We still need to live.

754

Miànlín xiànrshí de wèntí | Duì, hěn xiànrshí de wèntí

面临现实的问题 | 对，很现实的问题

Facing reality. | Right, it's a very practical problem.

755

Suīrán shuō wǒ xiànzài méiyǒu tài dà de yālì,

虽然说我目前没有太大的压力，

Although I don't have much pressure right now,

756

dànshì wǒ yě xīwàng nénggòu zuìhǎo yǒu zúgòu de wùzhì zhīchēng

但是我也希望能够最好有足够的物质支撑

I hope to have enough financial support

757

ràng wǒ gèng hǎo de qù tǐyàn shēnghuó

让我更好地去体验生活

to better experience life.

758

Nà zhíyè fāngmiàn ne?

那职业方面呢？

What about regarding your career?

759

Jiùshì yǒu shénme dàgài de xiǎngfǎ ma?

就是有什么大概的想法吗？

Do you have any idea regarding that?

760

Jiù xiǎngyào wǎng nǎge fāngxiàng qù fāzhǎn ma?

就想要往哪个方向去发展吗？

Which direction do you want to explore?

761

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Zhíyè fāngmiàn ne, qíshí wǒ juéde wǒ xiǎng qù

职业方面呢，其实我觉得我想去

Regarding career, I actually think I want to

762

zài xīn méitǐ fāngmiàn yǒu gèng duō de tàn suǒ hé shí xiàn

在新媒体方面有更多的探索 and 实现

explore the new media

763

yīnwèi xiànzài zhè shì yī gè fēngkǒu ma

因为现在这是一个风口嘛

because this is a booming industry right now.

764

Wǒ juéde qíshí zuòwéi yī gè chuántǒng de méitǐ rén láishuō

我觉得其实作为一个传统的媒体人来说

I think as a traditional media person,

765

nénggòu zài xīn méitǐ rúguǒ zhuǎnxíng chénggōng de huà

能够在新媒体如果转型成功的话

if I can successfully transition into new media,

766

duìyú wǒ láishuō shì fēicháng dà de yī gè jiàzhí tǐxiàn de

对于我来说是非常大的一个价值体现的

it will be a huge achievement for me.

767

Wǒ yě xīwàng nénggòu shōurù gèng duō yīdiǎn

我也希望能够收入更多一点

I also hope to improve my income

768

zhèyàng de huà ne, qíshí duìyú shēnghuó láishuō,

这样的话呢，其实对于生活来说，

so that I can improve

769

yě huì yǒu gè gèng hǎo de yī gè tíshēng.

也会有个更好的一个提升。

my life.

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770

Lìngwài qíci, wǒ qíshí wǒ zhēnde shì xīwàng nénggòu yǒu jīhuì zài guówài lǚjū

另外其次，我其实我真的是希望能够有机会在国外旅居

Secondly, I really hope to have the opportunity to live abroad.

771

bǐfāngshuō, xiàng wǒ hěn xǐhuan tàiguó zhèbiān.

比方说，像我很喜欢泰国这边。

For example, I really like Thailand

772

Wǒ xīwàng jiēxiàlái rúguǒ néng yǒu jīhuì dehuà,

我希望接下来如果能有机会的话，

and hope that if I get the chance,

773

wǒ yě kěyǐ zài zhèbiān lǚjū.

我也可以在这边旅居。

I can live here.

774

Jiù biān lǚjū, biān gōngzuò, biān shēnghuó.

就边旅居、边工作，边生活。

Living, working and traveling at the same time.

775

Jiù xiànshàng gōngzuò nàzhǒng, xiàng wǒmen zhè zhǒng | Duì duì duì

就线上工作那种，像我们这种 | 对对对

Work online, kinda like us? | Right.

776

Háiyǒu yīdiǎn jiùshì wǒ xīwàng wèilái dehuà,

还有一点就是我希望未来的话，

Another thing is that I hope

777

wǒ nénggòu gèng zìyóu.

我能够更自由。

to be more free in the future.

778

Jiùshì yǐqián wǒ zài guónèi,

就是以前我在国内，

In the past, in China,

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779

wǒ de zhège qiánbànshēng wǒ guò de hěn jūshù

我的这个前半生我过得很拘束

my first half of life was very constrained

780

yīnwèi nǐ yào shòu rén guǎnzhi

因为你要受人管制

because I was managed by others,

781

Wǒ juéde bù zìyóu

我觉得不自由

I felt unfree.

782

yīnwèi wǒ tiānshēng ài zìyóu

因为我天生爱自由

I'm naturally fond of freedom,

783

Wǒ zhègerén dehuà, tiānshēng ài zìyóu, bùfú guǎn de,

我这个人的话，天生爱自由，不服管的，

and I don't like to be managed,

784

bù xǐhuan bèi biéren guǎn de.

不喜欢被别人管的。

and controlled by others.

785

guónèi yǐqián dehuà wǒ huì juéde yǒudiǎn dāndiào

国内以前的话我会觉得有点单调

Life in China was a little monotonous.

786

jiùshì zǒngshì liǎng diǎn yīxiàn | Shì

就是总是两点一线 | 是

It was just work and home. | Right.

787

érqiě hái děi tèdìng xuǎn niánjià cái néng chūlái

而且还得特定选年假才能出来

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In addition, I had to take a yearly leave in order to travel.

788

hái děi xiàng dānwèi qǐngjià, shēnqǐng jiù hěn máfan

还得向单位请假，申请就很麻烦

I had to apply for this leave which was a hassle.

789

Suǒyǐ wǒ xīwàng jiēxiàlái dehuà, wǒ kěyǐ zìyóu de shēnghuó,

所以我希望接下来的话，我可以自由地生活，

So I hope that in the future, I can live freely,

790

zìyóu de gōngzuò, zìyóu de xuǎnzé wǒ xǐhuan de shēnghuó de fāngshì.

自由地工作，自由地选择我喜欢的生活的方式。

work freely, and choose freely the lifestyle I like.

791

Nénggòu ràng wǒ wèilái de shēnghuó biànde gèngjiā de wújiūwúshù.

能够让我未来的生活变得更加地无拘无束。

I hope that my future life can be more unrestrained.

792

Zuìhòu ne wǒ juéde měi yīcì de zhèzhǒng jiāotán dāngzhōng

最后呢我觉得每一次的这种交谈当中

Finally, I feel that in every conversation like this one,

793

wǒmen dōu kěyǐ yǒu sīxiǎng de zhèzhǒng huǒhuā de pèngzhuàng

我们都可以有思想的这种火花的碰撞

we have a clash of ideas and sparks,

794

Wǒ tèbié de... gǎnjué hěn yúkuài

我特别地... 感觉很愉快

which I find very enjoyable.

795

Ránhòu qíci wǒ juéde wǒ yě xīwàng wèilái dehuà

然后其次我觉得我也希望未来的话

And secondly, I hope that in the future,

796

néng yǒu gèng duō de jīhuì gēn dàjiā zài zhège píngtái shang

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能有更多的机会跟大家在这个平台上
there will be more opportunities

797

fēnxiǎng gèng duō de xīndé hé tīhuì
分享更多的心得和体会
to share my insights and experiences with everyone on this platform.

798

Bāokuò wǒ rúguǒ yǐhòu yǒu jīhuì nénggòu lǚjū zài guówài dehuà
包括我如果以后有机会能够旅居在国外的话
If I have the chance to live abroad in the future,

799

huòzhě shuō wǒ nénggòu yǒu gèng duō de jīhuì
或者说我能够有更多的机会
or if I have opportunities

800

qù dào bùtóng de guójiā hé dìqū
去到不同的国家和地区
to visit different countries and regions,

801

wǒ yě kěyǐ yǒu gèng duō de yīxiē zhèzhǒng jīlěi héměi hǎo de tǐyàn
我也可以有更多的一些这种积累和美好的体验
and accumulate more experiences and wonderful memories,

802

fēnxiǎng gěi dàjiā
分享给大家
I can share them with everyone.

803

Zǒngzhī anyway, yǒngyuǎn xiāngxìn měihǎo de shìqing jíjiāng fāshēng
总之 anyway, 永远相信美好的事情即将发生
In any case, I always believe that good things are about to happen.

804

Xièxie Eileen, xièxie dàjiā! | Xīntài hěn hǎo
谢谢 Eileen, 谢谢大家! | 心态很好
Thank you, Eileen, thank you everyone! | You have a good mindset.

805

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Tīng le nǐ de fēnxiǎng zhīhòu,
听了你的分享之后,
After listening to you,

806

qíshí duì wǒ yě yǒuyīxiē qǐfā ba.
其实对我也有一些启发吧。
I actually feel a little inspired.

807

Jiù kěnéng wǒ hái méiyǒu dào sìshí suì
就可能我还没有到四十岁
Perhaps I haven't reached forty yet,

808

Dànshì wǒ juéde yě shì wǒ jíjiāng yào miànlín de yī gè jiēduàn
但是我觉得也是我即将要面临的一个阶段
but it's a stage I will one day face.

809

Kěyǐ tíqián yǒu yīxiē zhèzhǒng jiāoliú
可以提前有一些这种交流
It's good to have some of these exchanges beforehand.

810

Jīngyàn de jiāoliú | Duì duì duì
经验的交流 | 对对对
Exchanges of experiences. | Yes.

811

Dàoshíhòu wǒ yě zhīdào zěnmeyàng
到时候我也知道怎么样
That way, I will know how

812

qù yìngduì zhège zìjǐ biànlǎo zhège shìqing le
去应对这个自己变老这个事情了
to deal with getting older myself.

813

Wǒ juéde wǒ dàgài jiùshì guò le sānshí suì
我觉得我大概就是过了三十岁
I think after I turned thirty,

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814

wǒ jiù kāishǐ yǒu zhè fāngmiàn de sīkǎo le

我就开始有这方面的思考了

I started to think about this

815

yīnwèi wǒ de róngmào de gǎibiàn hái shì tǐng dà de

因为我的容貌的改变还是挺大的

because my appearance has changed quite a lot.

816

Gǎibiàn dà ma?

改变大吗?

Is the change obvious?

817

Guānzhòng men gàosu wǒ

观众们告诉我

The audience can tell me.

818

Wǒ yǐqián shì méiyǒu... jiù yǎn zhōu shì méiyǒu zhòuwén de

我以前是没有... 就眼周是没有皱纹的

In the past, I didn't have wrinkles around my eyes,

819

wǒ hūrán jiān fāxiàn wǒ yǎn zhōu yǒu zhòuwén,

我忽然间发现我眼周有皱纹,

but suddenly, I noticed wrinkles

820

érqiě shì qù bù diào de nàzhǒng, hái tǐng shēn de, nǐ kàn

而且是去不掉的那种, 还挺深的, 你看

and they are the kind that cannot be removed. Look!

821

Nǐ yào xiāngxìn zhège shì suìyuè gěi nǐ zuìhǎo de kuìzèng.

你要相信这个是岁月给你最好的馈赠。

You have to believe this is the best gift time gives you.

822

Duì duì, yī kāishǐ wǒ shì yǒu yīdiǎndiǎn,

对对, 一开始我是有一点点,

Yes, at first I was a little bit,

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823

méiyǒu bànfǎ jiēshòu zhège de.

没有办法接受这个的。

unable to accept this.

824

Ránhòu màn màn de, wǒ jiù hǎoxiàng biàn de ai, wúsuǒwèi le

然后慢慢地，我就好像变得哎，无所谓了

Slowly, I became like, I don't care anymore.

825

Nà zhǎng jiù zhǎng ba

那长就长吧

If they grow, they grow.

826

Nǎpà nǐ zhǎng bái fà, wǒ yě wúsuǒwèi le

哪怕你长白发，我也无所谓了

Even if I get gray hair, I don't care

827

yīnwèi wǒ jiù kāishǐ bǎ wǒ de zhuānzhù lì,

因为我就开始把我的专注力，

because I started putting my focus

828

fàng zài bié de shìqíng shàngmiàn le.

放在别的事情上面了。

on other things.

829

Bǐrúshuō měicì wǒ lái zuò zhège cǎifǎng, gēn biéren jiāotán

比如说每次我来做这个采访，跟别人交谈

For example, every time I come to do this interview, and talk to others,

830

bùguǎn shì bǐ wǒ dà de, bǐ wǒ xiǎo de

不管是比我大的，比我小的

whether they're older or younger than me,

831

wǒ jiù néng huòdé hěn duō de zhīshi

我就能获得很多的知识

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I gain a lot of knowledge,

832

kāikuò wǒ de yǎnjiè

开阔我的眼界

and it broadens my horizons.

833

Wǒ juéde zhège duìwǒláishuō

我觉得这个对我来说

I feel that for me,

834

wa, wǒ xīnlíng shì yī gè zīyǎng, duìwǒláishuō

哇，我心灵是一个滋养，对我来说

it's a nourishment for my soul.

835

Duì, nǐ de huà tíxǐng le wǒ

对，你的话提醒了我

Right, your words remind me

836

jiùshì yǐqián niánqīng de shíhou,

就是以前年轻的时候，

when I was younger,

837

kěnéng wǒ yě hěn zàiyì biéren de wàimào,

可能我也很在意别人的外貌，

I might have cared a lot about other people's appearances,

838

dàn xiànzài wǒ zhēnde méiyǒu nàme zàiyì le.

但现在我真的没有那么在意了。

and now I really don't care that much.

839

Wǒ fǎn'ér juéde yǒuqù de línghún gèng zhòngyào.

我反而觉得有趣的灵魂更重要。

Instead, I feel an interesting soul is more important.

840

Wǒ juéde yījùhuà fēicháng de yǒuyìsi,

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我觉得一句话非常地有意思,
I think there is a saying that is very interesting.

841
tā shuō hǎokàn de pínáng qiānpīānyīlǜ,
它说好看的皮囊千篇一律,
It says beautiful exteriors are a dime a dozen,

842
dànshì yǒuqù de línghún bǎilǐtiāoyī.
但是有趣的灵魂百里挑一。
but interesting souls are one in a hundred.

843
Dāngrán měigerén dōu huì fēicháng de xǐhuan hǎokàn de wàibiǎo,
当然每个人都会非常的喜欢好看的外表,
Of course, everyone enjoys looking at beautiful faces,

844
hǎokàn de pínáng
好看的皮囊
a good-looking exterior,

845
dànshì dào le yīdìng niánjì zhīhòu,
但是到了一定年纪之后,
but after a certain age,

846
nǐ jiù huì juéde yǒuqù de línghún bǐ hǎokàn de pínáng gèng zhòngyào.
你就会觉得有趣的灵魂比好看的皮囊更重要。
you'll feel that an interesting soul is more important than a good-looking exterior.

847
Duì, wǒ juéde yīcì zhèzhǒng shēnrù de jiāoliú zhēnde huì...
对, 我觉得一次这种深入的交流真的会...
Yes, I feel that this kind of in-depth communication really...

848
Nǐ de xīnlíng jiù xiàng yī zhū zhíwù,
你的心灵就像一株植物,
Your mind is like a plant,

849

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ránhòu zhèzhǒng shēnrù de jiāoliú jiù xiàng yī pén shuǐ jiāo zài nà shàngmiàn
然后这种深入的交流就像一盆水浇在那上面
and a deep conversation is like water on the plant,

850

ràng nǐ dédào le yǎngfèn, zhèzhǒng gǎnjué
让你得到了养分，这种感觉
giving you nourishment. That's how it feels.

851

Shìde, suǒyǐ shuō wǒ dāngrán yě xīwàng dàjiā dōu nénggòu...
是的，所以说我当然也希望大家都能够...
Yes, so of course I also hope everyone can...

852

Rúguǒshuō liǎngzhě jiānjù zuìhǎo
如果说两者兼具最好
If you have both, that's the best.

853

jì yǒu hǎokàn de pínnáng, yòu yǒuqù de línghún.
既有好看的皮囊，又有趣的灵魂。
Both a good-looking exterior and an interesting soul.

854

Dāngrán zhè hěn nán a
当然这很难啊
Of course, that's very difficult.

855

Zhēnde shì shǔyú nàzhǒng fèngmáolínjiǎo
真的是属于那种凤毛麟角
It's truly a rarity.

856

Dànshì wǒ juéde
但是我觉得
But I think

857

wǒmen kěyǐ nǔlì, wǎng zhège fāngxiàng nǔlì ba
我们可以努力，往这个方向努力吧
we can work towards that direction.

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858

Xièxie Eileen! Xièxie dàjiā!

谢谢 Eileen! 谢谢大家!

Thank you, Eileen! Thank you, everyone!

859

Zhè shì Tàiguó de chuántǒng bàibié fāngshì | Shì

这是泰国的传统拜别方式 | 是

This is the traditional Thai way of bidding farewell. | Yes.

860

Xièxie! Báibái

谢谢! 拜拜

Thank you! Bye bye.