

# English Only

استخدمها فقط إذا ما فهمت الصوت فقط لكن إذا لسة ما فهمت الكلام، ممكن تنزل تحت وتشوف "النص مع المعنى". مرة ثانية، لا تجمع كلمات.. الكلمات مهني مهمة الفهم اهم.

## Time: 00:00

Voice 1

Welcome to Spotlight. I'm Liz Waid.

Voice 2

And I'm Adam Navis. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

## Time: 00:30

Voice 1

Courtney Carver lives in Utah, in the United States. In 2010, she was tired. She was trying to do too much. Then she had enough of being tired. She started a website called Be More with Less. On it, she wrote,

Voice 3

"I worked too hard. I spent too much. And I slept too little. I spent much of my adult life tired, worried and sick. I always wanted more. I thought I needed *more* to be happy."

Voice 2

Carver decided to change her life. She began to live more simply. She sold many of her things. And she gave away other things. She became a minimalist. And she says she has never felt better.

Voice 1

Carver is part of a group of minimalists in places all over the world. Minimalists try to live simple lives. They believe that *things* get in the way of what is important. Instead of having more things, they invest in relationships and experiences. Today's Spotlight is on minimalism.

Voice 2

Minimalism is the idea that people are happier living with fewer things. But it is not about giving away everything you own. And minimalism is not about seeing how little you can live with. Joshua Fields Millburn and Ryan Nicodemus write, teach, and speak about minimalism. They run the website [theminimalists.com](http://theminimalists.com). They describe minimalism as a tool. It helps a

person get rid of the things they do not need, so that they can concentrate on what is important. On their website they say,

Voice 4

“There is nothing wrong with owning things. Today’s problem is that we give too much *meaning* to our things. We often forget our health. We forget our relationships. We forget to keep learning. Do you want to own a car or a house? Great! Do you want to raise a family and have a job? If these things are important to you, wonderful. Minimalism lets you choose these with greater care.”

Voice 1

Minimalism means different things to different people. But many minimalists agree on a few general ideas. First, love what you *do* own. As part of her minimalism Courtney Carver started Project 333. She encourages people to choose only 33 pieces of clothing including clothes, jewelry and shoes. Then they choose what to wear from these 33 things for three months.

Voice 2

Dave Bruno is another minimalist. He started the 100-thing challenge. He reduced everything he owned to just 100 things.

Voice 1

Both of these projects ask people to think about what they own. If you have fewer things, you will love them more.

**Time: 05:59**

Voice 2

The next idea of minimalism is to get rid of the things that do not bring joy. Marie Kondo is a Japanese writer who helps people organize their homes. In 2016, she wrote a book called *Spark Joy*. She says her method is easy. Pick up an object in your home. If it gives you joy, keep it. If it does not, get rid of it. She says if you do this, you will always be surrounded by things that you love.

Voice 1

The third idea of minimalism is to spend time on relationships. Dan Erickson calls himself a moderate minimalist. He writes on the website [hipdiggs.com](http://hipdiggs.com). He says that when we live with less, we have more space for people. When we slow down our lives, we have time for relationships. When we watch less television or use the Internet less, we see what is around us.

Voice 2

Minimalism looks different in different people. For example, many people choose to live in very small houses called tiny houses. They could pay for a large house. But they choose a small one. Some even build a house that is as small as a single room. A small house costs less money to build. It takes less time to clean. It costs less to heat and cool. This leaves more time and money for family and friends. However, a tiny house is good for one or two people. But it is difficult for a family to live in one.

Voice 1

But a family can still be minimalist. Joshua Becker believes that minimalism is great for children. He writes on his website, [becomingminimalist.com](http://becomingminimalist.com) that,

Voice 4

“Children with fewer things learn how to develop relationships with other children and adults. They learn how to talk to other people. And studies show that children with good friendships have a greater chance of success in school. They also have more success in social situations as adults.”

Voice 2

Living with less can even be very exciting. Colin Wright is a writer who lives in a new place every four months. He can move from place to place because he has so little to move. And he lets his readers vote on where he should go next. He has travelled all over the world. He has been to Argentina, Iceland, New Zealand, India, and the Philippines.

## Time: 10:35

Voice 1

Minimalism may sound strange to people who are struggling to have enough food or a safe place to sleep. But people who practice minimalism say it is not just about the things people own. It is about people and relationships. It is about living the best life you can and choosing what is important. And minimalism is not a new idea. Many religions and ancient thinkers believe people should not worry too much about things. Buddhism encourages people to let go of the things they own. And Jesus once said,

Voice 5

“And why do you worry about clothes? See how the wild flowers grow. They do not work or make clothing. But here is what I tell you. Not even Solomon with all his money was dressed like one of these flowers.”

Voice 2

Living with less can change a person's life. Courtney Carver spoke to Today.com. She explained,

Voice 3

I am more present and connected to my family than I was when I was working so hard. Now we all see that there is great opportunity for happiness in living with less. We live small so we can live big.

**Time: 12:41**

Voice 1

Do you think you would like to be a minimalist? Are there things you could never give up? Tell us what you think. You can leave a comment on our website. Or email us at [radio@radioenglish.net](mailto:radio@radioenglish.net). You can also comment on Facebook at [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio).

Voice 2

The writer of this program was Adam Navis. The producer was Michio Ozaki. The voices you heard were from the United States and the United Kingdom. All quotes were adapted for this program and voiced by Spotlight. You can listen to this program again, and read it, on the internet at [www.radioenglish.net](http://www.radioenglish.net). This program is called, 'Living with Less'.

Voice 1

We hope you can join us again for the next Spotlight program. Goodbye.

## النص مع المعنى

حاول تستخدمها فقط للضرورة القصوى. مهارة التخمين والاستيعاب هي الأساس، مو حفظ الكلمات.

الوقت: 00:00

Voice 1

Welcome to Spotlight. I'm Liz Waid.

الصوت الأول

مرحباً بك في Spotlight. أنا ليز وايد.

Voice 2

And I'm Adam Navis. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

الصوت الثاني

وأنا آدم نافيس. يستخدم برنامج Spotlight أسلوب لغة انجليزية خاصة للبحث بحيث يسهل على الناس أن يفهموا اللغة بغض النظر عن المكان الذي يعيشون فيه حول العالم

الوقت: 00:30

Voice 1

Courtney Carver lives in Utah, in the United States. In 2010, she was tired. She was trying to do too much. Then she had enough of being tired. She started a website called Be More with Less. On it, she wrote,

الصوت الأول

تعيش كورتنى كارفر في يوتا بالولايات المتحدة. في عام 2010، كانت متعبة. كانت تكلف نفسها فوق طاقتها. كان لديها الكثير من الأعمال ليشعرها بالتعب. بدأت موقعاً إلكترونياً باسم "كن إنساناً كبيراً بامتلاكك القليل" كتبت من خلاله

Voice 3

"I worked too hard. I spent too much. And I slept too little. I spent much of my adult life tired, worried and sick. I always wanted more. I thought I needed *more* to be happy."

الصوت الثالث

"لقد عملت بجد. لقد أنفقت كثيراً. ونمت قليلاً جداً. قضيت الكثير من حياتي البالغة مرهقة وقلقة ومريضة. لطالما أردت المزيد. اعتقدت أنني بحاجة إلى المزيد لأكون سعيدة."

## Voice 2

Carver decided to change her life. She began to live more simply. She sold many of her things. And she gave away other things. She became a minimalist. And she says she has never felt better.

الصوت الثاني

قررت كارفر تغيير حياتها. بدأت تعيش ببساطة أكثر. باعت الكثير من أغراضها. وتبرعت بأشياء أخرى. أصبحت شخصاً بسيطاً. تقول إنها لم تشعر بأفضل من ذلك.

## Voice 1

Carver is part of a group of minimalists in places all over the world. Minimalists try to live simple lives. They believe that *things* get in the way of what is important. Instead of having more things, they invest in relationships and experiences. Today's Spotlight is on minimalism.

الصوت الأول

كارفر تعتبر جزء من مجموعة من الناس البسطاء في العديد من المناطق في جميع أنحاء العالم التي تكتفي بالحد الأدنى. يحاول البسطاء أن يعيشوا حياة بسيطة. إنهم يعتقدون أن الأشياء تعيق ما هو مهم. بدلاً من امتلاك أشياء أكثر، يستثمرون في العلاقات والخبرات. تسلط Spotlight الضوء اليوم على البساطة.

## Voice 2

Minimalism is the idea that people are happier living with fewer things. But it is not about giving away everything you own. And minimalism is not about seeing how little you can live with. Joshua Fields Millburn and Ryan Nicodemus write, teach, and speak about minimalism. They run the website theminimalists.com. They describe minimalism as a tool. It helps a person get rid of the things they do not need, so that they can concentrate on what is important. On their website they say,

الصوت الثاني

تنبع فكرة البساطة من أن الناس يشعرون بسعادة أكثر مع أشياء أقل. لكن الأمر لا يتعلق بالتنازل عن كل ما تملكه. ولا تتعلق برؤية القليل الذي يمكنك العيش معه. جوشوا فيلدز ميلبورن وريان نيكوديموس يكتبان ويعلمان ويتحدثان عن البساطة. يديرون موقع theminimalists. يصفون البساطة كأداة تساعد الشخص على التخلص من الأشياء التي لا يحتاجها، حتى يتمكن من التركيز على ما هو مهم. يقولون على موقعهم الإلكتروني:

## Voice 4

"There is nothing wrong with owning things. Today's problem is that we give too much *meaning* to our things. We often forget our health. We forget our relationships. We forget to keep learning. Do you want to own a car or a house? Great! Do you want to raise a family

and have a job? If these things are important to you, wonderful. Minimalism lets you choose these with greater care."

الصوت الرابع

"لا حرج في امتلاك الأشياء. مشكلة اليوم هي أننا نعطي معنى كثير للأشياء التي نملكها. غالباً ما ننسى صحتنا. ننسى علاقاتنا. ننسى أن نواصل التعلم. هل تريد امتلاك سيارة أو منزل؟ عظيم! هل تريد تربية أسرة والحصول على عمل؟ إذا كانت هذه الأشياء مهمة بالنسبة لك، رائع. تتيح لك البساطة الاختيار بعناية أكبر."

Voice 1

Minimalism means different things to different people. But many minimalists agree on a few general ideas. First, love what you *do* own. As part of her minimalism Courtney Carver started Project 333. She encourages people to choose only 33 pieces of clothing including clothes, jewelry and shoes. Then they choose what to wear from these 33 things for three months.

الصوت الأول

البساطة تعني أشياء مختلفة لأناس مختلفين. لكن العديد من البسطاء يتفقون على بعض الأفكار العامة. أولاً ، أحب ما تملكه. كجزء من البساطة ، بدأت كورتنى كارفر مشروع 333. وهي تشجع الناس على اختيار 33 قطعة فقط من الملابس بما في ذلك الملابس والمجوهرات والأحذية. ثم يختارون ما يرتدونه من هذه الأشياء الـ 33 لمدة ثلاثة أشهر

الوقت: 05:59

Voice 2

Dave Bruno is another minimalist. He started the 100-thing challenge. He reduced everything he owned to just 100 things.

الصوت الثاني

ديف برونو هو شخص بسيط آخر. بدأ تحدي 100 شيء. لقد خفض كل شيء يملكه إلى 100 شيء فقط.

Voice 1

Both of these projects ask people to think about what they own. If you have fewer things, you will love them more.

الصوت الأول

يطلب كلا المشروعين من الناس التفكير فيما يمتلكونه. إذا كان لديك أشياء أقل ، فستحبها أكثر.

Voice 2

The next idea of minimalism is to get rid of the things that do not bring joy. Marie Kondo is a Japanese writer who helps people organize their homes. In 2016, she wrote a book called Spark Joy. She says her method is easy. Pick up an object in your home. If it gives you joy,

keep it. If it does not, get rid of it. She says if you do this, you will always be surrounded by things that you love.

الصوت الثاني

الفكرة التالية للبساطة هي التخلص من الأشياء التي لا تجلب الفرح. ماري كوندو كاتبة يابانية تساعد الناس على تنظيم منازلهم. في عام 2016 ، ألقت كتاباً بعنوان Spark Joy. تقول أن طريقها سهلة. اختار شيئاً في منزلك. إذا كان يمنحك الفرح، احتفظ به. إذا لم يشعرك بالفرح، تخلص منه. تقول إذا قمت بذلك، فسوف تكون دائماً محاطاً بالأشياء التي تحبها.

Voice 1

The third idea of minimalism is to spend time on relationships. Dan Erickson calls himself a moderate minimalist. He writes on the website [hipdiggs.com](http://hipdiggs.com). He says that when we live with less, we have more space for people. When we slow down our lives, we have time for relationships. When we watch less television or use the Internet less, we see what is around us.

الصوت الأول

الفكرة الثالثة من البساطة هي قضاء وقت مع العلاقات. دان إريكسون يطلق على نفسه بالشخص البسيط المعتدل. يكتب على موقع [hipdiggs.com](http://hipdiggs.com). يقول أنه عندما نعيش مع أشياء أقل ، يكون لدينا مساحة أكبر للناس. عندما نبطئ من حياتنا ، يكون لدينا وقت للعلاقات. عندما نشاهد التلفزيون بشكل أقل أو نستخدم الإنترنت بشكل أقل ، سنرى ما حولنا.

Voice 2

Minimalism looks different in different people. For example, many people choose to live in very small houses called tiny houses. They could pay for a large house. But they choose a small one. Some even build a house that is as small as a single room. A small house costs less money to build. It takes less time to clean. It costs less to heat and cool. This leaves more time and money for family and friends. However, a tiny house is good for one or two people. But it is difficult for a family to live in one.

الصوت الثاني

البساطة تبدو مختلفة باختلاف الناس. على سبيل المثال ، يختار العديد من الأشخاص العيش في منازل صغيرة جداً تسمى منازل صغيرة. يمكنهم دفع ثمن منزل كبير. لكنهم يختارون واحد صغير. حتى أن البعض يبنون منزلاً صغيراً مثل غرفة مفردة. بيت صغير يكلف مالاً أقل للبناء. يستغرق وقت أقل للتنظيف. يكلف أقل حرارة وتبريد. بهذا يصبح هناك المزيد من الوقت والمال للعائلة والأصدقاء. ومع ذلك فإن المنزل الصغير جيد لشخص أو شخصين. ولكن من الصعب على الأسرة أن تعيش في منزل صغير.

Voice 1

But a family can still be minimalist. Joshua Becker believes that minimalism is great for children. He writes on his website, [becomingminimalist.com](http://becomingminimalist.com) that,



ولكن ستظل الأسرة بسيطة. يعتقد جوشوا بيكر أن البساطة رائعة للأطفال. يكتب على موقعه على الإنترنت

becomingminimalist.com:

#### Voice 4

"Children with fewer things learn how to develop relationships with other children and adults. They learn how to talk to other people. And studies show that children with good friendships have a greater chance of success in school. They also have more success in social situations as adults."

#### الصوت الرابع

"الأطفال الذين لديهم أشياء أقل يتعلمون كيفية تطوير العلاقات مع الأطفال والبالغين الآخرين. يتعلمون كيفية التحدث إلى أشخاص آخرين. وتظهر الدراسات أن الأطفال ذوي الصداقات الجيدة لديهم فرصة أكبر للنجاح في المدرسة. كما أنهم حققوا المزيد من النجاح في المواقف الاجتماعية كالبالغين."

#### Voice 2

Living with less can even be very exciting. Colin Wright is a writer who lives in a new place every four months. He can move from place to place because he has so little to move. And he lets his readers vote on where he should go next. He has travelled all over the world. He has been to Argentina, Iceland, New Zealand, India, and the Philippines.

#### الصوت الثاني

العيش بوجود أشياء أقل يمكن أن يكون مثيراً جداً. كولين رايت كاتب يعيش في مكان جديد كل أربعة أشهر. يمكنه الانتقال من مكان إلى آخر لأنه يمتلك القليل من الأشياء. ويسمح لقرائه بالتصويت على المكان الذي يجب أن يذهب إليه بعد ذلك. لقد سافر إلى جميع أنحاء العالم. قد زار الأرجنتين وأيسلندا ونيوزيلندا والهند والفلبين.

## الوقت: 10:35

#### Voice 1

Minimalism may sound strange to people who are struggling to have enough food or a safe place to sleep. But people who practice minimalism say it is not just about the things people own. It is about people and relationships. It is about living the best life you can and choosing what is important. And minimalism is not a new idea. Many religions and ancient thinkers believe people should not worry too much about things. Buddhism encourages people to let go of the things they own. And Jesus once said,

#### الصوت الأول

قد تبدو البساطة أمراً غريباً بالنسبة للأشخاص الذين يكافحون من أجل الحصول على ما يكفي من الطعام أو مكان آمن للنوم. لكن الأشخاص الذين يمارسون البساطة يقولون إن الأمر لا يتعلق فقط بالأشياء التي يمتلكها الناس. بل يتعلق بالناس والعلاقات. يتعلق الأمر بعيش أفضل حياة ممكنة واختيار ما هو مهم. البساطة ليست

فكرة جديدة. تعتقد العديد من الأديان والمفكرين القدماء أن الناس لا يجب أن يقلقوا كثيراً بشأن الأشياء. تشجع البوذية الناس على التخلي عن الأشياء التي يمتلكونها. قال المسيح ذات مرة:

Voice 5

"And why do you worry about clothes? See how the wild flowers grow. They do not work or make clothing. But here is what I tell you. Not even Solomon with all his money was dressed like one of these flowers."

الصوت الخامس

"لماذا تقلق على اللباس؟ انظر كيف تنمو الزهور البرية. إنها لا تعمل أو تصنع ملابسها. حتى سليمان بكل أمواله كان يرتدي مثل هذه الزهور."

Voice 2

Living with less can change a person's life. Courtney Carver spoke to Today.com. She explained,

الصوت الثاني

يمكن أن يؤدي العيش البسيط إلى تغيير حياة الشخص. تقول كورتني كارفر لموقع اليوم:

Voice 3

"I am more present and connected to my family than I was when I was working so hard. Now we all see that there is great opportunity for happiness in living with less. We live small so we can live big."

الصوت الثالث

"أنا حاضرة ومتصلة بأسرتي أكثر مما كنت عليه عندما كنت أعمل بجد. الآن نرى جميعاً أن هناك فرصة كبيرة للسعادة مع العيش بأشياء قليلة. نحن نعيش بقليل من الأشياء حتى نتمكن من العيش بشكل أفضل."

## الوقت: 12:41

Voice 1

Do you think you would like to be a minimalist? Are there things you could never give up? Tell us what you think. You can leave a comment on our website. Or email us at [radio@radioenglish.net](mailto:radio@radioenglish.net). You can also comment on Facebook at [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio).

الصوت الأول

هل تعتقد أنك ترغب أن تكون بسيطاً؟ هل هناك أشياء لا يمكنك التخلي عنها؟ أخبرنا ماذا تعتقد. يمكنك ترك تعليق على موقعنا. أو راسلنا بالبريد الإلكتروني على [radio@radioenglish.net](mailto:radio@radioenglish.net). يمكنك أيضاً التعليق على فيسبوك على [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio).

Voice 2

The writer of this program was Adam Navis. The producer was Michio Ozaki. The voices you heard were from the United States and the United Kingdom. All quotes were adapted for this

program and voiced by Spotlight. You can listen to this program again, and read it, on the internet at [www.radioenglish.net](http://www.radioenglish.net). This program is called, 'Living with Less'.

الصوت الثاني

كاتب هذا البرنامج هو آدم نافيس. المنتج هو ميشيو أوزاكي. الأصوات التي سمعتها كانت من الولايات المتحدة والمملكة المتحدة. جميع الاقتباسات تتماشى مع هذا البرنامج وتم التعبير عنها بواسطة Spotlight. يمكنك الاستماع إلى هذا البرنامج مرة أخرى وقراءته على الإنترنت على [www.radioenglish.net](http://www.radioenglish.net). يسمى هذا البرنامج "العيش مع القليل".

Voice 1

We hope you can join us again for the next Spotlight program. Goodbye.

الصوت الأول

نأمل أن تتمكن من الانضمام إلينا مرة أخرى في برنامج Spotlight التالي. وداعا.