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[無我的態度 An Attitude of Selflessness / 聖嚴法師自在語【肆】](#)

肯定自我而對自己的優缺點不執著，不因此驕傲、懊悔，而持續不斷地精進努力，便是一種無我的態度。

To affirm yourself and not attach to strengths or weaknesses—to not become arrogant or regretful—and still be diligent in all endeavors is an attitude of selflessness.

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