

## 《《 Mercy 》歌手Duffy 罕见发帖，曾被囚禁、性侵》

近日，沉寂多年的英国女歌手Duffy 首次在Instagram上发帖，让18万粉丝激动不已。

Duffy 曾凭借歌曲《 Mercy 》摘得格林美最佳流行演唱专辑大奖，却在巅峰时期销声匿迹，直到十年后，才再次出现在公众视野。而现在这次发声，距离上次在ins上面发帖，也已经过去了3年。



01

In a welcome surprise, pop singer Duffy has given her fans something to smile about by posting on her Instagram page for the first time in three years.

令人惊喜的是，流行歌手Duffy三年来首次在Instagram页面上发帖，给她的粉丝们带来了欢笑。

The Warwick Avenue hitmaker has made a cryptic but welcome return to social media, posting a short video clip to her Instagram page, immediately alerting her 180k followers.

这位沃里克大道热门歌手已经神秘但受欢迎地重返社交媒体，并在她的Instagram页面上发布了一段短视频，立即提醒了她的18万粉丝。

In the video, a voice says: ‘ You ’ re going to realise it one day that happiness was never about your job or your degree or being in a relationship [or] following in the footsteps of all of those who came before you. ’

视频中，一个声音说：“总有一天你会意识到，幸福从来不是关于你的工作、你的学位、你的感情，或者追随所有前辈的脚步。”

The voice continues: ‘ It was never about being like the others... Happiness was always about the discovery, the hope, the listening to your heart, and following it wherever it chose to go. [It] was always about being kinder to yourself.

声音继续说：“幸福从来不是为了和别人一样.....幸福是关于发现、希望、倾听你的心声，并追随它选择的任何方向。它总是与善待自己有关。”



‘ And no external factors can define it. It was always about you. ’

“而且，没有什么外在因素可以定义它，它总是与你有关。”

The monologue is taken from 2017 book *The Strength in Our Scars*, written by Bianca Sparacino, which is a book that focuses on personal healing and encouragement.

这段独白摘自2017年出版的《*The Strength in Our Scars*》，作者Bianca Sparacino，这本书专注于个人治愈和鼓励。

## 02

很多小伙伴可能并不知道Duffy，毕竟她红遍全球的时候，还是2008年的时候。那时，她的歌曲《*Mercy*》火遍国内外，那时的她犹如一颗璀璨的新星，拥有着不可估量的前途，然而，在她最火的时候，她却突然从乐坛消失了。

直到十年后，也就是2020年，从她发的Ins帖子，人们才知道，她曾被囚禁、性侵...

从此，她的人生都是漫无边际的黑。



The Welsh singer-songwriter and actress, 39, whose real name is Aimée Duffy, broke out in early 2008 with her international smash hit *Mercy*.

这位39岁的威尔士创作歌手兼演员，真名是Aimée Duffy，于2008年初凭借她的国际热门歌曲《*Mercy*》一炮而红。

Her debut album *Rockferry* sold over two million copies in the UK, and its success was followed up with three Brit Awards and a Grammy for best pop vocal.

她的首张专辑《Rockferry》在英国销量达到了200多万张，随后获得了三项全英音乐奖和一项格莱美最佳流行音乐奖。

However, Duffy vanished from the music industry in 2011, with a planned third album unexpectedly shelved and several tour appearances suddenly cancelled.

然而，2011年，Duffy在从音乐界消失了，计划中的第三张专辑意外搁置，几次巡演也突然取消。

In 2020, after years of silence, she revealed in a personal blog post that she had retired from the music industry in 2011 after being kidnapped and held hostage in an unknown country, where she was repeatedly drugged and raped by an unknown person.

直到2020年，在沉寂多年后，她在一篇个人博客中透露，2011年，她在一个未知的国家被绑架并被扣为人质，在那里她多次被不明身份的人下药和强奸，之后她退出音乐行业。



这样的遭遇无疑是可怕的，回到英国后，Duffy很长一段时间都无法从阴影中走出来，

每天过得如同行尸走肉。她不敢说出真相、不敢出新专辑、更不敢在娱乐圈有任何动作。

好在现在一切都已经过去了，Duffy也勇敢地走出来了，那些伤害我们的，最终会成为真正治愈我们的东西。

