

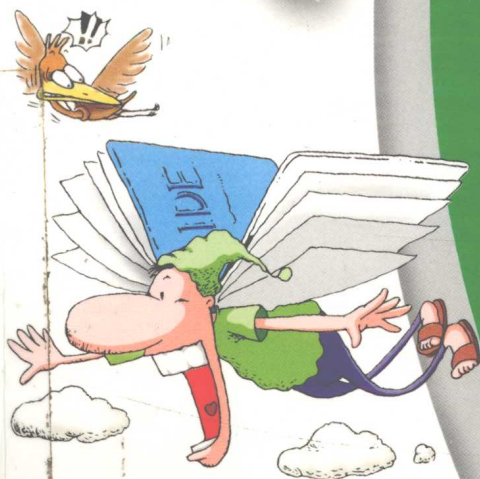


兰登书屋英语学习畅销书系

兰登书屋

READING
SMART

英语智慧阅读一周通



- ★ 告诉你一周读完一本英文经典名著的阅读方法
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- ★ 25套模拟阅读题和21个阅读竞技场让你现学现用，彻底将理论变为现实

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The
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Review

荣誉出品

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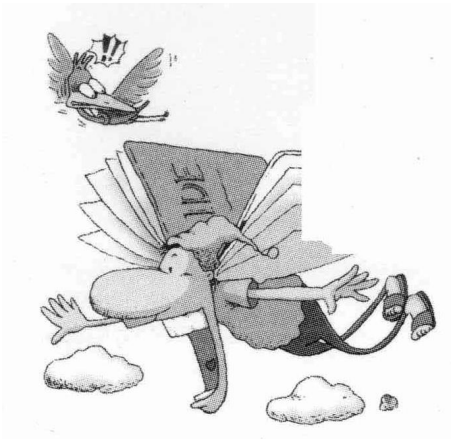
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THE PRINCETON REVIEW

READING SMART

ADVANCED TECHNIQUES
FOR IMPROVED READING



長 春 出 版 社

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前言

拥有了本书，你就领先他人一步。

你曾经是不是遇到过这样一些人，感觉他们读文章特别轻松？这些人通常会说：“哦，伙计，那本书啊，我用了三个小时看完的。”而对你来说，同一本书你看到第三周还徘徊在同一页上呢。你是不是郁闷到想痛扁这些家伙？

事实上，这些人不是生来就与众不同的，他们的大脑构造也并非和他人不一样。他们仅仅是学会了不同的阅读方式而已。

不要让我继续迷惑了 ——他们到底是怎么做到的？

我们已经获取了他们阅读的技巧精华，并且在此基础上还补充了一些其他的方法。所有这些在本书的各章节中都有详细的解说。阅读完这本书，你的阅读技巧一定会大有提高的。

《兰登书屋英语智慧阅读一周通》打破了读死书的条条框框。它不仅仅教你如何提高阅读速度，更主要是教你如何聪明地高效阅读。智慧阅读必然能提高阅读速度并加强文章理解。仅仅提高速度而忽略了理解的阅读就像开车只顾着加速却不注意轮胎的摩擦和方向盘磨合，长此以往，车也就报废了。

无论你要做什么，你一生都不可避免要进行大量的阅读。《兰登书屋英语智慧阅读一周通》培养你阅读任何类型文章的能力，在以后的阅

读中你将怡然自得。

如何使用这本书

在阅读中运用新技巧是有些难度的，起先更是困难重重。一定要把书中所有的“练习”和“阅读竞技场”都完成，这些文章都是经过精心设计的，是使你循序渐进地掌握阅读方法的有效途径。每个技巧后面都紧跟“练习”，你可以把这些练习看做是你认识理解这些技巧到什么程度的一个精确测量尺度。而“阅读竞技场”是训练你如何运用这些技巧。另外，如果当你一放下这本书后，在所有阅读（报纸，或者像《战争与和平》这样的小说）中你就忘记了运用这些技巧，那么你的阅读水平根本不会有所进步。这是一本指导你成为一名优秀的阅读者的实用手册，它不是高深的理论，它对现实生活有更强的实际效果。

我需要什么？

要智慧地阅读你都需要做什么呢？丰富的想象力是大有益处的——这是人脑的工作。准备好笔和纸（是的，即使只是阅读你也是需要一支笔的），还有提高阅读能力的欲望。这些就是所有你需要做的。

仅一个晚上不会有什么变化的。不要想花一个晚上的时间就能破茧化蝶（如果第二天起床发现自己变成了蝴蝶，那才是真正的大麻烦呢）。你可以一点一点地期待着进步，学习阅读技巧花的时间越多，下的功夫越大，学习中的信心越大，你期望的进步就越大。

特别是如果你把它当成一个你需要攻克的艰难任务，那么你就先预期一个小小的进步，不要突然就给自己定太高的目标。这本书的设计模式并不复杂。事实上还可以说很有娱乐性，没有什么比你在预想的事情上取得成功更让你开心的了。

第

1

章

为什么 不是所有人 都擅长阅读？



“人们本应用大众语言描述
特别事物，可往往反其道而行。”

——叔本华

人的一生都伴随着阅读。你会被铺天盖地的阅读资料所淹没，你会阅读到报纸、教科书、散文、小说、传记、杂志等不同形式的材料。你希望以后能不用他人的指引就可以随心所欲地畅游知识的海洋。

假使你向老师请教，让他们教给你阅读技巧，恐怕老师们也不能说得很清楚他们到底是如何运用阅读技巧从而擅长阅读的。阅读是一个内在思维响应，根深蒂固，没人会有意识地特别去注意它。就像有个雪球突然向你袭来你会自然举起手来挡，这是本能反应。

在这本书中我们所做的就是把这个过程明朗化，变成可看的知识让你掌握。当你意识到自己和擅长阅读的人之间没有遗传基因的区别时（他们只是在无意识地运用了有效的阅读技巧），你也就意识到自己的阅读潜能了。

实践练习

为了帮助你充分发挥阅读潜能，全书通篇设计了许多小文章作为练习材料，我们给它起了一个可爱的名字“阅读竞技场”。“阅读竞技场”的材料有各种各样的写作风格和形式，有短篇故事、教科书内容、杂志文章，甚至还有一些诗歌。有些文章阅读起来有点难度，但这些文章很有意思，所有这些小材料都能帮助你提高阅读技巧。

阅读竞技场 1

阅读下面的文章并回答其后的问题，这可以帮你了解自己的阅读速度和理解水平。用带有秒针的表记录下你的阅读时间，只把练习中阅读部分的时间记录下来，不包括回答问题部分。然后通过题后的公式图计算出个人的阅读速度和理解准确率。

Although the conventional American view has been that parties would perform better if they were internally democratic, the question is by no means as simple as the standard view suggests. Our starting point

must be the functions we want parties to perform, and to perform well. If one of these is to facilitate popular control over elected officials—as it surely is—then it does not follow that this result is to be obtained only, or even best, by internal party democracy.

An analogy may help to clarify the point. Political parties are sometimes likened to business firms competing for customers—the customers being in this case the voters. And just as business firms are driven by competition to satisfy consumers, even if they are internally not governed by consumers in the way that a consumer's cooperative is, so, it is sometimes argued, competitive parties will fulfill all of the essential functions of democratic control listed earlier, even though each party is internally controlled by its leaders. If the main function of competing parties is to insure that the views of voters are translated into government policies, then it is less important that parties be internally democratic than they be responsive to the view of the voters.

Would greater internal democracy insure that the parties would be more responsive to the voters? If we take presidential nominations as the most crucial test case, the answer is not as clear as one might hope.

For one thing, changes in procedures intended to insure greater internal democracy may only shift control from one set of political activists to another. Political activists are, roughly speaking, of two kinds. One is the familiar party “regular”, party leaders who over a considerable period of time occupy positions of influence in the party and regularly devote a large share of their time, energy, and resources to party activities. The others are the “irregulars”, insurgents and amateurs who become active in behalf of a particular cause or candidate. Having been drawn into a campaign, some of the irregulars may later become regulars, but many drop out after the campaign is over, or bide their time until another attractive cause or candidate comes along.

The difficulty is that the insurgents may be no more representative of the opinions of a majority of voters than the regulars—and quite possibly they may be less so. Both parties provide evidence on this point. In 1964,

the most ideologically conservative activists in the Republican party, a group of insurgents whose views probably represented only a minority among Republican voters and an even smaller minority in the electorate as a whole, seized control of the nominating convention from the Republican “establishment”, nominated Senator Barry Goldwater and suffered one of the three or four worst defeats in the entire history of the party.

The Goldwater insurgency in the Republican party was duplicated in the Democratic party by the nomination of George McGovern in 1972. McGovern was an insurgent candidate who gathered around him an enthusiastic core of activists, most of whom were irregulars without prior political experience and his candidacy was probably aided somewhat—though not decisively—by a change in party rules intended to make the Democratic convention more representative of previously underrepresented groups—specifically blacks, women, and youth. The McGovern forces won a majority of delegates elected in the primaries and then went on to victory in the Democratic convention. In the election, McGovern suffered the worst defeat of any Democratic candidate in fifty years.

The delegates to the Democratic convention, it turned out, were highly unrepresentative of Democratic supporters. Of all the groups at the convention, the insurgent McGovern delegates deviated most from the views of rank-and-file Democrats. The women delegates chosen under the new rules were not at all representative of rank-and-file Democratic women, nor the youth of rank-and-file young people. Even the black delegates were rather unrepresentative of attitudes among the black population at large and among black Democratic supporters. Ironically, in 1972, the delegates to the Republican convention were much closer to the views of rank-and-file Democrats in the country at large than were the delegates to the Democratic convention.

In the face of experiences like these, some people concluded that the parties were still not democratic enough in their internal organization since in both cases the insurgents proved to be unrepresentative of broader opinion. It was thought necessary to bring about even more control by

rank-and-file party followers, reducing even further the influence of party leaders and activists. From this perspective, the rapidly expanding participation in presidential primaries noted above is a sign of health in the political parties.

记下你的阅读时间，根据前文包含的信息回答下面的问题：

1. According to the passage, what does “internally democratic” mean?
(A) Only Democrats are members.
(B) Both Democrats and Republicans can be members.
(C) The organization obeys the wishes of all people.
(D) The election of delegates is done democratically.
~~(E) It was founded by Democrats.~~
2. The main point of the passage is to
~~(A) show the health and the internal voting process of the Republican party in the 1960s and 1970s~~
(B) show the abundance of internal democracy in the two-party system
(C) illuminate the internal voting process
(D) show that internal democracy does not necessarily ensure accurate representation
(E) show the health of the Democratic party
3. Which example most supports the author’s premise?
(A) Goldwater’s candidacy
(B) McGovern’s candidacy
~~(C) Both~~
~~(D) Neither~~
4. Barry Goldwater’s defeat can be ascribed to
(A) a small but vocal minority within the Democratic party
(B) competition from George McGovern
(C) excessive conservatism among mainstream Republicans
(D) the inexperience of his party’s “regulars”
~~(E) the capture of the Republican platform by extremists~~

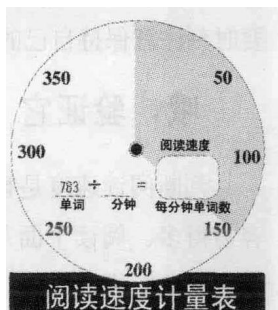
5. Which, if any, party benefited from the change in rules that assisted McGovern's candidacy?
- (A) ~~The Republican Party~~
 - (B) The Democratic Party
 - (C) Both
 - (D) Neither
6. Which statement would the author most likely agree with?
- (A) Political parties are run like businesses.
 - (B) Political parties should be run like businesses.
 - (C) Businesses should be run more democratically.
 - (D) ~~Political parties can be likened to businesses in their organization.~~
 - (E) Business and politics don't mix.
7. The author uses the term "rank-and-file?" to mean
- (A) extremist
 - (B) ~~military~~
 - (C) civil servants
 - (D) party "regulars"
 - (E) ~~ordinary~~
8. According to the passage, what must be the "starting point" for any discussion about making a party function efficiently?
- (A) What party a person belongs to
 - (B) What political agenda the party maintains
 - (C) ~~What functions the party should perform~~
 - (D) What form the party should take
 - (E) A common definition of efficiency
9. Changes in procedure intended to ensure greater democracy
- (A) are unusual and difficult to enforce
 - (B) may remove any hope of extremist issues being discussed
 - (C) may not result in agreed-upon change
 - (D) aren't necessarily beneficial to extremist groups
 - (E) ~~may only shift control from one unrepresentative group to an-~~

other

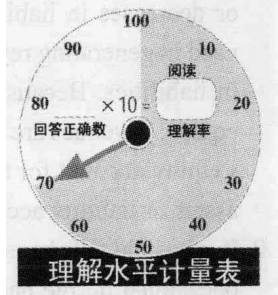
10. According to the passage, a sign of health in the political parties is

- (A) the expanding participation in presidential primaries
- (B) the expanding membership of both major political parties
- (C) the declining number of rule changes since 1974
- (D) the declining number of party "irregulars" in both major political parties
- (E) the expanding participation in the presidential elections

用右面的公式计算出你的阅读速度。首先，用分钟记下你阅读这篇文章所用的时间（如果你用了 2 分 15 秒来阅读，你可以记做 2.25 分）。把这个时间数被图中所标的文章单词数除，得出的数值就是你的每分钟阅读速度。例如，文章有 783 个单词，整个部分你共用 4 分钟读完，然后 783 除以 4，得出的结果就是阅读速度为每分钟 196 个单词。



用右面的公式计算出你的阅读理解水平。用你回答正确的题目数乘以 10，这就是你的阅读理解准确率。你要努力使自己对任何形式文章阅读的理解准确率均维持在 70 以上。低于这个数字，说明你丢失了一些文章中需要掌握的重要信息。



【答案: 1. D 2. D 3. C 4. E 5. A 6. D 7. E 8. C 9. E 10. A】

阅读的速度

“你要如何去阅读”基本同“你阅读的是什么”紧密相关，这就同你

开车的速度取决于路况是一个道理。阅读教科书和阅读小说的方法能一样吗？它们是不可能一样的。你若能很好地理解“阅读方法取决于阅读内容”，你的阅读技巧就会有非常大的进步。

换句话说，也就是不要以某个固定的速度行驶而永不变化。如果你把同一种阅读方法应用到所有阅读的材料中，有时候对某些文章你确实采用了正确的方法，但有些时候你可能就阅读得过快或者过慢，会遗失文中的重要信息，并且还会疑惑为什么自己在同一句话上要反复三四遍呢。如果你靠自己的直觉，基本上不会太偏离正确方法的。要时刻注意保持自己的直觉判断力，它是你避免无效阅读的最好帮手。

哦，验证它

判断阅读速度是智慧阅读的一个评判标准，测试方法比你想象的容易得多。阅读下面几段文章，在每段文章旁边标上你的阅读速度：快速、中速、慢速。

1. Measurements of net income *for the period* and of financial position *at the end of the period* are interrelated. Revenues result from selling goods or rendering services to customers and lead to increases in assets or decreases in liabilities. Expenses indicate the services have been used in generating revenue and result in decreases in assets or increases in liabilities. Because revenues represent increases in shareholders' equity, revenues are recorded by crediting (increasing) a shareholder's equity account for the specific type of revenue and debiting either an assets or liability account.
2. Riefenstahl tells her story in a clean, well-lighted prose, interrupted by occasional purple passages, with here and there an intensely personal touch to remind us that this is a memoir, not just a set of memos. (The uncredited translation is fluent and generally satisfactory, but does not avoid some common errors.) How truthful is it? How does one assess the veracity of any memoir? [NYT Sunday Book Review, Novem-

ber, 1993]

3. Herb's house is on curvy little Glacier Way, a hundred yards from Walled Lake itself and not far from the amusement park that operates summers only. I came here long ago, when I was in college, to a dense festering old barrelly dance hall called the Walled Lake Casino. It was at the time when line dances were popular in Michigan, and my two friends and I drove over from Ann Arbor with the thought of picking up some women, though of course we knew no one for forty miles and ended up standing against the firred, scarred old walls being wry and sarcastic about everyone and drinking Cokes spiked with whiskey. Since then, Mr. Smallwood has informed me, the Casino has burned down.

上面三段文章在感情色彩、文体、词汇和节奏上都有所区别。每段都可以用很多不同的方式来阅读。那么你到底能掌握多少文章信息呢？这取决于你采取什么样的最佳阅读方式。这主要是因为笔者在阐述观点时就采用了不同的方式，所以有不同的阐述方式就有相应的不同阅读方式。如果你在阅读第一个片段和第三个片段采用了同样的语速，那么这两个片段中的很多信息你都会失去。成为一个聪慧的读书人的第一要素就是确认“你在读什么”和“你为什么要读它”。下面我们详细地逐一分析一下这三个片段，看看你到底应该采用何种阅读方式最为恰当。

片段 1：教科书阅读

当你读这个片段时没有犯困而且还能理解文中的学术词汇，那么自己拍自己后背一下以示鼓励。你还记得阅读材料中当出售商品时账目如何处理吗？两期财务报告净收入的计算是如何相关的？如果你的阅读速度把握得不好，那么上面这两个问题也就不能回答，也就是说你掌握的文中信息量会很少。

文中有很多提示都在告诉你要放慢阅读速度。反复重复的词汇