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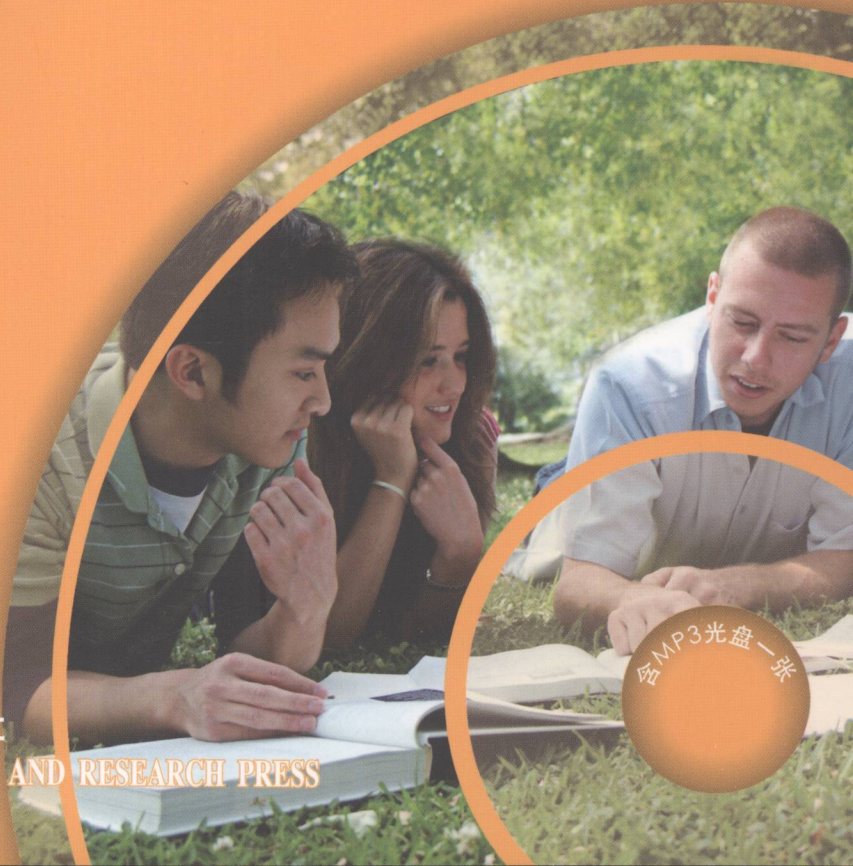
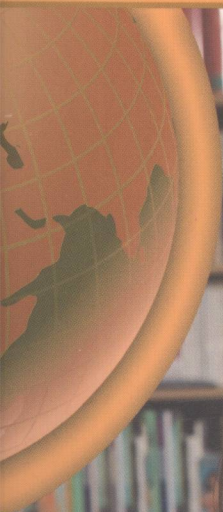
高等学校 总主编：何莲珍 石 坚
研究生英语 系列教材



综合教程 下

INTEGRATED COURSE

主编：熊海虹



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外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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出版说明

随着本世纪初开始的大学英语教学改革持续深入,大学英语教学水平及大学生的英语综合应用能力在不断提高。与之相应的研究生英语教学也面临着新的形势和要求。有针对性地培养和提高研究生的英语应用能力,特别是提高其在本专业及相关专业领域的英语口语和书面交流能力,并为进一步学习和研究打好基础,成为研究生英语教学的一个重要任务。

据了解,目前国内许多高校的研究生英语教学仍基本沿用本科的英语教学模式。教学目标以提高学生基本语言技能为主,教材也多选用本科高年级的教材,或虽使用一些研究生英语教材,但在教学内容与教学目标上与本科教学并没有本质区别。与此同时,也有越来越多的院校开始尝试新的研究生英语教学模式。为研究和探索研究生英语教学的特点和要求,我们近年来对北京大学、清华大学、四川大学、浙江大学、山东大学、北京理工大学、南开大学、中国科学技术大学、南京大学、中山大学、哈尔滨理工大学、西北工业大学、华中科技大学等国内数十所院校进行了调研,对研究生英语教学的现状、存在的问题及今后的发展趋势进行了分析,在此基础上,组织国内英语教学专家及一线教师开发了“高等学校研究生英语系列教材”。

为体现不同阶段、不同层次的教学要求,本套教材由提高系列与拓展系列两个主要部分构成:提高系列着重在本科阶段英语学习的基础上进一步巩固语言知识,提高语言技能;拓展系列则根据研究生专业学习和研究的特点和需要,着重拓展其学术视野,培养学术研究能力。为便于各高校针对本校需要进行选择,本套教材包含语言技能、语言应用、语言文化、专业英语等方面的不同教程,还将根据研究生英语教学的发展适时补充新的教程。

本套教材既考虑当前研究生英语教学的实际情况,又适应研究生英语教学的改革趋势。各教程在内容和形式上都有所创新,突出实用性和专业性,还配有丰富的多媒体资源,可满足不同层次、不同模式研究生英语教学的需要。但由于研究生入学时英语水平参差不齐,各院校教学情况比较复杂,在课程设置、课时安排及考核方式等方面均存在较大差异,教材难免众口难调。我们在尽量提供多种选择和配套资源的同时,也希望使用本套教材的院校及时将使用意见反馈给我们,以便我们不断修订、补充、完善。

外语教学与研究出版社

2008年4月

前言

《研究生英语综合教程》(以下简称《综合教程》)为“高等学校研究生英语提高系列教材”之一,依据《非英语专业研究生英语教学大纲》的要求,基于广泛而深入的调研,充分考虑与大学本科阶段的衔接,根据研究生英语教学特点进行设计和编写,旨在通过说、读、写、译等技能的综合训练,提高研究生阅读、翻译和写作的能力。《综合教程》包含上、下两册,内容难度和学习重点有所不同,可用于研究生阶段两个学期的英语教学,也可由教师根据学生的实际水平选择使用。

《综合教程》每册包含10个单元,每单元的说、读、写、译活动围绕一个特定主题展开。这样的设计有助于增强学生在语篇层次上的说、读、写、译能力,提高他们对所读材料的分析判断和归纳总结能力,以及用英语就某一话题表达观点的能力。《综合教程》遵循“读写结合,以读写促说”的原则,保证教学过程中语言输入丰富准确,输出活动形式多样,有效提高学生的语言理解与表达能力。本教程的课堂教学活动经过精心设计,使学生在理解课文的基础上能用目标语表达对主题的理解,并能进一步就主题进行讨论。

《综合教程》课文选用了真实的语言素材,让学生接触真实环境下的英语。在阅读文章前,教材设计了以任务为中心、生动有趣的口语热身活动。在阅读文章后,设计了阅读理解练习以及基于文章理解的思考讨论题。教师用书中提供了口语活动的操作指导、语言提示,以及一些备用的课堂口语活动和讨论话题,这不仅方便了教师的教学,而且能够满足不同程度学生的需求,使尽可能多的学生参与到讨论活动中。

一、教材结构

《综合教程》分上、下两册,每册10单元,各单元结构如下:

1. Starting Out

本部分是热身活动,教材提供了与单元主题相关的两至三个口语活动,为其后的阅读理解和讨论做铺垫。教师可根据课堂实际情况选用。

2. Reading

本部分旨在培养学生篇章理解以及获取特定信息的能力,使学生能正确理解所读内容的主旨及作者的思想。该部分由 Reading Focus 和 Reading More 两篇阅读文章构成。Reading Focus 是每个单元的主课文,与单元主题紧密联系;Reading More 是对主题的拓展,既可以作为课内阅读材料也可作为学生课下自学材料。每篇文章后都有词汇表、课文注释、阅读理解题、思考讨论题和词汇练习题。词汇表对积极词汇讲解细致,并提供例句。课文注释不仅对难句作了解析,而且对相关文化点作简要介绍,使学生对课文有较深入的理解。

阅读理解练习(Text Exploration)包括对文章整体结构以及文章难句的理解,这部分练习旨在让学生在理解文章的基础上,自行归纳出文章的结构和大意,并理解一些难句或有隐含意义的句子。

讨论题(Critical Thinking)有层次上的变化,既有对文章主题或难句难点的讨论,又有结合学生实际的话题讨论。针对研究生思维活跃、思想有深度的特点,讨论题为学生阐述自己的观点提供了大量机会。

词汇练习(Vocabulary in Action)形式丰富,主要是让学生多角度地去掌握词汇,在语境中探悉词法,复习巩固已知词汇,了解新用法,以求扩大词汇量,提高阅读和写作能力。

建议教师在课堂上组织学生做阅读理解练习和思考讨论题,词汇练习可以让学生课下完成,在课上选择一些难点进行讲解。

3. Practical Translation

本部分主要介绍并讲解本单元课文中出现的语言现象及其英汉翻译方法,并辅以例句说明,所用例句部分出自本单元的课文。讲解后配有相应的翻译练习,可安排学生课下完成。

4. Focused Writing

本部分系统地讲解了研究生阶段经常接触到的文体,从语言特点、写作技巧、组织结构等方面给予指导并提供写作范例。每单元都配有写作练习,教师可以从学生习作中选择一至两篇优秀作文或存在典型问题的作文在课堂上进行评析,以往的经验表明这样的做法非常受学生的欢迎。

5. Final Project

本部分要求学生综合运用本单元所学语言文化知识和语言技能,完成一项实践任务,并通过完成实践活动来强化学习效果。教材还为学生提供了语言方面的帮助,如一些可能会用到的词汇和表达。

二、教材特色

1. 脉络清晰，操作便捷

每单元遵循三大主线，分别侧重提高研究生的阅读、翻译和写作能力。每单元的说、读、写、译活动围绕一个特定主题展开，其内容既相互关联，又具有一定的独立性，方便教授和学习。

2. 选材丰富，启发思维

教材以单元主题展开，两册共包含 20 个主题，涵盖社会经济、科学技术、人文艺术等各类话题。教程在选材上不仅注重语言的规范性和真实性，还注重内容的趣味性和启发性；题材以反映现实生活为主，立意深刻，适合研究生的阅历；体裁力求多样化，包括叙事、论述、报道、演讲和短篇小说等。大部分素材选自英美国家近期出版物，内容新颖、语言地道，从多方面反映英语文化的内涵。

3. 循序渐进，注重实用

写作部分突出实用性，从一般文体写作到实用文体写作，所讲内容与研究生工作和科研、毕业答辩、求职应聘息息相关，帮助研究生应对学习和实际工作中常见的实用性写作任务。

4. 练习精当，强调互动

教材尽可能采用多种有效的阅读理解和词汇练习形式，主观题和客观题相结合，阅读理解和讨论表达相结合。教材充分考虑到研究生理解力强、社会经验丰富、具有独立判断力、但英语水平可能有所下降的特点，讨论话题设计得较为深刻，并提供了必要的语言帮助，以便使讨论能够顺利进行。

三、教学建议

现代英语教学，尤其是研究生阶段的英语教学，提倡自主学习与有指导的学习相结合。教学过程不再只是灌输知识的过程，而需要学生主动参与和积极探索，在这一过程中教师应作为组织者、指导者、讲解员和评论员，充分发挥组织和指导的作用。除了根据教师用书中的提示来组织教学外，教师还需根据学生的实际情况，提供相应的引导和示范，激发学生的学习兴趣，引导他们积极思考问题，并及时总结和适当点评学生在学习过程中的进步和不足。

四、编写团队

“高等学校研究生英语系列教材”由何莲珍与石坚任总主编，其中《综合教程》由浙江大学负责编写，编者均为在英语教学及教材编写方面有丰富经验的教师。上册主编为熊海虹，编写人员为熊海虹、方富民、方小燕、李淑敏、徐慧芳和徐沁。本书经外籍专家 Sue Kay, Maxine Huffman 和 Donald Huffman 审稿，外研社的编辑在出版过程中也对本书结构和内容提出了许多有价值的建议，浙大外语学院的方凡老师在编写前期做了大量的建设性工作，在此谨向他们表示衷心的感谢。

在本书编写过程中，我们参阅了大量国外原版书籍和期刊，并从互联网上选取了部分文字材料。由于篇幅所限，在此不再一一列出，谨向有关出版社及作者表示深深谢意。

前言

综合教程

编者
2009年4月

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综合教程 下

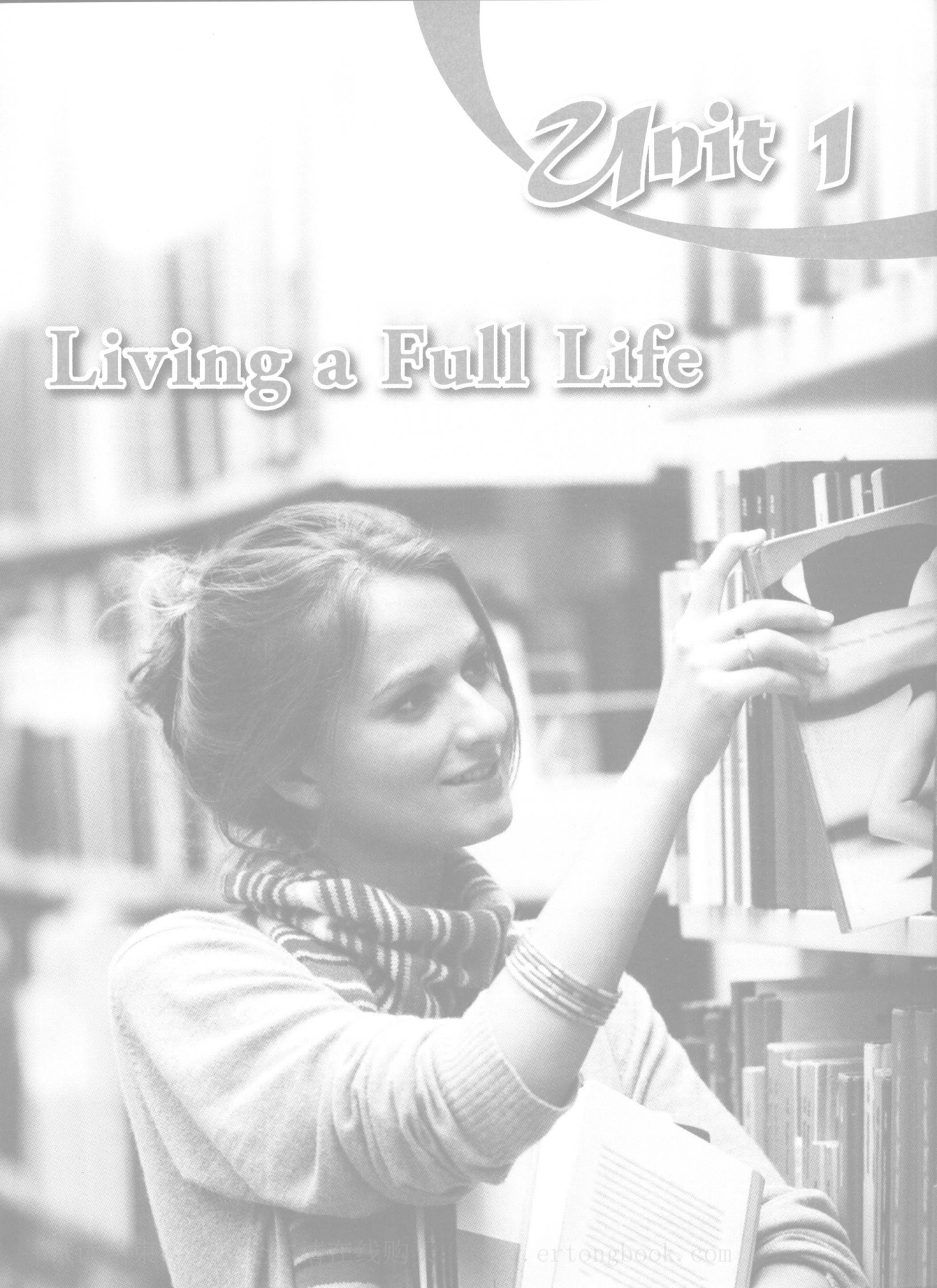
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Unit 1

Living a Full Life



STARTING OUT

Task 1

Discuss with members of your group what is/are the most important element(s) for living a full life. You may choose one or more from the following list or provide your own answer. Then give reasons why you have made such a choice.

- a good appearance
- a happy mindset
- perfect health
- a good job
- a happy family
- close friends
- a good neighborhood
- an absorbing hobby
- lottery winnings

Task 2

Your best friend has recently been in low spirits ever since she was diagnosed with COPD (慢性阻塞性肺病). She stays in bed most of the time and misses a lot of classes. She has nothing to do, and moreover wants to do nothing. How would you encourage her to cope with the disease with a positive attitude?

Task 3

Read the letter from John Doe and, with your partner, discuss how you could help him.

Dear Abby,

I feel like I almost can't breathe now. I work a ridiculous amount of hours and I don't have time to relax. My parents live 1,400 miles away and I am here all by myself. I have no time to make friends. Sometimes I feel I don't even have a life. What should I do?

Kind regards,

John

READING FOCUS

Pleasure only gets you so far. A rich, rewarding life often requires a messy battle with adversity.

THE HIDDEN SIDE OF HAPPINESS

Kathleen McGowan

- 1 Hurricanes, house fires, cancer, whitewater rafting¹ accidents, plane crashes, vicious attacks in dark **alleyways**. Nobody asks for any of it. But to their surprise, many people find that enduring such a **harrowing ordeal** ultimately changes them **for the better**. Their **refrain** might go something like this: “I wish it hadn’t happened, but I’m a better person for it.”
- 2 We love to hear the stories of people who have been transformed by their **tribulations**, perhaps because they testify to a **bona fide** type of psychological truth, one that sometimes gets lost amid endless reports of disaster: There seems to be a built-in human capacity to flourish under the most difficult circumstances. Positive responses to profoundly disturbing experiences are not limited to the toughest or the bravest. In fact, roughly half the people who struggle with **adversity** say that their lives have subsequently in some ways improved.
- 3 This and other promising findings about the life-changing effects of crises are the **province** of the new science of post-**traumatic** growth. This fledgling field has already proved the truth of what once passed as **bromide**: What doesn’t kill you can actually make you stronger. Post-traumatic stress is far from the only possible outcome. **In the wake of** even the most terrifying experiences, only a small proportion of adults become chronically troubled². More commonly, people rebound—or even eventually thrive.
- 4 Those who weather³ adversity well are living proof of the paradoxes of happiness. We need more than pleasure to live the best possible life. Our contemporary quest for happiness has **shriveled** to a hunt for **bliss**—a life protected from bad feelings, free from pain and confusion.
- 5 This **anodyne** definition of well-being leaves out the better half of the story, the rich, full joy that comes from a meaningful life. It is the dark matter of happiness, the **ineffable** quality we admire in wise men and women and **aspire** to cultivate in our

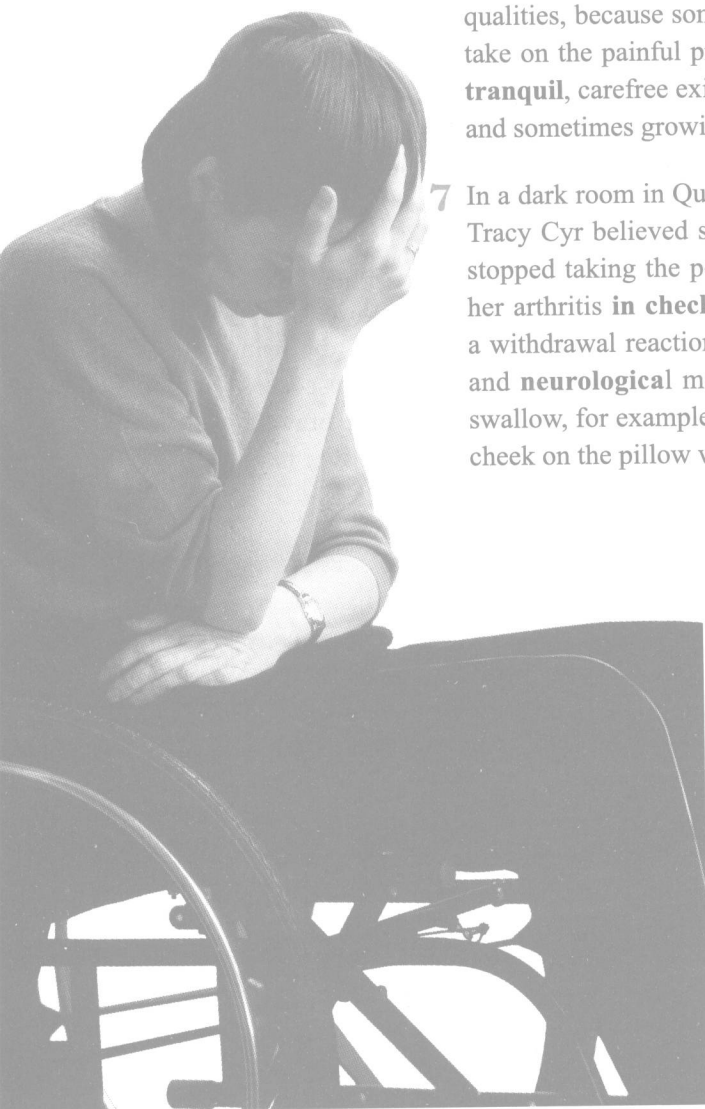
own lives. It turns out that some of the people who have suffered the most, who have been forced to contend with shocks they never anticipated and to rethink the meaning of their lives, may have the most to tell us about that profound and intensely fulfilling journey that philosophers used to call the search for “the good life”.

6 This broader definition of good living blends deep satisfaction and a profound connection to others through empathy. It is dominated by happy feelings but seasoned⁴ also with **nostalgia** and regret. “Happiness is only one among many values in human life,” contends Laura King, a psychologist at the University of Missouri in Columbia. Compassion, wisdom, **altruism**, insight, creativity—sometimes only the trials of adversity can foster these qualities, because sometimes only drastic situations can force us to take on the painful process of change. To live a full human life, a **tranquil**, carefree existence is not enough. We also need to grow—and sometimes growing hurts.

7 In a dark room in Queens, New York, 31-year-old fashion designer Tracy Cyr believed she was dying. A few months before, she had stopped taking the powerful immune-suppressing drugs that **kept** her arthritis **in check**. She never anticipated what would happen: a withdrawal reaction⁵ that eventually left her in total body agony and **neurological** meltdown. The slightest movement—trying to swallow, for example—was **excruciating**. Even the pressure of her cheek on the pillow was almost unbearable.

8 Cyr is no **wimp**—diagnosed with juvenile **rheumatoid arthritis** at the age of two, she had endured the symptoms and the treatments (drugs, surgery) her whole life. But this time, she was way⁶ past her limits, and nothing her doctors did seemed to help. Either the disease was going to kill her or, pretty soon, she felt she might have to kill herself.

9 As her sleepless nights wore on, though, her suicidal thoughts began to be interrupted by new feelings of gratitude. She was still in agony, but a new consciousness grew stronger each



night: an awesome sense of liberation, combined with an all-**encompassing** feeling of sympathy and compassion. “I felt stripped of everything I’d ever identified myself with,” she said six months later. “Everything I thought I’d known or believed in was useless—time, money, self-image, perception. Recognizing that was so freeing.”

- 10 Within a few months, she began to be able to move more freely, thanks to a cocktail of **steroids** and other drugs. She says now there’s no question that her life is better. “I felt I had been shown the secret of life and why we’re here: to be happy and to nurture other life. It’s that simple.”
- 11 Her **mind-blowing** experience came as a total surprise. But that feeling of transformation is in some ways typical, says Rich Tedeschi, a professor of psychology at the University of North Carolina in Charlotte who coined the term “post-traumatic growth”. His studies of people who have endured extreme events, like combat, violent crime or sudden serious illness show that most feel **dazed** and anxious in the immediate **aftermath**; they are **preoccupied** with the idea that their lives have been shattered. A few are haunted long afterward by memory problems, sleep trouble and similar symptoms of post-traumatic stress disorder⁷. But Tedeschi and others have found that for many people—perhaps even the majority—life ultimately becomes richer and more **gratifying**.
- 12 Something similar happens to many people who experience a terrifying physical threat. In that moment, our sense of invulnerability is pierced, and the self-protective mental armor that normally stands between us and our perceptions of the world is torn away. Our everyday life scripts—our habits, self-perceptions and assumptions—go out the window, and we are left with a raw experience of the world.
- 13 Still, actually implementing these changes, as well as fully **coming to terms with** a new reality, usually takes conscious effort. Being willing and able to take on this process is one of the major differences between those who grow through adversity and those who are destroyed by it. The people who find value in adversity aren’t the toughest or the most rational. What makes them different is that they are able to incorporate what happened into the story of their own life.
- 14 Eventually, they may find themselves freed in ways they never imagined. Survivors often say they have become more tolerant and forgiving of others, capable of bringing peace to formerly troubled relationships. They say that material ambitions suddenly seem silly and the pleasures of friends and family **paramount**—and that the crisis allowed them to recognize life **in line with** their new priorities.

15 People who have grown from adversity often feel much less fear, despite the frightening things they've been through. They are surprised by their own strength, confident that they can handle whatever else life throws at them. "People don't say that what they went through was wonderful," says Tedeschi. "They weren't meaning to grow from it. They were just trying to survive. But in retrospect, what they gained was more than they ever anticipated."

16 In his recent book *Satisfaction*, Emory University psychiatrist Gregory Berns points to extreme endurance athletes who push themselves to their physical limits for days at a time. They cycle through the same sequence of sensations as do **trauma** survivors: self-loss, confusion and, finally, a new sense of mastery. For **ultramarathoners**, who regularly run 100-mile races that last more than 24 hours, vomiting and **hallucinating** are normal. After a day and night of running without stopping or sleeping, competitors sometimes forget who they are and what they are doing.

17 For a more common example of growth through adversity, look to one of life's biggest challenges: parenting. Having a baby has been shown to decrease levels of happiness. The sleep deprivation and the necessity of putting aside personal pleasure in order to care for an infant mean that people with newborns are more likely to be depressed and find their marriage **on the rocks**. Nonetheless, over the long haul, raising a child is one of the most rewarding and meaningful of all human undertakings. The short-term sacrifice of happiness is outweighed by other benefits, like fulfillment, altruism and the chance to leave a meaningful **legacy**.

18 Ultimately, the emotional reward can compensate for the pain and difficulty of adversity. This perspective does not **cancel out** what happened, but it puts it all in a different context: that it's possible to live an extraordinary rewarding life even within the constraints and struggles we face. In some form or other, says King, we all must go through this realization. "You're not going to be the person you thought you were, but here's who you are going to be instead—and that turns out to be a pretty great life."



Proper Names

Emory University 埃默里大学 (位于美国城市亚特兰大)

Gregory Berns /'gregəri bɜ:nz/ 格列高利·伯恩斯

Kathleen McGowan /'kæθli:n 'mekgəʊən/ 凯思琳·麦克高恩

Laura King /'lə:rə kiŋ/ 劳拉·金

Rich Tedeschi /ri:tʃ 'tedɪski/ 里奇·特德斯基

Tracy Cyr /'treɪsi sɜ:/ 特蕾西·塞尔

New Words

adversity /əd'vɜ:səti/ *n.* a situation in which you have a lot of problems that seem to be caused by bad luck 逆境, 不幸, 厄运

e.g. 1) But out of this adversity has sprung a surprisingly fine vintage (酒的酿造年份).

2) She somehow manages to keep laughing in the face of adversity.

aftermath /'ɑ:ftəmæθ/ *n.* the period of time after something, such as a war, storm, or accident, when people are still dealing with the results 后果, 余殃, 余波

alleyway /'æliwei/ *n.* a narrow street between or behind buildings, not usually used by cars 小巷, 胡同

altruism /'æltrɔ:ɪzəm/ *n.* the practice of thinking of the needs and desires of other people instead of your own 利他主义, 无私

anodyne /'ænəʊdɪn/ *adj.* expressed in a way that is unlikely to offend anyone 不冒犯他人的, 四平八稳的

aspire /ə'spaɪə/ *v.* to desire and work toward achieving something important 追求, 渴望, 有志于

bliss /blɪs/ *n.* perfect happiness or enjoyment 极乐, 无上幸福, 福佑, 至福

e.g. I didn't have to get up till 11—it was sheer bliss.

bona fide /bəʊnə 'faɪdi/ *adj.* real, true, and not intended to deceive anyone 真正的; 真实的; 真诚的

e.g. Only bona fide members are allowed to use the club pool.

bromide /'brəʊmaɪd/ *n.* a statement which is intended to make someone less angry but which is not effective 意在使人消气却没有效果的话

dazed /deɪzd/ *adj.* unable to think clearly, especially because of a shock, accident, etc. (尤指因震惊、意外事故等而) 茫然的, 迷乱的, 恍惚的

e.g. Her face was very pale and she wore a dazed expression.

encompass /ɪn'kʌmpəs/ *v.* to completely cover or surround something 覆盖; 围住

e.g. The fog soon encompassed the whole valley.

excruciating /ɪk'skru:ʃɪəriŋ/ *adj.* extremely painful 剧烈疼痛的

gratifying /'grætɪfaɪŋ/ *adj.* pleasing and satisfying 令人高兴的, 使人满足的

e.g. 1) It's gratifying to note that already much has been achieved.

2) He felt a gratifying sense of being respected and appreciated.

hallucinate /hə'lu:ʒɪneɪt/ *v.* to see or hear things that are not really there 产生幻觉

harrowing /'hærəʊɪŋ/ *adj.* very frightening or shocking and making one feel very upset 折磨人的, 可怕的, 令人痛苦的

ineffable /ɪn'efəbl/ *adj.* too great to be described in words (好或美得) 难以名状的, 不可言喻的