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American Accent Training

美语发音秘诀

Ann Cook • 著



- ★ 不枯燥！用 [] 现象
- ★ 有依据！结 [] 技巧
- ★ 易模仿！作者地道的美语发音方便跟读和练习
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American Accent Training

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Ann Cook • 著

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Table of Contents 目录

Introduction: Read This First 致读者	iv
Chapter 1 The American Sound 美音	1
Chapter 2 Psycholinguistics 心理语言学	10
Chapter 3 General Pronunciation 一般发音	24
Chapter 4 American Intonation 美音语调	35
Chapter 5 Syllable Stress 音节重音	61
Chapter 6 Complex Intonation 综合语调	66
Chapter 7 Phrasing 断句	81
Chapter 8 The Miracle Technique 神奇的技巧	85
Chapter 9 Grammar in a Nutshell 语法概述	88
Chapter 10 Reduced Sounds 弱读	97
Chapter 11 Word Connections 词的连接	106
Chapter 12 Cat? Caught? Cut? Cat, Caught和Cut的发音区别	118
Chapter 13 Tee Aitch “Th”的发音	125
Chapter 14 The American T 美音中的“T”	127
Chapter 15 The American R 美音中的“R”	137
Chapter 16 The El 美音中的“El”	144
Chapter 17 S or Z? 发S音还是Z音?	155
Chapters 1-17 Review and Expansion 复习和扩展	161
Chapter 18 More Reduced Sounds 更多的弱读音	181
Chapter 19 “V” as in Victory “V”的发音	189
Chapter 20 Tense and Lax Vowels 紧元音和松元音	193
Chapter 21 The Ridge 牙槽骨	197
Chapter 22 Grammar in a Bigger Nutshell 语法扩展	201
Chapter 23 Practical Application 实际应用	206
Chapter 24 Nasal Consonants 鼻辅音	209
Chapter 25 Throaty Consonants 喉辅音	211
Nationality Guide 汉语发音与美音的对比	216
Answer Key 参考答案	226
Teacher’s Guide 教师指导	229

Shoulders back, chin up,
deepen your voice
and project out!

昂首挺胸，
压低声音，
大胆说出来！

Chapter 1 第1章

The American Sound 美音

Voice Quality

Track 004

音质

You know how you hear a voice across a crowded room and you can just tell that it's American? What's at play there? To answer that question, let's first define our terms: What *is* voice quality and the American sound? It's a combination of vocal placement and cadence. This means a throaty sound and a stairstep intonation.

你应该遇到过这种情况：在一个拥挤的房间里，远远地听到一个人的声音，马上就能判断出那是美音。这是什么原因呢？在回答这个问题之前，我们先来定义一下这两个术语：什么是音质和美音？它们受发声位置和节奏，也就是喉音和阶梯状语调的共同影响。

Listen to British comedian Eddie Izzard imitate the American accent. Notice how his voice moves back in his throat and down in his chest when he's imitating the American accent. This throaty quality is an essential characteristic. There's even a fancy word to describe it—*rhoticity*—which is that solid R as in *hard* and *far*. There are regional dialects that are notable for lacking rhoticity, such as the classic Bostonian *Pahk yah cah in Hahvahd Yahd* for *Park your car in Harvard Yard*, but the overwhelming majority of Americans growl out the R.

听一下英国喜剧演员埃迪·伊泽德模仿美语发音，注意在他模仿时，声音是如何回到他的喉咙并进入胸腔的。这种喉音音质是美语的一个重要的特点。它甚至有个很花哨的名字——卷舌化——也就是hard和far里清晰可辨的R音。也有些地区方言的显著特点就是没有卷舌化的现象，一个典型的例子就是波士顿人把Park your car in Harvard Yard（把你的车停在哈佛校园里）说成Pahk yah cah in Hahvahd Yahd，但是绝大多数美国人的R音还是很浓重的。

Intonation, voice quality, and phrasing all contribute to the uniquely American voice, along with a casual, relaxed attitude. This relaxation causes American English to differ from the crisper sounds of British English. Within voice quality, you'll be adjusting your volume (a little louder vs. muted or murmured), pitch (high pitched vs. a deeper register), air flow (popped, hissed, or buzzed), and where the voice is generated (throat and chest vs. head and nose).

语调、音质和断句以及一种悠闲、放松的态度造就了独特的美音。这种放松的感觉使得美音和干脆的英音不同。在一定的音质条件下，你可以调节自己的音量（稍大的声音或者哑音、喃喃细语），音高（高音调或者低音域的声音），气流（爆破音、清音或者浊音）以及发音的位置（喉咙和胸腔或者头部和鼻子）。

Americans tend to be a little louder than you're accustomed to. The stereotypical American is louder, a little brasher, more boisterous, immediately friendly, informal, and slightly jokey. It's important to project your voice out with more force than usual and you'll need more breath to push it out. Kids are loud, right? Things stick in their heads because

they yell them out. Yell this out! In the privacy of your home, car, or mountaintop, get out and yell some of these sounds and practice sentences so that you can get it really in your head. Don't be afraid to exaggerate and go away further than you think the American accent actually is. This will help you embrace the sound.

美国人的声音往往比你通常认为的要大一些。典型的美国人声音更大、有些急躁、更加活跃、能很快和人熟悉、不拘礼节，而且爱开玩笑。用比平时更大的力气发出声音是很重要的一点。同时，你需要吸入更多的空气，以便发出声来。孩子们声音都很大，对吧？因为他们喊出来了，所以事情会停留在脑海里。大声喊出来吧！当你在自己家里、车里或山顶时，大声喊出这些声音吧。通过这种方式练习英文句子，你就可以真正地把它记在脑子里。别担心自己太过夸张，也别担心发出的美音比你想象的要过火。这样才有助于你领会美音。

Music

Track 005

音乐

Even if you can't sing, you'll recognize the correlation between song and speech music. We're going to listen to a range from high to low.

即便不会唱歌，你也可以认识到歌曲和语言韵律之间的联系。我们将会听到一系列从高到低的音。

The singer's natural voice is in the middle range, so for him, the highs and lows don't feel natural, just as deepening your voice won't feel natural for you in the beginning. You'll have to practice and get comfortable with it. (See also Chapter 4)

歌手的自然嗓音处于中间音域，因此，对他来说高音和低音都会感觉不自然，就像如果你压低自己的声音，一开始也会感觉不自然一样。你需要多加练习来适应它。（也见第4章）

Pitch / Sound

Track 006

音高 / 音

Let's transition from song to speech. Interestingly, languages are spoken at different pitches, so it's important to recognize the pitch you're coming from as well as the pitch you're heading toward. Even though there are millions of English speakers, both male and female, there is a general pitch range into which English falls. Listen to this audio clip, ranging from a Japanese woman speaking at a very high pitch, to an Arabic man speaking in a much deeper register. You'll notice that English is in the middle.

让我们从歌曲转到语言。有趣的是，人们说不同的语言所用的音高不同，所以要分辨出自己所使用语言的音高和将要学习的语言的音高就很重要。虽然说英语的人数众多，有男有女，但他们说出来的英语都处于一定的音高范围内。听这段音频，从一位音调非常高的日本女人到一位音域低得多的阿拉伯男人，你会发现英语的音高处于中间。

Generally speaking, to Americans, a higher pitch indicates stress or tension, and they will respond accordingly, even if you are not stressed. Of course, speaking in a second language can be stressful, so make a conscious effort to match your speaking voice in English to your deepest voice in your own language.

总的来说，美国人认为高音调暗示着压力或紧张，即便你并不紧张，他们也会做出相应的反应。当然，说第二语言会充满压力，所以要有意识地用你说母语时最低沉的声音来说英语。

The Daddy Voice

Track 007

爸爸的声音

Americans are culturally programmed to trust the deep voices of authority. In a study from McMaster University in Canada, published in the *Journal of Evolution and Human Behavior*, researchers found that men with lower-pitched voices are found to be more dominant and attractive than are men with higher-pitched voices. They found that lower-pitched voices were associated with favorable personality traits more often than were higher-pitched voices. Listeners were asked to assess the attractiveness, honesty, leadership potential and intelligence—among other qualities—of the speakers. For nearly every attribute they were asked to rate, participants were significantly more likely to prefer the deeper voice.

美国人的固有文化中把深沉的声音视为权威的象征。在加拿大麦克马斯特大学的一项发表在《进化与人类行为》期刊上的研究中，研究者们发现音调低的男人比音调高的男人更具主导性，也更有魅力。他们发现相较于高音调的声音，人们往往容易将低音调的声音与更好的个性特质联系起来。听声音的受试者被要求评估说话者的吸引力、诚信度、潜在领导力、智慧以及其他品质。对于几乎每项被要求评估的特质，受试者都明显更喜欢音调低的人。

Think of national broadcasters and the deep mellifluous tones they use. If you deepen your voice, you'll find that Americans become more respectful and attentive. To capture this voice, hark back to when your Dad would call you in for dinner (even if this was never the case). Put your shoulders back, your chest out, take a deep breath and say, *Hey! Get in here!* Notice how that feels physically and mentally. If you come in through the Daddy Voice, you'll probably have a less negative reaction than just by deepening your voice randomly, to which we've had people say, *I sound like a monster! I sound like a gangster!* This is not the direction we want to push you in, but rather the calm, reassuring voice of authority figure. Shoulders back, chin up, chest out, project from your diaphragm, and relax your throat.

想一想国家播音员和他们柔美的音色。如果压低自己的声音，你会发现美国人对你变得更加尊重和有礼貌。为了掌握这种声音，回想一下你爸爸是如何叫你吃饭的（虽然这种情况几乎没有）。肩膀向后，挺胸，深吸一口气，说“嘿！进来吃饭了！”注意一下身体和精神上的感觉。如果你是通过模仿爸爸的声音练习发声的，那你的反应可能就不会像仅通过随意压低声音练习那样消极了。我们曾听到人们说：“我听起来像个怪物！我听起来像个流氓！”这可不是我们想让你发展的方向。我们想让你练就的是权威人物所拥有的那种平静的、可靠的声音。肩膀向后，抬头挺胸，从膈肌发出声音，然后放松喉咙。

Sound / Pronunciation

Track 008

音 / 发音

In the pronunciation sections, we'll be working on a sound that is produced deep in the throat—the American R. In Chapter 12, we study two tense vowels, *æ* and *ä*, and the completely neutral schwa, *ə* (*cat*, *caught*, *cut*). The *æ* sound has a tendency to sound a little nasal all on its own, and when other vowels are nasalized as well, it puts your whole voice in the wrong place. This is an opportune moment, then, to go into the quality of your voice. In my observation, when people speak a foreign language, they tense up their throat, so their whole communication style sounds forced, pinched, strained, artificial, or nasal. The foreign speaker's voice is also generally higher pitched than would be

considered desirable. To practice the difference between high pitch and lower pitch, work on **uh-oh**. In addition to pitch, this exercise will let you discover the difference between a tinny, nasal tone and a deep, rich, mellifluous, basso profundo tone. The tilde (~) is used to indicate a nasal sound. If you try to deepen your voice by expanding your throat, you'll end up with an odd, hollow sound.

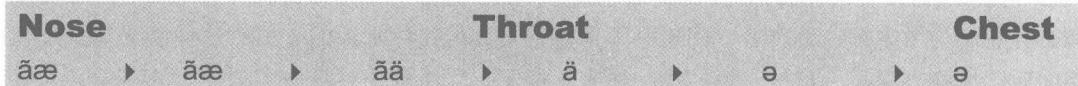
在发音部分，我们将练习喉咙深处的发音——美音R。在第12章，我们将学习两个紧元音æ和ā，以及完全中性的非中央元音ə（cat, caught, cut）。æ音本身听起来有点鼻音化的倾向，但如果其他元音也是鼻音化的，它会使你发错所有的音。那么，这正是时候来探究你的音质了。据我观察，人们说外语时会喉部紧张，因而他们的整个交流方式听起来是不自然的、挤压的、紧张的、矫揉造作的，或鼻音化的。同时，说外语的人的声音通常比人们所认为的适宜的音高要高。为了掌握高音调和低音调之间的区别，练习uh-oh的发音。除了音高，这个练习还将让你发现微弱的鼻音和深沉、圆润、优美的最低音之间的区别。波形号“~”用来表示鼻音。如果你试图通过扩张喉咙来压低声音，你会发出一种奇怪的、空洞的声音。



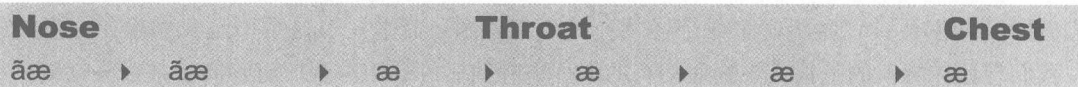
Exercise 1-1: Shifting Your Voice Position

Track 009

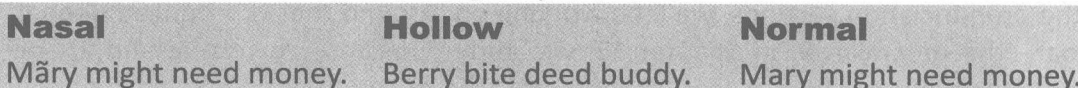
Pinch your nose closed and say æ. You should feel a high vibration in your nasal passages, as well as in your fingers. Now, continue holding your nose, and completely relax your throat—allow an ah sound to flow from deep in your chest. There should be no vibration in your nose at all. Go back and forth several times. Next, we practice flowing from one position to the other, so you can feel exactly when it changes from a nasal sound to a deep, rich schwa. Remember how it was imitating a man's voice when you were little? Do that, pinch your nose, and repeat after me.



Here, we will practice the same progression, but we will stick with the same sound, æ.



As you will see in Chapter 24, there are three nasal consonants, m, n, and ng. These have nonnasal counterparts, m/b, n/d, ng/g. We're going to practice totally denasalizing your voice for a moment, which means turning the nasals into the other consonants. We'll read the same sentence three times. The first will be quite nasal. The second will sound like you have a cold. The third will have appropriate nasal consonants but denasalized vowels. Repeat after me.



The Underlying Hum

Track 010

不明显的哼哼声

The underlying hum is quite important and it, too, has to do with your throat. You want to keep the vibration going from one word to the next, gluing the whole phrase together. If words are the train, the hum is the tracks. After applying this technique, a Lebanese doctor was told by his own wife, “Your accent has changed! You’re adding extra sounds as if you are filling in the blanks between the words. There’s like this background music going on.” Exactly! There are no blanks between the words, and there is a continuous hum. (See also Chapter 11)

不明显的哼哼声很重要，它也跟你的喉咙有关。你需要让喉咙从一个单词到下一个单词一直保持振动，让整个短语连接起来。如果单词是火车，哼哼声就是铁轨。自从黎巴嫩的一位医生用了这个技巧后，他的妻子告诉他：“你的发音变了！你加了一些音，好像要把单词之间的空隙填满。就像现在放的这种背景音乐一样。”没错！单词之间不再有空隙，而是有了一种连续不断的哼哼声。（也见第11章）

I Closed My Eyes and Listened Carefully

Track 011

我闭上眼睛，仔细听

The secret to finally getting the American accent you want is just to *listen*. The most successful speakers say, “I closed my eyes and listened carefully.” So while the sentence **Bob and Sam brought a good book** may be hard to pronounce at first as **Bäb an Sæm brädë güd бүk**, if you close your eyes and listen to the individual sounds, you will hear the way it actually *is* and not the way it’s *spelled*. (See also Chapter 8)

获得你想要的美语发音的秘诀就是“听”。最成功的说话者说：“我闭上眼睛，仔细听。”所以，对于句子Bob and Sam brought a good book（鲍勃和萨姆带来了一本好书），一开始你可能很难将其发音为Bäb an Sæm brädë güd бүk，但如果你闭上眼睛，仔细听每个音，你就会听到真正的发音方式，而不是按照拼写来发音。（也见第8章）

Listening Comprehension

Track 012

听力理解

We perceive based on past experiences. We’re more likely to hear what we *expect* to hear. Everyone thinks that native speakers catch everything when they listen, but actually, they don’t. An American listening to the lyric in the classic hymn, **Gladly the cross-eyed bear** might not realize that the actual words are **Gladly the cross I’d bear**, or others like **There’s a bathroom on the right** (There’s a bad moon on the rise) from *Bad Moon Rising*, and **’Scuze me while I kiss this guy** (’Scuze me while I kiss the sky) from *Purple Haze*. How you hear the language determines how you will speak it. Let’s listen for some pure sounds.

我们基于以往的经验来认知。我们更倾向于听到我们期望听到的。大家都以为说母语的人能听懂他们听到的一切，但实际上并非如此。一个美国人在听经典的赞美诗的歌词时，听到Gladly the cross-eyed bear（很高兴的斗鸡眼的熊），可能并不会意识到歌词实际上是Gladly the cross I’d bear（很高兴戴上十字架）；或者会把歌曲*Bad Moon Rising*（《非常时期》）中的歌词There’s a bad moon on the rise（邪恶之月正在升起）听为There’s a bathroom on the right（右边有个洗手间）；又或者会把

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Purple Haze (《紫雾》) 中的歌词 'Scuze me while I kiss the sky (原谅我亲吻天空) 听为 'Scuze me while I kiss this guy (原谅我亲吻这个人)。你如何听这种语言决定了你如何去说。我们来听一些纯粹的发音吧。

Exercise 1-2: The American Sound

Track 013

Listen to each of the sounds in **bäbee bädä bäik**. Now, say it quickly and smoothly, and write what you think the standard English spelling is.

Now when you hear, **Bobby bought a bike**, you'll know that it's spelled one way and pronounced another. **Bäbee bädä bäik** doesn't look like English, but if you pronounce the words according to the spelling, it really, really won't sound like English!

现在当你听到 Bobby bought a bike (博比买了一辆自行车) 时, 你就会知道它的拼写是一回事, 而发音又是另一回事。Bäbee bädä bäik 看起来不像英语, 但是如果你按照拼写的方式发音, 它听起来真的一点也不像英语!

Go-To Phrase

Track 014

Go-To 短语

Here's a quick trick. When I put on a German accent, I pick out a few sounds that are particular to that language, and a phrase that contains them, such as **Germans will have to work on the V & W**. I then tighten my lips and from the front of my mouth say, **Cheumans vill haff too veuk ohn zee Fee ent Doppel yu**. It may not be perfect, but it certainly gets me in the ballpark.

下面我告诉大家一个小窍门。当我使用德语发音时, 我会挑一些这种语言特有的音, 以及包含这些音的一个语句, 例如 **Germans will have to work on the V&W** (德国人需要努力学习V和W的发音)。接着, 我紧闭双唇, 用口腔靠前的部位发出 **Cheumans vill haff too veuk ohn zee Fee ent Doppel yu**。可能不是很完美, 但是它无疑让我接近了正确的发音。

American English is generated in the back of the mouth and the throat. A couple of go-to phrases in English, to get you in the zone, are **Bob got a water bottle, Sam sat back and laughed, or Rory ran around**.

美式英语由口腔靠后的部位以及喉咙发音。一些可以让你感受到这个发音区域的 go-to 短语有 **Bob got a water bottle, Sam sat back and laughed** 或 **Rory ran around**。

Variety Is the Spice of Life

Track 015

多样化是生活的调味品

There's the American sound, and then there's sounding American. An important aspect of the American sound is the heavy use of synonyms. We consider it awkward, both in speech and in writing, for a single word or phrase to be repeated more than twice. Twelve times is disconcerting, as in this writing sample from a Vietnamese physiologist.

有美式发音, 也有空洞的美语。美式英语的一个重要的特点是大量使用同义词。我们觉得无论在口头上还是书面表达中, 重复使用一个单词或词组两次以上都很别扭。像下面这位越南生理学家写的文章中, 把一个词重复12次简直让人无法接受。

*I live in **Dorchester**, Massachusetts which is in the Northeast of the United States. **Dorchester** is just south of Boston. As an urban city, **Dorchester** is very crowded. **Dorchester** is a poor city. It is known for crimes, drugs and gangsters. Most of people living in **Dorchester** are African American, Hispanic, and Asian. There is still a good number of white people living in **Dorchester**. JFK library and University of Massachusetts Boston are located in **Dorchester**. Every year, **Dorchester** residents celebrate **Dorchester Day** on the first Sunday of June. The parade on **Dorchester Avenue** is the main event of the celebration. The Mayor of Boston, Massachusetts Governor and other local political candidates usually attend the event to gain support from **Dorchester** residents. **Dorchester Day Parade** usually lasts until 2PM in the afternoon.*

Rewritten to have an acceptable number of synonyms:

下面是改写后的文章，它的同义词在可接受的范围内：

*I live in **Dorchester**, Massachusetts which is in the Northeast of the United States. This urban satellite is just south of Boston. As an urban city, it's very poor and crowded. It is known for crimes, drugs and gangsters. Most of people living here are African American, Hispanic, and Asian, but there is still a good number of white people. JFK library and University of Massachusetts Boston are located here. Every year, the residents celebrate **Dorchester Day** on the first Sunday of June. The parade on **Dorchester Avenue** is the main event of the celebration. The Mayor of Boston, Massachusetts Governor and other local political candidates usually attend the event to gain support from local residents. The parade usually lasts until 2PM in the afternoon.*

Variety also applies to active listening, so instead of having one phrase and overusing it, have at least five to ten different responses that you've practiced.

多样化也适用于积极倾听，因此，不要反复使用一个词组，至少要有5到10个你提前练习好的不同的回答方式。

1. Ah, I see...	6. Really?	11. Is that a fact?
2. Oh, that's interesting!	7. Oh, yeah!	12. You don't say.
3. Hmm, tell me more.	8. Right.	13. Wow, that's weird!
4. Got it!	9. Fair enough.	14. Oh, no!
5. Gotcha!	10. Good point, I can see that.	15. That's too bad.

Intonation and Attitude

Track 016

语调和态度

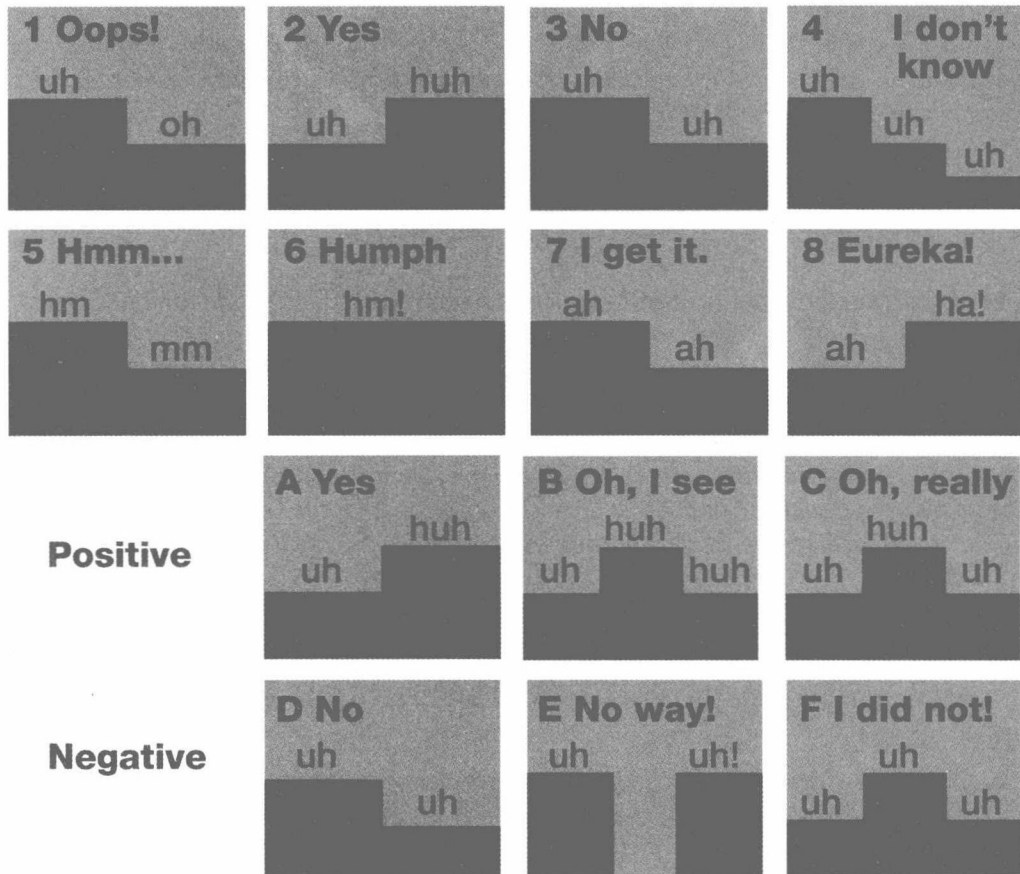
There are certain sounds in any language that are considered nonsense syllables yet impart a large amount of information to the informed listener. Each language has a different set of these sounds, such as **eto ne** in Japanese, **em** in Spanish, **eu** in French, and **um** in English. In this particular case, these are the sounds that a native speaker makes when he is thinking out loud—holding the floor, but not yet committing to actually speaking.

在任何语言中，都有某些发音被认为是无意义的音节，然而，这些发音向信息接收者传递了大量的信息。每种语言都有一系列这样的发音，比如日语中的eto ne，西班牙语中的em，法语中的eu，以及英语中的um。以此为例，当说母语的人发之于声但尚未付诸实际言语时，他发出这些音以拖长发言时间。

Exercise 1-3: Nonverbal Intonation

Track 017

The top eight are the most common nonword communication sounds. They can all be nasalized or not, and said with the mouth open or closed. Intonation is the important factor here. Repeat after me.



Exercise 1-4: Sounds of Empathy

Track 018

Let's see how well you interpret emotionally meaningful words.

- | | | |
|---------------------------------------|---|--|
| 1. Okay | 3. Okay | 5. Fine |
| A. <input type="checkbox"/> Got it! | A. <input type="checkbox"/> What a good idea! | A. <input type="checkbox"/> Great! |
| B. <input type="checkbox"/> Uneasy | B. <input type="checkbox"/> Whatever | B. <input type="checkbox"/> Annoyed |
| C. <input type="checkbox"/> Depressed | C. <input type="checkbox"/> Doubtful | C. <input type="checkbox"/> I don't care... |
| 2. Okay | 4. Thanks | 6. Uh-huh |
| A. <input type="checkbox"/> Surprised | A. <input type="checkbox"/> Sarcastic | A. <input type="checkbox"/> Sure, no problem |
| B. <input type="checkbox"/> Cheerful | B. <input type="checkbox"/> Appreciative | B. <input type="checkbox"/> I do, too! |
| C. <input type="checkbox"/> Impatient | C. <input type="checkbox"/> Unsure | C. <input type="checkbox"/> Really? |

7. No
 A. Absolutely not!
 B. How ridiculous
 C. Defensive
8. Sure
 A. Disbelieving
 B. Worried
 C. Quickly agreeable
9. Yeah
 A. Positive
 B. Unsure
 C. Supportive
10. Sooo
 A. Expecting more info
 B. Impatient
 C. Uneasy
11. What
 A. That's funny
 B. Not caring
 C. Uh-oh, not again
12. Really
 A. Barely attentive
 B. Is that true?
 C. Bored
13. Well
 A. Sorta/kinda
 B. Annoyed
 C. Happy
14. I don't know
 A. Curious
 B. Casual
 C. Why ask me?!
15. Hey
 A. Shy
 B. Canned enthusiasm
 C. Bored
16. Yes
 A. Confused
 B. Go on...
 C. Great joy
17. Sorry
 A. Not sorry at all
 B. Apologetic
 C. Perky
18. Okay
 A. Resigned
 B. Excited
 C. Sure, why not?
19. Hmmm
 A. What?!
 B. Not so sure
 C. Thinking
20. I know
 A. Nonchalant
 B. Knowing
 C. Defensive
21. Oh
 A. Happy
 B. Disappointed
 C. Confused

Warm Up with Run-Up Phrases

Track 019

用前奏短语预热

Another trick to oil the joints is to pick some general intro phrases and string them all together with as strong an American accent as possible, without ever actually saying anything, just focusing on creating that rich, round, deep American sound... **Well, you know, I was just thinking, and it kinda seems like, uhh, what do you think about...**

另外一个让表达流利的秘诀是加入一些普通的引入语，并且用尽可能浓重的美音把它们连接起来，不需要真正地说出什么内容，只需专注地发出那种饱满、圆润、深沉的美音即可…… Well, you know, I was just thinking, and it kinda seems like, uhh, what do you think about... (嗯，你知道的，我正在想，看起来好像是，呃，你怎么看……)

Don't overthink it —
just do it.

别想太多——
只管去做。

Chapter 2 第2章

Psycholinguistics 心理语言学

Track 020

So You're In a Tough Relationship with English; Let's Talk About That!

这么说你学习英语很有困难；那我们来谈谈吧！

Maybe you've tried to pick up an American accent before and it made you uncomfortable. Maybe your family thinks that you shouldn't change. Maybe you've tried and failed, and now you're frustrated. Whatever the reason, you've got an unsatisfying relationship with English. We're here to fix that.

也许你之前尝试过学习美语发音，但是学习的过程让你不舒服；也许你的家人认为你不必改变自己的发音；也许你尝试过但失败了，而你现在很沮丧。不论是什么样的原因，你在英语学习方面都存在困难。我们现在就来克服它。

Let's Get Your Head in the Right Place

我们一起来帮你树立正确的观点

Learning a whole language is indeed a big deal, but you've already done all the heavy lifting, having learned the grammar and vocabulary. Right now, we're just doing the fine-tuning and working on your accent. Here's what you should expect after the first one to six weeks (depending on your diligence).

Track 021

学习一门新的语言确实是一件不容易的事，但你已经克服了最难的部分，你已经学会了语法和词汇。现在，我们只是做些调整，来帮助你改进发音。下面是你在学习了一到六周后应该会达到的程度（取决于你的勤奋程度）。

There are two ways to pick up the accent: all at once or step-by-step.

Track 022

有两种学习发音的方式：一步到位和按部就班。

There's the do-it-now people and the people who like to change slowly, thinking that there is no validity to things that happen quickly to them. People don't think it's real if it's fast. But that's the Nike® slogan, "Just do it!" You know you can, and even if it is faster than you expect, it's still valid. It's all about behavior modeling. You don't have to believe it, you just have to do it.

有的人喜欢立刻行动，有的人喜欢慢慢改变，后者认为对他们来说太快发生的事情没有效果。人们认为太快发生的事情是不真实的。但是正如耐克的广告语“只管去做！”一样，你知道自己可以的。即便它比自己想象的快，也依然是有效的。这就是所谓的行为模仿。你不需要相信它，去做就行。

All at Once

Just do it! Listen to the sounds and rhythms. Capture some essential elements, and go!

只管去做！听发音和节奏。抓住一些重要特征，说出来！

Step-by-Step

Apply each technique one by one to develop your voice quality, pronunciation, intonation, phrasing, and linking. After you have mastered each of these elements, work on integrating them into speech.

一次使用一种发音技巧，使你的音质、发音、语调、断句和连读不断提高。在掌握了每种技巧后，把它们融入到你的口头表达中去。

Which method will work best for you? We'll try the all-at-once way first to see if we can jump-start you with this shortcut. This isn't so much about the American accent as much as it's about you doing pure mimicry. Don't think. Don't overanalyze. Just imitate exactly what you hear in every aspect—voice quality, pronunciation, rhythm, phrasing, and word flow.

哪种方法最适合你？我们先来试试一步到位的方法，看我们能否通过这种捷径让你快速开始。这种方式与其说是练习美语发音，不如说是进行纯粹的模仿。不要思考。不要过多地分析。只是正确地模仿你所听到的一切——音质、发音、节奏、断句和单词流。

Exercise 2-1: Pure Mimicry

Track 023

Listen to this heavy Australian accent, record yourself, and compare the two. (If you don't have a recorder handy, go to AmericanAccent.com/recorder.)

Track 024

Please call Stella.

Track 025

When comparing your recording with our Aussie friend, see if you copied his nasality, used **plays** for the pronunciation of **please**, and included the distinctive phrasing as he finishes up the sentence. If your recording matches closely and you were comfortable with the process, go to Chapter 3 and get started. If it wasn't entirely satisfying for you, or your recording didn't sound like him, let's take a moment to think about who you are, and how you learn best.

把你自己的录音和我们这位澳大利亚朋友的做比较，看看你是否重现了他的鼻音，是否把 please 发音为 plays，是否像他一样在说完这句话后有明显的断句。如果你的录音非常吻合，而且你觉得过程很轻松，那么直接进入第3章开始学习。如果你觉得不是很满意，或者你的录音听起来不像他，那我们就花些时间想一想你的水平，以及你用什么样的方式学习最好。

Exercise 2-2: Are You Steadfast or Freewheeling?

Track 026

Answer the following questions with a checkmark in the appropriate box.

- | | |
|--|---|
| 1. Would you rather answer... | 2. Do you... |
| <input type="checkbox"/> An essay question | <input type="checkbox"/> Start from yes |
| <input type="checkbox"/> A multiple-choice question | <input type="checkbox"/> Start from no |
| 3. Do you prefer solutions that are... | 4. Are you... |
| <input type="checkbox"/> Open-ended, abstract, and subject to interpretation | <input type="checkbox"/> Comfortable with a flexible time frame with constant updates |
| <input type="checkbox"/> Clear-cut, precise, and objective | <input type="checkbox"/> More deadline oriented |
| 5. Do you prefer to... | <input type="checkbox"/> Do things your own way |
| <input type="checkbox"/> Follow another person's lead | |
| 1. 你更愿意回答 | 2. 你的回答以 |
| <input type="checkbox"/> 一个论述性的问题 | <input type="checkbox"/> “是”开始 |
| <input type="checkbox"/> 一个多项选择题 | <input type="checkbox"/> “不”开始 |
| 3. 你更喜欢的方法是 | 4. 你是否 |
| <input type="checkbox"/> 开放式的、抽象的、需要进行解读的 | <input type="checkbox"/> 习惯于灵活的时间规划，随时可进行调整 |
| <input type="checkbox"/> 清晰的、准确的、客观的 | <input type="checkbox"/> 更倾向于明确的截止时间 |
| 5. 你更愿意 | <input type="checkbox"/> 用自己的方式做事 |
| <input type="checkbox"/> 听从别人的引导 | |

If you selected the second option two or more times, try this experiment. Just for today, when someone says something to you, practice temporarily suspending judgment. Respond with, “Hmm, that’s interesting,” “Tell me more,” or “You could be right.” Not only will this help you listen better, it will also make you a better conversationalist and open your mind to picking up and using this accent.

如果你选择第二个选项的次数在两次或两次以上，试着做下面这个实验吧。就在今天一天，当有人对你说了有些事情，练习暂时地延长做出判断的时间。用下面这些话来回答：“嗯，听起来很有意思”“再多给我讲一些”或“你可能是对的”。这样不仅能帮助你更好地倾听，也能使你成为更好的谈话者，同时打开心扉，学习和使用美语发音。

Exercise 2-3: Mimicry

Track 027

Say the following sentence out loud:

Track 028

There was a time when people really had a way with words.

Track 029

Did you say it out loud (not to yourself, actually out loud)? If you did, go on to the next exercise. If not, let’s talk about why you didn’t. As we all know, *stubborn* is a negative word, and nobody wants to attribute a negative word to himself or herself. As the famous

curmudgeon Bertrand Russell said, “I am firm. **You** are obstinate. **He** is a pig-headed fool.” Interestingly, stubbornness has both *positive* (consistent, reliable, persistent) and *negative* (stubborn, inflexible, rigid) aspects.

你是不是大声说出来了（不是对你来说的大声，而是真正的大声）？如果是这样，就接着做一个练习。如果不是，我们来谈谈你为什么没有。我们都知道，“固执”是一个贬义词，没有人愿意把贬义词用在自己身上。著名的坏脾气伯特兰·罗素说过：“我很坚定。你很倔强。他是个顽固的笨蛋。”有趣的是，“固执”是既有褒义（一贯的、可靠的、坚持的）也有贬义的（顽固的、不变通的、死板的）。

Think back in your life to a time when persistence paid off. It may have been following through on an idea to successful fruition or overcoming apparently insurmountable odds on something important to you. Own that, it's yours. One of my favorite responses was when I asked a successful businessman if he'd had everything handed to him, if building his business had been easy or if he'd had to fight to succeed. “Fight?!” he barked, “I've had to kill!”

回想一下自己的生活，是否有一段时间你的坚持很有成效。可能是坚持一个想法直到它成功实现，或者是在一件对你来说很重要的事情上克服了似乎不可逾越的障碍。坚持吧，那是属于你的。有一次，我问一个成功的商业人士，他的所有收获是不是手到擒来，他创业的过程是否轻松、是否需要努力奋斗才得以成功，他的回答是我最喜欢的回答之一。“奋斗？”他咆哮道，“我得拼命！”

Now, however, we're going to look at how stubbornness can get in your way. Stubbornness isn't necessarily something that just happens later in life, but is often an innate trait. Many of us have a deep-seated feeling of what is *right*, and it's hard to go against this. If you're a visual learner, chances are you did well on spelling tests, and so you have a sense of the *rightness* of spelling. It can be checked and validated. Speech, however, may seem very fluid and free form to you. For this process, however, you need to embrace the *rightness* of phonetic spelling for speech as much as you embrace the *rightness* of spelling for written English and the *rightness* of mathematical notation for numbers.

但是现在，我们要看看固执是如何阻止你成功的。固执并不是今后的生活中必须发生的事情，通常是一种与生俱来的特质。我们中的很多人对于什么是“正确的”都有一种根深蒂固的感觉，这点很难改变。如果你是个视觉型学习者，你可能在拼写测试中表现很好，那么你就有一种在拼写方面“正确”的感觉。它是可以被检查和证实的。而说话对你来说可能是一种非常不固定的、自由的形式。对于这个过程，你需要把音标拼写的“正确性”和说话结合起来，就像你把拼写的“正确性”和书面英语结合起来以及把数学符号的“正确性”和数字结合起来一样。

Sometimes you're not being stubborn—you really *do* forget because you're focusing on **what** you're saying instead of **how** you're saying it. To illustrate this, a researcher had a problem with the door of the lab refrigeration unit, whose tall upright handle had come loose. Not having time to fix it, he decided to open it by pulling on the side. Not five minutes later, he went back to grab some more vials and opened the fridge with the handle. It came completely loose and clonked him on the head! This time, he knew he had to remember, so he put a note right on the handle to remind himself. And again, a few minutes later, when he went back to get another vial, he grabbed the handle and hit himself on the head again. Clearly he needed a more dramatic solution. He took a