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安妮

Tips of Overseas Celebrities

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主编

成长攻略

10分钟英语阅读系列



安妮 主编



内容提要

本书以海外"秀才"成长故事为依托,以地道英文为载体,从可怜天下父母心、明星妈妈、超级爸爸、名人的辣爸辣妈、感人的亲子故事五个角度出发, 诠释海外"秀才"的成长攻略。在这里,有因孩子们而精彩的奥巴马夫妇,有 最著名的普通父母贝克汉姆夫妇,有传授教子之道的篮球飞人乔丹,有一切为 了孩子的美国影星凯特·温丝莱特,有从哥特教父变成超级奶爸的"杰克船长" 约翰尼·德普,有被称为"时尚女魔头"妈妈的美国《时尚》杂志女主编…… 本书兼顾学习与休闲,所收录的文章可读性强、语言地道,并辅以英语速读技巧。阅读本书,不仅能提升语感,更能增强英语考试技能。

本书适合想要提高英语阅读能力的广大读者阅读使用。

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使用说明

名言名句

摩登语录,分享名人的智慧,打造人生优势。在这里,或励志、或深邃、或精 辟、或睿智的名人佳句会为你带来人生的动力,是成长路上的良师益友。

阅读技能训练 (章前速读技巧)

提供实用易学的英语速读技巧,统领全章,文字洗练,逻辑性强,可以帮助你 有效提高英语阅读效率。阅读加速度,不再是梦想。

10 分钟英语阅读技巧训练

多篇文章前都设置某一特定的速读技巧,解析透彻,且结合文中片段案例,简单易学。运用文中所讲解的技巧阅读一篇长度适宜的英语文章仅需 10 分钟,而每天 10 分钟,就可以让你的英语有质的飞跃。

特殊标示

每篇文章中都有一些语句或段落有特殊标示,目的是引领你一起运用所学的速 读技巧阅读文章,真正做到学以致用,融会贯通。这种全新的嵌入式学习方法,定 会让你达到事半功倍的学习效果。

编者小语

多 1°的视角,多 1°的思考,每篇文章前的编者小语都如长着翅膀的生灵,带你进入一个灵动的世界。品读这段小语,会带给你 361°的睿智,还有多 1°的启迪。

小标题

为了减轻阅读压力,每篇文章都切分若干段落,每段都提供段意,提纲挈领, 揭示该部分主旨。

导读

本套书全部采用中文导读模式,有助于你快速掌握英语文章所有传达的意思, 提升理解力,从而增强你阅读原汁原味英语文章的信心。

练习

精心设计的阅读练习题,旨在测试你的英语阅读效果,帮助你巩固阅读成果和 掌握速读技巧。找对方法,提升英语能力其实并不难。

单词注释

针对生僻及不易理解的单词和短语进行注释,采用文中标注的方式,更易于学 习与记忆,对理解文章也非常有帮助。在英语学习中,细节决定成败,多1°的细节 关注,才有多1°的成功筹码。

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们阅读时,表面上是用眼睛看,实际上是用脑子读,眼睛只是起了照相机镜头的作用。要想大幅提高阅读速度, 就要努力使自己的眼睛变成"广角镜",把尽可能多的词一眼就 "尽收眼底"。不过,光有速度是不够的,还必须眼到脑到,在 最短的时间内理解,做到速度与效率"双丰收"。

从"一个字"到"一个意群"

极慢的读者是一个字一个字地读,视幅很窄,句子中间的 停顿多,不但影响阅读速度,还妨碍了正常的理解。速读的第 一步应该先从"一个字"进阶到"一个意群",循序渐进,这也 就是"跳读法"的精髓所在。如本章 1.1 节中, David has spent countless hours /visiting ailing children /around the world. 这里把原本较长的一句话分成三个"意群",每一部分都 有各自的意义,相当于将长句破解成了一个个词组,理解起来 自然顺畅多了。

定位"主视区"

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目十行

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当跳读练习熟练之后,可进行扩大视力单位面积的训练。 首先,以3~5个单词的练习为例。如本章 1.2节中,The proud papa is also a fixture/ in 2-year-old Shiloh's classes /at her preschool /near the family's rented mansion /on Long Island's swanky North Shore. 该句被分成五大"意群"之后, 又要如何阅读呢?如果我们还是逐字地读每一个意群的话,阅 读速度的提高是相当有限的。这时候,就需要在每个意群中定 位"主视区",也就是中间的几个单词,两边单词用余光扫视。

视幅"扩宽"

在3~5个单词的"视区"练习熟练之后,就可逐步加宽, 一眼看6个单词、7个单词,甚至达到9个单词,慢慢延长目光 移视的长度,这样就能缩短凝视时间,达到快速阅读的目的。 这样,就能像快速阅读者那样,半句或整句地读,做到一目十 行。如本章1.3节中, In Houston last week / for the opening of Gallery Furniture's new Kreiss showroom, / Agassi the businessman parked his cocktail on a coffee table / and got thoughtful about current projects, / despite the throng of female fans / thickening around him. 这部分训练的意群分割越 来越大,随着一步步的训练可以帮助你逐渐进阶。

视时"变短"

在视幅扩宽的同时,我们第一眼和第二眼之间的停顿间隙 还要尽量缩短。阅读时,若视幅相同,谁的停顿时间短,谁就 能读得快。如本章 1.4 节中,Gwyneth,who previously revealed /that she suffered mild postpartum depression /after the birth of Moses in 2006, shared /that the decision to return to work was a difficult one for her — /she wasn't even sure /if Hollywood would accept her back /after taking quite the extended maternity leave.在从一个意群转到另一个意群时,尽 量做到不犹豫、不回看。

意群"关键点"

在每个视幅里、每个意群中,并不需要把所有单词都收进脑子,而是要善于从中摄取有意义的词和词组。如本章 1.5 节中, It's amazing /how many women try to work full-time jobs / and also bear the full burden of household chores. 每一个意群中都有几个中心词,即 amazing, women, full-time jobs, burden, household chores,只需要看几个词,一句话的含义就了然于胸了。

After the family the most important thing is the soccer.

- David Beckham (British footballer)

在家庭以外,足球才是最重要的。

一大卫·贝克汉姆 (英国足球运动员)

David & Victoria Beckham:



The Most Famous Normal Parents

英国球星大卫·贝克汉姆与辣妹维多利亚: 最著名的普通父母

10钟英语阅读 技巧训练

在1.1节中,我们来学习快速阅读的初级方法:跳读法。 所谓跳读法,就是指视线从一个"意群"跳到另一个"意群"的识读 方法,而"意群"则指由多个在含义上和语法结构上联系较为密切的单词 组群,如在本文中,But David insists /the three boys and Victoria are protected /by bodyguards /at all times.这句话中有四个意群。在阅读时, 我们的眼球按照"凝视——跳跃——凝视"的程序进行连续不断的运动。 原本需要一个字一个字慢慢看完的英文句,只需要看三眼就可以了,阅读 速度自然会大大提高。而且,以意群为单位来阅读,也就是把相关联的几 个词连接成较完整的信息,成组成组地输入大脑。这样不仅能提高阅读速 度,而且能克服指读、回视、重读等不良习惯,从而有助于快速而又准确 地理解文章大意。

在下面的这篇文章中,部分句子已经划分好"意群",帮助读者熟悉"跳读法"的技巧。如本文中,He added that /while they're assimilating to the local culture, /he's finding it a bit more difficult /to fit into Hollywood's celebrity circuit /and gets embarrassed /when he sees famous people out and about / in the area: "You don't want to look / but you can't help it. / I'm always starstruck / by famous people."而那些没有标注的句子,就需要读者自己边读边在心中默默划分意群。熟能生巧,直到形成跳读的好习惯。



David Beckham has told *The Daily Telegraph* that he and Victoria are trying to bring up their sons in a "normal" way.

"Whether people believe it or not, /we are a normal family /and we are normal with our kids. / We don't spoil them. / We make sure / they are brought up /the way we were brought up, /and the way kids should be brought up / with respect for people."

But David insists / the three boys and Victoria are protected / by bodyguards / at all times.





"I feel safer when they've got people with them all the time. Unfortunately we live in a world like that. And it has to be like that. We always make it very low-key. It's not big guys with black suits and black glasses. They are in the background — the boys never see them, even at school."

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那么这两位大名鼎鼎的明星是如何成功让孩子们认为自己的 父母只是平凡人呢,维多利亚说,他们尽量像普通人一样与孩子 们过节、玩耍,并尽量弱化自己工作的特殊性,让孩子们形成这 样意识:自己的父母,虽然一个是著名球星、一个是时尚偶像, 但其实只是从事着"一般父母的职业"而已。的确,如果你看到 这两对世界著名的夫妇,跟着三个可爱的小男孩一起在万圣节打 扮怪异地敲开你家的大门,要求你给他们糖果,你也一定会觉得 这一家子实在是平凡不过的幸福家庭。

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Posh showed off her new brown locks when she took Romeo to the pumpkin patch on Monday for some last minute pre-Halloween preparation. Yesterday she stopped by Ellen to chat about her four main men and their holiday plans. Here are highlights

On how her boys are growing up with famous parents:

"It must be really weird/ for the kids. / They go to a really lovely school/ on fantastic grounds. /They do their thing. /They're normal little boys. /I goto work, / do what I do, /and David does /what he does. I think /that they think / all mommies are Spice Girls/ and all daddies play soccer. /That's just the way /they were taught."

On their plans for their first Halloween:

"I've got three Batmans at home right now. We will go trick or treat (万圣节的 晚上孩子们打扮怪异地去各家各户要糖的游戏) tonight."

Victoria doesn't get enough credit for her great sense of humor. Besides, how could she be sad and cranky when she has three adorable sons, a hot husband and a top pop group to reunite (重新聚在一起) and get spicy with.



父母的职责 0

送孩子去学校,乐在其中,孩子开始学会美音。贝克汉姆每周 都有比赛、训练、公益活动和各种商业代言需要完成,而他的妻子 则每天都有无数的时尚派对、广告、电影首映式和颁奖典礼要去参 加,但每天早上,维多利亚会早早起床,为孩子们梳妆打扮,而贝 克汉姆则会送他们去学校。贝克汉姆夫妇生活中的困扰也是非常普 通实际的问题:在爸爸在美国踢球期间,儿子们开始学会美国口音 了!对于这对长期生活在英国的夫妇来说这简直是不可想象的,他 们本希望孩子们能说一口纯正的英式"皇家英语"呢。

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David Beckham has revealed he and wife Victoria try to keep family life as normal as possible for their three children, Brooklyn, Romeo and Cruz.

He told Radio 1 presenter Chris Moyles: "Victoria's up every morning. She gets the kids ready for school, I'm the one that takes them."

"People are surprised that we get up and take our kids to school. But I love doing it."

"I hate that there are film crews outside the school every day. For me, it's wrong."

David Beckham has revealed he's a little unhappy that his sons are picking up American accents. The three boys — eight-year-old Brooklyn, five-year-old Romeo and two-year-old Cruz — were usually surrounded by various British accents when they lived in Madrid but have picked up Californian tones since moving to Beverly Hills in July.

David explained recently: "They sound as if they are from London — and that is how I want them to sound — but they are getting little parts of an American accent."

"Romeo keeps saying 'Awesome (极好的)' a lot, 'Awesome, awesome'."

He added that /while they're assimilating to the local culture, /he's finding it a bit more difficult /to fit into Hollywood's celebrity circuit /and gets embarrassed / when he sees famous people out and about /in the area: "You don't want to look / but you can't help it. / I'm always starstruck /by famous people."

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培养团结的孩子们 0

维多利亚说,她自己的父母对她的教育非常严格,而她和丈 夫也持同样的看法,因此他们非常注重对于孩子们的礼仪教育。 而她也非常骄傲地说,许多朋友都惊叹于三个孩子的彬彬有礼。 这三个小绅士,无论是在美国洛杉矶银河队还是意大利的 AC 米兰 的球场,都曾一起玩球,其乐融融,相互之间关系显然非常好。

As the Beckham boys learn the ins and outs of being famous, they are also learning proper etiquette. Mama Victoria recently proudly spoke to The Times about her sons' good manners. She said: "My mum and dad were real sticklers (坚持的人) for good manners and so are me and David. People are always remarking on



how **well-behaved**(彬彬有礼的) the boys are. They've all got their own headed notepaper for thank-you letters."

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Good manners are a lesson for life and if you teach them to your kids early on, they become automatic. Saying "please" and "thank you" and writing notes goes a long way.

We've all got our own parenting styles, but are you a stickler for manners?

Brooklyn, Romeo and Cruz Beckham ruled

the playground/in Milan, Italy this afternoon. The Beckham boys and their minder/ had a good time for themselves/on some swings and a carousel/and of course by kicking around the old soccer ball; /not a bad way/to spend your spring break. / All did not go according to plan/when David and Victoria Beckham's three sons went to an Italian park/for a kick about/yesterday.

But while the oldest boy seemed content to follow in his father's footsteps, flicking the ball into the air with ease, the four-year-old appeared to be more interested in tugging Romeo's collar.

Brooklyn, meanwhile, happily kicked the ball around in the Milan sun,



seemingly without a care in the world. They were later seen playing happily together, enjoying the various rides the park had to offer.

Last night the boys' mother Victoria headed to the San Siro stadium, where her husband David's team AC Milan was playing against Lecce. But there was disappointment for the couple, as David spent the full 90 minutes on the bench.



一般而言,对于明星的后代们,大众不可避免地会开始想象他 们的孩子继承了父母在各自领域的天分,继而继承他们的衣钵,而 很多时候父母们也希望他们能继承自己的事业。但对于贝克汉姆夫 妇而言,他们并不会限制孩子们的发展,顺其自然即可。不过贝克 汉姆的儿子们显然是颇有足球天分的,而身为妈妈的维多利亚,往 往要在家附近的两棵大树间充当守门员,陪着儿子们玩球。

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David Beckham thinks his two elder sons are pro-footballers in the making.

Funnily enough, they're obsessed with the game and dad tries to play with them whenever he can.

"At an early age, you can tell whether children have got something and if they can kick a ball properly," Beckham told the Daily Telegraph recently.

"Romeo has definitely got the technique, but strength wise it's not there because he's only three. But Brooklyn, who's nearly seven, has definitely got the technique and the strength."

He's not going to force them to follow in the family trade though: "If they do go into football, great, but I'll support them whatever they do."

But then he added, "I'd rather them not be defenders though."

On playing soccer /with her boys, Victoria said /they use two palm trees /out by the pool of their LA home/ and make her play goalkeeper. / "That's what this bruise is," Vicky said, /pointing to a mark /on her leg. / "I've fallen down / playing bloody soccer." /Posh Spice went on to say/ that the family is staying /in the States: "We're not going to leave L. A. ," she said /despite David's recent acceptance of a stint /with Italy's AC Milan team.