

SECOND EDITION [第二版]

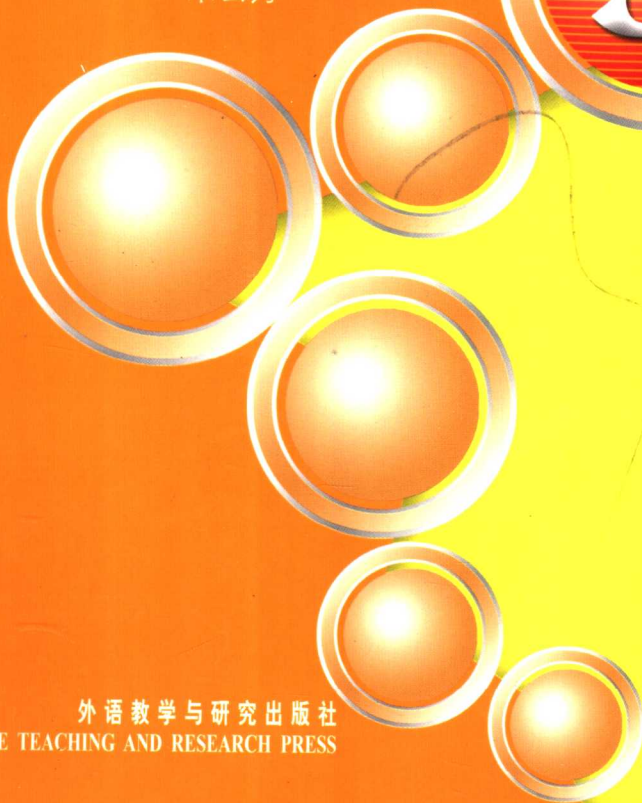
NEW COLLEGE ENGLISH

新编大学英语

学习指南

总主编：应惠兰
副总主编：闻人行
宋云舟

3



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

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新编大学英语

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1 教辅简介

我们按照《新编大学英语》(第二版)的内容结构,根据学生的自学要求,编写了这套学生辅导用书,以帮助学生把握重点、理解难点、进行有效的课外自主学习。本书的外教点评、词汇讲解、难句解析、课文译文、练习答案等均具有一定权威性。背景小档案、美文欣赏等课外知识符合学习规律,有助于扩大学生的知识面,提高学习兴趣。

自学能力的培养是外语教学的重要任务,是进一步学习的重要技能。因此,本套书从课文讲解到课外知识的补充,都以引导学生自学、激发学习兴趣为出发点。

2 体例结构

单元导读 本部分由经典引用、相关链接、外教点评三个小模块组成,专为导入单元话题而设计,起到课前热身的效果。其中经典引用精选了与单元内容相关的名言佳句,只言片语中折射出作者的睿智和对生活的独到理解。外教点评由主教材的外籍审稿专家或编写而成,或从原文改写而来,并为其中的生词作注,方便学生轻松阅读原汁原味的英文材料。

课文讲解 本部分对课内阅读和两篇课外阅读都进行了详细讲解。对每篇课文的讲解都包括词汇精讲、难句详解、课文译文、背景小档案四个小模块。词汇精讲讲解清晰、准确,辅以经典例句、同义链接、反义链接、词汇比较、常用搭配、快捷记忆等,可以加深学生对词汇的理解,轻松扩大词汇量。难句详解配有译文,并对句型结构、习惯用语等进行了详细注释。课文译文为课内阅读及课外阅读的课文均提供了译文。背景小档案介绍了课文中出现的文化现象,内容生动有趣,不仅是扩大知识面的有用资料,也是课外阅读的实用材料。

课本练习答案 为教材中四大模块(Preparation, Reading-Centered Activities, Further Development, Writing and Translation)的全部书面练习提供了答案,为绝大部分口语练习提供了参考答案,方便学生课外自学。

四、六级题型操练 为帮助学生适应改革后的全国大学英语四、六级考试,每个单元都配有四、六级考试的一两个题型,帮助学生熟悉四、六级考试的题型。

美文欣赏 这部分是每单元的精彩一笔。编者精心挑选了英文名篇佳作,这些佳作赏心悦目、回味无穷,既可用于背诵文选,亦可用作英译汉练习材料。在美文欣赏后还附有轻松口语小模块,其内容主要是一些日常口语小对话。这些对话短小精悍、情景真实、语言地道,学生可以即学即用。

3 编写队伍

本套教辅由浙江大学应惠兰担任总主编，由闻人行和宋云舟担任副总主编。本册由浙江财经学院编写，主编为章汝雯，副主编为王蕾。各单元编者分别为：第一单元 汪洁；第二单元 张兴刚；第三单元 庄建华；第四单元 景敏言，田敏捷；第五单元 刘立；第六单元 安亚平；第七单元 陈亦燕；第八单元 李汉强；第九单元 张迅；第十单元 汪运起。陈亦燕老师校对了全册的引文，编写过程中朱吉梅老师给予了大力支持，在此一并表示感谢。

由于编者水平有限，书中的错误恳请广大读者批评指正。

编者

2006年3月

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Unit 1

Personality

I 单元导读



经典引用

All men are liable to error; and most men are, in many points, by passion or interest, under temptation to it.

—John Locke

人都会犯错误，在许多情况下，大多数人是由于欲望或利益的引诱而犯错误的。

——约翰·洛克



相关链接

Opposites Attract

That old concept and expression “opposites attract” has been batted around for centuries. And in fact, it's very true when it comes to love relationships. Research shows that people are usually attracted to their opposites. We are naturally attracted to individuals who are different from ourselves—and therefore somewhat exciting.

But it's not just the exciting differences which attract us to our opposites, it is also a natural quest for completion. We naturally are drawn towards individuals who have strengths in which we are lacking. When two opposites function as a couple, they become a more well-rounded functioning unit. There is also the theory that our natural attraction to our opposites is a subconscious way of forcing us to deal with the weaker aspects of our own nature.

While we are highly attracted to our opposites, two opposites involved in an intimate relationship have significant issues and communication barriers to overcome. So in a sense, our attraction to the opposite personality can be seen as our subconscious minds driving us towards becoming a more complete individual, by causing us to face the areas in life which are most difficult to us.

The same cannot be said for other kinds of relationships. When it comes to work colleagues, or friends, we are not especially interested in dealing with people who are very unlike ourselves. We are most comfortable with those who have similar interests and perspectives.

“异性相吸”这一说法已讨论了很长时间。事实上，当涉及到爱情时，这一说法是千真万确的。研究表明，人们通常被与自己不同的人所吸引。我们自然喜欢那些与自己不同的人，并为之感到兴奋。

与我们性格不同的人之所以吸引我们，除了令人兴奋的不同之处外，还有就是人们天生追求

完美。吸引我们的人必然具备了我们所没有的优点。当一对性格不同的人结成夫妇时，他们会变成一个更完美的整体。有一理论说，性格不同的人之所以自然而然地相互吸引，是因为人们的潜意识驱使自己弥补不足之处。

当相互吸引的两个性格不同的人变得很亲密时，他们需要解决重要问题和克服交流障碍。因此，在某种意义上，性格不同的人相互吸引是人们在潜意识里追求完美，迫使我们面对生活上所遇到的最大的困难。

这种说法不能用于别的关系。和同事或朋友相处时，我们并不对那些和我们非常不同的人特别感兴趣。与那些有相似的兴趣爱好和观点的人相处，我们会觉得更舒服。



外教点评

In a general sense, the term *personality* refers to all the personal and *moral* (道德的) characteristics that determine the way a person thinks, feels and acts in his or her social and personal relations. These traits include a vast variety of attitudes and attributes such as shyness, generosity, patience, flexibility, sadness, humor, cheerfulness, selfishness, independence and aggressiveness.

Most people are a mix of positive and negative traits. Personality traits that are valued in one culture may *be frowned upon* (不赞成) in another culture. Similarly, qualities that are encouraged in boys might be regarded as negative traits in girls.

It is difficult to know exactly how much of our personality is *inherited* (继承) and how much is determined by parental and peer group influences. Is there a gene for shyness or *stubbornness* (固执), for example? Are we born *compassionate* (有同情心的) or do we acquire certain attitudes from our parents, our grandparents, our friends and other role models? Most research tends to suggest that our basic personality is inherited but that many factors shape and *mould* (形成) our personality as we mature. If our personality were entirely a result of our genes, then it would be virtually impossible to alter undesirable traits or to strengthen our weaknesses.

Most *lucid* (头脑清楚的) individuals, at some point in their lives, realize that certain aspects of their personalities constitute drawbacks in their relationships with other people. A selfish person might discover that selfishness does not create lasting friendships. An ill-tempered or intolerant person might find cooperative teamwork very difficult. A quiet shy person might find some work situations very *stressful* (有压力的).

Recognizing one's strengths and weaknesses is an important step in the process of personal development because this can *bolster* (增强) self-confidence and motivate the desire to improve oneself. A person who is able to *evaluate* (评价) his or her strong points and weak points—with the help of parents, friends, teachers or aptitude tests—is also better equipped to make career choices. Different jobs require different personalities. A person who is matched appropriately to the skills and attitudes required for a particular job is more likely to be effective and successful.

II 课文讲解

In-Class Reading The Misery of Shyness

词汇精讲

cause (L 1)

【用法】*n.* 原因, 起因 (后面接介词 *of*)

e.g. In our view, the root **cause** of the crime problem is poverty and unemployment. 我们认为贫困和失业是产生犯罪问题的根本原因。

He is the **cause** of all my unhappiness. 他是我所有不幸的根源。

【比较】*reason* 是为一种行为作解释或辩护的借口, 后面接介词 *for*。

e.g. The **reason** for the flood was all that heavy rain. 这次洪水都是由于那场大雨引起的。

describe... as (L 2)

【用法】描述成……

e.g. Would you **describe** yourself **as** hard-working? 你觉得自己很勤奋吗?

【快捷记忆】和 *describe... as* 类似的词组有: *accept... as*、*interpret... as*、*regard... as*、*view... as*、*look on... as*、*consider... as*、*take... as*、*perceive... as*、*label... as*。*as* 后面可以接名词、动名词和形容词。

e.g. He did not **accept** this reply **as** valid. 他认为这个答复无效。

You should not **interpret** the silence **as** a refusal. 你不应该把沉默理解成拒绝。

affect (L 7)

【用法】*v.* 影响

e.g. The strike will **affect** the price of coal. 这次罢工会影响到煤价。

【比较】*effect* 通常作名词。have an effect on = affect

e.g. Government policies will not **affect** us/have any **effect** on us. 政府的政策不会对我们有任何影响。

【同义链接】*influence*, *have an effect on*, *have an impact on*

a sense of (L 11)

【用法】……感

e.g. a **sense of** humor 幽默感

a **sense of** urgency 紧迫感

a **sense of** inferiority 自卑感

a **sense of** inadequacy 不胜任感

a **sense of** direction 方向感

a **sense of** helplessness 无助感

a **sense of** safety 安全感

reassurance (I. 19)

【用法】*n.* 安慰

e.g. She won't believe us in spite of all our **reassurances**. 不管我们怎么安慰她，她都不相信。

【快捷记忆】*reassure v.* 使放心 *assure v.* 使确信 *ensure v.* 保证 *insure v.* 给……保险

e.g. She was **reassured** by our offer of support. 我们的支持使她重新有了信心。

He **assured** us of his ability to solve the problem. 他向我们保证 he 有能力解决这个问题。

This medicine **ensures** you a good night's sleep. 这药能保证你睡一夜好觉。

My house is **insured** against fire. 我的房子保了火险。

confirm (I. 20)

【用法】*v.* 证实，肯定；进一步确定

e.g. New evidence has **confirmed** the first witness's story. 有新的证据证明第一个目击者所言属实。

Her remarks **confirmed** me in my opinion that she was a very gentle young lady. 她的话使我进一步确信她是一个温柔的女孩。

【比较1】*conform v.* 遵照，符合，一致（后面常跟 to 或 with）

e.g. You must either **conform** to the rules or leave the school. 你要么遵守校规，要么退学。

This piece of equipment does not **conform** to the official safety standards. 这个设备不符合正式的安全标准。

【比较2】*affirm v.* 断言，声明

e.g. He **affirmed** to me that he was innocent. 他向我声明他是无辜的。

She **affirmed** that she was telling the truth. 她声明她说的是真话。

compliment (I. 21)

【用法1】*n.* 赞美的话，恭维的话

e.g. She paid me a very charming **compliment** on my paintings. 她对我的画大加赞扬了一番。

She accepted his **compliments** about her dress with a smile. 她微笑着接受他对他衣服的恭维。

【用法2】*n.* 问候，祝福（常用复数形式）

e.g. With the **compliments** of the holiday. 谨致节日的祝福。

【比较】*complement n.* 互补物；补足物

expectation (I. 31)

【用法】*n.* 期望，预期，预期的事物

e.g. He has little **expectation** of passing the exam. 他对考试及格几乎不抱希望。

【常用搭配】*in expectation of* 预计会有……

e.g. She took an umbrella with her **in expectation of** rain. 估计天要下雨，她带上了伞。

against/contrary to all expectations 出乎意料地/的

e.g. **Contrary to all expectations** she was accepted by the academy. 她出人意料地被这个学院录取了。

beyond (all) expectations 出乎意料地/的

e.g. The plan has succeeded **beyond our expectations**. 这计划出乎意料地成功了。

come/live up to expectations 达到期望

e.g. We usually enjoy his films, but the latest one didn't live up to our expectations. 我们一向很喜欢他的电影，但是最近一部让我们很失望。

approach (I. 52)

【用法 1】*n.* 来临，临近（后接介词 of）

e.g. The approach of winter brings cold weather. 随着冬天的来临，天气变得寒冷。

【用法 2】*n.* 方法（后接介词 to）

e.g. A new approach to cancer treatment has been found. 已发现了治疗癌症的新方法。

inadequate (I. 65)

【用法 1】*adj.* 不充分的，不够的

e.g. The food was inadequate for fourteen people. 食物不够14个人吃。

【用法 2】*adj.* 不能胜任的

e.g. She is so clever that she makes me feel inadequate. 她太聪明了，使我自愧弗如。

【比较】adequate, sufficient, enough

sufficient（足够的）和 enough 是同义词，但前者较正式。

sufficient、adequate 及 enough 都可以用在名词前面，但在复数名词前只能用 enough 和 sufficient。



难句详解

1. **Shy people are anxious and self-conscious; that is, they are excessively concerned with their own appearance and actions. (II. 3—4)** 羞怯的人会焦虑不安，感到不自然；也就是说，他们过分地关注自己的外表和举止。

【注释】be concerned with: 关注，关心

e.g. We are more concerned with efficiency than quantity. 我们更关注的是效率而不是数量。

2. **It is obvious that such uncomfortable feelings must affect people adversely. (I. 7)** 很显然这种不安的感觉会对人们产生不利的影响。

【注释】It is obvious that...: 显然……。类似的结构有：It is clear that...

e.g. It was obvious to everyone that he was lying. 每个人都明白他在撒谎。

3. **In general, the way people think about themselves has a profound effect on all areas of their lives. (II. 9—10)** 通常，人们如何看待自己对他们生活的各个方面都会产生深刻的影响。

【注释】1) in general: 通常。相近的词和词组有：generally、generally speaking、usually 和 in most cases。

2) the way 后面跟的是一个定语从句 (people think about themselves)，省略了引导词 that，文中 in the way he or she behaves, and the way a person behaves (I. 8) 两次运用了同样的结构。

3) have a profound effect on: 对……有深刻的影响

4. **In contrast, shy people, having low self-esteem, are likely to be passive and easily influenced by others. (II. 18—19)** 相比之下，羞怯的人自尊心较弱，往往消极被动并且容易受他人影响。

【注释】1) having low self-esteem 作定语，相当于 who have low self-esteem。

2) easily influenced by others 与 are likely to be passive 并列，前面省略了 are。

5. **Shy people are very sensitive to criticism; they feel it confirms their inferiority. (II. 19—20)** 害羞的人对批评非常敏感；他们觉得被批评正好证实了他们比别人差。

【注释】1) inferiority *n.* 自卑。

e.g. inferiority complex 自卑感

2) it 指 criticism。

6. **It is clear that, while self-awareness is a healthy quality, overdoing it is detrimental, or harmful. (II. 23—24)** 显然，尽管自我意识是一种健康的品质，过分的自我意识却是不利和有害的。

【注释】在 overdoing it is detrimental, or harmful 中，overdoing it 为动名词短语，作主语，it 指 self-awareness。

7. **Dwelling on the impossible leads to a sense of inadequacy, and even feelings of envy, or jealousy. (II. 31—32)** 总想那些不可能的事情会令自己觉得无能，甚至产生嫉妒。

【注释】1) Dwelling on the impossible 是动名词短语作主语。

2) the impossible = the impossible things 定冠词加形容词表示一类人或物。

e.g. the poor 穷人 the rich 富人 the blind 瞎子

8. **Feeling ashamed accomplishes nothing. (I. 49)** (仅仅)感到羞愧是无济于事的。

【注释】1) Feeling ashamed 在这里作主语。

2) accomplish *v.* 成功

e.g. I don't feel our visits really **accomplished** anything. 我觉得我们的访问没有取得任何成果。

9. **Be assured that you are still good friends, but perhaps your cooking could improve. (II. 58—59)** 放心，你们还是好朋友，但你的烹饪技术也许确实有待改进。

【注释】1) be assured: 放心（相当于 rest assured）

e.g. **Be assured** that your son will be happy here. 请放心，你儿子在这儿会很开心的。

2) could 用于表达说话人婉转的语气。

10. **Very often a disappointment becomes a turning point for a wonderful experience to come along. (II. 61—62)** 挫折往往会成为转机，随之而来的将是一段美妙的经历。

【注释】a wonderful experience 与 come along 之间是逻辑上的主谓关系。

11. **However, at the college you actually attend, you may find a quality of education beyond what you had expected. (II. 63—64)** 然而，在你就读的大学里，你可能会发现这里的教育的某一特点比你料想的好得多。

【注释】beyond *prep.* 超出……范围

e.g. The level of inflation has gone **beyond** 10%. 通货膨胀率已超过10%。

The switch on the wall was **beyond** the baby's reach. 婴儿是摸不着墙上的开关的。

12. **We are interesting in our own personal ways. (II. 73—74)** 我们自有吸引人的地方。

【注释】注意此处用的不是动词的过去分词，而是现在分词 interesting，表示我们令人感兴趣，而不是我们感兴趣。

课文译文

羞怯的痛苦

1 对许多人来说,羞怯是很多不愉快的起因。各种各样的人——矮的、高的、愚笨的、聪明的、年轻的、年老的、瘦的、胖的——都说自己羞怯。羞怯的人会焦虑不安,感到不自然;也就是说,他们过分地关注自己的外表和举止。脑海中不断地盘旋着一些使自己不安的想法:我给人留下的是什么印象?他们喜欢我吗?我讲话是不是傻里傻气?我长得难看。我穿的衣服毫不引人注目。

2 很显然这种不安的感觉会对人产生不利的影响。一个人的自我看法反映在自己的行为方式之中,而一个人的行为方式又影响他人的反应。通常,人们如何看待自己对他们生活的各个方面都会产生深刻的影响。例如,具有积极的自我价值观或很强自尊心的人往往表现出自信。而由于自信,他们不需要他人不断地称赞和鼓励,也能使自己感觉良好。自信者热情、自发地投入生活。他们不因别人认为他们“该”做什么而受到影响。有极强自尊心的人不会被批评所伤害,不会把批评看作是人身攻击。相反,他们认为批评是一种提醒他们改进的建议。

3 相比之下,羞怯的人自尊心较弱,往往消极被动并且容易受他人影响。他们(是否)在做“该做的事情”需要得到别人的肯定。害羞的人对批评非常敏感;他们觉得被批评正好证实了他们比别人差。他们也很难因别人的赞美而高兴,因为他们相信自己不值得称赞。羞怯的人也许会用这样的话来回答别人的赞美之辞:“你这么说只是为了让我感觉好一些。我知道这不是真的。”显然,尽管自我意识是一种健康的品质,过分的自我意识却是不利和有害的。

4 能否彻底消除或者至少减轻羞怯感呢?幸运的是,人们能够通过坚持不懈的努力建立自信,从而克服羞怯。由于胆怯和缺少自尊是密切相关的,因此正视自己的弱点和正视自己的优点一样重要。例如,大多数人希望每门功课都得A。如果仅仅因为在某些领域有困难,就把自己列为差生,这不恰如其分。人们对自己的期望必须现实。总想那些不可能的事情会令自己觉得无能,甚至产生嫉妒。当我们嫉妒比自己成绩好的学生时,我们正在自我否定。

5 如果你害羞,这里有些具体有效的步骤帮助你树立信心并克服羞怯感:

6 一、认清自己的优缺点。每个人既有优点又有缺点。随着对自我的不断认同,羞怯感就会自然减弱。

7 二、确定合理的目标。例如,在聚会时和一群陌生人在一起,你也许会怯场。不要以为你必须和每个人交谈。集中精力,仅和一两个人交谈,你会感到更自在些。

8 三、内疚和羞耻感是消极的情感。不要把时间和精力浪费在这上面。假设你伤害了某人的感情,(仅仅)感到羞愧是无济于事的。相反,应该承认你犯了个错误,决心在将来能够更加善解人意。

9 四、所有问题都有许多种解决办法。很少有完全正确或完全错误的意见。要敢于公开表达自己的观点。

10 五、不要对自己作消极的评论。这是一种自我否定。千万别把自己描述为愚蠢的、丑陋的,或者一个失败者。注重自己积极的方面。

11 六、接受批评时要缜密思考。不要把批评理解为人身攻击。例如,如果一位朋友批评你的烹饪技术,要把这当成对你的烹饪技术而不是对你本人的评价而接受下来。放心,你们还是好朋友,但你的烹饪技术也许确实有待改进。

12 七、记住每个人都会经历一些失败和挫折。要把它们作为增长见识的经历,从中受益。挫折

往往会成为转机，随之而来的将是一段美妙绝伦的经历。例如，你可能被你所中意的大学拒之门外。然而，在你就读的大学里，你可能会发现这里的教育的某一特点比你料想的好得多。

13 八、有些人会使你感到自己无能，不要和这种人交往。去设法改变他们对你的态度或者改变你对自己的态度，要不就脱离这种关系。伤害你的人并不关心你的最大利益。

14 九、留出时间休息，享受自己的业余爱好，并且定期地重新审定自己的目标。为此所花费的时间有助于更好地了解你自己。

15 十、多在社交场合中锻炼。不要把自己同他人隔离开来。设法一次结识一位朋友；最终你将能够娴熟而自信地在众人中周旋。

16 我们每个人都是独一无二、难能可贵的个体。我们自有吸引人的地方。我们对自己了解得越多，就越容易充分发挥自己的潜力。不要让羞怯成为阻碍我们拥有丰富而成功的生活的绊脚石。



背景小档案

Personality and Health

In recent years, various studies have shown that health and personality are interrelated. Negative attitudes can have negative effects on a person's health. In constantly looking at the dark side of things, a pessimist can become discouraged to the point of feeling helpless. This passivity can, in turn, lead to destructive behavior such as drinking too much alcohol or becoming mean and bitter. Optimists, on the other hand, attempt to make the best of a situation. Rather than regarding themselves as victims, they feel that they have some control over their lives.

The power of positive thinking has been used by sports psychologists for many years to help athletes control their nerves and build up their self-confidence. By *visualizing* (想象) themselves in a winning situation, athletes increase their chances of being successful. Similar approaches are being used with cancer patients.

While optimism or positive thinking cannot actually cure a disease, it appears to contribute to well-being and to *keep the disease at bay* (控制). Optimism is associated with hope, and hope, at any stage in one's life, is always a *mobilizing* (调动的) and energizing force.

各种研究表明健康与人的性格有关。持消极态度会对人的身体产生负面的影响。悲观者经常只看到事物的黑暗面；而乐观者总是看到事物好的一面，觉得自己能把握住生活。

许多体育心理学家利用这种积极的思维方式来帮助运动员消除紧张，建立自信，这样大大增加了他们获胜的机会。同样的方法也用在癌症病人的治疗上。乐观的人总是对生活充满希望。