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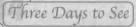
假期指開

本书分为"心灵美文"、"精彩演讲"、"生活感情"、"新鲜时文"和"真题精华"五个部分。选文题材丰富,经典和时新并重;既有脍炙人口、历久弥新的珠玑之作,又有出处、篇幅、难度、题材和体裁与六级阅读真题高度一致的鲜活时文,还有历年阅读真题中可读性、趣味性较强的文章,专为六级考生和英语爱好者量身订制。

所有文章均配有 MP3 录音,由专家采用六级实 考语速倾情朗读。语音纯正,原汁原味,可边 听、边学、边背,提高听力,培养语感,助力写 作,一举多得。

加彩色底纹的是编者从文章中精挑细选的精华语句,可用作写作和口语素材。

每篇英文均配有中译文,一举扫清阅读障碍,精准再现文意,告别一知半解!



假如给我三天光明

By Helen Adams Keller

...If, by some miracle, I were granted three seeing days, to be followed by a relapse into darkness, I should divide the period into three parts.

On the first day, I should want to see the people whose kindness and gentleness and companionship have made my life worth living. First I should like to gaze¹ long upon the face of my dear teacher, Mrs. Annual Sullivan Macy, who came to me when I was a child and opened the outer world to me...

...I should call to me all my dear friends and look long into their faces, imprinting upon my mind the outward evidences of the beauty that is within them...

...And I should like to look into the loyal, trusting eyes of my dogs... whose friendships are so comforting to me...

...I should also view the small simple things of my home...

...I should take a long walk in the woods and intoxicate my eyes on the beauties of the world...

...The next day I should arise with the dawn and see the thrilling miracle by which night is transformed into day...

...This day I should devote to a hasty' glimpse of the world, past and present. I should want to see the pageant of man's ……如果, 奇迹出现, 赋予 我三天光明, 随后我就会重新陷 入黑暗, 我要将这三天分为三 部分。

第一天,我想看看那些用他们的善良。温柔和友谊让我的生命富有意义的人。」首先我要欠久也规键我亲爱的老师安妮·莎利文·特西的画客。她在我年幼时故来到我身边,让我了解外面的世界……

……我要把我所有亲爱的朋 友都叫过来,长久地注视着他们 的面孔,特他们这内在美的外在 表现深深地印在脑海中……

……我也要看看我的爱犬们 那忠诚、信任的眼神,它们的友 馆对我来说是巨大的安慰……

······我还要看看家里那些简单的小物件······

·····我要到树林里进行一次 长时间的散步。让我的眼睛陶醉 在大自然的美景之中·····

·····第二天,我会随黎明一 道起来,欣赏黑夜变成白天的动 人奇迹·····

……这一天,我要快速地扫 视这个世界,无论过去还是现在。 我想通过博物馆……看人类进步 "词汇点津"秒杀 六级大纲核心词汇 和超纲词汇;提供 全方位的单词记忆 和学习方案:词形、 音标、词性、中文 釋义、搭配、真题、 例句及译文。

祠江点沫

大切核心領汇

MIN.

- accelerate /ək'selərett/ x 加速, 加快 accelerate the inflation 和地域里

The car accelerated to overtake me.

- #結本を達起せて乱。 ② conscience / konfans/ n. 夜心、道 (能が)
- ① vocal /'vəukəl/ adj. 用声音表达的
- blank /blægk/ k(使) 変空白、(使)

不记得

- blank sth. out 刻意忘记; 涂拌
- Marie She had tried to blank out all the trugic past experiences. 她看试用和过去所有思维的经历从记忆中排去。
- @ constructive /kan'straktiv/ adj. 建设性的,积极的

A little healthy worrying is okay if it leads to constructive action. 如果既让你采取机械的行动。有一些迷恋的批笑是可以的。

- @ convert /kan'va:t/ x. 转换、转化 mini convert dollar into euro 北美元换
 - 表徵先 How much of the power consumed by incandescent bulbs is converted into light? むか打造消耗的核量中多少科技 及了先?
- ① grave /gresv/ adj. 严重的

组织调汇

dangle / dænge / v. 見落、垂悬 abyes /a/bis/ a. 深瀬 trauma / trauma / m 黃若殺亞 pep / pep / v. 使充满活力 do justice to 公平对待 introvert / Intravati/ n. 内向約人 gregarious / grigearies/ adv 要女际的、会解的 mantra / mæntra / mæntra / mæntra / m

"词汇点津"栏目的两类词汇在英文原文中是用不同版式体现的,方便读者快速定位:大纲核心词汇对应文中的着色词汇,数字序号是定位线索;超纲词汇对应文中的粗体词汇。

Life is like a big swing, dangling between the depths of happiness and sadness. As soon as we descend down the slope of sadness, we accelerate over the ever-feelgood acclivity (斜坡) of happiness. At times of distress when we are down and slip over an abyss of emotional trauma and frustrations, one who can rise above the occasion is the architect of many wins over sorrows.

生活像是架在快乐和悲伤间 摇摆的大秋千。每当我们陷入忧 愁的低谷时,接着就开始沿着斜 坡加速冲向快乐。当我们跌入感 情创伤和挫败的深渊而痛苦不 堪时,能够从中走出来的人就是 战胜悲伤的赢家。 "背景链接"采撷和拓展 与文章主题相关的英美社 会文化知识。

雄句詩新

United there is little we cannot do in a host of cooperative ventures. Divided there is little we can do—for we dare not meet a powerful challenge at odds and split asunder.

本句证用对比、分别用有答词 united for divided 就快请就在司者,文学性就 证,突出重点。there is little we cannot do 是一个双章多定句,突出了联合的 需要核。

引号位接

等利·销特(1863-1947),美国汽车工程序与企业家。 编特汽车公司的建立 章,于1903年创立编特汽车公司。 1908年编制汽车公司生产出世界上另一辆基 于普通军性的汽车——丁登车,世界汽车工业车的组织汽车。 地名爱世芬二第一 经使汽油水投大场要在产汽车的人, 地不仅创造了新的工业工户才工、布工时组 代社会如果几户生工工业的影响。 福特企业国际股票力,为世界基上部户专入"

"难句解析"点评文章中结构复杂的长难句,助你练就"拆句"真本领。英文原句与相应的中译文在文中用灰色底纹标出。

读累了吧?看看"开怀一笑" 里的经典笑话,轻松一下吧!

开怀一笑

After shapping of a busy store, a women and I responsed to feare at the paties time, unty to be found with the discating (IR_VIRID) trait of finding our cars in the crawled parting lat. Dust then my car have been beginning to the my white carrier, "Wow" the remain sold, "I were could use a gadget (小術院) like little for high real finding to find my pace." "Actually," I replied. "That's my fauthern".

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Two Truths to Live by



人生的两条真理

By Alexander M. Schindler

The art of living is to know when to hold fast and when to let go. For life is a paradox: it enjoins us to cling to its many gifts even while it ordains (注定) their eventual relinquishment. The rabbis of old put it this way: "A man comes to this world with his fist clenched, but when he dies, his hand is open."

Surely we ought to hold fast to life, for it is wondrous (绝妙的), and full of a beauty that breaks through every **pore** of God's own earth. We know that this is so, but all too often we recognize this truth only in our backward glance when we remember what it was and then suddenly realize that it is no more...

...Here then is the first pole of life's paradoxical demands on us: Never too busy for the wonder and the awe of life. Be reverent before each dawning day. Embrace each hour. Seize each golden minute.

Hold fast to life...but not so fast that you cannot let go. This is the second side of life's coin, the opposite pole of its paradox: We must accept our losses, and learn how to let go...

人生的艺术是知道什么时候 应该坚持,什么时候应该放弃。因 为人生是矛盾的,它让我们抓住它 的诸多恩赐而最终又让我们放弃它 们。夫子有云:"一个人来到这个 世界的时候是攥着拳头的,但是当 他死去的时候,手却是松开的。"

我们当然应该牢牢抓住人生, 因为人生是美妙的,它的美遍布 这片神圣土地的每一个角落。我 们都知道这个道理,但是往往只 有在回顾往昔时我们才会意识到 曾经的美丽,只可惜为时已晚, 这种美已经不复存在……

……人生对我们提出的要求是矛盾的,其第一个方面是:永远不要因为太忙碌而忽视人生的美妙与庄严。虔诚地迎接每个黎明的到来,珍惜每一个小时,抓住宝贵的分分秒秒。

要抓住人生……但又不能抓得太紧而无法放手。这是人生的另一面,也是矛盾的另一端:我们必须接受要失去一些东西的现实,学会如何放手……

...At every stage of life we sustain在人生的每一个阶段我 losses—and grow in the process. We 们都要承受失去,也因此成长起 begin our independent lives only when we emerge from the womb (子宫) and lose its protective shelter. We enter a progression of schools, then we leave our mothers and fathers and our childhood homes. We get married and have children and then have to let them go. We face the gradual or not so gradual waning of our own strength. And ultimately2, as the parable of the open and closed hand suggests, we must confront the inevitability of our own demise, losing ourselves, as it were, all that we were or dreamed to be.

But why should we be reconciled to life's contradictory demands? Why fashion things of beauty when beauty is evanescent? Why give our heart in love when those we love will ultimately be torn from our grasp?

In order to resolve this paradox, we must seek a wider perspective, viewing our lives as through windows that open on eternity4. Once we do that, we realize that though our lives are finite, our deeds on earth weave a timeless pattern.

Life is never just being. It is a becoming, a relentless flowing on. Our parents live on through us, and we will live on through our children. The institutions we build endure, and we will endure through them. The beauty we fashion cannot be dimmed by death. Our flesh may perish, our hands

来。我们呱呱坠地, 失去母体的 保护之后,才能开始独立生活。 我们踏上求学之路, 便离开自己 的父母和故乡。我们结婚生子, 等孩子长大后,又只能看着他们 离去。我们还要面对自己逐渐的 或突然的衰老。最终,就像那个 关于攥拳和松手的寓言所示, 我 们必须直面不可抗拒的死亡,失 去自我, 失去我们曾经拥有的或 梦想拥有的一切。

但是我们为什么要屈服于人 生中自相矛盾的要求呢? 为什么明 知美转瞬即逝却还要去创造美的东 西呢? 为什么明知我们所爱的最终 都会逝去却还要用心去爱呢?

要解决这个矛盾, 我们必须找 到一个更为广阔的视角, 像透过通 向永恒的窗户那样来审视人生。一 旦这样看人生, 我们就会意识到虽 然生命有限, 但是我们于世间的行 为却能创造永恒。

人生绝不是静止的存在。它 是不断变化、永不停息的奔流。 父母的生命在我们身上得以延 续, 而我们的生命在我们孩子的 身上延续。我们所建立的社会制 度会保留下来, 而我们的生命也 将与之长存。我们创造的美不会

will wither, but that which they create in 因为我们的死亡而黯淡。我们的肉 beauty and goodness and truth lives on 体会消亡,我们的双手会枯萎,但 for all time to come...

是它们创造的美、善、真会长存于 emerce from the worms I-Terrent lose us

大纲核心词汇

- n paradoxical / pærə dpksikəl/ adj. 自相矛盾的; 似是而非的; 反常的 Mil She found herself in a curiously paradoxical situation. 她发现自己身处一 种十分奇怪的矛盾处境。
- ② ultimately /'Altimitli/ adv. 最终: 终干
 - Ultimately, the decision rests with the child's parents. 最终, 决定权是在这 孩子的父母身上。

- @ reconcile /'rekənsaɪl/ v. 使接受: 使和解: 调停
 - reconcile sb. to sth. 使接受
 - Why won't you be reconciled with your boyfriend? 你为什么不愿意和你男 朋友和好呢?
- 4 eternity /ɪˈtɜːnɪti/ n. 永恒;不朽 The cause of the crash will continue to be a mystery for all eternity. 事故的原 因将永远是个谜。

超纲词汇

enjoin /ɪn'dʒɔɪn/ v. 命令 relinquishment /rɪ'lɪŋkwɪʃmənt/ n. 放弃 clench /klentʃ/ v. 紧握 pore /poː/ n. 毛孔 awe /ɔː/ n. 敬畏 wane /weɪn/ v. 衰减 parable /ˈpærəbəl/ n. 寓言 evanescent /ˌiːvəˈnesnt/ adj. 瞬间即逝的 wither /ˈwɪðə/ v. 枯萎

And ultimately, as the parable of the open and closed hand suggests, we must confront the inevitability of our own demise, losing ourselves, as it were, all that we were or dreamed to be.

该句主干为 we must confront the inevitability of our own demise。as the parable of the open and closed hand suggests 为状语从句, as 表示"正如"。 losing ourselves 为伴随状语,是伴随着"我们不可抗拒的死亡"(the inevitability of our own demise) 一起发生的。后面的 as it were 意为"可以这么说", all that we were or dreamed to be 形容 ourselves, 表明无论是曾经拥有的还是梦想拥有的一切,都会随着躯体的死亡而消散。

佳句赏析

- This is the second side of life's coin, the opposite pole of its paradox: We must accept our losses, and learn how to let go... 该句运用了暗喻的手法,将人生的矛盾喻为硬币的两面。每个硬币都有两面,就如每件事情都有两面一样,比喻恰到好处,使读者更容易理解。
- ② Our flesh may perish, our hands will wither, but that which they create in beauty and goodness and truth lives on for all time to come... 本句意义深刻,告诉我们尽管衰老是无可避免的,但我们创造的价值是永恒的。两者之间形成鲜明对比,措辞精美,回味无穷。

开怀一笑

Johnny failed the exam. His friend asked, "Why did you get such a low grade?" "Because of an absence," Johnny answered. "You mean you were absent on the day of the test?" "No, but the kid who sits next to me was."

Power of Self-talk

自我交谈的力量

Life is like a big swing, dangling between the depths of happiness and sadness. As soon as we descend¹ down the slope of sadness, we accelerate² over the ever-feel-good acclivity (斜坡) of happiness. At times of distress when we are down and slip over an abyss of emotional trauma and frustrations, one who can rise above the occasion is the architect of many wins over sorrows. ■

When you are feeling low, lost and confused, you have to pep yourself up to come above tougher times. This can be done effectively by self-talk. Self-talk is a way of talking to oneself. It can be effectively used for soul searching. When talking to ourselves, we hardly lie as our conscience³ controls our speech. Self-talk is efficient because when we are vocal⁴ about our thoughts, it makes a larger impact on our mind. Our brain then receives the same message from the mind as well as the ears. This repetition of pep talks and thoughts fine tunes the performance of the brain.

Self-talk is a software, which when properly loaded onto our mind directs ourselves for better results and a healthy mind. Actually many times in our life, we find others advising us to do better in studies, sports, life, etc. We usually get bugged by these people and

生活像是架在快乐和悲伤间 摇摆的大秋千。每当我们陷入忧 愁的低谷时,接着就开始沿着斜 坡加速冲向快乐。当我们跌入感 情创伤和挫败的深渊而痛苦不 堪时,能够从中走出来的人就是 战胜悲伤的赢家。 1

当你感觉情绪低落、迷茫和 困惑时,你要不断激励自己走出 困境,这可以通过自我交谈有效 地实现。自我交谈其实就是与自 己对话,它能够有效地运用于自 我反省。当我们和自己谈话时, 我们几乎不会说谎,因为自己的 良心支配着交谈。自我交谈之所 以有效,是因为当我们用声音表达 自己的想法时,我们的内心会受到 更大的影响。我们的大脑,除了从 耳朵,也从内心接收到同样的信 息。这种重复的激励性的谈话和 想法很好地调节了大脑的运转。

自我交谈如同一个软件,当 它被恰如其分地加载到我们的思想中时,就能指引我们获得更好的结果和健康的心态。2 实际上,我们在生活中常常听到别人的建议,告诉我们在学习、体育

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