

激励人生 · 启迪智慧 · 学好英文

Interviews with Professional Individuals

作为一本访谈录，本书将带你与全球35位业界精英进行深度对话，分享他们的成功经验，了解多个领域的前沿知识，丰富我们对大千世界的认识。

作为一本英语书，本书展示的是表达生动精确的英语口语，以及各个话题的常用词汇。读者既能紧跟精英思想，又能轻松学英语。每课包括以下部分：

访谈对话：精心设置的提问让对话步步深入，时时出现的妙语连珠平添精彩。

受访者介绍：简要介绍受访者的经历、专业背景及成就。

主题句：每课精选一句话，画龙点睛般说明谈话要旨。

词汇用法：带例句的单词表，让读者灵活掌握词汇用法。

短语：精选对话中出现的词组和俗语，便于读者现学现用。

分级学表达：将主要句型分为初级、中级和高级，便于循序渐进地学习。



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Preface

前言 对话全球行业精英

作为一本访谈录，本书将带你与全球35位业界精英进行深度对话。他们来自不同国家，是不同领域的佼佼者，也是默默奋斗的普通人。通过他们的从业体会，我们可以分享其成功经验；通过他们的专业视角，我们将了解多个领域的前沿知识；通过他们的独特思考，你将会对我们生活的世界有更丰富的认识。

作为一本英语书，本书展示的是表达生动精确的英语口语，以及各个话题的常用词汇。读者既能紧跟精英思想，又能轻松学英语。本书在内容设置上也颇下了一番功夫，版面充实，结构合理。每课包括以下部分：

访谈对话：精心设置的提问让对话步步深入、引人入胜。生活化的语言让人倍感亲切，时时出现的妙语连珠为谈话平添不少精彩。中译文准确流畅。

受访者介绍：简要介绍受访者的经历、专业背景及成就。中英文对照。

主题句：每课精选一句话，画龙点睛般说明谈话要旨。

词汇用法 (Usages)：带例句的单词表，让读者灵活掌握词汇用法。

短语 (Phrases)：精选对话中出现的词组和俗语，便于读者现学现用。

分级学表达：将对话中的主要句型分为初级、中级和高级，便于读者循序渐进地学习。

MP3录音光盘包括所有访谈的美音录音。读者可以借助录音做跟读或背诵练习，加强听力与口语能力。

愿这本书助你激励人生、增长智慧、学好英文！

作者

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对话全球 行业精英

Interviews with
Professional Individuals

对全球35位行业精英的深度访谈

INTERVIEWER: Are there any other advantages offered by a magazine format?

MR. KAUFMAN: At any given time, psychologists⁵ and neuroscientists⁶ around the world are conducting studies to help us better understand the human mind, as well as the benefits of things like relaxation⁷ and stress management. The magazine format will enable us to update our readers about the latest scientific findings and self-help techniques.

INTERVIEWER: Self-help is a fairly broad genre⁸. What kinds of topics will you be exploring in *Stepping Stone*?

MR. KAUFMAN: The overarching⁹ theme will remain the same from month to month: the pursuit of personal development. That includes things like improving self-awareness¹⁰, overcoming challenges, harnessing¹¹ our potential, and fulfilling our aspirations¹². However, each month, we'll also take a closer look at one or more specific areas, such as the evolution of human emotions, the importance of compassion¹³, or the phenomenon of the mind-body connection.

INTERVIEWER: How did you choose the magazine's title?

MR. KAUFMAN: As a metaphor¹⁴, a "stepping stone" refers to any means towards progress or advancement. In adopting this phrase for the magazine's title, we wanted to underscore¹⁵ that self-help is really a journey, not a destination¹⁶. Each monthly issue, each article, and each principle that we explore is a stepping stone along the path to personal fulfillment and spiritual wellbeing.

Phrases

stepping stone

垫脚石

look forward to

期盼

positive thinking

积极思考

on an ongoing basis

不断地

stress management

压力管理

scientific finding

科学发现

personal development

个人发展

take a closer look at

进一步关注

mind-body connection

身心联系

personal fulfillment

个人价值实现

spiritual wellbeing

精神幸福



Usages

采访者：“自助”是一个比较宽泛的体裁。你在《进身之阶》中将会探讨哪些话题？

考夫曼先生：每个月最核心的主题都是一样的：寻求个人成长和发展。内容包括像增强自我意识、克服挑战、利用自身潜能以及实现自己的愿望等。但是，我们每个月都会非常关注一个或者更多的具体话题，比如人类情绪的演变、同情心的重要性或者身心结合的现象等等。

采访者：你是如何选择杂志名称的？

考夫曼先生：作为一个隐喻，一块“踏脚石”指的是引向发展或进步的方式。我们选择这个词语作为杂志的名称是想强调自助其实是一个过程，而不是一个目的。每一期杂志、每一篇文章和我们探讨的每一个原则都是通往个人价值实现和精神幸福道路上的一块“垫脚石”。

9 overarching (adj.) 最主要的

Though every case is different, nearly all center on one overarching question: What should the protagonist do?

虽然案例各个不同，但问题的中心都是类似的：案例中的主角应该怎么做？

10 self-awareness (n.) 自我意识

Vent is a catalyst of self-awareness and self-growth.

宣泄是自我认识与自我成长的催化剂。

11 harness (v.) 利用、控制

Scientists have known how to harness the limitless power of the sun.

科学家们已知道如何利用无穷尽的太阳能。

12 aspiration (n.) 志向, 抱负

She has aspirations to become a great writer.

她有成为一个大作家的志向。

13 compassion (n.) 怜悯, 同情

She showed no compassion for her patients.

她对病人没有任何同情心。

14 metaphor (n.) 隐喻

Using metaphor, we say that computers have senses and a memory.

打个比方，我们可以说计算机有感觉和记忆力。

15 underscore (v.) 强调

These results underscore the value of rescue medications in averting psychotic relapse.


这些结果强调了救护性治疗对避免精神病复发的价值。

16 destination (n.) 目的地, 终点

I eventually arrived at my destination.


我终于到达了目的地。

分级学表达

 **Beginner**


(初级表达)

1. I've enjoyed writing self-help books.
2. Self-help is a fairly broad genre.
3. What kinds of topics will you be exploring?
4. How did you choose the magazine's title?
5. Self-help is a journey, not a destination.

 **Intermediate**

(中级表达)

1. What prompted you to create a magazine this time around?
2. I'm glad so many readers have benefited from them.
3. Could you give us some examples of those advantages?
4. For other people, the same message needs to be reinforced over time.
5. Self-help is the continuous journey of improving oneself.

 **Advanced**

(高级表达)

1. Over the past two decades, you've written numerous best-selling self-help books.
2. For some readers seeking a self-help solution, magazines present certain advantages.
3. We'll be able to emphasize important messages to our readers on an ongoing basis.
4. That includes things like improving self-awareness and overcoming challenges.
5. However, each month, we'll also take a closer look at one or more specific areas.

Beginner (初级表达)

1. 我一直很喜爱写自助方面的书。
2. “自助”是一个比较宽泛的体裁。
3. 你将会探讨哪些话题?
4. 你是如何选择杂志名称的?
5. 自助是一个过程,而不是一个目的。

Intermediate (中级表达)

1. 这次又是什么促使你创建一本杂志?
2. 我很高兴这么多读者能从中受益。
3. 你能给我们举几个例子说明一下这些优势吗?
4. 对于另外一些人来说,同样的信息需要在一段时间里得到强化。
5. 自助就是一个不断提高自身的过程。

Advanced (高级表达)

1. 在过去的20年时间里,你写了无数畅销的自助书籍。
2. 对于某些寻求自助解决方法的读者来说,相比书籍,杂志有一定的优势。
3. 我们能够不断地向读者强调重要的信息。
4. 内容包括像增强自我意识和克服挑战等。
5. 但是,我们每个月都会非常关注一个或者更多的具体话题。

Words (单词)

best-selling (adj.)

畅销的

self-help (n.)

自助

reinforce (v.)

加强

habituated (adj.)

形成习惯的

psychologist (n.)

心理学家

neuroscientist (n.)

神经科学家

relaxation (n.)

松弛,放松

genre (n.)

体裁

overarching (adj.)

最主要的

self-awareness (n.)

自我意识

harness (v.)

利用,控制

aspiration (n.)

志向,抱负

compassion (n.)

怜悯,同情

metaphor (n.)

隐喻

underscore (v.)

强调

destination (n.)

目的地,终点

Usages

采访者：你最初对音乐产生兴趣是在什么时候？

贝尔德先生：在我大概五、六岁的时候，爸爸妈妈经常在周末开车带我去旅行。有时候我们要开上差不多10小时的车才能到达目的地，而这一路上我们会听各种各样的音乐，这些音乐大部分都来自我爸爸收藏的CD。在家里也是，我父母总是在厨房或者客厅里开着广播或者CD。所以从很小的时候开始，我就受到各种音乐的熏陶，因而也变得对音乐特别感兴趣。

采访者：你什么时候开始唱歌、弹吉他的？

贝尔德先生：我在10岁的时候加入了本地的唱诗班。我父母在我12岁生日的时候送给我一把原声吉他作为礼物，然后我就在他们买吉他的那个店里开始上集体课。大约三年前，我开始弹奏电子吉他。

采访者：当你进行演唱会巡演的时候，你的学校课程怎么办？

贝尔德先生：我有个私人老师会在我巡演的时候陪着我。如果一切顺利，我有可能在明年就拿到高中毕业证了。

采访者：将来某一天你想上大学吗？

贝尔德先生：目前，我还没有任何上大学的计划，但是，在将来某

1 **sensation (n.)** 轰动一时的人物

Mr. Wilson became the newest business sensation in town.

威尔逊先生成了镇上最近轰动一时的商界人士。

2 **release (v.)** 发布, 发行

The commission released its findings.
委员会公布了调查结果。

3 **hail (v.)** 欢呼认可, 热情赞扬

Millions of people hailed the astronauts.
数百万人向宇航员们欢呼。

4 **passion (n.)** 激情, 热情

He had a passion for music.
他酷爱音乐。

5 **destination (n.)** 目的地, 目的

I eventually arrived at my destination.
我终于到达了目的地。

6 **collection (n.)** 收藏

The collection is housed in a fine building.
这批收藏品存放在一座漂亮的房子里。

7 **choir (n.)** 唱诗班

The church choir is singing tonight.
今晚教堂唱诗班要唱诗。

8 **acoustic (adj.)** 发声的

Animals use a whole range of acoustic, visual, and chemical signals in their systems of communication.

动物利用各种各样的听觉、视觉和化学信号来进行交流。

9 **tutor (n.)** 老师

His father employed a tutor for him.
他父亲给他请了一位家庭教师。

INTERVIEWER: Would you like to go to college one day?

MR. BAIRD: I don't have any immediate plans to go to college, but that's something I would definitely like to do some day. Maybe doing an online degree would be the most practical for me.

INTERVIEWER: You're 17 years old, but you lead a life very different from that of most kids your age. What do you do to maintain some normalcy¹¹ in your life?

MR. BAIRD: As a performer¹², you're on the road all the time, so it's impossible to lead a completely normal life. But I keep in touch with my friends and family on a daily basis, even if it's just by emailing or texting¹³ them. And when I'm back at home, I try to spend as much time with my family as possible.

INTERVIEWER: Do you get a lot of fan mail? And what's the craziest thing you've received from a fan?

MR. BAIRD: I do get quite a bit of fan mail, mostly just expressing appreciation¹⁴ for my singing and music. But the craziest thing that I've received was a marriage proposal letter from a fan in Spain.

INTERVIEWER: What it's like to become a multimillionaire¹⁵ while you're still a teenager?

MR. BAIRD: My life has certainly changed a lot since becoming a musician and a performer, but money hasn't really changed me. Sure, I can afford lots of expensive clothes and gadgets¹⁶, but that stuff isn't that important to me. What I really care about is performing for my fans and creating music that they enjoy.

Phrases

sign a deal with

与……签约

be hailed as

被热情赞扬, 被欢呼认可

industry insiders

业内人士

caught up with

赶上

road trip

开车旅行

be exposed to

经常接触

church choir

教堂唱诗班

taking group lessons

上集体课

electric guitar

电吉他

concert tour

巡回演出

online degree

在线学位

on the road

在旅途中

lead a normal life

过正常生活

keep in touch with

接触

on a daily basis

每天

fan mail

歌迷来信

marriage proposal

求婚



Usages

一天我肯定要上大学。对我来说，或许攻读一个在线学位最为实际。

采访者：你今年17岁了，但是你却过着和大多数同龄人非常不同的生活。你在生活中做些什么来保持正常状态呢？

贝尔德先生：作为一个表演者，你永远都会是“在路上”——永远都是在旅途中，所以你不可能过一个完全正常的生活。但是我每天都和我的朋友家人联系，即便只是发发邮件和短信。当我回到家里的时候，我会尽可能得多花时间与我的家人呆在一起。

采访者：你会收到很多歌迷来信吗？你从歌迷那里收到的最疯狂的东西是什么？

贝尔德先生：我确实会收到很多歌迷来信，他们很多都是表达对我的歌和音乐的欣赏。但是我收到的最疯狂的东西是西班牙一位歌迷给我寄来的求婚信！

采访者：你十几岁就成为了千万富翁，感觉如何？

贝尔德先生：自从我成为一名音乐人和表演者之后，我的生活显然改变了许多，但是钱并没有真得让我改变。当然，我现在可以买得起很多昂贵的衣服和小玩意，但是那些东西对我来说都不重要。我真正在意的是为我的歌迷表演，创作出他们喜欢的音乐。

10 diploma (n.) 毕业证书

She worked hard to earn her music diploma.
她刻苦用功，以求获得音乐学位证书。

11 normalcy (n.) 正常状态

There are children who have nothing, no love and no normalcy.

有些孩子被剥夺了一切，没有爱，没有正常生活条件。

12 performer (n.) 表演者

The performer's carefree style on the ice won her many friends and a gold medal.

表演者在冰上的那种潇洒的风格为她赢得了许多朋友和一块金牌。

13 text (v.) 发短信

More and more young people prefer to send their best wishes by texting messages.

越来越多的年轻人更乐意利用手机短消息传达问候与祝福。

14 appreciation (n.) 欣赏

As he grew older, his appreciation of art grew.

随着年龄的增长，他对艺术的鉴赏力也提高了。

15 multimillionaire (n.) 千万富翁

At 25 he inherited a fortune and became a multimillionaire.

25岁时，他继承了一大笔财产，成了千万富翁。

16 gadget (n.) 小玩意

This gadget isn't much good.

这小机械没什么用处。

分级学表达

Beginner

(初级表达)

1. When did you first become interested in music?
2. When did you start singing and playing the guitar?
3. I joined my local church choir when I was 10.
4. I began playing the electric guitar about three years ago.
5. Would you like to go to college one day?

Intermediate

(中级表达)

1. My mom and dad used to take me on a lot of weekend road trips.
2. Sometimes we drove almost ten hours to get to our destination.
3. So from a very young age, I was exposed to a variety of music.
4. For my 12th birthday, my parents gave me an acoustic guitar.
5. Maybe doing an online degree would be the most practical for me.

Advanced

(高级表达)

1. We'd listen to all sorts of music on the way, mostly from my dad's CD collection.
2. My parents always had the radio or CD player turned on in the kitchen or living room.
3. You're 17 years old, but you lead a life very different from that of most kids your age.
4. When I'm back at home, I try to spend as much time with my family as possible.
5. What I really care about is performing for my fans and creating music that they enjoy.

Beginner (初级表达)

1. 你最初对音乐产生兴趣是在什么时候?
2. 你什么时候开始唱歌、弹吉他的?
3. 我在10岁的时候加入了本地的唱诗班。
4. 大约三年前, 我开始弹奏电子吉他。
5. 将来某一天你想进大学吗?

Intermediate (中級表达)

1. 我的爸爸妈妈经常在周末开车带我去旅行。
2. 有时候我们要开上差不多10小时的车才能到达目的地。
3. 所以从很小的时候开始, 我就受到各种音乐的熏陶。
4. 我父母在我12岁生日的时候送给我一把原声吉他作为礼物。
5. 对我来说, 或许攻读一个在线学位最为实际。

Advanced (高级表达)

1. 这一路上我们会听各种各样的音乐, 这些音乐大部分都来自我爸爸收藏的CD。
2. 我父母总是在厨房或者客厅里开着广播或者CD。
3. 你今年17岁了, 但是你过着和大多数同龄人非常不同的生活。
4. 当我回到家里的时候, 我会尽可能得多花时间与我的家人呆在一起。
5. 我真正在意的是为我的歌迷表演, 创作出他们喜欢的音乐。

Words (单词)

sensation (n.)
轰动一时的人物

release (v.)
发布, 发行

hail (v.)
欢呼认可, 热情赞扬

passion (n.)
激情, 热情

destination (n.)
目的地, 目的

collection (n.)
收藏

choir (n.)
唱诗班

acoustic (adj.)
发声的

tutor (n.)
老师

diploma (n.)
毕业证书

normalcy (n.)
正常状态

performer (n.)
表演者

text (v.)
发短信

appreciation (n.)
欣赏

multimillionaire (n.)
千万富翁

gadget (n.)
小玩意

An Interview with Lead Singer Iain Pringle of the Scottish Rock Band Wild Side

对话苏格兰摇滚乐队“狂野男孩”主唱伊恩·普林格

INTERVIEWER: It's been almost three decades since Wild Side first came together. Can you take us back to 30 years ago and tell us about how your band got started?

MR. PRINGLE: Keyboardist⁵ Malcolm Cunningham and drummer Samuel Forsyth were high school classmates of mine in Glasgow. We formed a garage band and played in some local clubs, but our success was limited. After high school, we split up for a few years but managed to keep in touch. Before any of us had finished college, we decided to reunite⁶ our band under the name “Wild Side” and pursue music full-time. Later that year, we signed our first record deal.

INTERVIEWER: How hard was it to get that first record deal?

MR. PRINGLE: It's a very competitive industry—that's especially true today, but even 30 years ago it was quite competitive. We made several demos⁷ and sent them out to various record labels, but that turned out to be a dead-end⁸. So one day we visited a local radio station and somehow convinced the manager to include one of our songs, “Repressed⁹ Dreams”, on their playlist. After getting some air-play, the song was eventually picked up by other radio stations in Glasgow and soon became popular

For nearly three decades, the Scottish rock band Wild Side has been entertaining¹ and captivating² audiences around the world, having released 11 studio albums and sold over 120 million records to date. We had the opportunity to talk with lead singer Iain Pringle about the band's early history, continued longevity³, and upcoming album “Unconventional⁴ Ways”.

在近三十年的时间里，苏格兰的摇滚乐队“狂野男孩”不断地吸引着全世界的观众，令他们着迷。到目前为止，他们已经发行了11张录音室专辑，销售了超过一亿两千万张唱片。我们有幸采访了乐队的主唱伊恩·普林格，他与我们分享了乐队早期的历史，持续的走红，以及即将发行的新唱片《不走寻常路》。



The upcoming album “Unconventional Ways” is worth waiting.

即将发行的新专辑《不走寻常路》值得期待。