

Two Ways of Expressions

情感英语 读与说

畅销台湾
10年品牌社
牌书



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【美】克拉姆◎著
王啥◎编译

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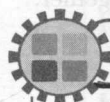
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Unit 1

Like and Dislike 喜欢与不喜欢

Could Someone Please Turn Up My Spiritual Healing?
拜托，谁能帮我做心灵治疗？



Pre-reading



There are many things that can cause one to feel **stressed**¹, tired, or **irritable**². One's mind and body needs to remain peaceful and calm. The easiest and most enjoyable **solution**³ to get one's **erratic**⁴ cells back "**in tune**"⁵ is through music.

Music is a great resource that has a very **tranquilizing**⁶ effect. It can help the mind to **concentrate**⁷. When **arranged**⁸ and presented in a calming manner, music has many positive physical effects.

Listening to the **soothing**⁹ tones of **chant**¹⁰ or **Native American**¹¹ flute and harp is a great way to get the body **resonating**¹² back to its natural state. Every cell in the human body has its own natural resonating frequency. When one's **frequencies**¹³ resonate in **sync**¹⁴, he or she is "in tune." When the cells are "out of tune," that leads him or her to feel unwell.

One can **immediately**¹⁵ become relaxed by listening to soothing music. **Long-term effects**¹⁶ of inner peace and tranquility will become present with **prolonged**¹⁷ listening. Next time you have a bad day, put on your "sounds for inner peace" CD. You will be better off for it.

- ① **stressed** [strest] (a.) to be in an emotional state where one feels extreme difficulty, pressure, or strain 感受到极大困难、压力或紧张的一种情绪状态
- ② **irritable** ['iritəbl] (a.) easily irritated or annoyed 容易被惹怒或心烦
- ③ **solution** [sə'lju:fən] (n.) the method or process of solving a problem 解决问题的方法或过程
- ④ **erratic** [i'rætik] (a.) lacking constituency or uniformity; irregular 缺乏一致性或统一性; 不规律的
- ⑤ **in tune**: an expression that states everything is working well together: mind, body, and soul 形容一切运作和谐无间, 如思想、身心
- ⑥ **tranquilizing**: free from agitation; calm 消除烦扰的; 使镇静的
- ⑦ **concentrate** ['kənsən,tret] (v.) to direct or draw toward a common center; focus 引向一个共同的核心; 聚焦; 集中注意力
- ⑧ **arrange** [ə'reindʒ] (v.) to put in a specific order or relation musically 以特定的顺序或关系来编排音乐; 安排; 铺排
- ⑨ **soothing**: having calming qualities 具有镇定、安抚质的; 舒缓的
- ⑩ **chant** ['fænti] (n.) a melody in which a number of words are sung on the same note 以相同的音符反复唱词的一种音乐旋律
- ⑪ **Native American**: a member of any of the people indigenous to the Western hemisphere before European contact (an American Indian of North America and especially the U.S.) 在欧洲人抵达之前原本居住于北美洲的民族 (北美洲印第安人, 尤指美国的印第安人)
- ⑫ **resonate** ['rezəneit] (v.) to exhibit or produce an intensification of sound, especially a musical tone, by sympathetic vibration 呈现或产生声音的强化, 此声音尤指因共振而起的一种音调
- ⑬ **frequency** ['frikwənsi] (n.) the property of occurring at frequent intervals 频率; 经常发生
- ⑭ **sync** [sɪŋk] (a.) informal for synchronization 同时或同步发生 (的非正式用语)
- ⑮ **immediately** [i'mi:diətli] (ad.) occurring at once; instantly 立刻发生地; 立即地
- ⑯ **long-term effect**: the influences of something that occurs over or involves a relatively long period of time 影响力涵盖一段相当长的时间; 长期影响
- ⑰ **prolonged** [prəu'lonɪd] (a.) continuing for a long time 持续一段长时间



Conversation A What Do You Suggest, Doc?

CD 1

Kati: Doctor, I feel like I'm **on edge**^①. I am always frustrated.

This is not something I am **Partial**^② to. ^㉑

Doctor: You may be experiencing some **depression**^③. You need to to appreciate life^㉒ and keep your mind happy.

Kati: Are there **different avenues**^④ we could try to relieve my **stress**^⑤?

Doctor: Yes, I **recommend**^⑥ music **therapy**^⑦. You need to listen to music that has a positive **impact**^⑧ on your body.

Kati: What kind of music do you recommend? I have a **soft spot**^⑨ for classical music. ^㉓

Doctor: Classical is good. Try melodies that have simple, uncomplicated **arrangements**^⑩.

Kati: When should I listen to music?

Doctor: Whenever you are feeling **over-stimulated**^⑪ or irritated.

Kati: I **fancy**^⑫ this idea. ^㉔ I will listen to music until my body becomes calm.

Doctor: You will be amazed at how different things will look. Things that bothered you before won't matter as much.

Kati: I'm definitely **fond**^⑬ of this type of therapy. ^㉕ I think music therapy will be a great way to help me relieve stress.

Doctor: Music is a **potent**^⑭ force. When used correctly, it has the ability to **cure**^⑮ and **elevate**^⑯.



Unit
7

I like and dislike

喜欢与不喜欢

- ① **on edge**: an expression used to describe a feeling of nervousness or uneasiness
形容紧张或不安的感觉
- ② **partial** ['pɑ:ʃəl] (a.) favoring one person or side over another or others; biased
偏爱某人或某一方; 有偏见的; 倾向某一方的
- ③ **depression** [di'preʃən] (n.) a state of continually feeling sad
长时间感到忧伤的一种心情
- ④ **different avenues**: an expression used to state that one wants to try more than one way or do more than one thing; to keep his or her options open
表示想要尝试不只一种方式或做不只一件事; 想保持开放的选择
- ⑤ **stress** [stres] (n.) a state of extreme difficulty; pressure or strain
极度困难的状态; 压力或紧张
- ⑥ **recommend** [ˌrekə'mend] (v.) to advise or counsel 提出建议或忠告
- ⑦ **therapy** ['θerəpi] (n.) the treatment of an illness or disability
疾病或残障的治疗 (或其方法)
- ⑧ **impact** ['impækt] (n.) the effect or impression of one thing or another
对事物的影响或印象
- ⑨ **soft spot**: an expression used to state that one has a fond liking for someone or something 比喻喜欢某人或某事物
- ⑩ **arrangement** [ə'reɪndʒmənt] (n.) a composition put in a specific order or relation musically 以特定的顺序或前后关系来编写乐曲; 安排
- ⑪ **over-stimulated**: when something or someone has been roused to activity or heightened action more than normal or average 被激做出超乎正常的行为
- ⑫ **fancy** ['fænsi] (v.) to be fond of 喜欢; 想象
- ⑬ **fond** [fɒnd] (a.) having a strong liking, inclination, or affection for
对……有强烈的喜欢, 倾向或感情
- ⑭ **potent** ['pəʊtənt] (a.) having or wielding force, authority, or influence
强有力的, 权威性的, 或有影响力的
- ⑮ **cure** [kjʊə] (v.) to restore one's health 治愈
- ⑯ **elevate** ['eliveɪt] (v.) to lift the spirits of; elate 提振精神; 使心情好转



Similar Sentence Patterns

1

This is not something	I can appreciate.
	I am taking a liking to ¹ .

这不是

我所欣赏的。

我所喜欢的。

2

You	need to	learn to	enjoy life...
	should		love life...

你

得
该

学着

享受人生……

热爱生活……

3

I	am fond of	classical music.
	adore ²	

我

喜欢
爱好

古典音乐

4

I	dig ³	this idea.
	welcome	
	want to go for it.	

我

喜欢
欢迎
乐意一试

这点子。

5

I	am partial to	this type of therapy	rather than therapy with medication.
	prefer		more than other kinds that involve medication.
	appreciate		

偏爱

我 喜欢
欣赏

这种疗法

而不是药物治疗。

而不是其他药物治疗法。

Unit
1

Like and Dislike
喜欢与不喜欢

1. **take/have a liking to/for**: expressions used to describe how one likes someone or something 喜欢某人或某事物
2. **adore** [ə'dɔ:] (v.) to like very much 非常喜欢; 仰慕
3. **dig** [dig] (v.) a slang expression, often used by young people to state that he or she really likes what is being done, said or shown
(美国俚语) 年轻人用来表示喜欢或了解某件事、某句话

Other Useful Expressions : Like

- 1 **be into**: a slang expression used to show that one likes someone or something; interested in or willing to do something
(俚语) 表示喜欢、感兴趣或乐意做某件事
 - Ben **is** really **into** paragliding. His vacations are always to places where paragliding is a popular activity.
本喜欢玩滑翔伞。他假期总是去滑翔伞风行的地方。
- 2 **in favor of**: in support of 赞成
 - The students were **in favor of** using their free time to practice for the school play. 学生们赞成利用余暇练习学校排定演出的戏剧。
- 3 **revel in**: to take great pleasure or delight in 乐在……之中
 - Olga appears to **revel in** being the center of attention.
奥尔佳似乎非常乐于当众人瞩目的焦点。
- 4 **I'm (so) there**: a slang expression often used by adolescents and college students as a way to state that he or she is very interested in whatever the idea or plan happens to be. If "so" is added, this further expresses the interest.
(俚语) 青少年和大学生常用, 表示对任何当时出现的点子或计划非常感兴趣。"so" 表示强调该兴趣。
 - "Who wants to go to the concert this weekend?" ask Ashton.
"I am so there," said Pam.
"谁想去看这个周末的演唱会啊?" 阿什顿问。
"我很感兴趣" 帕姆说。



Conversation B

Please Change the Music Selection.

CD 2

Peter: They were playing **spiritual music**^① at the record store today. I couldn't bear^② to listen. ^❶ Name one good reason for that kind of music!

Claudia: It is considered a beneficial tool for many different patients: from the **terminally ill**^③ to **Alzheimer's**^④ to those with **clinical depression**^⑤. Why can't you stand it?^❷

Peter: I enjoy music with a beat and **lyrics**^⑥. I am not into soothing tones and people chanting.^❸ Give me deep **meaningful**^⑦ lyrics and something to **tap my foot to**^⑧ any day.

Claudia: You may not be able to tap your foot to it but it does have many positive effects. It helps relieve pain and stress, and it **promotes**^⑨ healing and relaxation. You are a huge lover of music. I can't imagine you detesting any kind of music.^❹

Peter: Well, believe it! I loathe^{⑩ ❺} any kind of music that doesn't make me want to stand up and dance. And I **strongly dislike**^❻ any music that has flutes or harps as the main instrument.

Claudia: I disagree. Music is supposed to **encourage**^⑪ creativity, improve learning, and help **evoke**^⑫ **imagery**^⑬ for **self-exploration**^⑭. You need flutes and harps for that.



Unit
7

Like and Dislike
喜欢与不喜欢

- ① **spiritual music**: music relating to or consisting of spirit
有灵性、有精神的音乐
- ② **bear** [bɛə] (v.) to endure 忍受
- ③ **terminally ill**: an illness that will end in death 绝症；病症末期
- ④ **Alzheimer's** ['a:lz'eiməz] (n.) a disease marked by progressive loss of one's mental capacity 阿兹海默症，一种逐渐失去心智能力的疾病
- ⑤ **clinical depression**: when one is unable to concentrate, has insomnia, or feelings of hopelessness and dejection 一种无法集中注意力、有失眠现象或无助和沮丧感的心理状况；临床忧郁症
- ⑥ **lyrics** ['liriks] (n.) of or related to poetry that expresses subjective thoughts and feelings, often in a songlike form 歌词
- ⑦ **meaningful** ['mi:nɪŋfʊl] (a.) important or significant 重要的；意义重大的
- ⑧ **tap my foot to**: an expression used when one likes a song and wants to keep beat along with the music. This is done through tapping one's foot to the rhythm of the song. 形容喜欢一首歌而想要随着音乐用脚打拍子
- ⑨ **promote** [prəu'məʊt] (v.) to contribute to the progress or growth of
促使事物的成长，进步
- ⑩ **loathe** [ləʊð] (v.) to dislike greatly 嫌恶；厌恶
- ⑪ **encourage** [in'kʌrɪdʒ] (v.) to give support to; to inspire with hope, courage, or confidence 鼓励；支持
- ⑫ **evoke** [i'vəʊk] (v.) to summon or call forth 唤起
- ⑬ **imagery** ['ɪmɪdʒəri] (n.) mental images 意象
- ⑭ **self-exploration**: in search of one's self for the purpose of discovery
探索自我以期有所发现。自我探索



Similar Sentence Patterns.

1

I	hate listening to	that kind of music.
	abhor ¹	
	strongly dislike	
	loathe	

我
讨厌
憎恶
极不喜欢
厌恶

那种音乐。

2	why	doesn't it tickle your fancy? ²	that kind of music.
		don't you feel	
		are you unable to bear	

为什么 它不讨你喜欢?
你不中意 那种音乐?
你受不了

3	I	am not feeling ³	soothing tones and people chanting
		don't fancy	
		don't take to	

我 不中意 舒缓的曲调和念经似的腔调。
不喜欢
不爱听

- 4 • How could it be possible for you to hate any kind of music?
你怎么可能讨厌所有的音乐?
- I find it impossible that you have such a strong hatred for any kind of music. 我觉得你不可能对所有的音乐如此强烈的厌恶。
 - You, not able to stand a certain kind of music. I don't believe it! 你受不了某种音乐? 我无法置信!

5	I	have such a hatred for
		am unable to bear	
		detest	



我 是那么讨厌
受不了
厌恶

6	I	really cannot stand ⁴
		hate	
		am not able to bear	

我 实在受不了
讨厌
无法忍受