

CRACKING THE WORDS WITHOUT RECITING

谁还在 背单词

第3版

- ★ 快速阅读
- ★ 深度阅读
- ★ 完形填空阅读
- ★ 听力
- ★ 翻译

- ★ 科普短文
- ★ 名人名言
- ★ 幽默笑话
- ★ 中外诗歌

阅读巧记大学英语六级 全大纲词汇

主编：聂成军



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主 编：聂成军
副主编：陈晓玲 杨 靖



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本书通过软件选取精辟科普短文、名人名言、幽默笑话、中外诗歌等,以最少的阅读量涵盖大学英语六级考试大纲词汇,并以系统的分析将超纲词汇的出现率降到最低。本书按照大学英语六级考试项目,将阅读形式划分为快速阅读、深度阅读、完形填空阅读、听力及翻译方面的阅读,题材涉及社会生活等方方面面,在选材上,更是兼顾了文章、段落、语段、句等的阅读,使考生在有效地阅读本书的同时,增加对语篇内容的理解,便于考生更有效地记住词汇。

学会单词,读“准”文章。在传统背诵单词之上,考生可以通过高效阅读记住单词,并学为所用。

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前言

本书用仿真形式的阅读材料完全涵盖大学英语六级词汇，将背单词与阅读合二为一，在阅读训练的同时完成了背单词，从而大大提高备考的效率，避免单纯背词汇表的枯燥乏味。阅读材料的内容贴近生活，可读性强。这一点仅从目录便可见一斑。

本书的另一特色是听力部分都采用有趣的小电影。小电影的语速略高于考试要求的180词/分钟。同一段文字内容配有两种形式的小电影。一种带有英文字幕，可以帮助你练习快速阅读；另一种没有字幕，可以帮助你练习听力。

在许多阅读（长短）文章下面都配有六级真题（句）。真题中就含有上面文章中出现的六级词汇。同学们在阅读词汇之后，可以看下面的真题来巩固自己的记忆并测试理解水平是否到位。

参与本书编写的人员还有：刘实、董永辉、金秀梅、黄炳良、翁子凡、刘么箕、王丹、柳卿、许世锋、修红海和陈丽敏。

本书选材和编写的目的就是为了使同学们的备考过程充满快乐，快速提高自己的学习效率。

预祝大家取得优秀的成绩。

编者

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PART

1

快速阅读

1 Happiness

Be positive

“Positivity (积极性) makes you more attractive and resilient (有活力的), with lower blood pressure, less pain, fewer colds, better sleep. Increase the number of positive emotions in your day, however fleeting. One can lead to another and so on, until we're in an upward spiral of positivity. Take a moment to find the good in a situation. Don't over-generalise (概括) ('I can never hold down a relationship'), jump to conclusions ('I'll never finish this job') or ruminate (沉思) endlessly. Any healthy distraction — a run, a swim — that lifts your mood is good.”

— Barbara Fredrickson is Kenan distinguished professor of psychology, University of North Carolina

Be brave

“Studies show people regret not having done things much more than they regret things they did. Why? We can rationalise (使合理化) an excess of courage more easily than an excess of cowardice, because we can console ourselves by thinking of the things we learned from the experience. We hedge our bets when we should blunder forward. In fact, large-scale assaults on our happiness — a lost job or failed marriage — trigger our psychological defences (and hence promote our happiness) more than smaller annoyances (讨厌的东西或人) .

The paradoxical consequence is that it is sometimes easier to achieve a positive view of a very bad experience than a bad one. And yet we rarely choose action over inaction. Knowing we overestimate (对……估计过高) the impact of almost every life event makes me a bit braver and more relaxed because I know what I'm worrying about probably won't matter as much as I think it will.”

— Daniel Gilbert is professor of psychology, Harvard University

Meditate

“Meditation helps us better manage our reactions to stress and recover more quickly from disturbing events. This is key to happiness. One study took people in high-stress jobs and taught them meditation for eight weeks: they felt happier after and even remembered why they liked their work. Before, they were too stressed to see it. Beginners can benefit from meditation, but it takes practice to see real benefits. I recently spent an evening with Yongey Mingyur Rinpoche, an lama (喇嘛) dubbed 'the happiest man in the world'. How did he get that way? Practice. Observing his behavior, I noticed he recovered quickly from upsets and this is one way science measures a happy temperament. If you start to get upset, let go of the negative thought, deal with the problem-and then let go of that.”

— Daniel Goleman is a psychologist and author, based in Massachusetts

Be kind to yourself

“The way we relate to ourselves — kindly or critically (批判性地) — has a major influence on our wellbeing (幸福), contentment and ability to cope with setbacks. If you're feeling self-critical (批评), stop, take a few breaths, slow down and try to think of the ideal qualities you might have, such as kindness, warmth, gentleness. It doesn't matter whether or not you actually have these qualities — like an actor taking on a part, feel yourself become them. In a journal, make a note of what happens to your self-criticism (批评) when you do this. Then turn your attention to what you're about to do.”

— Paul Gilbert is professor of clinical psychology, University of Derby

Use your pessimism

“Defensive (防守的) pessimists expect the worst and expend (花费) lots of energy mentally rehearsing how things might go wrong. But by doing this, they can improve the odds of achieving their goals. It's a useful skill for everyone to learn. Imagine what might go wrong in a situation by focusing on specifics. If you're terrified of public speaking, try to articulate whether you're afraid of fumbling (弄乱) with your notes or tripping on your way to the podium (表演台). Then imagine what happens next: if you drop your notes, will someone laugh? By doing this you shift the attention from feelings to facts, so you can plan effectively to avoid (or at least deal with) negative outcomes if they occur.”

— Julie Norem is professor of psychology, Wellesley College, Massachusetts

Find a calling

“Work less, earn less, accumulate less and ‘consume’ more family time, holidays and other enjoyable activities. Pursue goals but remember, it's the journey, not the end result, that counts. If your work is not a calling, can you reframe (重新界定) it to see it as more than just a pay cheque? If not, try to find a noble purpose outside work — religion, teaching, political campaigning. Find activities that fully engage your attention and you're good at: singing in a choir, painting, driving fast on a curvy (弯曲的) country road. This is known as ‘flow’. Happiness is not a shallow state of feeling chipper all the time, or something you can achieve directly. We need love, work and a connection to something larger. Get these conditions right, then wait.”

— Jonathan Haidt is professor of psychology, University of Virginia

Act happy

“My research compares happy and unhappy people, and underpinning this is the 40% solution (解决): the degree of happiness. It is within our power to change, through how we act and think. I've identified 12 happiness-enhancing activities-things happy people do naturally. They may sound corny, but they're scientifically proven. You don't have to do them all — decide which fit you best. One, express gratitude. Two, cultivate

optimism: visualise a future in which everything has turned out the way you want it, then write it down. Three, avoid obsessing (痴迷) over things or paying too much attention to what others are doing. Four, practise acting kindness — more than you're used to. Five, make time for friends; be supportive and loyal. Six, develop coping strategies: write down your feelings when you're feeling upset and try to see that traumatic (痛苦难忘的) events often make us stronger. Seven, learn to forgive. Eight, immerse yourself in activities and be open to new ones. Nine, savour life's joys — linger over a pastry rather than mindlessly consuming it. Ten, work towards meaningful goals. Eleven, practise religion and spirituality. And finally, exercise. You won't see the results from these activities right away: like anything important, you have to work at it."

— Sonja Lyubomirsky is professor of psychology, University of California

幸福

积极

“积极使人血压降低、疼痛减轻、感冒减少、睡眠更好，从而让人更具吸引力、更有活力，所以一天之中要多几次积极的情绪，即使时间很短也没关系。一次积极的情绪会引发出下一次，然后是下下次、下下下次……直到我们的积极性螺旋式上升。遇事时花点时间想想它好的一面，不要以偏概全（比如“我永远都控制不好这种关系”），不要妄下定论（比如“这工作永远都做不完”），也不要总是想着某件事。任何健康的、能够分散你注意力的事情都会使你的情绪好起来，比如跑步、游泳。

——芭芭拉·弗雷德里克森，北卡罗来纳大学凯南特聘的心理学教授

勇敢

“研究显示，如果有件事人们想做而没去做，那么他们的悔意会比因他们做过的事情要强烈得多。为什么呢？我们能够更容易为冒失找到合理的理由而不是过分懦弱，因为我们可以安慰自己说我们从这一次经历中吸取了教训。在前进过程中犯错的时候我们可以保护自己。实际上，对我们的幸福产生重大影响的事情，比如失去工作或者婚姻失败，要比那些普普通通的小烦恼更能引发我们产生心理防御（从而提高我们的幸福感）。

这看似矛盾的后果就是，有时候面对一件非常糟糕的事情，我们的态度反而要比面对一般糟糕的事情更积极。然而，我们却很少行动而选择无所作为。我们差不多高估了生活中每件事情对我们的影响，明白这个道理后，我们会更勇敢一些，也会更加轻松，因为我知道我担心的问题可能并不会像我想的那样糟糕。

——丹尼尔·吉尔伯特，哈佛大学的心理学教授

沉思

“沉思能够帮助我们更好地控制自己在压力下的反应，并能够使我们从不安中尽快恢复过来。这是幸福的关键。有一项研究是让人们从事高压工作，并在8个星期里教他们沉思之法，研究结果显示：他们感到比以前幸福，甚至记得为什么会喜欢这工作。在此之前，仅仅是想到

这种工作，他们都会倍感压力。初学者可以受益于沉思，但需要多加练习才能真正从中受益。最近我与被称为‘世界上最幸福的人’的喇嘛Yongey Mingyur Rinpoche待了一个晚上。他是怎么做到最幸福的呢？练习。通过观察他的行为，我注意到他能够迅速从不安中恢复过来，这是一种科学的检验幸福气质的方法。如果有什么事情让你不安，不要有那些消极的想法，而是要解决问题，然后让事情过去。”

——丹尼尔·戈尔曼，美国马萨诸塞州的心理学家和作家

善待自己

“我们对待自己的方式——宽容或者挑剔——对我们保持良好状态、产生满足感以及处理挫折的能力有很大的影响。如果你正在进行自我批判，那么停下来，做几个深呼吸，放松，努力去想象那些你可能具有的理想品质，比如善良、热情、温柔。你是不是真的具有这些品质并不重要——你要像演员进入角色一样，感觉自己变成了那样子。你可以在日记里记下这样做对自我批判的影响，然后把注意力集中到你打算去做的事情上。”

——保罗·吉尔伯特，德比大学的临床心理学教授

利用悲观主义

“防御性悲观主义者会把事情往最坏的地方想，并且会花费很多精力想象事情会怎样变得糟糕起来，但是他们这样做会提高实现目标的概率。这是一种值得每个人学习的技巧。把注意力放在细节上，然后想象在某种情况下哪些细节可能会出错。如果你害怕在公众场合发言，那么试着想清楚你害怕的事情，比如忘了台词或者在登上领奖台的时候绊倒等。然后想象接下来会发生的事情：如果你忘了台词，会不会有人笑？这样做可以将你的注意力从现实中转移出来，这样你就能有效地进行规划，以避免（或者至少能够处理）这些事情发生时产生的消极后果。”

——朱莉·诺勒姆，马萨诸塞州韦尔斯利学院的心理学教授

找个自己想做的工作

“少工作，少挣钱，少攒钱，多享受家庭时间、节假日和其他有趣活动。为目标而努力，但要记住，重要的是过程而不是结果，这很重要。如果你的工作不是你想做的，你能重新审视它，把它看成不只是一张支票吗？如果不能，那就努力在工作之外找个更高尚的目标，比如参加宗教、教学、政治活动。寻找能够完全吸引你并且你擅长的活动，比如参加唱诗班，学习绘画，在蜿蜒的乡村公路上飞快地骑自行车。这就是所谓的‘流动’。幸福并不是时时刻刻感到快活，也不是直接就可以得到。我们需要爱、工作以及更广泛的事物的联系。准备好这些条件，然后等待。”

——乔纳森·海德特，弗吉尼亚大学的心理学教授

幸福的生活

“我对幸福和不幸福的人进行了研究比较，证实了40%的解决方案，即我们有能力通过自己的行动和思考改变幸福的程度。我已经找出12种能够增强幸福感的活动，这些都是幸福的人自然而然会做的事情。这些事听起来可能毫无新意，但被证明是很科学的。你并不需要做这全部12件事，只要找到最适合你做的那几件事情来做就行。第一，表达谢意。第二，培养乐观的态度，想象未来生活中每件事都跟你渴望的一样，然后将它写下来。第三，避免被

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一件事情困扰或者过于关注别人。第四，多做善事，要比你平时做的更多。第五，和朋友们相处，要给朋友支持、对朋友忠诚。第六，制定应对策略：当你感到不安时写下你的感受，并要明白，让我们受伤的事情往往会使我们更加坚强。第七，学会宽恕。第八，让自己充满活力，接受新事物。第九，品尝生活的乐趣，慢慢品尝糕点要比漫不经心地大口吞咽过量糕点更能让你感到享受。第十，为了某个有意义的目标而工作。第十一，培养宗教信仰和精神支柱。最后一点，练习。这些事并不能立即见效，就像做其他重要的事情一样，你必须不断努力。”

——索尼娅·柳博米尔斯基，加利福尼亚大学心理学教授

articulate	[ɑ:'tikjulit,ɑ:'tikjuleit] a. 善于表达的，发音清晰的 vt. 明确有力地表达；清晰地吐（字）、发（音）	linger	['liŋgə] vi. (on) 继续存留，缓慢消失；（因不愿离开而）继续逗留，留恋徘徊；磨蹭，拖延；苟延残喘
assault	[ə'sɔ:lt] n. (武力或口头上的) 攻击，袭击 vt. 攻击，袭击	meditation	['medi'teɪʃən] n. 沉思，冥想
blunder	['blʌndə] vi. 踉踉跄跄地走，慌乱地走 n. (因无知、粗心等造成的) 错误	paradox	['pærədɒks] n. 似乎矛盾而（可能）正确地说法；自相矛盾的人（或事物）
choir	['kwaɪə] n. (教堂的) 歌唱队	paradoxical	[pə're'dɒksikəl] a. 荒谬的，事与愿违的，矛盾的
console	[kən'səʊl,'kɒnsəʊl] vt. 安慰 n. 控制台，操纵台	pastry	['peɪstri] n. 油酥面团，酥皮糕点
coward	['kauəd] n. 懦夫，胆怯者	rehearsal	[ri'hə:səl] n. 排练，排演，练习，演习；叙述，详述
cowardice	['kauədɪs] n. 怯懦，胆小	rehearse	[ri'hə:s] vt. 预演，排演，使排练，复述，练习，背诵；作假 vi. 排练，练习，演习；想象
cultivate	['kʌltɪveɪt] vt. 耕作，养植，栽培；培养，陶冶，发展	savour	['seɪvə] n. 风味 v. 品尝
dub	[dʌb] vt. 给……起绰号，把……称为，为（电影等）配音，译制（影片）	spiral	['spaɪərl] n. 螺旋（线），螺旋式上升（或下降） a. 螺旋的 vi. 盘旋上升（或下降）；（物价等）不断急剧地上升（或下降）
fumble	['fʌmbəl] v. 摸索，笨拙搜寻；弄乱，搞糟	trigger	['trɪgə] n. (枪等的) 扳机；引起反应的行动 vt. 触发，引起
immerse	[ɪ'mɜ:s] vt. (in) 使沉浸在，使专心于；使浸没，充满		

真题句

But it's not the only indicator and, paradoxically, its significance is declining. [2008年6月]

However, paradoxically, just recently a group of black parents filed a lawsuit (诉讼) in California claiming that the state's ban on IQ testing discriminates against their children by denying them the opportunity to take the test. (They believed, correctly, that IQ tests are a valid method of evaluating children for special education classes.) [2002年1月]

Why do children immersed in this much excitement seem starved for more? That was, I realized, the point. [2006年12月]

2 Certain principles of interacting with girls

Although interacting with girls seems like an intimidating endeavor to many guys, adhering to certain principles allows it to be a more comfortable and enjoyable experience for everyone involved.

Principles:

1. Be yourself. It's important to maintain self-confidence by being yourself around girls. If you adopt an alternate personality to attract girls, you will eventually be weighed down with the feeling that your true self isn't good enough. It may help to develop and improve your social skills, but any girls that don't appreciate you for who you are don't deserve your attention.
2. Respect all girls equally. You stand a much better chance of making a good overall impression if you treat girls that don't interest you just as nicely as those that do. This doesn't mean that you need to talk to or flirt with every girl, but don't ignore them or treat them dismissively. Don't talk to a girl about other girls' attractiveness; it's distasteful and can degrade the girl's opinion of herself. You generally shouldn't talk about past relationships you've had, or other girls that interest you; it detracts from building a new relationship.
3. Make eye contact. Many girls like it when you can't take your eyes off them, but not when you're staring at their bodies. Although there are some girls that may enjoy such attention, you won't offend anyone by focusing on her face instead. Do not ogle (抛媚眼) her. Just remember to use discretion (谨慎) and show proper respect.
4. Make them feel special. Girls like it when you're forward but not in a creepy way. Smile at her in a way that's clear, friendly, and/or playful. If you feel compelled to honesty, you can offer a sincere compliment. For example, you could say "Did anyone ever tell you that you have a beautiful smile?" Eyes are another good one—they're not the easiest thing to notice, and it shows you were looking at her face. Select something good that is reserved for her only; it will make her feel wonderfully special, admired, and beautiful.
5. Be a gentleman. Girls love guys that are polite and courteous. It's just a matter of doing simple things like holding doors open for them and being respectful in other ways. Some claim chivalry (骑士制度) is dead, but if you believe that, then you're going to have some problems getting a girl's interest.
6. Keep your manners in check. Watch the foul language. Don't pick your nose, scratch your butt, pick at your body in any way, fart (放屁), or burp (打嗝), cough, or sneeze with your mouth wide open, etc. Gross her out, and you'll be lucky if she ever looks at you again.
7. Make her laugh. Being funny is one of the most attractive qualities a guy can have, and if you're not "handsome", a girl will usually overlook that! If you're not goofy (愚笨的) but you have a very dry, sarcastic sense of humor, use that. Just watch your timing and try not to be too goofy, or you may make a fool of yourself. It's okay to tease her a little, but generally not about her appearance.

8. Choose the right subject. Notice when you're having a conversation and she seems uncomfortable, change the subject. Watch her movements, if she's shifting (移动) her weight a lot and not making eye contact, chances are she's uncomfortable.
9. Physical contact Recognize (识别) that physical contact should be limited by the state of your relationship.
 - * Acquaintances — A handshake when introducing yourself is probably a reasonable limit for a first meeting. You can also subtly brush your hand against her hand or arm.
 - * Casual Friends or Prospective Dates — You could try something like touching her hair or playfully poking her in the side and asking if she is ticklish. This is generally considered flirting (调情), and if a girl doesn't appreciate your advances, it's best to apologize and refrain from making similar contact.
 - * Good Friends — It is generally acceptable to give friendly hugs (拥抱) to girls that you know fairly well, even if you aren't a couple. Just be sensitive to the girl's feelings about it; pressuring her to hug you will make her uncomfortable.
 - * Boyfriend/Girlfriend — When you've grown closer, you can hold her hand or wrap your arm around her shoulders or waist when you're walking together. With her consent, you can also kiss her.

Tips:

Be the same around her and your friends.

Never use the words "hot" or "sexy" unless it's in a joking fashion.

Don't ever tell her that she looks bad.

Don't try too hard. She'll notice.

Don't panic if you do something embarrassing. A lot of girls find that really cute.

Manners: use them! If you don't have them, then get them!

Warnings:

Do not make sexist jokes.

Don't focus too much on one girl if she isn't enjoying the extra attention. She may get annoyed, and it will likely hurt your relationship.

Never tell any of your friends what happens.

Get to know her friends and be friends with them. This will show her that you're nice and friendly.

There is nothing wrong with trying to make her feel special long into a relationship, but trying to kiss up to her, especially within the first few weeks and months of knowing her, will do more harm than good, and you will be labeled more as a friend who tries to buy her attention than a potential mate.

与女生交往的几个原则

对很多男生而言与女生交往令他们望而生畏，但如果遵循以下几个简单的原则，将会使交往更加舒适、愉快。

原 则

1. 做你自己。在与女生们交往的过程中自信是非常重要的，而做自己会使你保持自信。如果你想用自己不具备的个性去吸引女孩的话，到头来你会因觉得真实的自我还不够好而感到失落。展示不是自己的个性可能会培养你的社交技巧，但请记住，任何不欣赏你真实个性的女生都不值得你关注。
2. 平等地尊重每个女生。如果你对不吸引自己和吸引自己的女生一样尊重的话，你就更有机会给她们都留下好印象。这并不意味着你得同每个女生闲扯或调情，但请不要无视她们的存在，更不要对她们不屑一顾。不要同女生们谈论其他女生的魅力，这会让她感到厌恶，甚至觉得身价降低。原则上不要谈论你以往的恋爱经历或其他吸引你的女生，因为这样做对建立新的关系是非常不利的。
3. 眼神交会。很多女生喜欢你的目光无法从她身上移开的感觉，但别老盯着她的胸部看，当然我们不排除有个别女生有此嗜好，但通常来说，盯着脸看是不会冒犯别人的。别抛媚眼，记住你的目光中应透露出你的慎重和应有的尊敬。
4. 让她们感到自己很特别。女生们很欣赏你的勇敢，但不要吓到她们。单纯友好甚至开玩笑的微笑都是可以的。如果你希望能坦诚一些，可以真诚地恭维一下。例如，“有人告诉过你你的微笑很迷人吗？”眼睛也是个不错的选择，也不是最容易注意到的，这可以暗示你认真地看了她的脸。选择她独有的特点切入，这会让她感到自己极其特别，受人爱慕且美丽。
5. 做个绅士。女生们喜欢那些彬彬有礼的男生。做到这一点也很简单——帮她们开门，或者其他尊重的举动。有人说骑士时代的礼节已经过时，不过如果你确信如此，那么你可能不大容易吸引到女生。用它们吸引女生的话可能不太容易。
6. 注意礼貌。当心粗话。不要抠鼻屎、挠屁股或任何部位、放屁、打嗝、咳嗽、张大嘴打喷嚏等。这些都会让她感到恶心。如果你不小心点的话，就别指望她再看你一眼啦。
7. 逗她笑。风趣是男生最吸引人的品质，即使你不“帅气”，女生们也不在乎。如果你不笨，而且还会冷幽默，尽管拿来用吧，只是要注意掌握时机，不要太傻帽，否则你会被耻笑。稍微取笑她一下也没什么，但一般不要拿她的相貌来开玩笑。
8. 话题的选择。如果你发现她对当前的话题感到不适，请务必换一个。观察她的举动，如果她经常扭动，没和你眼神接触，这很可能是她感到不舒服了。
9. 肢体接触。肢体接触的范围依关系发展的阶段而定。
 - * 熟人。初次见面自我介绍时握握手是个合理的接触范围。你的手可以轻轻地划过她的手或胳膊。
 - * 临时的朋友或可能的约会对象。你可以试着摸摸她的头发，或者挠挠痒，问问她怕不怕痒。这些通常被认为是调情，如果对方不喜欢，立即道歉并克制一点。
 - * 好朋友。即使不是情侣，对好朋友来个友善的拥抱也是可以的，但请留意一下她的感觉，强行拥抱会让她难受。
 - * 男女朋友。当你们的关系更亲密时，走在一起时你可以牵她的手，搂她的肩或腰。如果她同意的话，你还可以吻她。

友情提示

跟她在一起和与朋友在一起一样。

除了开玩笑以外，别用“火辣”、“性感”等词。

永远别说她看起来很糟。

追得别太用力，她会感觉到的。

不小心做了囧事，别紧张，很多女生会认为这很可爱。

礼貌：注意礼貌，如果不会，赶紧学。

警告

别讲有性别歧视的笑话。

如果女生不喜欢被过分关注的话，不要过分关注她。否则她会生气，破坏你们之间的关系。

别告诉任何哥们你在追她。

去结识她的朋友，并与她们交朋友。这会让她觉得你很随和、友善。

在一段关系中想让她长久感觉自己独特本无可厚非，但在刚认识的几个星期或几个月里就想吻她往往会弄巧成拙，你会被当成只是想吸引她眼球的人而不是可能的伴侣。

adhere	[əd'hɪə] vi. 黏附，胶着；依附；使黏附坚持，遵循；追随
adherent	[əd'hɪərənt] n. 拥护者，信徒
butt	[bʌt] v. 用头抵撞，顶撞 n. 粗大的一端；烟蒂，残根，[非正式] 屁股
compliment	['kɒmplɪmənt, 'kæmplɪmənt] n. 赞美（话），恭维（话）；[pl.] 问候，祝愿 vt. 赞美，恭维
courteous	['kɔ:tʃəs] a. 有礼貌的，谦恭的
courtesy	['kɔ:tɪsi] n. 谦恭有礼；有礼貌的举止（或言辞）
endeavor	[ɪn'dævə] v. / n. 努力，尽力，力图
flirt	[fla:t] v. 挑逗，调戏，调情
foul	[faʊl] a. 难闻的，发臭的；糟透的；污浊的，下流的；（天气）

	恶劣的；邪恶的，罪恶的 vt. （比赛中）对……犯规；弄脏，污染 n. （比赛中的）犯规，肮脏
intimidate	[ɪn'tɪmɪdeɪt] vt. 恐吓，威胁；使……害怕
poke	[pəʊk] vt. 戳，捅；用……戳（或捅），把……戳向；伸出，突出 vi. 伸出，突出； n. 戳，捅
refrain	[rɪ'freɪn] vi. （from）忍住，自制以避免，克制，戒除 n. （诗歌的）叠句，副歌
sarcastic	[sɑ:'kæstɪk] a. 讽刺的
sneeze	[sni:z] n. 喷嚏 vi. 打喷嚏
tease	[ti:z] vt. 戏弄，取笑；挑逗，撩拨 n. （爱）戏弄他人者；戏弄，挑逗
ticklish	['tɪkliʃ] a. 怕痒的；易怒的

真题句

This eye-on-the-consumer approach is known as the marketing concept, which simply means that instead of trying to sell whatever is easiest to produce or buy for resale, the makers and dealers first endeavor to find out what the consumer wants to buy and then go about making it available for purchase. [2000年1月]

This self-questioning and error-correcting aspect of the scientific method is its most striking property and sets it off from many other areas of human endeavor, such as religion and fine arts. [1992年1月]

You hear the refrain all the time: the U.S. economy looks good statistically, but it doesn't feel good. [2007年6月]

3 No one likes to feel crappy, right?

Certain powerful sensations and emotions are simply uncomfortable, if not downright painful. For some people, feeling sadness or grief is nearly intolerable; others would rather cry for an hour than feel intense anxiety or fear. Having experienced some form of depression on and off since my teens (and having grown almost used to it), I've always fallen in the latter category. I'd rather bear those ills I know, if I have to bear any ills at all. Interestingly enough, it was in experiencing some new ones that I learned something about the old ones, and stumbled across a more effective way of dealing with both.

A Personal Story

A year and a half ago my money started to run out. It was January, my town was buried in several feet of snow, and I was unemployed and living in a dark one-room apartment. For the first time in my life, an overwhelming anxiety took possession of me — and, truly, it was like possession — along with something like agoraphobia (恐旷症). I remember standing inside the entrance of a Target superstore one day in late winter, enveloped in what I can only describe as existential terror. (Never mind the valid sociological argument that the proper human response to a Target superstore is existential terror. That's fodder (创作素材) for another post, another time!) The warehouse-sized (仓库大小的) building full of endless rows of merchandise seemed foreign, overwhelming, even somehow menacing. I wove uneasily among adjacent departments, avoiding the aisles like a frightened rabbit. I was unprepared and uncomprehending. What was happening to me?

I had never before experienced such protracted (延长的) and uninterrupted periods of unmitigated (十足的) fear. Every morning I woke up consumed with dread; all day long my exhausted adrenals pumped fight-or-flight hormones (激素) throughout my body. In the ensuing months, I had a bout of pneumonia; my upstairs neighbor (a drummer in a rock band) and his drunken buddies awakened me consistently most nights around four a.m., until I developed insomnia; I started a high-stress job as administrator for an organization that had only two paid full-time staff; and I packed up all my belongings and moved in with an acquaintance to escape my neighbor's nightly after-parties, which no amount of negotiating and pleading had quieted.

I have never been quite the same since. The cumulative effect of all of this on my nervous system was such that no amount of herbal therapy, yoga, acupuncture (针灸), hot baths, or the conventional prescription and nonprescription drugs I tried without success could completely mitigate (减轻) the aftershock (余震). Even now I sleep lightly, and not infrequently (稀少的) with difficulty. I feel the vibrations of adjacent (邻近的) footfalls and bass (低音乐器) lines in my bones. There is a tightness, an almost painful constriction (压缩) in my chest that I can feel acutely (极其) when I become still and empty my busy mind. Oftentimes meditation and relaxation are synonymous (同一类) with a greater awareness of this discomfort. Depending on its intensity, it can feel like anything from restlessness to outright panic. It increases under