

特殊设计，一背上瘾，终生不忘记！

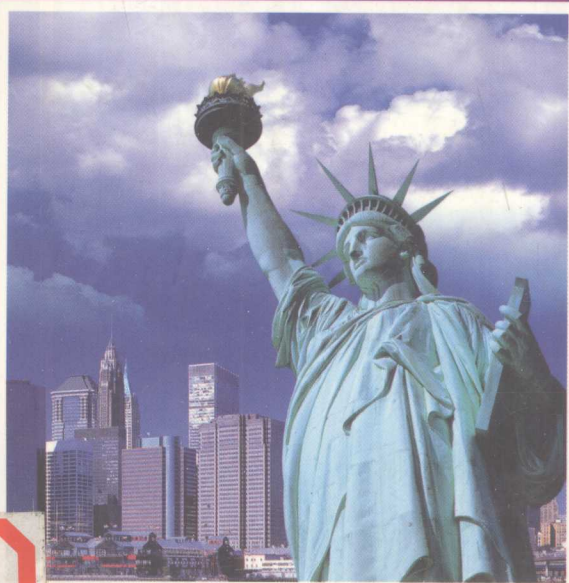
# 一口气英语演讲

## One Breath

## English Speeches

# 3

刘毅 主编



1. I Want You to Copy Me
2. Learn to Make the Right Decision
3. Carpe Diem: Seize the Day!
4. How to Live a Colorful Life
5. How to Break Up Peacefully
6. How to Get Over Breaking Up
7. How to Be a Good Loser
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9. How to Change a Bad Mood
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大连理工大学出版社

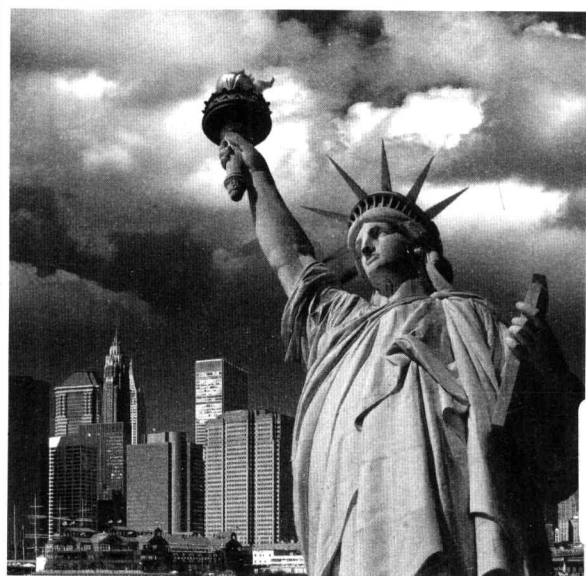
# 一口气英语演讲

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## 为什么大家都不敢说英文？

我常常到大安路的夜市吃水果，我在第一家水果店，吃了十年的水果，才发现对面有一家不错的，再吃了十多年后，才发现，较里面的一家水果店的水果，既干净又新鲜，老板娘又有特别的秘方，调制的果汁可以减肥、降火气。人们一旦养成了固定的习惯，往往都不愿意改变，这是件很可怕的事，因为不改变，就不会进步。

传统的英语教学，从来没有人真正把英文学好，很多大学毕业生不会说英文，就可以证明这一点。为什么大家都不敢说？因为临时造句，不知道自己说的是对还是错。我们看到很多人，他们好象很会说英文，中国人认为他的英文好，因为中国人听不出来好坏；外国人认为他说得好，因为反正中国人能这样说已经不错了。有些人胆子大，不怕说错，好像英文说得很溜，其实心虚得很，因为他们自己心里明白，他们不确定自己说的正确还是不正确。

有人在美国待了几十年，今天学一句、明天学一句，学得模模糊糊，他不知道自己学得对不对，也不知道自己说得对不对，有人甚至嫁了美国人或娶了美国老婆，一辈子英文还是学不好，就是这个原因。模模糊糊，学得不明确，当然说得没有信心。所以，唯有像“一口气英语”这样，把每一回九句，背熟到5秒钟之内，变成直觉，说出来就会有信心，因为你知道，你说的每一句话，都是精彩的。

如果你看到一个外国人，不会说中文，却每天研究中文的文法，做中文考试的测验题，是不是很奇怪？过去多年来，我们学英文，做了那么多奇怪的事情，大家都不自觉。“一口气英语”

和“一口气英语演讲”的发明,将掀起语言学习的革命,过去那些没有效果的学习方法,早晚都会被淘汰。

学英文事实上不是什么大不了的事情,只是一项技术,像我们学骑脚踏车、学游泳一样。我们学英文应该是像我们小时候,跟妈妈学说话一样,妈妈说一句,我们说一句,妈妈不在,我们自言自语说。每天自言自语说正确的英文,说多了,会比美国人还好,苦练出来的语言最美。

演讲是说话的最高境界。你可以从“一口气英语演讲”中,选出你喜欢的演讲稿,一篇接一篇地背下去,如果你能用英文连续讲三十分钟,你就等于背了540个句子,最重要的是,每一篇要背到一分钟之内,变成直觉,唯有终生不忘记之后,才能一篇一篇地累积。刚开始也许很慢,但是你会愈背愈快。自己背不下去,可以找一些志同道合的朋友,大家互相背给对方听,就会进步神速。

英文演讲并不难,只要用三句一组的方式,人人都可以用英文发表演说,会比你用中文讲得好,背演讲,不仅学英文,还可以训练自己的口才,而且写出来又是正确的,一举数得!

“刘毅英文”有位六十岁的同学,本来头发是全白的,背了“一口气英语”后,黑头发陆续长出来,从前每天要死不活,现在整天都有精神,演讲稿一篇一篇地背下去,每天背英文,使他忘却了烦恼,成就感给他带来了活力。

刘毅

## “一口气英语演讲”该怎么背？

1. 先跟着 CD 念,模仿美籍播音员的声音。
2. 念熟以后,九句九句地开始背。
3. 随时随地都可以背,一有空闲就自言自语说英文。
4. 找一个背书伙伴互相背。
5. 背熟后,速度加快,变成直觉,才能终生不忘记。
6. 找一些陌生人,背给他们听,会使你更专心。
7. 利用手势帮助记忆,手势没有一定的规则。



Ladies and gentlemen:



I feel so proud to be  
here.



It's a special occasion.



First, ...



Second, ...



Third, ...



You have to try.



One Breath English is  
the best way.



Thank you all for  
listening.

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## 1. I Want You to Copy Me

*Ladies and gentlemen:*

*I can feel your energy and desire.*

*I can sense you want to join this revolution.*

Future teaching trends for our school  
system will focus on speaking.

Spoken English will become mainstream.

Public speaking will be more important  
than ever.

Today I'd like to ask you to do two things.

First, *I want you to* follow me.

Second, *I want you to* practice like crazy till  
you get this perfect.

copy [ 'kɒpi ]

desire [ di'zaɪə(r) ]

revolution [ ,revə'luʃən ]

*focus on*

*than ever*

*like crazy*

energy [ 'enədʒi ]

sense [ sens ]

trend [ trend ]

mainstream [ 'men,stri:m ]

follow [ 'fɒləu ]

perfect [ 'pɜ:fɪkt ]



*Now I want you to copy me.*

I want you to give a speech like I just did.  
By grouping three sentences together,  
anybody can make a good speech.

I have total confidence because I know  
what I'm saying is correct.  
*You* can tape it and let a foreign friend listen.  
*You*'ll discover that every word of my  
speech is better than a native speaker's.

What I said today was the result of constant  
practice.

You can learn this method and do the same.  
It's tough, but it's not impossible.

**give a speech**

total [ 'təʊtl ]

tape [ teɪp ]

result [ rɪ'zʌlt ]

method [ 'meθəd ]

group [ gru:p ]

confidence [ 'kɒnfɪdəns ]

native [ 'neɪtɪv ]

constant [ 'kɒnstənt ]

tough [ tʌf ]

*You just have to practice.*

*Practice and* rehearsing is the key.

*Practice and* preparation is all it takes.

Take me for example.

*I'm* not smart.

*I* have an awful memory.

You can do a better job than me.

This is not rocket science.

It just takes practice and hard work.

practice [ 'præktis ]

key [ ki: ]

take [ teik ]

awful [ 'ɔ:ful ]

rocket [ 'rɒkit ]

**hard work**

rehearse [ ri'hɜ:s ]

preparation [ ,prepə'reiʃən ]

smart [ smɑ:t ]

memory [ 'meməri ]

science [ 'saɪəns ]

*This method works wonders.*

*It's ideal for anyone, any age.*

*It's even suitable for little kids and elderly people.*

*We have a six-year-old student.*

*He can memorize five books.*

*He can recite them within five minutes.*

*Children can memorize things easily.*

*Children can also forget very easily.*

*But this five second format will enable them to remember forever.*

wonder [ 'wʌndə(r) ]

ideal [ ai'diəl ]

elderly [ 'eldəli ]

recite [ ri'sait ]

format [ 'fɔ:mæt ]

**work wonders**

suitable [ 'su:təbl ]

memorize [ 'meməraiz ]

within [ wi'ðin ]

enable [ i'neibl ]

*We also have many old students.*

This method has turned their lives around.

It's truly amazing to see.

One student, who is over sixty years old,  
had his hair turn from gray to black.

He used to be depressed a lot.

Now he is full of life every day.

*I think it's because he has a goal now.*

*I'm sure that continuous practice and repetition  
got rid of his worries.*

A great sense of achievement gives him a great  
source of energy.

*turn~around*

*turn from A to B*

*used to V.*

*a lot*

goal [ gəʊl ]

repetition [ ,repɪ'tɪʃən ]

worry [ 'wʌri ]

achievement [ ə'tʃɪvmənt ]

amazing [ ə'meɪzɪŋ ]

gray [ greɪ ]

depressed [ dɪ'prest ]

*be full of life*

continuous [ kən'tɪnjuəs ]

*get rid of*

sense [ sens ]

source [ sɔ:s ]

*Now, it's your turn.*

*I believe* you can do it.

*I believe* and know you will all succeed.

*You might* find it tough at first.

*You might* need more time to memorize.

But after some time, you will find it  
gets easier and easier.

Here's some advice.

Get started right now.

Start learning speeches today.

*be one's turn*

*at first*

*get started*

*speech* [spi:tʃ]

*find* [faɪnd]

*advice* [əd'vaɪs]

*right now*

# 演讲解说

*Ladies and gentlemen:*

*I can feel your energy and  
desire.*

*I can sense you want to join this  
revolution.*

Future teaching trends for our  
school system will focus on  
speaking.

Spoken English will become  
mainstream.

Public speaking will be more  
important than ever.

Today I'd like to ask you to do  
two things.

First, *I want you to follow me.*

Second, *I want you to practice like  
crazy till you get this perfect.*

各位先生,各位女士:

我可以感受到你们的活力和  
渴望。

我可以感觉到你们想要加入  
这场革命。

我们的学校体系中未来的教  
学趋势将着重于说。

口语将会成为主流。

公开演讲会比以往更重要。

今天我想要求大家做两件  
事。

首先,我要你们模仿我。

第二,我要你们拼命地练习,  
直到变得完美为止。

copy ['kɒpi] v. 模仿      energy ['enədʒi] n. 活力

desire [di'zaiə] n. 渴望;愿望      sense [sens] v. 感觉到

revolution [ˌrevə'lu:ʃən] n. 革命      trend [trend] n. 趋势

focus on 集中于      mainstream ['men,stri:m] n. 主流

than ever 比以前      follow ['fɒləu] v. 跟随;模仿

like crazy 拼命地      perfect ['pəfɪkt] adj. 完美的

**Now I want you to copy me.**

I want you to give a speech like  
I just did.

By grouping three sentences  
together, anybody can make a  
good speech.

I have total confidence because I  
know what I'm saying is  
correct.

**You** can tape it and let a foreign  
friend listen.

**You**'ll discover that every word  
of my speech is better than  
a native speaker's.

What I said today was the result  
of constant practice.

You can learn this method and do  
the same.

It's tough, but it's not impossible.

现在,我要大家模仿我。

我要大家像我刚才一样发表  
演讲。

以三句为一组,任何人都可  
以发表出色的演讲。

我非常有信心,因为我知道  
我所说的是正确的。

你可以录下来,让外国朋友  
听。

你会发现,我在这里所说的  
每一句话,都比以英语为母  
语的人说得好。

我今天所说的,就是不断练  
习的成果。

你们可以把这个方法学起  
来,然后照着做。

是很困难,但并非不可能。

**give a speech** 发表演讲(= *make a speech*)

**group** [gru:p] *v.* 使形成组;将……归入一类

**total** ['təʊtl] *adj.* 完全的

**confidence** ['kɒnfɪdəns] *n.* 信心

**tape** [teɪp] *v.* 将……录音

**native** ['neɪtɪv] *adj.* 生于本国的

**result** [rɪ'zʌlt] *n.* 成果

**constant** ['kɒnstənt] *adj.* 不断的

**method** ['meθəd] *n.* 方法

**tough** [tʌf] *adj.* 困难的

***You just have to practice.***

***Practice and rehearsing is the key.***

***Practice and preparation is all it takes.***

你只要练习就好。

练习和排练是关键。

练习和准备是必要条件。

***Take me for example.***

***I'm not smart.***

***I have an awful memory.***

以我为例。

我并不聪明。

我的记性很差。

***You can do a better job than me.***

***This is not rocket science.***

***It just takes practice and hard work.***

你们可以做得比我好。

这不是什么难事。

这只需要练习和努力。

practice [ˈpræktɪs] v. n. 练习      rehearse [riˈhɜːs] v. 排练

key [kiː] n. 关键      preparation [ˌprepəˈreɪʃn] n. 准备

take [teɪk] v. 需要      ***take...for example*** 以……为例

smart [smɑːt] adj. 聪明的

awful [ˈɔːful] adj. 很糟的;极坏的

memory [ˈmeməri] n. 记忆力      rocket [ˈrɒkɪt] adj. 火箭的

science [ˈsaɪəns] n. 科学      ***hard work*** 努力



***This method works wonders.***

***It's ideal for anyone, any age.***

***It's even suitable for little kids  
and elderly people.***

***We have a six-year-old student.***

***He can memorize five books.***

***He can recite them within five  
minutes.***

***Children can memorize things  
easily.***

***Children can also forget very easily.***

***But this five second format will  
enable them to remember  
forever.***

这个方法能创造奇迹。

它适合任何人,任何年纪。

它甚至适合小孩和老人。

我们有个六岁的学生。

他可以背五本书。

他可以在五分钟之内背完。

小孩子背东西很容易。

小孩子也非常容易忘记。

但是这个五秒钟的形式,能  
让他们永远记住。

wonder [ 'wʌndə ] *n.* 奇迹

ideal [ ai'diəl ] *adj.* 理想的

elderly [ 'eldəli ] *adj.* 年长的

memorize [ 'memə,raiz ] *v.* 背诵;记忆

recite [ ri'sait ] *v.* 朗诵;背诵

within [ wi'ðin ] *prep.* 在……之内

format [ 'fɔ:mæt ] *n.* 方式;形式

enable [ i'neibl ] *v.* 使能够

***work wonders*** 创造奇迹

***suitable*** [ 'su:təbl ] *adj.* 适合的