



普通高等教育“十一五”国家级规划教材

新世纪大学英语系列教材

综合教程 学习手册

主编 张怀建



*A Student's Guide to
Integrated English Course*



上海外语教育出版社

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综合教程

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A Student's Guide to Integrated English Course

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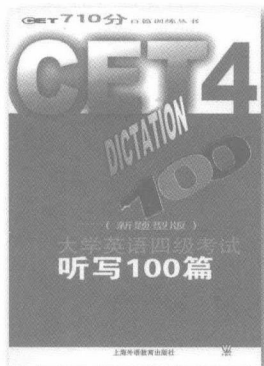
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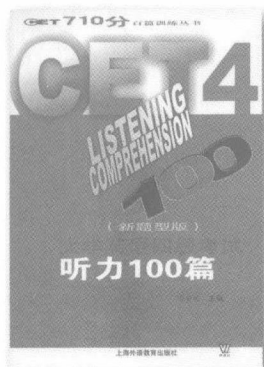
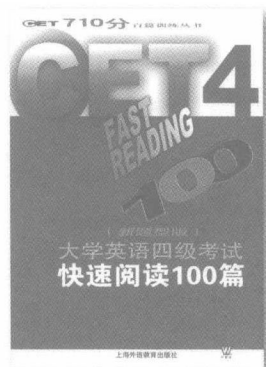


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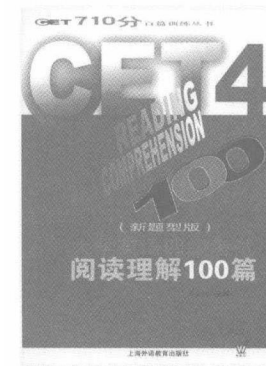


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“新世纪大学英语系列教材”是上海外语教育出版社根据《大学英语课程教学要求》组织编写的。该教材立足国情，博采众长，坚持人本主义教育观，努力开发学习者的“自我潜能”，注重学生英语综合运用能力的培养和语言技能、语言知识、情感态度、学习策略和跨文化交际意识等方面整体协调的发展，以实现《课程要求》的整体教学目标。

为帮助广大同学更好地学习、使用该系列中的《综合教程》，在上海外语教育出版社的精心策划下，我们组织了以《综合教程》的编者为主体的编写队伍，编写了这套《学习手册》。本套《学习手册》共四册，编排上紧扣《综合教程》，主要由以下几部分组成：

一、开始篇(Get Started)

这是每单元的预热部分，其目的在于激活同学们关于本单元主题已有的背景知识，鼓励大家开口，与同学们分享自己的经验和体会。为了帮助学生更好地表达，我们给出了一些有用的单词和短语供回答问题时参考。考虑到要准确理解名人语录可能会有一定困难，我们还提供了这些名人语录的汉语译文。

二、边听边答(Listen and Respond)

本部分为一篇与主题相关的录音材料，它可以进一步激活学生关于这一主题的背景知识，并达到训练听力和口语的目的。为帮助同学们课前预习或课后复习，我们提供了录音材料的原文和问答题的参考答案。

三、阅读与探索(Read and Explore)

这一部分细分为四部分，对 Text A 和 Text B 的词汇、课文及练习等做了详尽的注释。

1. 课文概要。该部分有助于同学们了解课文大意和作者的写作手法。
2. 词汇解析。对课文中出现的词汇，尤其是重点词汇进行讲解。为帮助同学们从多方面领悟并有效地掌握词汇，除给出例句和常用短语外，还提供了一些词汇的近义词、反义词、同根词和搭配用法。
3. 课文难点分析。为帮助同学们更好地理解课文，我们提供了详尽的难句注释，这是本书的一大特色。注释主要包括语法、词汇和修辞等语言难点。
4. 练习参考答案。除给出参考答案外，我们还提供了一些练习的汉语译文和简明扼要的解释，以帮助同学们更好地掌握这些语言知识点。

由于编者的水平和经验有限，书中的不当和疏漏之处，恳请广大师生批评指正。

编写组

2009年5月

CONTENTS

Unit One	<i>Living in Harmony</i>	1
Unit Two	<i>The Value of Life</i>	31
Unit Three	<i>The Road to Success</i>	60
Unit Four	<i>Optimism and Positive Thinking</i>	91
<i>Practice Test I (Units 1–4)</i>		117
Unit Five	<i>Moral Values</i>	123
Unit Six	<i>Being Creative</i>	149
Unit Seven	<i>Learning to Work Together</i>	173
Unit Eight	<i>Adversity</i>	199
<i>Practice Test II (Units 5–8)</i>		222

Unit One

Living in Harmony



Get Started 开始篇

Sit in groups of threes or fours and discuss the following questions.

参考答案

- 1) (Open) *Some useful words and expressions:* get along with sb. very well, take good care of sb., in trouble or difficulty, lend a helping hand, unforgettable
- 2) (Open) *Some useful words and expressions:* not willing to, vowed to have one's revenge on sb.
- 3) (Open) *Some useful words and expressions:* apologize for, what's more, constantly remembering, miserable
- 4) (Open) *Some useful words and expressions:* have much to do with, be more likely to, be bound to contribute to



Study the following quotes about forgiveness. Which quote do you like best? Why?

名人语录

The weak can never forgive. Forgiveness is the attribute of the strong.

— Mahatma Gandhi

弱者从来无法宽恕他人。宽恕是强者的特性。

—— 圣雄甘地

Harmony makes small things grow, lack of it makes great things decay.

— Sallust

拥有和谐，细小之物能长大；缺少和谐，伟大之物会衰腐。

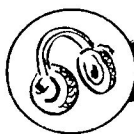
—— 萨卢斯特

A wise man will make haste to forgive, because he knows the true value of time, and will not suffer it to pass away in unnecessary pain.

— Samuel Johnson

明智的人会尽快宽恕，因为他懂得时间的真正价值，决不肯任它在无必要的痛苦中流逝。

—— 塞缪尔·约翰逊



Listen and Respond

边听边答

In this section you will hear a short talk about our need to live in harmony. The following words may be of some help.



Living in Harmony

Look around you. The world in which we live often seems filled with hate created by fear, misunderstanding, and selfishness. We fight with each other; we make war over resources and we desire to have power over others.

But there is no good reason to hate. Your neighbours may be of a different colour; they may follow a different religion; or they may have a different culture, but they are still human; they are still worthy of respect. We all live in the same small world; we should aim to treat each other as brothers and sisters.

Look at your own family. Home is where we find happiness and rest. All things go well in a house if the family members are in harmony, and such a family will be filled with love and vitality. As it is said, "Better a meal of vegetables where there is love than a meal of delicious beef with hate". Thus, we must first love the members of our family. How can we love others if we do not love our own family members?

We can find more than enough reasons to live in harmony with each other. If all people can live in peace, harmony and love, then we can work together to create a better world for all of us.



Focusing on the Main Ideas

Work in groups of threes or fours and discuss the following questions.



- 1) The passage mainly explains why we should live in harmony.
- 2) According to the passage, we fight with each other because of hate created by fear, misunderstanding and selfishness, and to gain more resources and power over others.
- 3) No, there is no good reason to hate. Your neighbours may be of a different colour; they may follow a different religion; or they may have a different culture, but they are still human; they are still worthy of respect.
- 4) Because all things go well in a house if the family members are in harmony. And how can we love others if we do not love our own family members?

Listen to the recording again and fill in each of the blanks according to what you have heard.



参考答案

- 1) fear, misunderstanding, selfishness
- 2) colour, religion, culture, respect
- 3) go well, love and vitality, vegetables, delicious beef



Read and Explore

阅读与探索

TEXT A

一、课文概要

本文为议论文。作者借助实例和比喻，强调宽恕在人际交往中的重要性，分析了宽恕如何有利于受害者的身心健康，介绍了什么是宽恕之道。作者还指出，宽恕不同于遗忘。

二、词汇解析

forgiveness /fə'gɪvnɪs/ *n.* [U (of)] the act of forgiving or state of being forgiven; willingness to forgive [常与 **of** 连用] 原谅，宽恕，饶恕；宽厚之心：He begged forgiveness for what he had done. 他恳求别人原谅他所做的事。/ Forgiveness allows us to move on towards a better understanding of universal love. 宽恕让我们更好地理解博爱的含义。

扩展

[近义] pardon, condonation

[反义] unforgiveness

[同根] forgive *v.* 原谅，宽恕，饶恕 forgiving *a.* 宽大的，慈悲的

[搭配] pray for God's forgiveness 祈求得到上帝的宽恕 / the forgiveness of sins 饶恕罪过

workmate /'wɜ:kmeɪt/ *n.* sb. who one works with, usu. in a factory job 同事，工友：We are

really excited and delighted to welcome our new workmate Thomas Smith. 我们怀着兴奋而欣喜的心情欢迎新同事托马斯·史密斯。/ Before he went to the South Seas, he helped his former workmate Joe to invest in the steam laundry business. 去南太平洋之前，他帮他以前的同事乔投资了蒸汽干洗业。

扩展

[近义] colleague, workfellow

[同根] workday *n.* 工作日 workforce *n.* 劳动力

universal /juːnɪ'vɜ:səl/

1. *a.* concerning or shared by all members of a group 全体的；与全体有关的：Some teachers are technical experts, but this is far from universal. 有些教师是技术专家，但不是所有的都是。/ There is universal support among people for free trade. 大家都支持自由贸易。

扩展 -----

[近义] general

[反义] individual

[同根] universe *n.* 宇宙, 世界

[搭配] universal agreement 全体一致的意见

2. *a.* of or for everyone or everything; widespread; general 普遍的, 一般的: *Education should be a universal right and not a privilege.* 教育应该是一种属于全民的权利, 而不是某些人的特权。/ *Shaking your head for "No" is not universal.* 用摇头表示“不”不是普遍适用的。

扩展 -----

[近义] common, widespread, general

[反义] particular, specific

[同根] universally *ad.* 全体地; 普遍地; 无所不在的; 普遍存在的

[搭配] universal truth 普遍真理 / universal among 在……中普遍

host /həʊst/

1. *n.* *tech* an animal or plant on which some lower form of life is living as a parasite; a person who receives guests and provides food, drink, and amusement for them 《术语》寄主, 宿主; 东道主, 主人: *The worm lays eggs on its host.* 虫子将卵产在它的寄主身上。/ *The factory is now playing host to 10, 000 visitors a year.* 这个工厂每年接待一万名参观者。

扩展 -----

[近义] entertainer

[反义] parasite, guest, visitor

[同根] hostess *n.* 女主人

[搭配] play host to 做东道主招待…… / host to 作……的东道主; 主持

2. *vt.* 作……的东道主[节目主持人]: *Moscow and Los Angeles have hosted the Olympic Games.* 莫斯科和洛杉矶都主办过奥林匹克运动会。/ *The academic conference was hosted by our university.* 我们学校充当这次学术会议的东道主。

扩展 -----

[近义] entertain, receive, welcome

[反义] visit

[同根] hostly *a.* 主人的, 符合东道主身份的

root sth. out; root out sth. get rid of sth. completely; destroy sth. bad 把(坏事等)彻底根除, 杜绝: *This disease could easily be rooted out.* 这种疾病容易被彻底根除。/ *Action is being taken to root out corruption in the police force.* 正采取措施根治警察的腐败现象。

take hold begin to have complete control over sb. or sth.; become very strong 固定下来, 确立: *It is best to treat the disease early before it takes hold.* 最好早在这种疾病变顽固之前就进行治疗。/ *They got out of the house just before the flames (火焰) took hold.* 他们在火势变猛之前就逃出了房子。

cripple /'kripl/

1. *vt. infigl* damage or weaken seriously; hurt or wound (a person) so that use of one or more of the limbs is made difficult or impossible 《非正式》严重损坏或削弱; 使残废: *The industry has been financially crippled by these policies.* 这些政策使得该产业蒙受了严重的经济损失。/ *The accident crippled her for life.* 那次事故使她终生残废。

扩展 -----

[近义] destroy, weaken, paralyze, impair, disable

[反义] strengthen

[同根] crippled *a.* 残废的

[搭配] cripple financially 财政上严重受损 / cripple for life 使终生致残 / be crippled with 因……而残废

2. *n.* 跛子, 残废(指人或动物):

扩展 -----

[近义] invalid

[同根] cripplehood *n.* 残废, 无能

cling /kɪŋ/ *v.* (clung /klʌŋ/, clung) [(to)] continue to believe or do sth., even though it may not be true or useful any longer; hold tightly; refuse to go or let go [常与 to 连用] 坚持, 墨守; 紧握住, 紧抱住: *He still clings to the last hope and will never give up.* 他还抱着最后一线希望, 永不放弃。/ *The couple clung together when it*

was time for them to part. 那对夫妻分别时紧紧抱在一起。

扩展

[近义] insist, adhere, stick, cohere

[反义] give up, let go, loosen, release

[同根] clinging *a.* 执着的, 有粘性的

[搭配] cling firmly 牢固地附着 / cling together 紧贴在一起; 团结

cling to sth. continue to believe or do sth., even though it may not be true or useful any longer 坚持, 墨守; 忠实于某事物: *After her mother's death, Sara clung to her aunt more than ever.* 萨拉母亲去世后, 她比以往任何时候都更依恋她姨妈。/ *They still cling to the belief that God created the world.* 他们仍坚信上帝创造了世界。

heal /hi:l/ *v.* (make) (of a wounded part of the body) become healthy again, esp. grow new skin; become mentally or emotionally strong again after a bad experience, or help sb. to do this (使)(伤口)愈合; (使)(精神上的创伤)恢复: *The wound on my arm has healed (up).* 我手臂上的伤口愈合了。/ *Time heals all sorrows.* 时间会愈合所有的伤痛。

扩展

[近义] cure, treat, recover, improve

[反义] worsen

[同根] healer *n.* 医治者

[搭配] heal completely [properly] 痊愈 / heal up 愈合

put /put/ *v.* express sth. in words (用语言)表达, 叙述, 说明: *I'm very glad that you have put the case clearly.* 我很高兴你把情况讲得很清楚。/ *She is — how shall I put it — not exactly fat, but rather well-built.* 她——我该怎么说好呢——确切地说不是胖, 而是相当结实。

扩展

[近义] express, say

whoever /hu:'evə(r)/ *pron.* the person or people who; any person who 谁, 凡是……的人: *I don't want to see them, whoever they are.* 我不想见他们,

们, 不管是谁。/ *Whoever is responsible for this will be punished.* 凡是责任者都将受到惩罚。

have no idea *informal* not know 〔非正式〕不清楚: *You've no idea how much traffic there was tonight.* 你不清楚今晚交通有多拥挤。/ *She doesn't have any idea where they've gone.* 她不知道他们去了哪里。

go about (doing) sth. begin working at sth. 着手干某事: *How should I go about finding a job?* 我应该怎样着手找工作? / *I want to learn German but I don't know the best way to go about it.* 我想学德语, 但不知道最佳的途径。

unfair /ʌn'feə(r)/ *a.* not just, reasonable, or honest 不公平的, 不公正的; 不正当的: *She thought it most unfair that girls were not allowed to take part in the game.* 她认为不让女孩参加比赛是不公平的。/ *It was unfair of him to take advantage of the situation.* 他利用这种局势占便宜是不正当的。

扩展

[近义] unjust

[反义] fair, just

[同根] fair *a.* 公平的, 公正的

[搭配] consider sth. [regard sth. as, think sth.] unfair 认为……不公平 / unfair to 对……不公平 / unfair to + *inf* 做某事是不公平的 / unfair that + *clause* ……是不公平的

core /kɔ:(r)/ *n.* [*usu. sing.*; (*of*)] the most important or central part of anything [一般用单数; 常与 *of* 连用] 核心, 最重要部分: *Money is at the core of the problem.* 钱是问题的核心。/ *He's American to the core.* 他是个不折不扣的美国人。

扩展

[近义] center, heart

[反义] edge

[搭配] at the core 在核心 / to the core 透顶的; 完全的

shallow /'ʃæləʊ/ *a. derog* lacking deep or serious thinking; superficial 〔贬〕肤浅的, 浅薄

的: *His work has been criticized (批评) for being shallow.* 他的作品因肤浅而受到批评。/ *If he's only interested in your looks, that shows how shallow he is.* 如果他仅对你的外貌感兴趣, 那表明他是多么浅薄。

扩展

[近义] superficial

[反义] profound

[同根] shallow-headed *a.* 头脑简单的, 愚蠢的

[搭配] shallow argument 肤浅的论点 / shallow writer 肤浅的作者 / seem shallow 看似浅薄

for one thing ..., for another (thing) ... (*used to introduce two reasons for doing sth.*) 首先……, 再者……: “*Why don't you get a car?*” “*Well, for one thing, I can't drive; for another, I can't afford it.*” “你为什么不要辆小汽车?” “嗯, 首先, 我不会开车, 再者, 我也买不起。” / *He doesn't want to come. For one thing, he is having a cold. For another, he is not quite pleased with our plan.* 他不想来, 一则他感冒了, 二则他对我们的计划感到不满意。

sweep ... under the carpet keep (sth. bad or shocking) secret (把坏事或使人震惊之事) 掩盖起来: *The thief wanted to sweep his crime (罪行) under the carpet.* 小偷想把他的罪行掩盖起来。/ *We knew that it wouldn't go away if we just swept it under the carpet.* 我们清楚, 就算我们把这件事掩盖起来, 它也不会消失。

count sth. against sb. consider sth. as a disadvantage in sb. 认为某事物不利于某人; 因某事而低估某人: *For that job her lack of experience may count against her.* 就那份工作而言, 她经验不足, 这对她不利。/ *I did fail to come to work on time the very first day; I'm not sure if they counted that against me.* 第一天我就没按时上班, 我不确定他们是否会因此对我有什么看法。

initial /'ɪnɪʃəl/ *a.* happening at the beginning 开始的, 最初的: *The initial talks were the basis of the later agreement.* 最初的谈判为后来所达成的

协议打下了基础。/ *I was only involved in the initial stages of the planning.* 我仅仅参与了规划的初期工作。

扩展

[近义] first

[反义] last

[同根] initially *ad.* 最初, 开头

[搭配] initial stage [phase, period] 初期

constant /'kɒnstənt/ *a.* continually happening or repeated; regular (持续) 不断的, 连续发生的, 一再重复的: *He has been under constant attack in the newspapers recently.* 最近他在报纸上不断被攻击。/ *There is always a constant stream of visitors to the museum on the weekend.* 周末源源不断有参观者来访问博物馆。

扩展

[近义] continual, regular

[反义] broken, intermittent

[同根] constantly *ad.* 不变地, 经常地

[搭配] constant attack 不断的攻击 / a constant stream of 源源不断的

confrontation /kɒnfrən'teɪʃən/ *n.* [C; U (with)] a situation in which there is an angry disagreement between people or groups who have different opinions [常与 **with** 连用] 对抗, 对峙: *They risk another confrontation with the union.* 他们冒险和工会再次对抗。/ *The President triggered a confrontation with Congress over the budget issue.* 总统就预算问题引发了一场与国会的交锋。

扩展

[近义] conflict, disagreement

[反义] harmony, agreement

[同根] confront *vt.* 对抗; 遭遇; 面临

[搭配] face a confrontation 面对冲突 / avoid a confrontation 避免冲突 / direct confrontation 直接的冲突 / a confrontation with 与……的对抗 / a confrontation between ……之间的冲突

eat (away) at make (sb.) feel very worried over a long period of time 烦扰, 困扰: *The thought*

of her mother being alone on Christmas Eve was eating away at her. 一想到她母亲独自一个人过圣诞夜, 她就烦心。/ *Winning the gold medal is not eating away at me, but I would love to make the most of this.* 获得金牌不使我烦恼, 但我想最好地利用它。

tackle /'tækəl/ *v.* take action in order to deal with (采取行动) 处理, 应付, 解决: *There is more than one way to tackle the problem properly.* 有不止一种途径妥善解决这个问题。/ *Unfortunately they failed to tackle the key issues.* 不幸的是, 他们没能解决关键问题。

扩展 -----

[近义] handle, solve, settle

[搭配] tackle a problem [issue] 解决问题 / tackle seriously 认真处理 / tackle effectively 有效应对 / try to tackle 试图处理 / fail to tackle 没能处理 / tackle with 用……处理 / a way of tackling sth. 处理……的方式

innocent /'ɪnəsənt/ *a.* [(of)] (of a person) not guilty of a crime or sin; blameless [常与 **of** 连用] (人) 无罪的; 无辜的: *The court found him innocent and he was released.* 法院判他无罪, 他被释放了。/ *Can you provide any evidence that he was innocent of the crime?* 你能提供证据证明他无罪吗?

扩展 -----

[近义] blameless, guiltless, sinless

[反义] guilty, sinful

[同根] innocence *n.* 无罪, 清白

[搭配] innocent person 无辜的人 / declare sb. innocent 宣布某人无罪 / completely innocent 完全清白 / innocent of 没有犯……的

impressive /ɪm'presɪv/ *a.* making a strong or good impression 给人以强烈或良好印象的, 令人难忘的: *It was an impressive Olympic Games at the turn of the century.* 那是世纪之交举办的一届难忘的奥运会。/ *Henry's school report was very impressive.* 亨利的学习成绩很好, 引人注目。

扩展 -----

[近义] memorable

[反义] unimpressive

[同根] impression *n.* 印象

[搭配] look impressive 看上去壮观 / truly impressive 确实令人难忘 / far from impressive 印象平平

roll by (of time) pass (时间) 流逝: *So many years have rolled by, but their love has remained unchanged.* 这么多年过去了, 他们的爱情一如既往。/ *As time rolled by, the boy grew up to be a fine strong young man.* 随着时间的流逝, 这个男孩已长大成为一个健康结实的小伙子。

like it or not [用作插入语] 不管喜欢还是不喜欢: *Like it or not, people are often judged by their appearance.* 不管喜欢还是不喜欢, 人们常常以貌取人。/ *You're going to the dentist tomorrow morning, whether you like it or not.* 不管你喜不喜欢, 明天早上你要去看牙医。

warts and all *infml* not failing to mention the bad parts [非正式] 不隐瞒缺点地, 毫不遮丑地: *Though he has settled down in the United States and will never come back, she still loves him, warts and all.* 尽管他已在美国定居而且永远不会回来, 她仍然毫无保留地爱着他。/ *Choose to accept yourself for who you are, warts and all, and share your whole self with others.* 选择接受你自己, 毫不隐瞒缺点, 与他人分享你全部的自我。

flaw /flɔ:/ *n.* [(in)] a fault or weakness that makes sth. not perfect [常与 **in** 连用] 缺点, 瑕疵: *There is a fatal flaw in your reasoning.* 你的推理有致命的缺陷。

扩展 -----

[近义] fault, weakness, defect, blemish, wart

[反义] advantage, merit

[同根] flawless *a.* 无瑕疵的, 无缺点的

[搭配] a fatal flaw 致命的弱点 / a flaw in 在……中的缺点

reaction /rɪ'ækʃən, rɪ:-/ *n.* [C; U (to)] (a case or way of) reacting; response [常与 **to** 连用] 反

应, 回应: *What is his reaction to your proposal?* 他对你的建议有什么反应? / *Our reaction to a joke is to laugh loudly.* 我们对这个笑话的反应就是开怀大笑。

扩展

[近义] response

[反义] action

[同根] react *v.* 反应, 回应

[搭配] cause a reaction 引起反应 / a positive reaction 积极的反应 / a strong reaction 强烈的反应 / a chain reaction 连锁反应 / a reaction to 对……的反应 / in reaction to 作为……的反应

find it in one's heart / oneself to do sth. feel able or willing to do sth. [常用于否定句或疑问句] 意欲做某事, 忍心做某事, 愿意做某事: *If you can find it in yourself to make such a journey, it is a decision that you will never come to regret.* 如果你愿意做这样一次旅行, 你将永远不会为这个决定而后悔。 / *What a poor little boy! I can't find it in your heart to leave him alone in the street on such a cold day.* 多可怜的男孩! 我看你不会忍心在这寒冷的天气把他一个人孤零零地留在大街上。

move /mu:v/ *n.* [C] a step in a course of action towards a particular result 步骤, 行动: *The UN's latest move to stop the fighting in the region has ended in failure.* 联合国最近采取行动阻止该地区的战斗, 结果失败了。 / *She's still thinking about her next move to win enough support from people round.* 她还在考虑下一步的行动, 以获得身边人足够的支持。

扩展

[近义] step

[搭配] first [initial] move 第一个行动 / decisive move 决定性的行动 / wise move 英明的行动 / make a move 开始行动; 采取步骤 / in a [the] move 在行动中

upset /ʌp'set/ *a.* unhappy and worried because sth. unpleasant or disappointing has happened 心烦的, 苦恼的, 不适的: *Liz is very upset about*

her uncle's disease. 莉兹为她叔叔的病感到不安。 / *Debbie was upset that her husband didn't spend more time with her.* 黛比因为自己的丈夫没有多花时间来陪她而感到难过。

扩展

[近义] unhappy, worried

[反义] happy

[同根] upsetting *a.* 令人心烦意乱的, 令人苦恼的

[搭配] leave sb. [make sb.] upset 使某人心烦意乱 / upset about 为……而心烦 / upset at 因……而苦恼 / upset by 为……难过 / upset with 因……而生气

react /rɪ'ækt/ *vi.* [(to, against)] act or behave in a particular way in answer or opposition [常与 to 或 against 连用] 反应; 反对: *How did your mother react to the news?* 你母亲对这个消息的反应如何? / *He reacted strongly against their idea.* 他强烈反对他们的想法。

扩展

[近义] respond

[同根] reaction *n.* 反应

[搭配] react strongly 反应强烈 / react slowly 反应慢 / react against 反抗 / react to 对……作出反应

let go (of sth.) give up (sth.) 放弃(某事): *Sometimes you just have to learn to let go.* 有时你得学会放弃。 / *It's time to let go of the past.* 是该忘记过去的时候了。

at peace (with) in a state of friendship or harmony (with); in a state of quiet or calm (与……) 保持友好、和谐; 平静: *She felt at peace with the world and was always so happy and contented.* 她与世无争, 总是知足常乐。 / *The country is at peace with its neighbours for the first time in years.* 这个国家多年来第一次与它的邻国保持和平状态。

do sb. wrong treat sb. badly and unfairly 中伤某人; 冤枉某人; 虐待某人: *In fact, I didn't intend*

to do her wrong. 实际上, 我本不想伤害她的。/ *He has a friend who loved him well, and trusted him, and never did him wrong in word or deed.* 他有一个朋友很喜欢他, 而且信任他, 从未在言语上或行为上伤害他。

alternative /ɔ:l'tɜ:nətɪv/ *n.* [(to)] sth., esp. a course of action, that may be taken or chosen instead of one or more others [常与 to 连用] 可供选择的事物[方式等]; 取舍; 抉择: *I had no alternative but to report him to the police.* 我别

无选择, 只好向警察告发他。/ *You can be paid in cash weekly or by cheque monthly; those are the two alternatives.* 有两种付款方式, 你可以每周领现金或每月领支票。

扩展 -----

[近义] choice, option

[同根] alternate *v.* 交替, 轮流

[搭配] propose an alternative 提出另一选择 / an alternative to ... 的替换物 / no alternative but to + *inf* 除...外别无选择

三、课文难点分析

- 1) It's required with our children, friends, workmates, neighbours and even strangers. (Para. 1)

【释义】我们与子女、朋友、同事、邻居, 甚至陌生人相处时同样需要宽恕。

【解析】本句根据上文省略了一些显而易见的成分。完整意思应理解为: Forgiveness is required in our relationships with our children, friends, workmates, neighbours and even strangers.

- 2) In fact, no human relationship can survive without the oxygen of forgiveness. (Para. 1)

【释义】事实上, 没有宽恕的氧气, 任何人际关系都无从维系。

【解析】双重否定, 表示肯定, 并加强语气。即: In fact, human relationship can only survive with the oxygen of forgiveness. 另外, 本句中有一个暗喻(Metaphor), 将宽恕对于人际关系的重要性比作氧气对于人类生存的重要性。

- 3) Some of us may think that we've been hurt too deeply, or too often, to forgive. (Para. 2)

【释义】有些人可能认为, 自己受伤太深、次数太多, 无法宽恕。

【解析】注意 too ... to ... 在本句中的用法。并列成分 too deeply to forgive 和 too often to forgive 因有相同部分 "to forgive" 而省略其中一个。

- 4) But ironically, it's those of us who've been most hurt that really need to forgive, for one simple reason: like cancer, bitterness can destroy its host. (Para. 2)

【释义】可耐人寻味的是, 恰恰是被伤得最深的人, 才真正需要宽恕别人, 原因很简单: 仇恨就像癌症, 会毁掉宿主。

【解析】it's ... that ... 是强调句型。who've been most hurt 是 those of us 的定语。for 引导原因状语。冒号(Colon)“:”后面的内容介绍或解释 one simple reason。如: This is her plan: go shopping. like cancer 为明喻(Simile)。

- 5) Unless it's swiftly rooted out, it takes hold and grows, crippling and eventually even killing those who insist on clinging determinedly to it. (Para. 2)

【释义】如果不尽快铲除, 它就会生根发芽, 使那些执意仇恨无法释怀的人受伤甚至死亡。

【解析】句中 crippling 和 killing 两个现在分词结构作结果状语。如: His father died, leaving him a lot of money. 他父亲死了, 留给他许多钱。/ She was so angry that she threw

the toy on the ground, breaking it into pieces. 她非常生气，把玩具扔在地上，摔成了碎片。who 引导定语从句。本句中还用了拟人(Personification)的修辞手法。

- 6) In fact, it will probably be the hardest thing most of us ever have to do. (Para. 4)

【释义】事实上，对于我们大多数人来说，这也许是最难做到的。

【解析】most of us ever have to do 是省略了引导词that的定语从句，修饰the hardest thing。

- 7) It seems totally unfair that we should forgive when we're the ones who have been hurt. (Para. 5)

【释义】被伤害的是我们，却还要宽恕他人，这似乎毫无公平可言。

【解析】that 从句为句子的真实主语。It 为形式主语。when 表示“既然，考虑到”，如：How can he get the promotion when his boss dislikes him? 既然上司不喜欢他，那他怎么会获得提升呢？/ How could you, when you knew that this might damage the apparatus? 既然你知道这会损坏仪器，你怎么能这么做呢？

- 8) The things we most need to forgive in life are the things we can't forget. (Para. 6)

【释义】生活中最需要宽恕的事正是那些无法忘记的事。

【解析】we most need to forgive in life 为句首The things 的定语。we can't forget 为第二个the things 的定语。两个定语从句都省略了引导词that。

- 9) Rather than sweeping them under the carpet, we need to draw a line under them, deliberately choosing not to count them against the person who did them, and moving on. (Para. 6)

【释义】我们不应把这些事掩饰起来，而需记住它们，并有意不因此对做过这些事的人怀有成见，然后继续生活。

【解析】sweeping them under the carpet、choosing not to count them against the person who did them 和 moving on 为伴随状语。分词短语常可作伴随状语，如：They stood there for half an hour, watching the stars in the sky. 他们在那儿站了半小时，观察着天上的星星。Rather than sweeping them under the carpet 提前至句首，以示强调。sweeping them under the carpet 和 draw a line under them 均为暗喻(Metaphor)。

- 10) That's why, sometimes, the initial act of forgiveness may seem relatively easy, but dealing with the emotions that follow every time you see that person, or speak to or just think about him or her, can be harder. (Para. 7)

【释义】这就是为什么有的时候会感到：宽恕别人，一开始会相对容易些，难的是每次你看到那个人，与他谈话，甚至只是想起他之后如何控制自己的感情。

【解析】sometimes 是副词，被插入句中。but 表示转折。dealing with the emotions that follow every time you see that person, or speak to or just think about him or her 是 can be harder 的主语。其中 that follow every time you see that person, or speak to or just think about him or her 是 the emotions 的定语。you see that person, or speak to or just think about him or her 又是 every time 的定语。

- 11) A question you should ask yourself before you begin to tackle the art of forgiveness is this: How many of us are ever completely innocent in any given situation? (Para. 9)

【释义】开始运用宽恕的艺术之前，你先要问自己这样一个问题：我们中有多少人在特定的场合下是完全无辜的呢？

【解析】you should ask yourself before you begin to tackle the art of forgiveness 是 A question 的定语。冒号(Colon)的用法同注释4)。