

MODERN ENGLISH

东方友人 编著

洋話連貫

本色英语系列



# 肢体语言

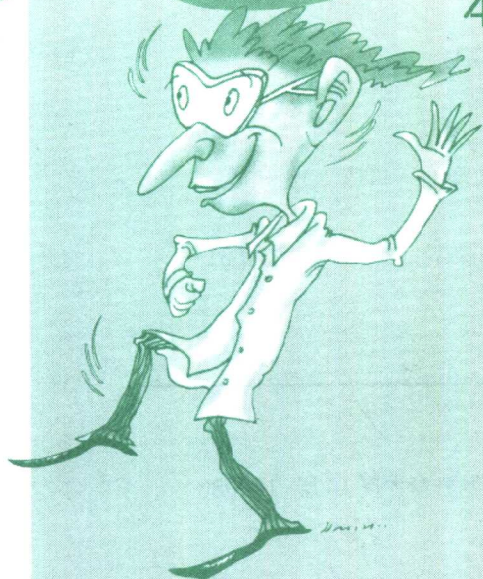
Body Language

- ◎流利的口语+“身”情并茂的肢体语言=口语表达新境界
- ◎在交流时运用肢体语言和眼神
- ◎能够更准确地表情达意

华艺出版社

洋話連篇

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# 肢体语言

BODY LANGUAGE

MODERN ENGLISH

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## 绪言

你身边的老外是不是看起来十分地年轻活泼？什么原因呢？他们特别会用自己的眼神和肢体语言来表达自己。如果你想和老外一样生动传神地表达自己的情感，除了必须掌握好英语之外，还必须熟练地应用他们的眼神和肢体语言哦！

学英语多年，有什么感触？如果你的英语水平还不是很高，不必着急！你知道吗？其实在人与人的交流中，有80%的信息都是通过你的眼神和肢体语言来传达的。与老外的交流也不例外哦！只要你细心观察，他们有很多独特的形体语言。这也正是本书的主要内容。

如果你的口语水平已经很高了，和老外比起来，你还有那些差距？不知你注意到没有，你只是在说英语。而老外不仅在说，还在用他们的眼神和肢体语言表达细微的情感。好吧！掌握这些独特的眼神和肢体语言，用你的肢体语言来表达你自己。

本书主体部分共有50个单元。每个单元分为两部分。分别是 **Body language** (肢体语言) 和 **A real situation** (真情实景)。

在 **body language** (肢体语言) 部分, 从 **eye** (眼神)、**face and head** (脸部和头)、**hand** (手势语) 和 **Body and feet** (身体和脚) 四个方面重点介绍西方的一些独特的肢体语言。

在 **A real situation** (真情实景) 部分, 给大家列出几个真实生活中的具体场景, 让大家在情景中掌握如何运用。

除此之外在附录部分, 为了帮助大家进一步理解文章的内容, 还增加了 **Body name** (身体各部位名称) 这一部分。

好了! 大家对本书已有了一个总体的了解, 那赶快开始你的旅程吧! **Good luck with your journey!**

## FOREWORD

It is said that a picture paints a thousand words, meaning that you can understand much more from simply seeing something than you can from more straightforward forms of communication.

When a person speaks, they generally do not keep their body still, and they do not move it at random either. The movements and orientation add emphasis to the words they are saying, or refute them, perhaps without their knowledge. Non-verbal communication is an integral part of communication in all cultures and societies. Just think of the difference between a face to face conversation and one conducted by phone, how easier it is to read more into the conversation when you are with the person you are talking to.

Of course, many examples of body language are universal, such as laughing, perhaps the most basic of human forms of communication. But there are also differences in the use of body language and gestures between cultures, societies, and even within

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individual countries. As you are learning English it is safe to assume that you intend to communicate with foreigners at some point, maybe even travel abroad.

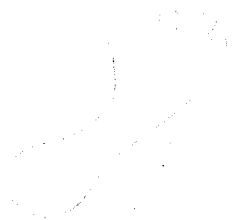
Well, naturally, you want to maximize the effectiveness of your communication, so you should look beyond simply verbal communication. You may find the information in this book useful for analyzing body language or gestures that you are not familiar with. You may also find it interesting or amusing to learn what you can do with your body to communicate across the language barrier. In addition, you may use this book to improve your understanding of foreign culture.

Don't hesitate to try out new gestures and other forms of non-verbal communication with other people. As with spoken language, body language can only be perfected by repetition and practice. Good luck, and I hope you find this book to be informative and useful.

# Credits

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## Body Language

### 肢体语言

“身”情并茂地表达你自己！

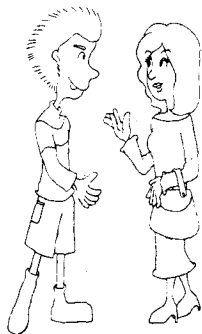


# Body Language



## Keeping eye contact

### 眼神的交流



Keeping eye contact when you are having a conversation is very important. Eye contact shows that you are paying attention and listening closely to what the other person is saying.

If your eyes are wandering around the room as a person is talking to you, it gives the impression that you are uninterested in what he/she has to say.

第一次与老外面对面地交流，是不是感到很紧张，甚至连对方的眼睛都不敢盯着看？其实，老外非常在乎眼神的交流。所以在与老外交谈时，特别是在一对一的场合，一直注视对方的眼睛是非常重要的！如果你总是回避对方的目光或者左顾右盼，那就暗示着你对他的话题不感兴趣。如果你想让老外知道你非常乐意同他谈话，那就直视他的眼睛！

### Notes

wander:

无目的地移动

conversation:

会话



## Modern English



## A real situation

真情实景

Teacher: Who wants to volunteer next?  
*(Every student is looking down at his or her table, not willing to volunteer)*

Teacher: If I don't have eye contact with you, I will have to pick one of you.  
*(Every student looks up at the teacher)*

老师: 下一个问题谁志愿回答?

*(每个学生都低下头, 不愿回答)*

老师: 如果你们都低下头, 那我就不得不点名了!

*(每个学生都抬起头看着老师)*

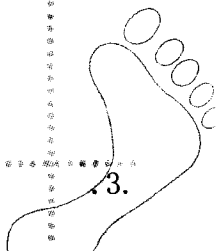
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It is very important to keep eye contact during a job interview. It shows the interviewer that you are awake and listening.

面试时保持眼睛注视对方是非常重要的。它暗示面试官你很清醒且在听她讲话。



第 3 页



### Notes

volunteer:

志愿者

pick:

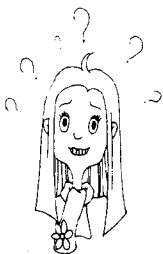
挑中某人

# Body Language



## Staring blankly

茫然的眼神



When someone gives you a blank stare, it means she or he doesn't understand what you are talking about.

When a person has something else on her/his mind and isn't paying attention, she or he will stare at you blankly.

与老外交谈时，有时会被他们叽哩咕噜的英语搞得晕头转向、不知对方所云。怎么办？这时除了用英语表达你没听懂，同时你还可以用茫然的眼神注视着他。这样，即使老外没有理解你的意思，看到你满眼茫然的神情，也知道是怎么回事了。另外，人们在走神或者想事情的时候，眼神也会变得很茫然。这时你一定要提醒对方集中精力，不要让自己对牛弹琴。

### Notes

blank:

没有表情的

else:

另外的



## Modern English





## A real situation

真情实景

When I told Jennifer that I was moving to Siberia, she stared blankly at me, not knowing whether I was kidding or telling her the truth.

### Notes

kid:

开玩笑

当我告诉 Jennifer 我将要搬到西伯利亚时，她茫然地注视着我，不知我是在跟她开玩笑还是认真的。

Calculus:

微积分学

\* \* \*

chalkboard:

黑板

Whenever the calculus teacher starts explaining a proof or a theorem, her students always stare blankly at the chalkboard, not knowing what to make of the lesson.

make of:

解释、对待

无论微积分老师怎么讲解数学定理和公式，学生仍然迷惑地盯着黑板，不知道老师到底在讲什么。

