



英语国际人 知性英语·自信表达

英语畅谈 青春文化 50主题

● 附赠MP3录音光盘

50 Topics On Youth Culture

青春感悟，时尚话题
融语言技巧与谈话情趣于一体
再现原生态的口语交流情景

刘佳静 Jessica Robertson Liz Carter 著

 外文出版社
FOREIGN LANGUAGES PRESS



英语国际人 知性英语·自信表达

英语畅谈 青春文化50主题

50 Topics On Youth Culture

刘佳静 Jessica Robertson Liz Carter 著



外文出版社
FOREIGN LANGUAGES PRESS

图书在版编目 (CIP) 数据

英语畅谈青春文化 50 主题: 英汉对照/刘佳静, (美) 罗伯逊 (Robertson, J.), (美) 卡特 (Carter, L.) 著.

北京: 外文出版社, 2007 (英语国际人)

ISBN 978-7-119-04828-4

I. 英… II. ①刘…②罗…③卡… III. 英语—汉语—对照读物 IV. H319.4

中国版本图书馆 CIP 数据核字 (2007) 第 069115 号

英语国际人

英语畅谈青春文化 50 主题

作 者 刘佳静 Jessica Robertson (美) Liz Carter (美)

选题策划 蔡 箐

责任编辑 李 媛

封面设计 红十月设计室

印刷监制 冯 浩

©外文出版社

出版发行 外文出版社

地 址 中国北京西城区百万庄大街 24 号 邮政编码 100037

网 址 <http://www.flp.com.cn>

电 话 (010) 68995964/68995883 (编辑部)

(010) 68995844/68995852 (发行部/门市邮购)

(010) 68320579/68996067 (总编室)

电子信箱 info@flp.com.cn/sales@flp.com.cn

印 制 北京佳信达艺术印刷有限公司

经 销 新华书店/外文书店

开 本 小 16 开

印 张 13

印 数 0001—8000 册

字 数 230 千字

装 别 平

版 次 2007 年 6 月第 1 版第 1 次印刷

书 号 ISBN 978-7-119-04828-4

定 价 25.00 元

外文社图书 版权所有 侵权必究

外文社图书 有印装错误可随时退换



刘佳静

毕业于北京语言大学，做过汉语教师，也当过自由职业者；喜欢拿黑天当白天过和逛街买衣服；在跟美国人的跨文化交流中发现了很有意思的话题，于是就有了这本书。



Jessica Robertson

来自纽约伊萨卡，为了在布朗大学得到发展学和东亚学的双学位，she is taking the very long way around。她也许就是某一天你在胡同里看到的骑着自行车的老外。



Liz Carter

美国北卡罗来纳大学学生，曾在中国游学7个月，以北京为第二故乡；爱中国、爱中文、爱中国人、爱中国文化、爱中国菜、爱中国啤酒。

Foreword

.....

The purpose of this book is to provide young students of English with a text that addresses not only grammatical concerns but also practical ones. The topics of this book are designed to address the needs and interests of the younger generation. Some of the topics include blogs, Google and infomania, for the technology-inclined. Those who are thinking about starting their careers might find the topics on interviews or headhunting interesting. There are also topics on social life, such as dating and nightlife. The lessons in this book are intended to give readers practice with the English vocabulary and grammar needed to discuss topics that have direct applications in their daily lives.

Dialogue

Every chapter contains 5 dialogues, often between a Chinese person and a foreigner or between two foreigners, about the chapter's topic. The style of speech is colloquial and idiomatic appropriate for everyday conversation. By reading these dialogues out loud, the reader may develop a sense for the flow of English conversation and how spoken English may differ from written English.

Background Reading

Each chapter also contains background reading. This section provides useful information about the chapter's topic that both elaborates on the discussion in the dialogue and enables the reader to have a firmer grasp of the situation. While the dialogue will provide the reader with the linguistic tools to better express his or her opinions, the background reading will provide the reader with more detailed information or a broader contextual perspective on the topic.

Exercise

The exercises will enable the reader to learn grammatical points, idioms, and conventions of speech more effectively and thoroughly. Through these exercises, readers will be encouraged to express their own opinions on the topic in English as well as to demonstrate their understanding of other prevalent opinions. Overall, the diversity of the exercises encourages a well-rounded approach to studying the language and understanding the topic.

Acknowledgements

I would like to thank my two co-authors, Jessica Robertson and Liz Carter; not only are they my favorite students, they are also my greatest friends. I am also grateful to Ms. Cai Qing of the Foreign Languages Press; she has given us enormous encouragement and support. I would like to thank our editors Li Yuan and Wang Huan for giving us so many invaluable suggestions, and finally, I must thank my roommate Zou Yin and my classmate Wang Minyuan; without their help this book would never have been possible.

Liu Jiajing

前言

.....

本书兼顾语法学习和实际应用，是为学英语的年轻人量身定做的。书中的话题力求满足年轻人的兴趣和需要。一些话题，包括博客、Google 和资讯癖等与科技有关；初涉职场的人会发现面试或猎头这样的话题很有意思；也有关于社交生活的话题，比如约会和夜生活等。本书旨在让读者大量运用口语中常用的词汇和语法。

对话

每一个主题包括 5 篇对话，这些对话都针对某个话题，通常是在一个中国人和一个外国人或两个外国人之间展开。对话的风格既通俗又地道——很适合日常对话。如果你大声朗读这些对话，你会对英文对话的语流产生语感，也会体会出英语口语和书面语有哪些不同。

背景阅读

每一篇对话后都有背景阅读。这个部分提供了关于这个话题的有用的信息，不仅详细介绍了对话中的议题，而且可以使读者加深对话题的了解。如果说对话可以给读者提供语言上的帮助以表达自己观点的话，那么背景阅读则给读者提供了关于这个话题的更详尽的信息或更广泛的视角。

练习

练习可以使读者更有效、更全面地学习语法点、习语和口语中的一些固定表达法。通过这些练习，读者们会更乐于用英语表达他们针对此话题的看法，陈述他们对于其它流行说法的见解。总之，练习的多样性有利于读者全面地学习语言和理解话题。

感谢

感谢我的两个合作者 Jessica Robertson 和 Liz Carter，她们不仅是最喜欢的学生，也是我最好的朋友；感谢外文出版社的蔡箐女士，她给了我们巨大的鼓励和支持；感谢编辑李媛和王欢，她们给我们提供了大量宝贵的建议；感谢我的室友邹隐和我的同学王敏媛，本书得以面世，也离不开她们的帮助。

刘佳静

学习指南

.....

巧学活用本书能达到以一当十的效果，你至少可以做以下练习：

语音练习：选取你最感兴趣的课文，尽力模仿录音中的语音语调，把自己的朗读录下来和录音比较，找出差距反复模仿，直到乱真。

口语练习：利用书中对话做两人对练，或者和录音对练。就书中的主题换一个论点或谈话思路进行开放式对话创作。

听力练习：利用随书的 MP3 录音做精听和泛听练习。常用的内容精听，即反复听直到听懂每一个字并能流利跟读为止；其他内容泛听，能听懂大意并基本能跟读即可。

听写练习：听写能力表现在做课堂笔记和讲座笔记、会议记录等。利用本书 MP3 可以做听写练习，反复听写直到没有错误为止。

语汇练习：利用书中的词汇表，并摘录课文中精彩实用的句型或用法，建立自己的主题词汇库。

翻译练习：利用书中句型和对话做汉译英或英译汉练习，口译或笔译均可。

你可以根据自己的英语水平、工作需要和学习习惯将各种方法融会贯通，形成最适合自己的学习方法。当然，如果仅限于书本，再多的练习也只是纸上谈兵。如果你有找人开练的强烈愿望并付诸行动，离你的学习目标也就不远了。

Contents

目 录

Work 工作

1 Career Planning 职业规划	2
2 Career Success and the Pursuit of Happiness 成功事业与快乐生活	6
3 Headhunting 猎头	10
4 Interviews 面试	14
5 Gender Discrimination 性别歧视	18

Love 爱情

6 How to Meet Your Mate 认识方式	22
7 Dating Woes 交友的困难	26
8 Thinking About Your Future Spouse 未来伴侣的标准	30
9 Being Proactive 主动出击	34
10 Long-distance Relationships 异地恋情	38

Fashion 时尚

11 Metrosexual 都市美男	42
12 Tomboys 中性美女	46
13 Enjoy Being Single 享受单身	50
14 Slow Food 慢餐	54
15 Internet Exchange 网络易物	58

Education 教育

16 College Tuition 大学学费	62
17 Student Evaluation 学生测评教师	66
18 Household Education 家庭教育	70
19 EQ Is More Important than IQ 情商比智商更重要	74
20 Different Styles of Education 不同的教育方式	78

New Generation 新新人类

21 Lightning Marriage 闪婚	82
22 Moonlight Group 月光族	86
23 Astrology 占星术	90
24 Singles' Day 光棍节	94
25 Starting a Family 结婚生子	98

Cyberworld 网络

26	Blogging 博客	102
27	Telecommuting 远程办公	106
28	Google 谷歌	110
29	Infomania 资讯癖	114
30	Apartment Hunting Online 网上找房	118

Health 健康

31	The White Collar Workers' Health Crisis 白领们的健康危机	122
32	Public Recreation 大众健身	126
33	Dealing with Stress 解压	130
34	Dieting and Healthy Eating 节食与健康饮食	134
35	Swing Dancing 摇摆舞	138

College Life 大学生生活

36	Having Fun 玩乐篇	142
37	Working 工作篇	146
38	Dormitories 宿舍篇	150
39	Dating 爱情篇	154
40	Studying Abroad 留学篇	158

Cultural Differences 文化差异

41	Dining Out 外出就餐	162
42	Table Manners and Diet Customs 餐桌礼仪和饮食习俗	166
43	To Tip or not to Tip? 小费, 给还是不给?	170
44	Friendship and Family 友情和家庭	174
45	Getting Around 出行	178

Public Charities 公益慈善

46	Volunteering 志愿活动	182
47	Free Huggers 抱抱团	186
48	Philanthropy 慈善事业	190
49	Protecting the Environment 保护环境	194
50	Lei Feng Spirit 雷锋精神	198



英语畅谈

青春文化50主题

50 Topics On
Youth Culture

1. Career Planning

职业规划



Dialogue

- A: How's the job search going?
- B: I've had two interviews, but both companies are really good, so I'm having a really hard time deciding. I'd love to hear what you think.
- A: Sure, what's the story?
- B: The first one is a big, pretty well-known American company; the job there is in software design. The other company is smaller, and it's not very well-known but it's growing fast. At that one I'd be doing tech sales.
- A: Isn't your degree in computers? Why would they hire you for a sales position?
- B: I also took a bunch of econ classes at school, and I did an internship in marketing, so I guess they think I'm the right one for the job because I've got a better understanding of marketing than someone with a pure tech background, and a stronger background in IT than someone who just did marketing.
- A: What about the benefits? That's a really important thing to pay attention to when you're looking for a job.
- B: Well, the salary at the American company is pretty good and more stable, and the benefits are good too. At the smaller company the salary fluctuates more. I mean, salespeople's salaries are always on the low end, and there aren't benefits aside from health insurance. The commission is where you really earn your money.
- A: Well this is an entry-level job; you're not going to make a ton on commission right away. But I think people actually perform best under pressure. You should also consider the fact that at the big company there are a lot of people and a lot of departments, with each person working on their own particular, specialized part, so there aren't a lot of opportunities to develop new skills. At the small company, on the other hand, you'll probably have to do everything yourself a lot of the time. It may be busy, but you'll

grow so quickly, and you'll really feel like you've accomplished something.

B: That's a good point. Also, I'm really outgoing, I like meeting different kinds of people, you know? That's the kind of personality you have to have to be a good salesperson. I'm not like some of my classmates—they're much more shy, so they're well-suited for computer engineering jobs.

A: Personality is crucial! The sales job also lets you take advantage of the opportunity to do some networking—and that's incredibly important for your future career development.

B: I hadn't even thought of that. But I just think if you don't take the risk when you're young, you'll regret it when you're old. Since there's no absolute standard of good or bad where work is concerned, I think I just have to listen to my heart, and choose the job that I'll enjoy.

A: Well said. The most important thing is which one you're more interested in—it doesn't matter how great a job looks on paper if you don't enjoy it. Good luck!

对话

A: 你的工作找得怎么样了?

B: 已经通过了两家公司的面谈。都很不错,让我举棋不定,正想听听你的意见。

A: 好,说说看。

B: 第一个是一家比较有名的美国大公司,让我去做软件设计;另一个是一家不太有名但发展很快的小公司,让我去做技术销售。

A: 你的专业不是计算机吗?他们怎么会让你做销售呢?

B: 因为我在大学选修了很多经济学方面的课程,还参加过销售实习,所以他们觉得我比单纯做技术的人更懂市场营销,比单纯做销售的人有更强的 IT 背景,因此认定我是合适的人选。

A: 那么这两家公司的待遇都如何呢?这是找工作时一定要考虑的因素啊。

B: 怎么说呢,美国公司的收入不错,也很稳定,员工福利也很优厚;小公司的收入弹性很大,销售人员的基本工资较低,收入主要来源于佣金,除了医疗保险之外基本没有其他福利。

A: 你刚参加工作,不可能马上赚到大笔的佣金。不过,我觉得人在压力之下更容易出成绩。你想,大公司人多部门多,每个人从事的都是专业化的、局部的工作,缺少锻炼综合能力的机会。而在小公司呢,常常是一人身兼数职,忙是忙,但工作能力能迅速提高,更容易获得成就感。

B: 我也这么想。再说,我这人很外向,喜欢跟不同的人打交道,这性格就很适合做销售。不像有些同学个性内向,不善言谈,做 IT 工程师就很适合他们。

A: 性格决定命运嘛!你还可以利用做销售的机会建立人际关系网,这对今后事业的发展非常重要。

B: 嗯,这点我还真没想到。我只是觉得年轻时不拼一拼,老了会后悔的!既然工作的好坏没有绝对的标准,我就决定听从自己的心愿,选择自己喜欢的工作。

A: 说得好!兴趣才是恒久的原动力。一个你并不喜欢的工作看上去再好也没有意义。祝你好运!

Background Reading 背景阅读

How to Choose the Career That's Right for You? 怎样选择适合自己的职业?

Choose What You Love 择己所爱

If you're doing a job that you like, work itself can give you a feeling of satisfaction, and your career can also be a lot of fun. Interest is the best guide and the source of success; it's simply logical that there is a connection between liking your job and being successful at it. When you're planning your career, it's important to remember to consider your own strengths and value your own interests, and you will choose a career that you will love.

从事一项你所喜欢的工作，工作本身就能给你一种满足感，你的职业生涯也会从此变得妙趣横生。兴趣是最好的老师，是成功之母。可想而知，兴趣与成功率有一定的相关性。在设计自己的职业生涯时，务必注意：考虑自己的特点，珍惜自己的兴趣，选择自己喜欢的职业。

Choose What You're Good at 择己所长

Any profession needs people who have mastered certain skills and possess certain qualifications. No one can master everything in just one lifetime, so when you're choosing a career, choose what you're good at, and you'll benefit from bringing your strengths into full play. Think carefully about how you compare with other people, and choose a profession that doesn't conflict with your strengths, but instead makes the best use of them.

任何职业都要求从业者掌握一定的技能，具备一定的条件。而一个人一生中不能将所有技能都全部掌握。所以你必须在进行职业选择时择己所长，从而有利于发挥自己的优势。充分分析别人与自己，不要选择与自己的优势有冲突的职业，而要尽量充分利用自己的优势。

Choose a Career That's in Demand 择世所需

Society's needs are always evolving; old opportunities are constantly disappearing and new ones are constantly being created. Yesterday's hot commodity might be replaced tomorrow by something that no one saw coming. So when you're planning your career, try to figure out what society needs, and choose what's in demand.

社会的需求不断演化着，旧的需求不断消失，新的需求不断产生。昨天的抢手货或许会在明天被一些尚不为人知的东西所取代。所以在设计你自己的职业生涯时，一定要分析社会需求，择世所需。

Choose What's Profitable 择己所利

Your ultimate goal when choosing a career is to find something that will make you happy, but your happiness will probably be influenced by your income too. A sensible choice of career orientation considers what's valuable from society's point of view and from your own. So when you make your choice, look for something that combines prestige and a good salary with the other variables that are important to you. That way you'll end up with a career that's most beneficial to you.

选择职业的终极目标在于追求个人幸福，而你的收入很可能会影响到你的幸福。明智的职业选择应该同时考虑到社会观念和个人意向。所以当你做职业方向的选择的时候，应该考虑到工作的社会地位和收入，以及在其它方面对你都很重要的职业。这样你就会成功地找到对你最有利的工作。



Exercises 练习

Answer these questions.

1. What factors does a person usually want to consider when looking for a job?
2. What makes up the bulk of a salesperson's salary?
3. What kind of work do you think suits outgoing people?

Translate these sentences into English.

1. 能谋得一份高收入的工作是所有求职者的梦想。
2. 那家公司的收入不错，也很稳定，员工福利也很优厚。
3. 销售人员的基本工资较低，收入主要来源于佣金。
4. 兴趣是最好的老师，也是成功的源泉。
5. 不同性格的人适合做不同的工作。
6. 选择职业的终极目标在于追求个人幸福。
7. 我一直对在跨国投资银行工作感兴趣。

Complete the following paragraph with these words or phrases.

considering about relations journalism skills thinking

When you're 1 about possible careers, think broadly. In addition to 2 what you're good at, you should consider what is important to you. You can use your 3 in computers, public 4, science, graphic design, 5 and more to make a difference on an issue that you really care 6.



Answers 答案

Translate these sentences into English.

1. Landing a well-paid job is something all job seekers dream of.
2. The salary at that company is pretty good and more stable, and the benefits are good too.
3. Salespeople's salaries are always on the low end; the commission is where they really earn their money.
4. Interest is the best guide and the source of success.
5. People with different kinds of personalities are best suited for different kinds of work.
6. Your ultimate goal when choosing a career is to find something that will make you happy.
7. I've always been interested in working for an international investment bank.

Complete the following paragraph with these words or phrases.

1. thinking
2. considering
3. skills
4. relations
5. journalism
6. about

词汇表

interview	面试
well-known	有名的
software design	软件设计
tech sales	技术销售
degree	学位
a bunch of	一些
internship	实习
benefits	福利
pay attention to	注意
stable	稳定
fluctuate	波动，变动
aside from	除了
insurance	保险
commission	佣金
entry-level	初级的
outgoing	外向的
well-suited	适合的
crucial	最重要的
regret	后悔
absolute	绝对的
on paper	表面上
profession	职业
evolve	演化
constantly	不断地
sensible	明智的；合理的

2. Career Success and the Pursuit of Happiness

成功事业与快乐生活



Dialogue

- A:** I got an offer of promotion last week.
- B:** That's great! Congratulations!
- A:** I didn't take it—actually I quit my job altogether.
- B:** What? How come?
- A:** I never wanted to be an accountant. When I took that job five years ago it was only going to be a temporary thing, to pay off my college loans, but then I got stuck. I never liked working there but I never got around to quitting, because the salary and benefits were really good and it was safe, you know? When they offered me the promotion I realized that if I accepted the job I would really be accepting that this was what I was going to do until I retired. I don't want to spend my life doing a job I don't even like, so I decided that now is the time to find something I enjoy, before I have a family to support.
- B:** Wow, that's really brave.
- A:** Well maybe I would have been really successful, but what is success worth if you're not happy?
- B:** That's so true. Career success doesn't necessarily equal happiness. I think whether the two go together depends on who's defining success. Like if you're a really successful lawyer, but you never really wanted to be a lawyer, you did it just because your parents wanted you to, then you're not going to be happy.
- A:** You should always follow your heart, and decide for yourself what success means. That's what my mom did. She's a local politician, which she loves, and she's really good at it too. People have told her she should run for higher office, and she considered it, but in the end she decided not to.
- B:** Why not?
- A:** The reason she ran for office in the first place is that she loves our town and she wants to

make it an even better place to live. If she ran for state legislature her work wouldn't affect our town as directly, and also she'd have to move to the state capital, so she wouldn't even get to live there any more!

B: So even though getting elected on the state or even national level might be objectively considered more successful, she doesn't want to do it because she wouldn't be as happy.

A: Exactly. Like you were saying, there are different definitions of success. For my mom, being successful means making a real difference in our town, and the best way she can do that is by staying where she is.

B: Sounds like she's really found her niche. I hope you can find a job that you love that much!

A: I hope so too!

A: 上个星期，我接到了升职的通知。

B: 太好了！祝贺你！

A: 但是我没有接受，而且我辞职了。

B: 什么？你为什么这样做？

A: 我从来都不想做一个会计师，当我 5 年前开始做这个工作的时候，我只是想临时做一段时间，为了还我上大学的贷款，但是后来就离不开了。虽然我从来都不喜欢那儿的工作，但是也从来没想到过辞职。因为你知道，那儿的收入和福利实在是不错，而且很有保证。但是当他们要给我升职时，我才意识到，如果我接受这个机会，我可能就要做这个工作一直到退休了。我不愿意用一生的时间做一个我不喜欢的工作，所以我觉得在我要供养家庭以前，现在正是我找一个自己喜欢的工作的时候了。

B: 哇！你真勇敢！

A: 尽管接受这次升职可能会让我的事业更成功，但是如果你不快乐，事业成功有什么用呢？

B: 是的。事业成功真的不等于生活快乐。我觉得这两者是否合一取决于你对成功的定义是什么。如果你是一个特别成功的律师，但是你根本不想做律师，当律师仅仅是你父母的期望，你当然不会快乐。

A: 我妈妈说，你应该总是听从内心的安排，自己来决定成功是什么。她是个地方议员，她喜欢做这个工作，而且做得非常好。别人说她应该竞选更高的职位，她也考虑过，但是最后她放弃了。

B: 她为什么不呢？

A: 她做这个工作首先是因为她特别喜欢我们的小镇，她希望把这个地方变得更好，更适宜人们生活。如果她竞选到更高的职位，到州议会去工作的话，她的工作就不能直接影响到我们的小镇了，同时我们也得搬到州首府，她甚至都不能住在镇上了。

B: 所以尽管被选为州议员或国会议员会被认为是非常成功的表现，她也不愿意，因为那不会使她快乐。

A: 是的。就像你说的，成功有不同的定义。对我妈妈来说，成功意味着给我们的小镇带来真实的变化，而实现这种变化的最好的方法就是留在那里继续工作。

B: 听起来她真正找到了适合自己的位置。我希望你也能找到自己喜欢做的工作。

A: 我也希望！

Background Reading 背景阅读

How Does Happiness Cause Career Success? 快乐生活如何能带来事业成功?

We all know that success can make you happier, but can happiness make you more successful? A new study says it can. A team of researchers at the University of California Riverside surveyed the results from 250 existing studies on the topic and found that happier people tended to have higher incomes and more fulfilling marriages, and to be healthier and even live longer. But none of this is surprising; what's surprising is that they found that happiness can be the cause, not just the result, of all of these things!

Happier people are more energetic, creative and productive on the job, and they get along better with their co-workers. The personal confidence that goes along with happiness can impress bosses, clients and potential employers. Happiness and confidence make people more outgoing, which in turn can help them build connections later on in their career. Happy people are more likely to actively pursue their goals by taking risks and challenging themselves, and they're better at coping when things don't go as planned. Therefore, happy people are more likely to be hired and promoted, and they're also more likely to seek out success on their own.

Happiness can make you more successful, and then success can make you happier still, but how do you start the cycle? It doesn't take much. By simply approaching things with a more positive attitude, rather than expecting things to fail and focusing on the problems, your mood will improve right off the bat. Of course you don't want to ignore problems, but if you're optimistic that they can be solved then you're much more likely to find a solution. You can also make your day better just by smiling more, and those smiles will probably make the people around you happier too. When it comes to everyday life, simply choosing to be happier is a good way to start.

我们都知道成功会让你更快乐,但是快乐会让你更成功吗?一项新的调查表明是可以的。一组研究人员在加州大学河滨分校调查了250个关于这个题目的已有的研究结果,发现感到更快乐的人更容易拥有较高的收入和充实的婚姻,也更健康和长寿。但是这些并不令人吃惊,令人吃惊的是他们发现快乐是以上这些方面的原因,而不仅是结果。

更快乐的人更有精力和创造性,工作更有效,和同事相处得更融洽。个人的自信和快乐会给老板、客户和潜在的雇主留下印象。快乐和自信会使人更友好,帮助他们在以后的工作中与人建立联系。快乐的人常常会冒险或挑战自己来主动追求他们的目标,如果事情不像计划中那样发展,他们也会处理得更好。因此,快乐的人很容易被雇用和提升,而且他们也容易从自己身上寻找成功。

快乐会使你更成功,成功也会使你更快乐,但是怎么开始这个循环呢?这并不需要很多,仅仅用一个更积极的态度做事情,而不是担心事情失败而只看问题,你的情绪会自觉地得到改善。当然,你并不想忽视问题,但是如果你很乐观,就很容易找到解决问题的办法。仅仅多笑几次就能使你的日子更好过,还有这些笑容也会使你周围的人更快乐。在日常生活中,简单地选择更快乐就是一个很好的开始。