

MP3光盘版本



● 五秒钟背九句 · 终生不会忘记

一口气英语

One Breath English 1

校园生活

一碟一书
只售

9.8
元

刘毅 主编



兴图音像电子出版社
兴图图书出版公司

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出版者的话

由语言学习大师刘毅集 30 多年语言教学经验之大成，精心编写的《一口气英语》经广东世界图书出版公司的倾力打造，即将面世了。这是我们出版者之幸事，更是广大英语学习者之幸事。

人类学习语言最大的困惑就是背了会忘，学了会忘，让人苦不堪言，难以卒学。针对这一难题，“一口气英语”提供了最有效的方法，即对日常生活语句进行科学编排，每一生活情境分 12 个单元，每单元为 3 组，每组 3 句话，每书 108 句。只要达到将“一口气英语”每单元 9 句背熟到 5 秒钟之内，1 分钟背完 108 句的程度，就可取得终生不忘的效果，就像我们学会了开车、游泳一样，不论过多久都不会忘记。

“一口气英语”适合各种年龄，各种程度的学习者。只要你想学英语，年龄不是问题。刚开始也许会背得慢点，但经过练习，你会愈背愈快。利用你每天无聊的时间，用英语自言自语，你就不会寂寞，忘却烦恼，记忆力越来越好。

背单词不如背句子，背一句是一句，背一组是一组，日积月累，你就成了英语高手。背完“一口气英语”将让你有想说英语的冲动，有攻克英语的信心，有过目不忘的能耐，有说英语其实很简单的豪情。

衷心地祝福你学习成功！



“一口气英语”经

念英文要像念经一样，每天大声念，从起床到睡觉，念得比看得快，最后不看也会念，养成习惯后，你会全身舒爽。试试看，奇妙无比。

Great to see you.
So good to see you.
What's going on?

What's up today?
What are you doing?
Anything exciting?

You look great.
You look high-spirited.
You look like you're
ready for anything.

Great class.
Thank you, teacher.
You are the best.

I like your class.
I learn so much.
You can really teach.

You're interesting.

You make it fun.
You're a terrific
teacher.

You're an excellent
teacher.
Your material is great.
Your methods are
useful.

You're never dull.
You're full of pep.
You keep us on our
toes.

I like your teaching.
I like your style.
You do a good job.

You're doing fine.
You got it.
Keep on going.

“一口气英语” 经

That's the way.

That's how to do it.

Don't change a thing.

Keep working hard.

Keep doing great.

Keep on doing what
you are doing.

Let's go.

Let's jet.

Let's get out of here.

Where are you going?

Are you heading home?

Want to get a bite to
eat?

I'm hungry.

I could use a snack.

Let's go eat.

Let's grab a bite.

What do you like?

What do you feel like
eating?

You choose.

You decide.

What do you

recommend?

How about McDonald's?

It's fast and convenient.

What do you think?

I'll have a Big Mac.

I'll have a small fries.

And a large Coke, please.

I'd like a milk shake.

Make it strawberry.

That'll be for here.

Can I have extra
ketchup?

Can I have more
napkins?

Thank you.

Mmmmm.Mmmmm.

This is delicious.

This tastes great!

I love it.

The flavor is awesome.

It's out of this world.

It's mouth-watering.



I can't get enough.
I could eat this all day.

I'm full.
I'm stuffed.
I can't eat another bite.

I ate too much.
I need a rest.
I need to take it easy.

I'll gain weight.
I'll get fat.
I need to walk it off.

Let's go for a walk.
Let's get some exercise.
A walk would do us
good.

Walking is great.
Walking is healthy.
It's the best exercise
there is.

Where shall we go?
Any place in mind?
I'll follow you
anywhere.

I'm beat.
I'm bushed.
I'm exhausted.

I need to go home.
I need to get back.
I can't stay.

I have things to do.
I have to go.
Let's call it a day.

I'm home.
Home, sweet home!
There's no place like
home.

I had great day.
Everything went right
for me.
Today is really my day.

It's been a long day.
I did so much.
I learned a lot.



本书全部剧情

► 1. 早上到学校见到老师、同学，都可说：



Great to see you.

[p1—p13]

► 2. 上完课后，和老师说：

Great class.



[p15—p22]

► 3. 再称赞老师说：

You're an excellent teacher.



[p23—p31]

本书全部剧情

► 4 . 老师可以鼓励同学，同学也可以鼓励同学：



You're doing fine.

[p33—p40]

► 5 . 下课后，邀请同学一起走：

Let's go.



[p41—p49]

► 6 . 回家路上，可邀请同学吃东西：



Let's grab a bite.

[p51—p58]



► 7. 走到麦当劳点餐:



I'll have a Big Mac.

[p59—p71]

► 8. 称赞食物好吃:



This is delicious.

[p73—p82]

► 9. 吃饱饭后说:

I'm full.



[p83—p89]

本书全部剧情

► 10. 提议散步:

Let's go for a walk.



[p91—p98]

► 11. 走路累了说:

I'm beat.



[p99—p106]

► 12. 回到家说:

I'm home.



[p107—p115]



1. Great to see you.

Great to see you.

So good to see you.

What's going on?

What's up today?

What are you doing?

Anything exciting?

You look great.

You look high-spirited.

You look like you're ready
for anything.

go on

high-spirited [hai'spiritid]

exciting [ik'saitɪŋ]

ready ['redi]



内文解说

Great to see you.	很高兴见到你。
So good to see you.	看见你真好。
What's going on?	有什么事发生?
What's up today?	今天有什么计划?
What are you doing?	你今天要做什么?
Anything exciting?	有没有什么好玩的事?
You look great.	你看起来很棒。
You look high-spirited.	你看起来精力充沛。
You look like you're ready for anything.	你看起来已经准备好做 任何事。

□ go on 发生

□ exciting [ik'saitɪŋ] *adj.* 刺激的; 好玩的

□ high-spirited [hai'spiritɪd] *adj.* 精力充沛的

□ ready ['redi] *adj.* 准备好的

**背景说明**

3

这九句，非常有用，你看到任何朋友，都可用这些话向别人打招呼，别人会很佩服你，他们会觉得奇怪，你的英文怎么说得这么好！

1. Great to see you.

美国人见到朋友，最常说的话就是“Great to see you.”或“Good to see you.”。这种说法很多：

Great to see you.

=Good to see you.

=Nice to see you.

=Wonderful to see you.

=Glad to see you.

=Pleased to see you.

Great to see you.可以说成 “It's great to see you.”

It's great to see you.

=It's good to see you.

=It's nice to see you.

=It's wonderful to see you.

=I'm glad to see you.

1. Great to see you.

4

=I'm pleased to see you.

2. So good to see you.

这句话是It's so good to see you. 的省略, so 是用来加强good的语气, 等于very, 但是说Very good to see you. 有点太正式, 有做作的味道。

3. What's going on?

go on 发生

中国人最早是农业社会, 比较贫困, 所以一见了面喜欢用“吃饱了没有?”、“吃过饭没有?”来打招呼, 只是打招呼用语, 不一定是真的想知道你吃过了没有。

而美国人一向担心发生事情, 见了面会说:

What's going on? (有什么事发生?) 其实不一定是真正在问“有什么事?”, 只是在打招呼。

What's going on?

=What's up?

=What's happening?

说What's going on? 和中国人的思想不同, 你学会说这类的话后, 你的英文会话就向前迈



进一大步，因为一般中国人都不习惯说这些话，以后见到人，不要忘记说这些话来打招呼。

◀ 4. What's up today?

What's up? 当成惯用句来看，意思是“发生什么事？”，加上today，意义完全不同。

What's up today?

=What's happening today?

=What's going on today?

今天有什么计划？

[在此today=for today]



比 较

What's up?

发生什么事？

(常表问候，没什么特别意思，就像中国人问“吃饱饭没有？”。)

What's up today?

今天有什么计划？

(=What's your plan today?)

◀ 5. What are you doing?

这句话的字面意思是“你正在做什么？”，

1. Great to see you.

6

可以引申为其他意思，要看当时的情况和语气来决定。

下面四种What are you doing? 有不同的意思：

① What are you doing?

[字面意思，正常情况]

=What are you doing right now?

你现在正在做什么？

② What are you doing?

[语气不友善，表责备]

=What do you think you're doing?

你到底在干什么？

③ What are you doing?

[久未见面的老朋友，想问他做什么工作]

=What kind of work are you doing?

你现在在做什么工作？

④ What are you doing?

[打招呼用语，每天见到朋友都可说]

=What are you going to do today?

你今天要做什么？

根据这个单元中的内容，可以推测，What are you doing? 在此是第4个意思，是What are you going to do today?

如果单独使用，问别人今天有什么计划，就要加上today，别人才知道你的意思。



比 较

What are you doing?

(根据语气、情况, 有上述四种意思)

What are you doing today?

=What's your plan today?

你今天有什么计划?

所以, What are you doing today?和What's up today?What's happening today?及What's going on today? 意义相同, 都表示“你今天有什么计划?”。

6. You look great.

根据美国人的习惯, 见到朋友, 就会说 You look..., 最常用的是 You look great. 因为他们天天说, 所以 You look... 之类的说法就很多。

You look great.

你看起来很棒。

=You look cool.

你看起来很棒。

=You look marvelous.

你看起来好极了。

cool [ku:l] *adj.* 很棒的

marvelous ['mɑ:vələs] *adj.* 极好的