

e. g. His argument is grounded in fact. 他的论点有事实作为根据。

e. g. The assumption is well grounded in the tax office's recent... 这个假设以可靠的...

收入为其坚实后盾。

scores of 许多

e. g. I have been a score of times...

# 《新编大学英语》

A GUIDE TO NEW COLLEGE ENGLISH

8. Steady improvements in the economy are not accompanied by a steady increase in...

people's assessment of their own happiness.

assessment; (n.) 评价, 评估

e. g. They are making an assessment of the new... 他们正在评估这位作曲...

作品。

总主编 余非 陶峻 叶朝成

主编 刘德珍 肖丰年

e. g. Who can take a... 谁能够在这次战争的影响...

副主编 卞励 王晓军

全面的估计。

9. First, happy people...

individualistic;

e. g. Individualistic...

雄主义与...

e. g. The watch...

块表会以...

10. As we might...

tive self-esteem...

expect of/ from...

e. g. We expect...

e. g. Don't expect...

来的进步...

11. Feeling empow...

at work, and...

cope with; 对付...

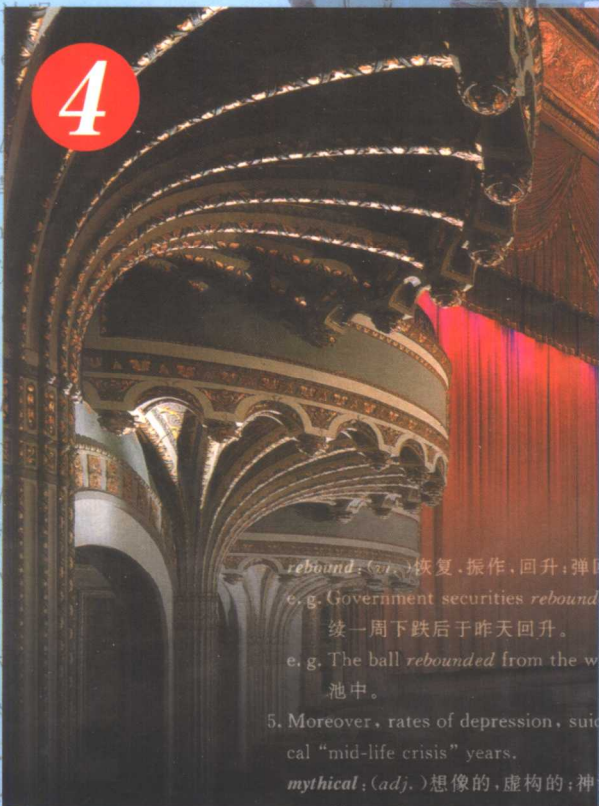
e. g. The trans...

正在采取...

e. g. They lack...

题。

4



rebound; (v.) 恢复, 振作, 回升; 弹回

e. g. Government securities rebounded yesterday after a week of...

续一周下跌后于昨天回升。

e. g. The ball rebounded from the wall into the lily pond. 球从墙...

池中。

5. Moreover, rates of depression, suicide, and divorce show no in...

cal "mid-life crisis" years.

mythical; (adj.) 想像的, 虚构的; 神话的

e. g. The explanation was entirely mythical. 这种解释纯属杜撰。

e. g. He is good at telling mythical stories. 他擅长于讲神话故事。

6. Like age, gender gives no clue to subjective well-being.

deal with; 对付; 处理

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e. g. The man is difficult to deal with. 那人很难打交道。

e. g. Lyric poetry is subjective. 抒情诗是抒发个人情感的。

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A GUIDE TO *NEW COLLEGE ENGLISH*

# 《新编大学英语》学习指南



总主编 余 非 陶 峻 叶朝成

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## 前 言

《新编大学英语》是由浙江大学主编、外语教学与研究出版社出版发行的一套大学英语新模式系列教材。这套教材以国家教育部审定批准的新《大学英语教学大纲》为总指导原则,采用“以学生为中心的主题教学模式”编写。该教材选材新颖、题材多样、内容丰富、趣味性强,尤其是练习形式生动活泼,打破陈旧框框,能充分调动学生参与语言实践活动,激发学生的学习兴趣,培养学生应用语言的能力。《新编大学英语》的出现,将极大地促进和推动我国大学英语教学与教材的改革。

《〈新编大学英语〉学习指南》是为《新编大学英语》教材配套的系列学习辅导书,主要供学生使用。该系列学习辅导书一共六册,分为1~6级,每册12单元。根据每单元内容的设置和学生自学的需要,《〈新编大学英语〉学习指南》每一单元分为六个部分。这六个部分是:

**1. 语言精要:**这部分概括列出每单元的重点单词、重点词组和语法结构,使学生在深入学习各项内容之前,对重点内容有初步了解,使学习有针对性。

**2. 课文主题:**这部分简要介绍每单元中各篇课文的概要。每篇概要的写作形式各异,丰富多彩,使学生在了解本单元概要的同时,学习有关文章概要的写作方法。

**3. 阅读详解:**这部分是讲解的重点,分为两种形式:详解和一般性注解。对课内阅读文章作详解,内容包括词、词组、句子、习语和搭配等,每个语言知识点均配例句和译文,以帮助学生准确地掌握重点。一般性注解主要针对课后阅读文章,对一些语言现象作简明扼要的讲解,以帮助学生正确理解文章。

**4. 佳句背诵:**不同的民族有着不同的语言与文化,语言不同,表达方式迥异,常造成学习外语的障碍,而学习、收集和赏析好的句子是学习语言的有效方法之一。本部分将从每单元的各篇文章中,精选出5个佳句,使学生在理解和背诵佳句的同时,提高阅读能力与欣赏水平。

**5. 练习解答:**该部分对所有练习以及小测验进行解答。除了给出参考答案之外,还对测验部分的练习作了注释性讲解。

**6. 参考译文:**该部分提供每单元课内外阅读文章的全部译文,以便学生对照自学,也可以帮助学生做翻译练习。

本系列学习辅导书第4册由余非、陶峻、叶朝成担任总主编,刘德珍、肖丰年担任主编,卞励、王晓军担任副主编。具体编写分工为:第1单元:余非;第2单元:叶朝成;第3单元:胡钢;第4单元:肖丰年;第5单元:熊炎冰;第6单元:王晓军;第7单元:刘东霞;第8单元:肖芬;第9单元:李从庆;第10单元:何谨然;第11单元:胡冰霞;第12单元:韩艳芳;自测详解:卞励。全书由刘德珍、肖丰年负责统稿工作。

本书中课文主题部分由美籍语言学专家 Amber Nice 和 Kari Godel 女士审校;参考译文部分由武汉理工大学程晏萍教授审校。对于各位专家、教授的无私奉献和辛勤劳动,我们表示由衷的敬佩和诚挚的谢意。特别是程晏萍教授,审译过程中常常提供文采斐然的译句,她在这项工作中投入的热情、智慧和辛劳,相信给每一个编写者都留下了深刻的印象。我们对她的感激和赞赏是难以用语言表达的。

鉴于编写时间仓促,加之编者水平所限,书中难免有疏漏和不妥之处,敬请读者批评指正。

编 者

2001年3月

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## Unit 1 Happiness

### 语言精要

**重点单词:** committed engender ethical hunch mushroom mythical  
rebound shackle spouse metropolitan

**重点词组:** be grounded in scores of cope with reach out to in short

### 一、课文主题

#### Finding Happiness

What engenders a sense of happiness? Different speculations about the source of happiness in history are dealt with in this passage. Ancient philosophers believed that happiness accompanied a life of intelligent reflection. In later centuries, some sages have put forward to some competing ideas about the source of happiness. Then some myths about happiness have been exploded by social scientists. The author considers that there exist four traits of happy people and trait-happiness correlation. He specially emphasizes that the four traits are typical of happy people. In addition, the author points out the relationships of happy people. He thinks that close relationships mark happy lives and offer some evidences in order to prove his ideas. In the end, the author says that better clues come from knowing what trait a person has and whether the person enjoys a supportive network of close relationships.

#### You Can't Buy Happiness

Everyone wants to get happiness, but what on earth is happiness and how can one obtain it? Philosophers have been arguing about the matter for several hundred years in order to reach an agreement. In this article, the author pointed out that neither wealth nor status nor privilege nor family power nor prestige can guarantee happiness. A case in point of this is true story of Queen Victoria's daughters, whose stories support the con-

cept that happiness results only when people are permitted to plan their own lives, to pursue their goals in the way they see most appropriate and to base them on something other than a desire for wealth, prominence or status.

### A Simple Truth about Happiness

If you are waiting for happiness, you've missed it. The notion that we have to work at happiness comes as news to many people. In fact happiness is largely under our control. It is a battle to be fought and not a feeling to be awaited. To achieve happiness, we should overcome some stumbling blocks, three of which are: comparison with others, images of perfection and "missing tile" syndrome. Don't compare yourselves with anyone you think is happier—a relative, an acquaintance or someone else you hardly know. Don't focus too much on image of perfection. Don't look at something and focus on even the smallest flaw. If you choose to find the positive in virtually every situation, you will be blessed. On the contrary, you'll be cursed.

### Optimism

Optimism is something important for people. In the eyes of the author, to be optimistic is in the nature of science. There exist cause and effect in the world. There is a reason or reasons for everything that happens. The optimistic belief that all problems can be solved and all questions answered is common in technologically advanced and scientifically oriented societies. Optimism makes lives significant and happy. That is where a sense of optimism is important. However, optimism takes energy. It is much easier to be a pessimist. Besides, optimism requires commitment. If a person believes that something can be done, he or she is responsible in some way for doing it or helping to do it. Optimism is essential to preserving our humanity in difficult times.

## 二、阅读详解

### Finding Happiness

1. What attitudes, activities, and priorities engender a sense of well-being?

**engender**: (vt.) 造成, 引起, 招致

e. g. Angry words are easy to **engender** strife. 恶言怒语容易引起争吵。

e. g. Crime is often **engendered** by poverty. 犯罪常因贫穷而发生。

2. Although the scientific pursuit of happiness has recently mushroomed, speculations about happiness are age-old.

**speculation**: (n.) 思考, 思索; 沉思

e. g. She was much given to *speculation*. 她很喜欢沉思默想。

e. g. Young people should need *speculation* on the purpose of life. 青年人应当对人生目的进行思考。

*speculate* (about/on): (vi.) 思考, 深思

e. g. She often *speculate about* what a married life would be like. 她常思索婚姻生活会是什么样子。

3. In short, we must study happiness scientifically.

**in short:** 总之, 简而言之

e. g. The rumour, *in short*, is not to be trusted. 总之, 谣言不可信。

e. g. *In short*, if we want to do our work well, we must make preparations carefully. 总之, 如果我们想把工作做好, 就要好好准备。

*in a word/in one word/in brief:* 简言之, 总之

e. g. *In a word*, while the prospects are bright, the road has twists and turns. 总之, 前途是光明的, 道路是曲折的。

4. And teens, unlike adults, typically rebound from either gloom or joy within an hour's time.

**rebound:** (vi.) 恢复, 振作, 回升; 弹回

e. g. Government securities *rebounded* yesterday after a week of steady declines. 公债持续一周下跌后于昨天回升。

e. g. The ball *rebounded* from the wall into the lily pond. 球从墙上弹回后掉落到百合花池中。

5. Moreover, rates of depression, suicide, and divorce show no increase during the mythical "mid-life crisis" years.

**mythical:** (adj.) 想像的, 虚构的; 神话的

e. g. The explanation was entirely *mythical*. 这种解释纯属杜撰。

e. g. He is good at telling *mythical* stories. 他擅长于讲神话故事。

6. Like age, gender gives no clue to subjective well-being.

**subjective:** (adj.) 主观的; 个人的

e. g. He knew his arguments were *subjective*, based on intuition. 他知道自己的论点是直觉的主观臆断。

e. g. Lyric poetry is *subjective*. 抒情诗是抒发个人情感的。

7. This conclusion is grounded in scores of studies around the world.

**be grounded in:** 以……为基础, 以……为根据

e. g. His argument *is grounded in* fact. 他的论点有事实作为根据。

e. g. The assumption *is well grounded in* the box office receipt. 这个设想以可靠的票房收入为其坚实后盾。

**scores of**: 许多, 大量

e. g. I have been there *scores of* time. 我曾多次去那里。

e. g. *Scores of* people died in the bombing. 许多人在轰炸中丧生。

8. Steady improvements in the economy are not accompanied by a steady increase in people's assessments of their own happiness.

**assessment**: (n.) 评价, 评估

e. g. They are making an *assessment* of the composer's work. 他们在评价这位作曲家的作品。

e. g. Who can take a full *assessment* of the impact of the war? 谁能对这次战争的影响作全面的估计呢?

9. First, happy people, especially in individualistic Western culture, like themselves.

**individualistic**: (adj.) 个人主义的; (个人) 独特的

e. g. *Individualistic* heroism has nothing in common with revolutionary heroism. 个人英雄主义与革命英雄主义毫无共同之处。

e. g. The watch would reflect your personality in a beautiful and *individualistic* way. 这块表会以优美而独特的方式显示出你的个性。

10. As we might expect of people who are usually happy, they report that they have positive self-esteem.

**expect of/from**: 对(某人)有……期望; 指望

e. g. We *expect* much *of* him. 我们对他寄予很大希望。

e. g. Don't *expect* sudden improvements *from* this class. 不要指望这个班会有突如其来的进步。

11. Feeling empowered rather than helpless, they also do better in school, achieve more at work, and cope better with stress.

**cope with**: 对付; 应付; 妥善处理

e. g. The transport department is taking steps to *cope with* the holiday rush. 运输部门正在采取措施, 解决假日交通繁忙的问题。

e. g. They lack the strength to *cope with* all these problems. 他们无法处理所有这些问题。

deal with; 对付; 处理

e. g. The man is difficult to *deal with*. 那人很难打交道。

12. Deprived of control over one's life—a phenomenon studied in prisoners, nursing-home patient ,etc.

**deprive of**: 剥夺; 丧失

e. g. He was *deprived of* his sight by the accident. 那次事故使他丧失了视力。

e. g. You have no right to *deprive* him of his property. 你无权剥夺他的财产。

13. Fourth, happy people tend to be extroverted.

**extroverted**: (adj.) 性格外向的; 好社交的

e. g. He was possessed of an *extroverted* personality. 他具有一种外向性格。

e. g. An optimistic person is usually *extroverted*. 乐观的人往往个性外向。

14. Or are outgoing people more enthusiastic and less anxious about reaching out to others?

**reach out to**: 与……交流; 与……取得联系

e. g. Modern politicians try to *reach out to* ordinary people in their broadcast speeches.  
现代的政客们企图在广播演讲中与普通民众进行沟通。

e. g. I must *reach out to* my lawyer before I make my final decisions. 在作出最后决定之前, 我必须先同我的律师取得联系。

15. . . . , our happiness fluctuates around our happiness set point, which disposes some people to be ever cheerful and others gloomy.

**fluctuate**: (vi.) 涨落; 起伏

e. g. The value of RMB does not *fluctuate*. 人民币价值稳定。

e. g. You can't march in a straight line to the victory; you *fluctuate* to it. 你不可能一帆风顺地走向胜利, 而要经过许多波折才能达到胜利。

16. For more than nine in ten people, the most significant alternative to aloneness is marriage.

**alternative**: (n.) 两者(或在两者以上间)择一, 抉择

e. g. Her father gave her the *alternative* of going on to college or starting to work. 她父亲让她在上大学继续求学和开始工作之间作出抉择。

e. g. We have no *alternative* in the matter. 在这件事上, 我们没有选择余地。

17. Although broken marital relationships are a source of much misery, a supportive, intimate, committed relationship is among life's greatest satisfactions.

**committed**: (adj.) 坚定的; 献身的, 忠诚的

e. g. She is a *committed* revolutionary. 她是一位坚定的革命者。

e. g. His *committed* friends now regarded him with contempt. 他那些忠诚的朋友现在都鄙视他了。

18. Such feelings help explain why, during the 1970s and 1980s, more married adults said they were "very happy" than did those who never married (39% versus 24%).

**versus:** (*prep.*) (诉讼、比赛对中) 以……为对手, 对 (常略作 *v.* 或 *vs.*)

e. g. The match tonight is China *versus* Japan. 今晚的比赛是中国队对日本队。

e. g. The result of the football match is 3 *vs.* 2. 足球比赛结果是 3 比 2。

19. William Cowper's 1782 hunch has proven right:...

**hunch:** (*n.*) 预感, 直觉

e. g. I have a *hunch* he won't arrive on time. 我凭直觉认为他不会准时来。

e. g. "How did you know that team was going to win?" "It was just a *hunch*". "你怎么知道那支球队会赢", "只是凭预感"。

### You Can't Buy Happiness

1. Philosophers have been arguing about the matter for centuries and have not been able to reach an agreement.

argue about (on): 讨论; 议论。

reach an agreement = come to (arrive at) an agreement: 商定, 达成协议。

2. ..., yet everyone knows happiness when they experience it or when it is denied to them.

be denied to...: 拒绝给予。

3. When this wish was granted, to his dismay, he found that his beloved young daughter turned to gold at his touch and he had lost his source of greatest happiness in life.

grant 在此处意为 give: 给予。to one's dismay: 使某人沮丧。

4. They grew up with the kinds of luxuries that other people only dream about, including jewels, silk gowns, and handsome princes for husbands.

dream about = dream of: 梦想, 梦见。

5. By the time she was four years old, she spoke German and French fluently.

by the time she was four years old = when she was four years old. "by the time" 后通常接一从句, 构成时间状语从句。

6. Her liberal political beliefs were not liked by the Prussians and the Prussian chancellor managed to turn her oldest son, Wilhelm, against her.

turn sb. against: 使成敌对; 背叛。

7. For the last thirteen years of her life she was a widow in a land where she was not liked, ruled by a son who hated her.

ruled by a son who hated her 过去分词短语作定语, 修饰 land。

8. The second daughter, Alice, was known as the lovable, peaceful sister.

sister 此处意为“护士长”。

9. She helped poor women by arranging for their needlework to be sold.

to be sold: 不定式作定语, 修饰 needlework。

10. Alice did not live long enough to know of that horrible event because in 1878, her children became ill, one after another, with diphtheria, and Alice nursed them all.  
know of=know about 知道,了解。  
be ill with diphtheria:患上白喉病,be ill with...:染上……病。
11. Shortly after her youngest child died of the disease, Alice fell ill with it too and died at the age of 35.  
die of=die from:因……而死。  
fall ill:得病。
12. Helena, the middle daughter, was the least attractive daughter.  
the middle daughter 此处意为“三女儿”。  
least attractive:意为“最普通的”。
13. Queen Victoria decided that she needed one daughter to live close to her as she grew older, so she chose a prince who no longer had a country to rule as Helena's husband.  
to live close to her:不定式作定语,修饰 daughter。  
choose sb. as:选某人为……
14. She was never asked what she wanted from life but was always at the beck and call of others, whether she liked it or not.  
be at someone's beck and call:听候……的吩咐。
15. . . . , she was thrown out of the sleigh and dragged along the ground by her long hair, losing an ear.  
losing an ear 现在分词短语,表示伴随状态,相当于并列句“and lost an ear”。
16. However, she couldn't divorce him because that was not allowed for a princess at that time.  
that:意指“divorce”离婚。
17. Beatrice acted as her mother's secretary and went with her to royal events.  
act as:充当,扮演……角色  
to royal events 意为“皇室事务”。
18. There she met a German Prince, Liko, who immediately fell in love with her.  
fall in love with sb.:与某人相恋。
19. Prince Liko, who had once been a soldier and was bored with the kind of life he was leading, volunteered to help put down a revolt in an African nation in 1896.  
be bored with:对……感到厌烦。  
put down 此处意为“镇压,平定”。
20. Beatrice said when she learned of his death.  
learn of:听说;得知。
21. Their stories support the concept that happiness results only when people are permit-

ted to plan their own lives, to pursue their goals in the way they see most appropriate and base them on something other than a desire for wealth, prominence or status.

to plan one's own life: 主宰自己的命运。

other than=except, apart from: 除了。

### A Simple Truth about Happiness

1. If you're waiting for it, you've missed the point.

it 此处指 happiness 幸福。

2. Much as she loved him, she explained, it wasn't easy being married to someone so unhappy.

Much as she loved him 意为“尽管她非常爱好他”。这是一个由 as 引导的让步状语从句。句中的表语或修饰动词的副词要放在句首,形成倒装结构。又如: Sick as she is, she is not absent for today's classes.

so unhappy 在句中作定语,修饰不定代词 someone。

3. This woman enabled me to put into words what I had been searching for...

put sth. into words=put sth. in words: 用言语表达(思想、感情等)。

4. I told her that each of us owes it to our spouse, our children, our friends to be as happy as we can be.

owe to: 把……归功于。

5. I was not a particularly happy child, and like most teenagers, I took pleasure in my anguish.

take pleasure (in): (以)……为乐。

6. One day, however, it occurred to me that I was taking the easy way out.

it occurs/occurred to sb. that...: 某人想到……。

7. True achievement lay in struggling to be happy.

lie in: 在于。

8. We assume it's a feeling that comes as a result of good things that just happen to us, things over which we have little or no control.

have control of (over): 能控制。

over which we have little or no control 是定语从句, over 是介词, 可前置作宾语的关  
系代词 which 之前。

9. I remember thinking that he was one of those lucky few for whom everything goes effortlessly right.

译文: 在我的脑海里, 他是极少数的幸运者之一, 对他而言, 一切都是如此顺利, 轻而易举。

10. I felt like a fool for assuming nothing unhappy existed in his life.

feel like: 感觉像……

11. The problem, of course, is that only rarely do people's jobs, spouses and children live up to these imagined ideals.  
live up to: 达到预期标准。
12. I later remarried but confided to my wife that I couldn't shake the feeling that my family life had failed.  
confide to sb.: 向某人吐露。
13. I had to admit that, aside from the pain of being with my son only half the time (my ex-wife and I shared custody), our family life was wonderful.  
aside from: 除……之外。
14. One effective way of destroying happiness is to look at something and focus on even the smallest flaw.  
focus on = pay attention to: 集中注意力。
15. It's like looking up at a tiled ceiling and concentrating on the space where one tile is missing.  
concentrate on (upon): 集中在, 专心于。
16. A moment's reflection should make this obvious.  
译文: 稍微思考一下, 这个问题就清楚了。
17. We tend to think that being unhappy leads people to complain, but it's truer to say that complaining leads to people becoming unhappy.  
tend to (do...): 易于(做……)。  
but it's truer to say...: 可是更准确地说……。  
lead to (介): 导向; 导致。
18. The most obvious sources are those pursuits that give our lives purpose—anything from studying insects to playing baseball.  
pursuits 此处作名词, 意为“追求”。  
lives purpose: 生活的目标。
19. Finally, the belief that something permanent transcends us and that our existence has some larger meaning can help us be happier.  
the belief that...and that...; belief 后是两个并列的同位语从句, 说明 belief 所包含的具体内容。
20. As with happiness itself, this is largely your decision to make.  
译文: 幸福与否, 全在你的选择。

### Optimism

1. I suppose it's in the nature of science to be optimistic.