



# MASTERING the American ACCENT

# 巴朗

# 美式英语语音语调速成

2ND EDITION

[美] 莉萨·莫吉辛 ( Lisa Mojsin ) 编著

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UNIVERSITY PRESS

社图号 18178

MASTERING THE AMERICAN ACCENT (2ND EDITION) by LISA MOJSIN, M.A.

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Simplified Chinese edition copyright:

2018 Beijing Language and Culture University Press

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北京市版权局著作权合同登记图字: 01-2018-3257号

图书在版编目 (CIP) 数据

巴朗美式英语语音语调速成 / (美) 莉萨·莫吉辛  
(Lisa Mojsin) 编著. — 北京: 北京语言大学出版社,  
2018.11

ISBN 978-7-5619-5332-7

I. ①巴… II. ①莉… III. ①英语—语音—自学参考  
资料 ②英语—语调—自学参考资料 IV. ①H311

中国版本图书馆 CIP 数据核字 (2018) 第 217878 号

巴朗美式英语语音语调速成

BALANG MEISHI YINGYU YUYIN YUDIAO SUCHENG

责任编辑: 王春雨

封面设计: 乔 剑

责任印制: 陈 辉

出版发行: 北京语言大学出版社

社 址: 北京市海淀区学院路 15 号, 100083

网 址: www.blcup.com

电子信箱: service@blcup.com

电 话: 编辑部 8610-82300178

发行部 8610-82303650/3591/3648

北语书店 8610-82303653

网购咨询 8610-82303908

印 刷: 保定市中国画美凯印刷有限公司

版 次: 2018 年 11 月第 1 版

印 次: 2018 年 11 月第 1 次印刷

开 本: 787 毫米 × 1092 毫米 1/16

印 张: 10

字 数: 351 千字

定 价: 45.00 元

PRINTED IN CHINA

# 出版说明

相信很多美式英语语音学习者和爱好者对 *Mastering the American Accent* 这本教材并不陌生，这本由著名语音专家莉萨·莫吉辛(Lisa Mojsin)编写、由美国巴朗教育出版公司出版的教材自2009年第一版面世后，就深受全球美式英语语音学习者的喜爱。Lisa老师编写的教材以及由她亲自录制的美语语音教学视频更是在国内网站上广为流传，更有读者称本书是“美式英语语音的至尊宝典”。

对于很多国内的学习者来说，直接购买原版书在经济上是一种负担。为了更好地帮助他们学习美式英语语音，提高英语口语能力，北京语言大学出版社获得了本书在中国的独家出版权，并在原书第二版的基础上对其进行本土化改编，使其以全新的面貌来到中国。

如果你正在学习美式英语，对美式英语情有独钟，你想要更为清晰、自信、准确地用美式英语表达自己的想法，欢迎你选用本教材。

本教材具有如下特点：

- **语音专家 Lisa Mojsin 亲自讲解**

本教材的讲解内容全部由语音专家 Lisa Mojsin 亲自录音。虽然与许多语音书一样，Lisa老师也是按照“元音→辅音→重音→语调→连读技巧”的规律来教学，但她的讲解方法独到，如同聆听老师面对面指导，备有诚意！

- **讲解细致，通俗易懂**

本教材中的发音方法覆盖几乎所有学习美式英语语音语调应该掌握的知识点。读者将学习如何发出美式元音、如何发出较难处理的辅音（如美式的 r 和 l）、如何正确地重读某个音节、如何自然而然地连读等。书中还列举了一些学习技巧，比如提醒读者可以把常用的单词写下来，还要记得使用等等。

- **科学、系统的总结**

本教材含有逼真的发音口型图和详细的发音规则图表总结，使读者更加容易掌握发音技巧。

- **丰富的发音练习**

本教材设有大量的单词对、句子模仿、情景对话等发音练习，帮助读者将理论学习应用到实践中去。

- **音频实用，发音地道**

本教材配有供免费下载的 MP3 格式的音频，除了 Lisa 老师本人的讲解录音之外，还录有其他男女角色朗读的录音，帮助读者复习、练习和强化书中的内容。音频中还包括书中“易错警告”“学习提示”“成功学生的建议”等内容的录音，录音内容几乎涵盖了全书每一个地方。每个音频都相对独立，时间不长，打开任一个都可以随手学习。

- **更多的网上支持**

除了本教材外，作者自己还录有教学视频，目前读者可以自行在网上搜索作者相关视频内容。读者可以在我社网站 [www.blcup.com](http://www.blcup.com) 注册会员并登录，输入本书书名，找到本书网页，在“资源下载”处下载本书配套的音频资源。读者还可以用手机扫描右侧或封面的二维码，关注“北语社外语书”微信公众号，回复“53327”后在线收听本书的音频。



需要说明的是，教材中 Lisa 老师语音讲解的地方，每个音频就像是一个小讲座。为了保留 Lisa 老师现场授课般的原汁原味讲解，音频中一些地方会和教材讲解内容有细微出入，编辑过程中我们尽量追求音频效果和出版规范的最优化，还望读者理解，并能更好地使用本教材和配套的音频文件。

## Introduction 引言

This book will help non-native speakers of English learn to speak with an American accent.

### Which American Accent Will This Book Teach Me?

You will learn to produce the standard American accent. Some people also call it “broadcaster English.” It’s the kind of standard, neutral speech that you hear on CNN. It’s a non-regional American accent, meaning that people do not associate the dialect with any part of the United States.

### How Should I Practice?

Listen to the recorded material over and over. You will hear words and sentences pronounced followed by a pause for you to repeat after the speaker. You may want to record yourself repeating so that you can compare your accent to the accents of the speakers on the audio.

Before you’re ready to apply this new way of speaking to real-life situations, you will need to spend some time practicing the new sounds on your own. One method is to select a document that you plan to read aloud. Before reading it, highlight or underline the new sounds that you have learned from this book. Then read the document slowly and carefully. Don’t worry if you sound exaggerated or strange at first. If you read the same document over and over again, you will notice that your speech will start to sound more natural, and you will be able to speak more quickly. Focus only on a few sounds at a time and only practice additional sounds in the same document when you feel ready.

Then try speaking English to yourself, slowly and carefully, when no one is listening. You may need to repeat something you said several times until it sounds correct. This is a great practice technique for improving quickly.

And finally, apply this new way of speaking in social situations. Don’t worry about making mistakes. It’s a natural process of learning. If you pay attention to how you speak, you will gradually break your old habits and make fewer and fewer mistakes.

Be patient with the process and remember: you will be successful if you keep trying, and you don’t give up.

Let’s get started.

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# THE VOWEL SOUNDS

## 元 音

The English alphabet has five vowels, *a*, *e*, *i*, *o* and *u*, but it has about 15 main vowel sounds. For some learners this is one of the most difficult aspects of American English to master. Speakers of languages which have fewer vowel sounds are likely to speak English using only the same number of sounds that exist in their native language. Sometimes they do not even hear the distinction between certain sounds in English. Consequently, non-native speakers might pronounce “hill” and “heal” the same. Similarly, the words *sell* and *sale*, (or) *cup*, *cop*, and *cap* may also sound the same when spoken by a non-native speaker.

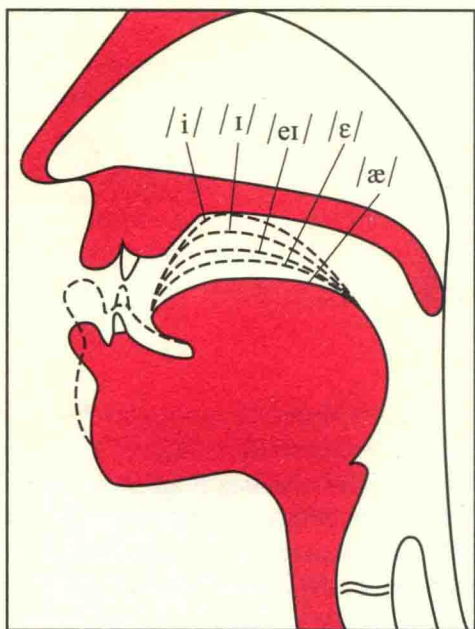
In this chapter you will learn how to accurately pronounce all of the main American English vowel sounds. First, you will be briefly introduced to each of the vowel sounds. Then, you will study each sound in detail. At that point, you will learn the correct lip and tongue positions of each sound. Then you will have an opportunity to practice them in word groups and in sentences. You will also practice the sound contrasts, so that you can learn to clearly distinguish between the different vowel sounds that may have previously sound the same to you.

### Production of Vowels 元音的发音

We categorize vowels as **front**, **middle**, or **back** depending on which part of the tongue is used to produce the sound. For example, /i/ is a front vowel because the front part of the tongue goes up in the front of the mouth, and /u/ is a back vowel because the back part of the tongue goes up in the back part of the mouth. We also categorize vowels as **high** or **low**. In high vowels, the tongue is pushed up higher near the roof of the mouth as in /i/, and in low vowels, the tongue is flat down at the bottom of the mouth, as in /æ/.

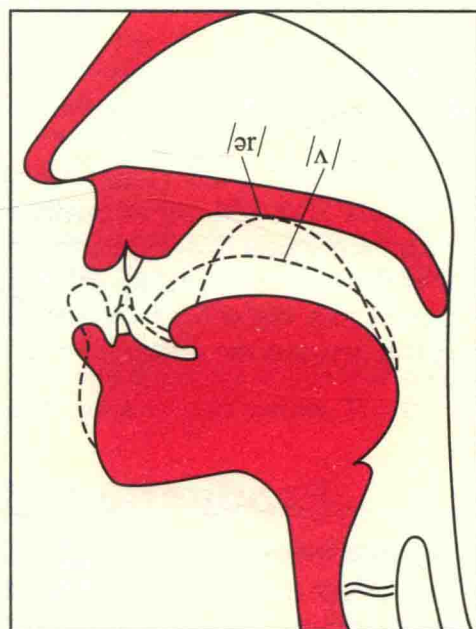
Diphthongs (双元音) consist of two different vowel sounds that are closely joined together and treated as one vowel. They are represented by two phonetic symbols. To create these sounds, move your tongue smoothly from one vowel position to another. The following vowels are diphthongs: /eɪ/ as in *take*, /oʊ/ as in *boat*, /aɪ/ as in *time*, /aʊ/ as in *house*, and /ɔɪ/ as in *boy*.

You will now learn how to correctly produce each of the vowels. (Refer to the diagrams on the next page to help you better understand the correct tongue and lip positions for these various vowel sounds.)



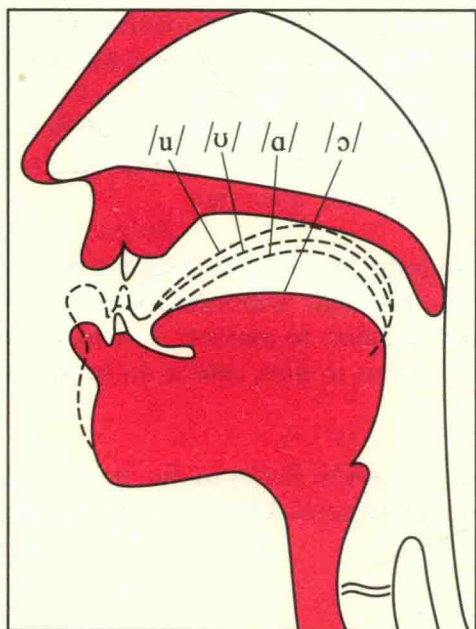
**front (前元音)**

- /i/ meet
- /ɪ/ sit
- /eɪ/ take
- /ɛ/ get
- /æ/ fat



**middle (中元音)**

- /əɪ/ bird
- /ʌ/ fun



**back (后元音)**

- /u/ too
- /ʊ/ good
- /ɑ/ father
- /ɔ/ saw

# The Main Vowel Sounds of American English

## 美式英语中的主要元音

Track  
4

1. /i/	<i>read, heat, meet, seat, seen, feet</i>	Please <u>eat</u> the <u>meat</u> and the <u>cheese</u> before you <u>leave</u> .
2. /ɪ/	<i>in, bit, this, give, sister, will, city</i>	My sister <u>Linda</u> will <u>live</u> in the big city.
3. /eɪ/	<i>late, gate, bait, fail, main, braid, wait</i>	Jane's <u>face</u> looks <u>great</u> for her <u>age</u> of <u>eighty-eight</u> .
4. /ɛ/	<i>let, get, end, any, fell, bread, men, said</i>	I <u>went</u> to <u>Texas</u> for my <u>friend's</u> wedding.
5. /æ/	<i>last, apple, add, can, answer, class</i>	The <u>handsome</u> man lost his <u>baggage</u> after his travels.
6. /ɑ/	<i>stop, lock, farm, want, army, possible, got</i>	<u>John</u> is <u>positive</u> that his <u>car</u> was parked in that <u>lot</u> .
7. /ʌ/	<i>come, up, jump, but, does, love, money</i>	Your <u>younger</u> brother <u>doesn't</u> trust <u>us</u> , <u>does</u> he?
8. /ɔ/	<i>all, fall, author, also, applaud, thought, fought</i>	<u>Paula</u> was doing <u>laundry</u> <u>all</u> day <u>long</u> .
9. /oʊ/	<i>go, slow, so, those, post, moment, drove</i>	<u>Oh, no!</u> Don't <u>open</u> the <u>window</u> ; it's <u>cold</u> .
10. /u/	<i>look, took, put, foot, full, wolf, cookie</i>	He <u>would</u> read the <u>good</u> <u>book</u> if he <u>could</u> .
11. /u/	<i>cool, soup, moon, boot, tooth, move, true</i>	<u>Sue</u> <u>knew</u> about the <u>food</u> in the <u>room</u> .
12. /ɔr/	<i>her, work, sure, first, early, were, earn, occur</i>	What <u>were</u> the <u>first</u> <u>words</u> that <u>girl</u> <u>learned</u> ?
13. /aɪ/	<i>time, nine, dry, high, style, five, China</i>	I advise you to <u>ride</u> a <u>bicycle</u> in <u>China</u> .
14. /aʊ/	<i>south, house, cow, found, down, town</i>	He went <u>out</u> of the <u>house</u> for <u>about</u> an <u>hour</u> .
15. /ɔɪ/	<i>oil, choice, moist, enjoy, avoid, voice</i>	Let's <u>avoid</u> the <u>annoying</u> <u>noise</u> .

**/i/ as in meet /i/的发音 (meet)**

*A thief believes everybody steals.*

— E. W. Howe

**Lips:** Slightly smiling, tense, not rounded.

**Tongue:** Tense, high and far forward near the roof of the mouth.

**Common Spelling Patterns for /i/**

- |                                    |  |
|------------------------------------|--|
| 1. <i>ee</i>                       | <i>meet, feel, see, free</i>           |
| 2. <i>ea</i>                       | <i>team, reach, mean, sea</i>          |
| 3. <i>ie</i> or <i>ei</i>          | <i>belief, piece, neither, receive</i> |
| 4. final <i>e</i>                  | <i>me, we, she, he</i>                 |
| 5. <i>e</i> + consonant + <i>e</i> | <i>these, Chinese, Peter</i>           |
| 6. final <i>y</i>                  | <i>city, duty, country, ability</i>    |
| 7. endings with <i>i(que)</i>      | <i>unique, boutique, critique</i>      |

**Word Pairs for Practice**

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1. <u>deep</u> <u>sea</u>         | 6. <u>green</u> <u>leaves</u>      |
| 2. <u>beans</u> and <u>cheese</u> | 7. <u>extremely</u> <u>easy</u>    |
| 3. <u>severe</u> <u>heat</u>      | 8. <u>sweet</u> <u>dreams</u>      |
| 4. <u>breathe</u> <u>deep</u>     | 9. <u>peaches</u> and <u>cream</u> |
| 5. <u>three</u> <u>meals</u>      | 10. <u>speak</u> <u>Chinese</u>    |

**Sentences for Practice**

1. The employees agreed to meet at eight fifteen.
2. Don't keep the TV near the heater.
3. It's extremely easy to cheat when the teacher isn't here.
4. Please speak to Peter about the employee meeting.
5. Steve will reread the email before he leaves.

**/ɪ/ as in sit /ɪ/的发音 (sit)**

*In the middle of a difficulty lies opportunity.*

— Albert Einstein

**Lips:** Slightly parted, relaxed.

**Tongue:** Relaxed, high, but not as high as for /i/. The sides of the tongue touch the upper back teeth.

## Common Spelling Patterns for /ɪ/

1. **i** (most common) *sit, give, this, dinner*
2. **ui** *build, guilty*
3. **y** between two consonants *system, gym, symbol, hymn*

### exceptions:

*been*

in American English *been* is pronounced the same as "bin," but in British English *been* sounds like "bean."

*women*

sounds like "wimin" (the *o* is an /ɪ/ sound)

*busy*

sounds like "bizzy"

## Word Pairs for Practice

1. big city
2. innocent victim
3. drink milk
4. children's film
5. simple living
6. fish and chips
7. trip to Italy
8. spring picnic
9. this thing
10. winter wind

Track  
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## Sentences for Practice

1. Kim will visit her big sister Linda in Virginia.
2. In the beginning it was difficult for Jim to quit drinking.
3. The Smiths invited him to an informal dinner.
4. This city has an interesting history.
5. When did Bill Clinton visit the Middle East?

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## Quick Review

### Word Contrasts for /i/ and /ɪ/

Make sure that you don't pronounce these pairs of words the same.

- |    | /i/   | /ɪ/  |
|----|-------|------|
| 1. | leave | live |
| 2. | feel  | fill |
| 3. | least | list |
| 4. | he's  | his  |
| 5. | sleep | slip |
| 6. | cheap | chip |

- |     | /i/   | /ɪ/   |
|-----|-------|-------|
| 7.  | beat  | bit   |
| 8.  | steal | still |
| 9.  | each  | itch  |
| 10. | seek  | sick  |
| 11. | feet  | fit   |
| 12. | sheep | ship  |

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## Word Pairs for Practice

Make sure that the two words (in each pair) are pronounced with different vowel sounds: /i/ or /ɪ/.

1. still sleepy
2. very interesting
3. feeling ill
4. it's easy
5. is he?
6. big deal
7. these things
8. Middle East
9. little meal
10. green pill

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## /eɪ/ as in take /eɪ/的发音 (take)

*Take time for all things: great haste makes great waste.  
— Benjamin Franklin*

**Lips:** Not rounded, relaxed.

**Tongue:** Tense, moves from the mid-high position to high position.

## Common Spelling Patterns for /eɪ/

1. **a** + consonant + **e**      *late, came, take, save*
2. **ai**      *rain, wait, pain, aim*
3. **ay**      *say, away, play, Monday*
4. **ey**      *they, survey, obey*
5. **igh**      *weigh, eight, neighbor, freight*
6. **a**      *less common:  
April, alien, angel*

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## Word Pairs for Practice

1. the same day
2. stay away
3. escape from jail
4. take a break
5. stay the same
6. explain the situation
7. play baseball
8. eighty-eight
9. bake a cake
10. save the whales

Track  
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## Sentences for Practice

1. She complained about her weight but ate the cake anyway.
2. Jake hates waiting for trains and planes.
3. It rains and hails in April and May.
4. I will stay in the game even though it's late.
5. My neighbor from Spain moved away today.

**/ɛ/ as in get /ɛ/的发音 ( get )**

*Every exit is an entry somewhere.  
— Tom Stoppard*

**Lips:** Farther apart than for /eɪ/ and relaxed.

**Tongue:** Relaxed, mid-high position.

**Common Spelling Patterns for /ɛ/**

- |              |                                   |
|--------------|-----------------------------------|
| 1. <i>e</i>  | <i>get, end, next, general</i>    |
| 2. <i>ea</i> | <i>heavy, head, read, measure</i> |

**exceptions:**

*said, says, again, against, any, many*

**Warning: Common Mistake**

The verb *say* is pronounced with an /ɛ/ sound in the past tense and in the present tense when it is followed by an *s*.

/eɪ/

I say

/ɛ/

I said  
he says

**Word Pairs for Practice**

- |  |                                  |
|--|----------------------------------|
| 1. presidential <u>elec</u> tion       | 6. <u>heav</u> y metal           |
| 2. <u>ben</u> d your <u>leg</u> s      | 7. <u>get</u> <u>bett</u> er     |
| 3. <u>plenty</u> of <u>en</u> ergy     | 8. <u>ele</u> gant <u>dr</u> ess |
| 4. <u>remem</u> ber the <u>pled</u> ge | 9. <u>next</u> <u>Wed</u> nesday |
| 5. <u>bett</u> er <u>fr</u> end        | 10. <u>well</u> <u>read</u>      |

**Sentences for Practice**

- Without some extra effort, you will never excel.
- Jenny and her frend had eggs for breakfast.
- I expect this session to end at ten.
- On the seventh of February, the weather was wet.
- I see my best frend Fred every seven days.



## Quick Review

### Word Contrasts for /e/ and /ei/

Make sure that you don't pronounce these pairs of words the same.

	/e/	/ei/		/e/	/ei/
1.	pen	pain	5.	tell	tail
2.	sell	sail	6.	Ed	aid
3.	wet	wait	7.	test	taste
4.	west	waste	8.	men	main

## Word Pairs for Practice

Make sure that the two words (in each pair) are pronounced with different vowel sounds: /e/ or /ei/.

- |                      |                       |
|----------------------|-----------------------|
| 1. less <u>rain</u>  | 5. <u>wet</u> day     |
| 2. <u>taste</u> test | 6. <u>main</u> men    |
| 3. <u>neck</u> pain  | 7. <u>great</u> dress |
| 4. <u>fell</u> away  | 8. <u>head</u> ache   |

## /æ/ as in fat /æ/的发音 ( fat )

*He who laughs last laughs best.*  
— American proverb

**Lips:** Open, not rounded.

**Tongue:** Lowest of all the front vowels. Flat on the floor of the mouth.

### Common Spelling Patterns for /æ/

a

hat, apple, man, answer

## Word Pairs for Practice

- |   |                                   |
|---|-----------------------------------|
| 1. <u>bad</u> example                     | 6. <u>practical</u> plan          |
| 2. <u>national</u> <u>anthem</u>          | 7. <u>annual</u> <u>gathering</u> |
| 3. <u>back</u> <u>at</u> the <u>ranch</u> | 8. <u>last</u> <u>chance</u>      |
| 4. <u>accurate</u> <u>answer</u>          | 9. <u>handsome</u> <u>actor</u>   |
| 5. <u>bad</u> <u>habit</u>                | 10. <u>angry</u> <u>man</u>       |

## Sentences for Practice

1. This is your last chance to give me an accurate answer.
2. Sam sat at the back of the math class.
3. Danny had a salad and a sandwich in the cafeteria.
4. Nancy has a bad attitude in her Spanish class.
5. Kathy would rather study acting at the national academy.