



MY ENGLISH POCKET BOOK

365天 英语会话“袋”着走

生活英语

刘荷清 编著

- 外教录制配套MP3，用耳朵学英语
- 边坐公交，边逛街，边学英语
- 每天积累一点点，全面快速地提升口语
- 小开本设计，方便携带，内容丰富新颖



中国纺织出版社

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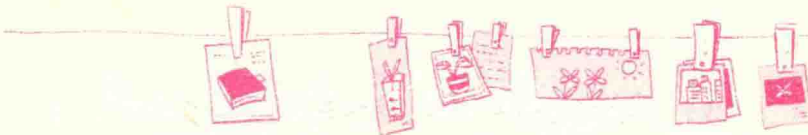
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前言

随着国际交流合作的日益频繁，人们对英语口语能力的要求也在不断提高。无论何时何地，如果你能讲一口流利的英语，一定会赢得众人的艳羡和惊讶，但这却来源于长期的勤学苦练和孜孜以求。因此，每天学一点英语，掌握一些规律，并用英语来表达思想就变得至关重要。

“365 天英语会话‘袋’着走”丛书将助你一臂之力，帮你全面提升英语口语水平。该书推介了当今最时尚、最实用的日常英语。词汇链接部分由实用的情景短语和标注国际音标的扩展词汇构成，有助于读者更好地学习和记忆；全书根据话题配有最流行的经典表达，每个经典句型后附有用法解析，便于理解和应用；对答如流和实战演练环节还有简短口语对话及有趣的情景会话。全书所有的内容都附有中文，既便于学习又可以做英汉互译练习，使读者通过最简洁的口语句型来体验最地道的口语表达，重现英美口语的原汁原味。

“365 天英语会话‘袋’着走”丛书由旅游英语、社交英语、生活英语、职场英语四个分册组成。每个分册针对不同的情景场合，把各个领域的时尚元素及热点问题融为一体，这样的编排不仅避免了话题单一枯燥的弊端，而且还可以使读者在短时间内接触到更多方面的文化知识。

《365 天英语会话“袋”着走：生活英语》展现了与

我们生活密切相关的内容，包括职场生活、家庭生活、娱乐生活、健康生活四个章节，在“职场生活”部分介绍了职场中面对压力、积累人脉、业余充电和与人合作等主题内容。“家庭生活”部分囊括了做家务、居住环境、社区服务等家庭生活常用话题。在“娱乐生活”部分包含了旅行、电影、书籍还有体育赛事等丰富多彩的娱乐生活。在“健康生活”部分纳入了瘦身、瑜伽、养生保健和户外运动有关的话题。如此丰富新颖的内容使学习者可以在英语的海洋里自由翱翔、乘风破浪！

本书内容新颖、结构清晰、简单易学，所以，本书适合作为在校学生的英语参考用书，也可以作为初学者或在职人员的教材。我们在撰写这本书时，力求做到语言表达纯正、简洁、实用。相信读者通过对本书的学习，能够达到举一反三、脱口而出说英语的目标！我们也期望“袋”着本书走的同时，也会带给你方便、乐趣和信心！

编者

2018年5月

如何使用本书

此部分如同一个引子，引导读者进入本节的话题。

1

Increasingly Fierce Competition

竞争日益激烈

放眼世界，竞争激烈，竞争无处不在。小到人与人之间，大到部门与部门之间，大到企业与企业之间，都存在竞争。竞争会给人带来压力，不过也正因如此，我们才会感到动力，让我们化压力为动力，挑战工作成功的极限吧。



STEP 1 词汇准备



be forced out of 淘汰



mean to fail to 则——具有意义



keep pace with 与——保持同步



lifelong learning 终身学习



fail to 失败；没有做



involve oneself in 参与；与——有共同



a slice of 一份，一片

名词

name [neɪm] n. 姓名

update [ʌpdeɪt] vt. 更新

removal [rɪ'mu:vəl] vt. 搬移

travels [ˈtrævlz] n. 旅行

drawn [drɔ:n] n. 素描

accomplish [əˈkɒmplɪʃ] vt. 完成；实现

personnel [ˈpɜ:nsnel] n. 人员

drawn [drɔ:n] n. 素描

drawn [drɔ:n] n. 素描

drawn [drɔ:n] n. 素描

Step 1——摘取经典、常用的短语，按罗本节话题的相关词汇，为读者奠定坚实的词汇基础。并配上精美的图片，赏心悦目，激发读者的学习兴趣。

Step 2

1) Have you

Step 2——精心挑选本节话题常用的句型表达，并配以例句和详解，同时举一反三，列出多样化的表达，为读者提供了更多选择，丰富了口语表达。

STEP 2

1) Have you heard

Have you heard that there are over 100 candidates competing for one position in this company?
你有没有听说过这家公司有 100 多人竞争一个职位?

Have you heard that the competition is becoming fiercer and fiercer?
你有没有听说过竞争正在变得越来越激烈?

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Have you heard that the competition is becoming fiercer and fiercer?
你有没有听说过竞争正在变得越来越激烈?

2) Competition is so

Competition is so fierce that the most excellent candidate has to be selected from a large number of applicants.
竞争如此激烈，最优秀的候选人也要从大量的申请者中挑选出来。

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竞争如此激烈，最优秀的候选人也要从大量的申请者中挑选出来。

Step 3——与话题相关的简短对话，将词汇与句子应用于对话中，达到熟练掌握、活学活用的目的。

STEP 3

As you have heard

STEP 3

As you have heard that there are more than 100 candidates

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As you have heard that there are more than 100 candidates

Step 4——通过一系列的输入，让你轻松自如地应对长对话！

STEP 4

As I got to know

STEP 4

As I got to know that there are more than 100 candidates

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As I got to know that there are more than 100 candidates



目录

CHAPTER 1 职场生活

1. Increasingly Fierce Competition 竞争日烈 2
2. Coping with the Pressure 应对压力 8
3. Taking Correct Attitude 端正态度 14
4. Working Hard 埋头苦干 20
5. Seek Improvement with Humbleness 虚心求教 26
6. Building Good Relationship 积累人脉 32
7. Seeking Improvement in Spare Time 业余充电 38
8. Starting Your Own Business 自主创业 44
9. Cooperating with Others 与人合作 50

CHAPTER 2 家庭生活

1. Housework 家务	58
2. Cooking for the Family 为家人做饭	64
3. Neighbors 邻居	70
4. Weekends 周末安排	76
5. The Living Surroundings 居住环境	82
6. Community Service 社区服务	88

CHAPTER 3 娱乐生活

1. Traveling 旅行	96
2. Watching Movies 看电影	102
3. Reading 啜饮书香	108
4. Music 动人旋律	114
5. Photography 光影世界	120
6. Sports Events 体育赛事	126

CHAPTER 4 健康生活

1. Fitness 健身	134
2. Losing Weight 瘦身	140
3. Yoga 瑜伽	146
4. Insomnia 失眠症	152
5. Occupational Disease 职业病	158
6. Illness 身体不适	164
7. Influenza Pandemic 流感蔓延	170
8. Relieve Stress 缓解压力	176
9. Keep in Good Health 养生保健	182
10. Outdoors 户外运动	188

Chapter 1

职场生活



1

Increasingly Fierce Competition

竞争日烈

放眼四周，就会发现，竞争无处不在。小到人与人之间，中到部门与部门之间，大到企业与企业之间，都存在着竞争。竞争会让人产生压力，不过也正是如此，我们才会找到动力。让我们化压力为动力，把竞争作为成功的敲门砖吧。



STEP | 词汇链接

情景短语



be forced out of 淘汰



mean a lot to... 对……具有意义



keep pace with... 与……保持同步



lifelong learning 终身学习



fail to 失败; 没有做



involve oneself in...

参与, 与……有关联



a slice of 一份, 一片

扩展词汇

stale [steɪl] *adj.* 陈腐的

update ['ʌpdeɪt] *vt.* 更新

renovate ['renəʊveɪt] *vt.* 革新

rivalry ['raɪvəlɪ] *n.* 竞争

drastic ['dræstɪk] *adj.* 激烈的

acclimatize [ə'klaɪmətaɪz] *vt.* 使适应新环境

narrow-minded ['nærəʊ'maɪndɪd] *adj.*

狭隘的; 心胸狭窄的; 有偏见的

correspondingly [kɒrɪs'pɒndɪŋli] *adv.*

相应地, 相对地

STEP 2 经典表达

1) Have you heard...

Have you heard + that there are more than 100 candidates competing for one position in this recruitment?

你听没听说在这次招聘中有 100 多人竞争一个岗位?

TIPS: Have you heard...? 是表示询问的常用句型, 其后接从句, 意思是“你是否听说……? ”。还可以使用 Have you heard about/of, 其后接名词或者代词。如 Have you heard about the incident? 你听说了这件事吗?

2) It shows that...

It shows that + the competition is becoming fiercer and fiercer.

这表明了竞争正变得越来越激烈。

TIPS: It shows that... 是发表观点的常用句型, 意思是“情况(事实等)表明……”。例句中还使用了“比较级 + and + 比较级”结构, 表示“越来越……”。如: Spring is coming, and it is getting warmer and warmer. 春天来了, 天气变得越来越暖和。

3) Today, our society is full of...

Today, our society is full of + competition.

如今社会里充满了竞争。

TIPS: be full of 是表示“充满……”的意思, 其近义词组有 be filled with。

4) Please observe carefully, and you will find that...

Please observe carefully, and you will find that + many people around us adopt life-long learning attitude.

请仔细观察, 你会发现我们身边的很多人采取了终身学习的态度。

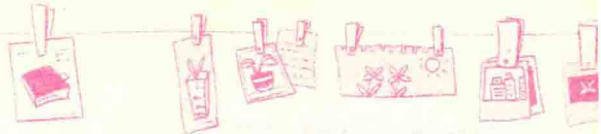
TIPS: Please observe carefully, and you will find that 是表达看法的有用句型, 意思是“请仔细观察, 你会发现……”, that 后面跟一个表示现象的宾语从句。

5) Under such social conditions...

Under such social conditions + we will probably be forced out of game, if we don't develop ourselves constantly.

在这样的社会环境下, 如果我们不寻求持续的发展, 我们就会被淘汰出局。

TIPS: Under the conditions 是表示条件的句型, 意思是“在这样的条件下”。be forced out of game 意即被迫离开游戏, 引申为“被淘汰”。



6) Competition helps to...

Competition helps to + choose the most excellent candidate.
竞争有利于选拔出最优秀的应聘者。

TIPS: help to do sth. 意为“有助于做某事”。如果是“帮助某人做某事”则是 help sb. to do sth., 这里的 to 可以省略。

7) Competition means a lot to...

Competition means a lot to + the achievement of a human being and his society.

竞争对个人及社会具有重要的意义。

TIPS: mean a lot to... 表示“对……具有很大意义”。

8) In my opinion, we should...

In my opinion, we should + face the competition with a positive attitude.

在我看来, 我们应该采取积极的态度来应对竞争。

TIPS: 这是发表自己观点的常见句型。In my opinion 相当于 I think/feel, 但比 I think/feel 正式、文雅。

9) The possibility is that...

The possibility is that + you will fail to keep pace with social changes if you are satisfied with your status quo and refuse to learn more.

如果你满足现状、拒绝学习的话, 你有可能跟不上社会形势的变化。

TIPS: The possibility is that... 是表示可能性的常见句型, 意思是“有可能……”, 其后的 that 引导表语从句。短语 keep pace with 是“与……保持同步”的意思。

10) Don't you see that...

Don't you see that + more and more people involve themselves in various forms of learning?

难道你没看到越来越多的人都参与到不同形式的学习中吗?

TIPS: Don't you see that...? 是常见的否定疑问句式, 表达肯定的语气, 意思是“难道你没有看到……吗?”

STEP 3 对答如流

1 A: 你有没有听说在这次招聘中100多人竞争一个岗位?

B: Wow, the competition is so fierce.

2 A: 你知不知道有两个外企将会进驻我们城市?

B: Yes, they also want to share a slice of the market.

3 A: 我真羡慕你们大人啊。你看我们学生，每天都得比学习。

B: You are so childish. Don't you see we strive against the ascending cost of living?

4 A: 我讨厌竞争。

B: But it really improves your working and studying efficiency.

STEP 4 实战演练

A: I got to know that you attended some evening classes these days.

B: Yes, you know, I am not good at computers. I want to join some classes to improve my computer skills.

A: You are truly a hard-working woman.

B: You see, there is no choice for me. Fast advancements in technology and society push me to do so.

A: Yeah, this is true. The competition is very intensive nowadays.

B: You got it. I'm afraid that I will be forced out of game.

A: Oh, that isn't impossible because you are so diligent.

B: Thank you. I hope I will become more and more competitive in the future.

A: Have you heard that there are more than 100 candidates competing for one position in this recruitment?

B: 哇，竞争这么激烈啊。

A: Do you know there will be two foreign companies entering our city?

B: 知道，它们也想占领市场的一份额。

A: I really envy you adults. We students suffer from academic competition everyday.

B: 你真是幼稚，难道你没看到我们每天为生计忙碌？

A: I hate competition.

B: 但是它的确可以提高你的工作与学习效率。

A: 我听说你最近参加了夜校班。

B: 是啊，你知道的，我不擅长电脑。我想参加一些课程来提高我电脑方面的技术。

A: 你真努力。

B: 哪里，你看，我这也是没办法。科技发展、社会进步太快了，逼着我这样做。

A: 嗯，这倒是真的。现在竞争是很激烈。

B: 是啊。我都担心自己会被淘汰出局。

A: 噢，这是不可能的，你这般勤奋。

B: 谢谢。我希望在未来我会越来越有竞争力。

