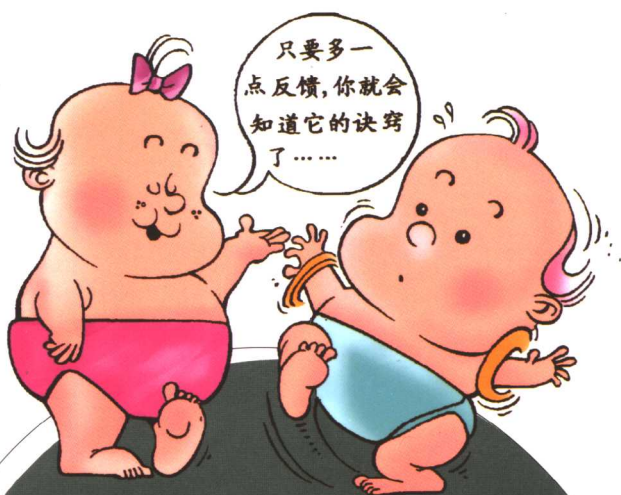


LEARN REALLY WELL

- ◎ 最有效的学习方法
- ◎ 有效地使用眼睛，增强视力
- ◎ 提高大脑的兴致
- ◎ 享受学习的乐趣，获取高分



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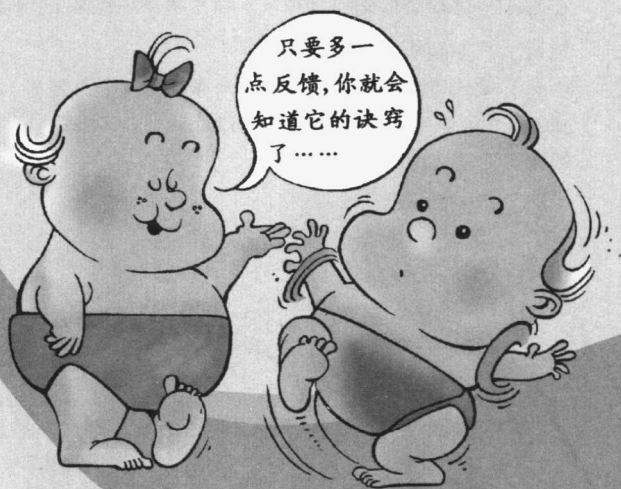
[澳] 罗斯·汤森 著
莫再励 莫倚梅 译

广东省出版集团
广东经济出版社

学习的财富

LEARN REALLY WELL

[澳] 罗斯·汤森 著
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致中国读者的一封信

我很高兴广东经济出版社在中国市场上以双语形式出版这本书。我相信这套丛书不但是非常好的英语学习工具，而且里面简单有效的主意能够帮助读者们开发智力，获取知识。我非常感谢广东经济出版社、吴彦小姐、莫倚梅博士和莫再励硕士、陈念庄小姐对本丛书的支持。我衷心希望我所有的中国读者朋友能够从本书中获益，开始自己学习的成功之旅，积累自己的学习财富。

亲爱的读者，欢迎你能与我联系，让我了解本书对你的生活所起到的作用。我的邮箱是：Roz@roztownsend.com

最美好的祝愿

Roz Townsend

罗斯·汤森

我的个人主页：www.roztownsend.com

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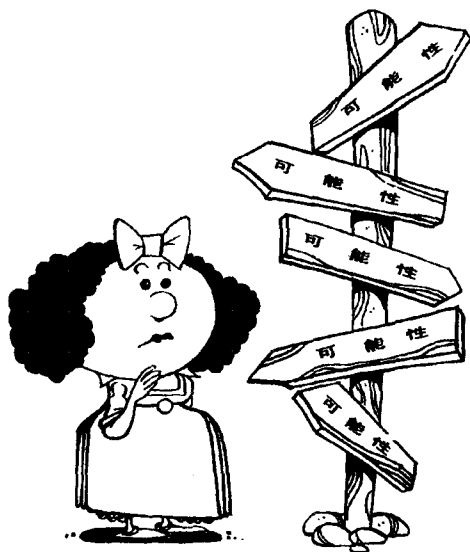
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- To the beautiful memories of my mother, Hazel Hughes and sister, Dottie who encouraged my love of learning.

- To the memory of my father, who taught me the value of perseverance.

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我了不起的富有耐心的孩子左厄和比拉;

留给我美好回忆的母亲赫·休斯和鼓励我热爱读书的妹妹多蒂;

教导我要有韧性和耐力的父亲;

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- To Vince O' Farrell for his wickedly humorous illustrations.

- To my dear friends and colleagues for their faith in this book.

文斯·奥法雷尔的充满辛辣味道的幽默插图；

我许多亲爱的朋友和同事，他们对本书充满信心。

Introduction

You don't have to be specially gifted to thrive in today's competitive learning environment. Almost all of us have potential to become more speedy and effective in mastering information. With new learning skills you can enjoy study, get higher marks, do better at work, be confident in yourself. Learning is a lifelong process. Obviously if there are simple ways to make it significantly more effective, a little time developing them is sure to be time well spent. The ideas in this book are simple and effective. Even if you did poorly at school, you will find that study can be easy and fun.

导 言

要在今天充满竞争的学习环境中取胜，你并不需要有特别的天赋。几乎我们每个人都有更快和更有效率地掌握信息的潜力。有了这些新的学习技巧，你能够享受学习，获得更高的分数，工作得更好，和更有自信。

学习是一个持续终生的过程。很明显地，如果有一些简单的方法能使我们极大地提高效率，那花点时间来学习这些技巧是非常值得的。本书介绍的方法简单而有效。即使你在学校学习成绩不好，你也会发现学习既容易又有趣。

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The methods which follow:

- are fun
- are simple
- save time
- work for everyone
- can easily be incorporated into your study routine

✱ *If you keep doing what you've always done, you'll keep getting what you've always got.*

Be ready for some changes in the way you view yourself and your abilities. Be prepared to do some things a little differently!

To help you make changes that really matter you will be given challenges in each chapter to encourage you to take the first small steps. Why? Because most of what we read – novels, magazines and so on – encourages us to be passive rather than active. We have to break this pattern and move out of our comfort zone.

以下是方法:

- 有趣
- 简单
- 能节约你的时间
- 对任何人都适用
- 能在你的日常学习时间中应用

✱ 如果你一直重复地做相同的事情, 那么你所得到的就是原来经常得到的一成不变的东西。

因此, 应该随时用新的眼光看待你自己和你的能力, 并且随时以稍微不同的方式做一些事情!

为了帮助你, 使你的生活切实有所改变, 我将会在每一章给你一些挑战, 要求你开始采取几个小步骤。为什么呢? 因为我们阅读的大部分, 如小说、杂志等, 常使我们成为消极的而不是积极的。我们要打破这些方式, 从舒服的圈子里走出来。

Stepping out of old ways of doing things is a bit like spring cleaning, or renovating houses! In early married life my husband and I were short of money so we renovated a couple of houses. I usually ended up doing the painting. When I was painting away one day humming to myself, an old friend of ours called in to see how we were going. He stood at the bottom of the ladder and gazed around. I could tell from his face there was something he wanted to say.

"All right," I said putting down my brush. "Out with it. What am I doing wrong?" He laughed. "Am I that obvious? Well..." He hesitated. "I know you're new to this, but the paint job will last a lot longer if you clean away the old paint, cobwebs and dirt before starting."

Study is just the same. If you prepare your mind and body be

从我们旧的做事方式中走出来有点像大扫除，或者是整修房子！以前我和我的丈夫艾恩在婚后一段时间里缺钱用，因此我们整修过两三所房子。我通常在工作的最后阶段管刷油漆。一天，当我正在快活地一边哼歌一边刷油漆时，一位老朋友应邀来看看我们在做些什么。他站在梯子底部，四处张望着，从他的面部表情我知道他有些话想说。

“好啦，”我放下刷子，“干脆说吧，我做错了什么？”他笑了。“我的表情真的就那么明显吗？好吧……”他踌躇着说，“我明白你干这个是新手。不过，如果你在刷新漆前先把旧漆、蜘蛛网和脏东西去掉，那么新刷上去的油漆就能保持得长久些。”

学习也一样。如果你把原来的那套关于如何学习的旧方

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clearing away old ideas you have about how to learn, the new you will learn faster, retain more and get better marks.

✱ *So this book is about preparing your mind and body for study.*

Most of the ideas I'm presenting have been around for a long while. I didn't invent them, but I have been using them successfully with nearly four thousand students over ten years. I've used them in my own life to start a business, raise a family, complete a master's degree and juggle life's competing demands. I can confidently tell you: "They work!"

This book can launch you into action. You can follow up the ideas that have the most appeal to you in the references at the end.

法清除掉，以便全身心地进入一种新的准备状态，那么，一个崭新的你就可能学得快些，记得多些，还会得到更高的分数。

✱ 本书讲的就是关于你的身心应以怎样的准备状态来学习。

我在本书介绍的方法大部分早已存在了。它们不是我发明的，但在超过 10 年的时间里，我成功地运用它们教了差不多 4000 个学生。在我自己的生活中，我也应用它们开创了事业，建立了家庭，完成了硕士学位，并且在生活的竞争中应付自如。所以我想我能自信地告诉你，它们是有用的。

本书将引导你走向行动。你可以照着那些在本书后面列出的参考书目中最能引起你兴趣的方法去做。

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“Well Roz,” you might ask, “if these ideas have been around for so long, why aren’t more people using them?” The simple answer is that the huge amount of information being learnt by both teachers and students has left little time for the process of learning to learn. It’s not the fault of the teachers – I taught in our school system for years, and I saw teachers doing a great job with the limited resources and training that the system can provide. But everyone has the option of going further than that on our own initiative. The simple proven ideas for dramatically improved results are right here waiting for you.

“好吧，罗兹，”你可能问，“既然这些方法存在那么久了，为什么没有更多的人应用它们呢？”回答很简单：现在摆在教师和学生面前要学的信息太多，学习任务是那么紧迫，以至于他们很少有时间去学习怎样掌握学习方法。这不是教师们的过错。我在学校里教过几年书，知道在我们的教育制度下，教师用有限的资源和训练做了大量工作。而每个人都有发挥主观能动性来做得更好的选择。在这里就有着简单的被证实有效的方法，能极大地提升我们的效果。



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The Philosophy

Your brain has incredible potential. How much of it do you use? If you are like most of us, only a fraction. We are all capable of massive learning if we tap into the wealth of skills that most people overlook, simply because they've never been shown how to use them.

Researchers keep discovering ways to exploit more of our abilities, and we will experience big changes in the way information is taught in the next few years. We must make a habit of using these skills for our lives to be enriched for the benefit of ourselves and others.

哲 学

你的大脑具有难以想象的潜力，但你只用了其中的多少呢？如果你像我们中的大多数人一样，那你只用了头脑里的一小部分。如果我们能开发利用丰富的学习技巧的话，我们都能学到大量的知识。大部分人忽略了这一点，仅仅是因为他们从来就没有被教会怎样运用这些技巧。

研究者们正在研究怎样更好地运用我们的能力，在不久的将来，我们学习信息的方法将会发生很大的改变。为了自己及他人的利益，丰富大家的生活，我们必须养成应用这些技巧的习惯。

26 Great Study Ideas

26 个绝妙的学习理念

The following chapters are in alphabetical order to make it easy to remember them and skip to and fro.

以下的篇章按英文字母顺序排列，以便于记忆和查找。

A affirmations

what are you telling yourself

确言

你告诉自己什么

B beliefs

what you believe becomes your reality

信念

你相信的事情会成为你的现实

C colour

colour has power

颜色

颜色富于力量

D delight

has fun studying

乐趣

寓学于乐

E eyes

strengthen and coordinate

眼睛

强化和协调

F food

foods affect mental ability

食物

食物影响思考能力

G goals

what you aim for is what you get

目标

你瞄准什么就会得到什么

H holistic learning

See, hear, be

整体法的学习

看，听，成为

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I integration	整合各种观点
put it all together in balance	取得总体平衡
J justification	验证
check out the success	验证成功
K kinesiology	运动机能学和大脑的力量
switch on your brain	开动脑筋
L listen	听
2 ears: 1 mouth - use them	两分听，一分说
in that ratio	
M mind mapping	心智图
whole brain thinking	全脑思考
N NLP	神经语言程式化
senses and study	感觉和学习
O oxygen	氧气
feed the brain oxygen	供给大脑氧气
P posture	姿势
move like a winner	像胜利者那样行动
Q questions	问题
ask the right questions	提出正确的问题
R reading	阅读
faster reading with better	更快地阅读，同时更好地
understanding	理解
S shorthand	速记
new efficiencies in making	在笔记中的新效能
notes	

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T time

time is your most precious resource

U uppers

brain boosters

V visualisations

believing is seeing

W water

brain juice, drink of champions

X excitement

get

Y you

you in balance

Z zinc

zinc to think

时间

时间是你最宝贵的资源

提高大脑的兴致

提升脑力

心像化

看到你想要的

水

大脑的甘露，冠军的饮料

兴奋

充满热情

你

身心平衡

锌

锌帮助思考

我的专业范围

This book is a collection of ideas which I know to work well for most people – it is not the be all and end all. It is meant to be a springboard, so it doesn't go into each area in depth. I encourage

本书并不包括全部学习方法，而是汇集我知道的大部分人都可以应用的一些方法。因为打算让你将本书作为行动的起点，所以我对其中的任何领域都不特别地深入。我鼓励你