

阳光英语 系列丛书

(美) Bettie B. Youngs
(美) Jennifer Leigh Youngs 著

快乐方程式

A Taste-Berry Teen's Guide to Managing
the Stress and Pressures of Life



外语教学与研究出版社

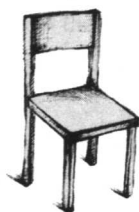
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

阳光英语 系列丛书

(美) Bettie B. Youngs

(美) Jennifer Leigh Youngs

快乐方程式
A Taste-Berry Teen's Guide to Managing
the Stress and Pressures of Life



外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

北京 BEIJING

(京)新登字 155 号

京权图字: 01-2003-5468

图书在版编目(CIP)数据

快乐方程式/(美)扬斯(Youngs, B. B.), (美)扬斯(Youngs, J. L.)著. —北京:外语
教学与研究出版社, 2004.4

ISBN 7-5600-4142-6

I. 快… II. ①扬… ②扬… III. 英语—语言读物 IV. H319.4

中国版本图书馆 CIP 数据核字(2004)第 034687 号

Original title: A Taste-berry Teen's Guide to Managing the Stress and Pressures of Life
Copyright © 2001 Bettie B. Youngs and Jennifer Leigh Youngs

Published by arrangement with HEALTH COMMUNICATIONS, INC. Deerfield Beach,
FL, U. S. A.

快乐方程式

(美) Bettie B. Youngs 著
Jennifer Leigh Youngs

* * *

责任编辑: 李 琦

出版发行: 外语教学与研究出版社

社 址: 北京市西三环北路 19 号 (100089)

网 址: <http://www.fltrp.com>

印 刷: 北京外国语大学印刷厂

开 本: 880×1230 1/32

印 张: 7.625

版 次: 2004 年 5 月第 1 版 2004 年 5 月第 1 次印刷

书 号: ISBN 7-5600-4142-6/H·2011

定 价: 13.90 元

* * *

如有印刷、装订质量问题出版社负责调换

制售盗版必究 举报查实奖励

版权保护办公室举报电话: (010)88817519

前言

“少年心事当拿云”，当然没有错，但少年时，也并不是只有拿云的心思，还有许许多多的故事，许许多多的困惑和迷茫。

遇到这些困惑的时候，父母和老师会支持我们、鼓励我们、帮助我们，站出来为我们释疑解惑。浸透了他们数十年人生经验的建议一定会使我们受益匪浅。但这还远远不够！我们的同龄人也在为这些困惑而烦恼吗？他们是如何应对的呢？我们处理问题的方法还可以更好吗？我们的未来在哪里？我们又该如何去寻找自己的梦想，用自己的双手和智慧实现它……

“阳光英语”系列丛书便是青少年与青少年之间的对话。这套丛书以青少年的眼光和见解陪伴我们度过成长的岁月；帮我们处理成长道路上的困扰，帮我们树立人生的目标，教我们乐观积极地看待生活，分享同龄人的喜怒哀乐。同时，该系列丛书采用英文原文加中文注释的形式出版，我们既可以领略原汁原味的英语，又可以在中文注释的帮助下扩大词汇、学习语法。“阳光英语”系列丛书一定会成为学习的好帮手。

本套丛书共分为四本，其中三本的英文书名里都有“taste berry”一词。何为“taste berry”？原书作者解释如下：There is a fruit called the Richardella-dulcisica, better known as the "taste berry". When eaten, the taste buds experience whatever is being consumed—even distasteful foodstuffs—as sweet and delicious. 这段话大意是说“taste berry”是一种神奇的浆果，用它做调味剂，任何食物都会变成美味，就算原本味道不佳的食物也不例外。

有人说生活就像五味俱全的一顿大餐，没有人知道下一口会是怎样的滋味。希望这套丛书能成为青少年朋友生活中的“taste berry”。尝尝生活的诸般滋味，看看同龄人的相似经历与应对方法，或许能让我们对自己的生活有另一番领悟。

“阳光英语”之《快乐方程式》是一本教我们寻找快乐、享受快乐的书！如何缓解升学压力，如何与父母沟通，如何处理友谊和朦胧的爱情？在本书中，所有的问题都将得到一一解答。更重要的是，它循序渐进地教给我们寻找快乐的方法，教会我们以积极乐观的态度面对生活。快乐就像种子——我们在人生的春天播种，也一定会在人生的秋季收获。

编者

CONTENTS

Part 1

1

Teen Talk: The Stress of Life in "Teenville"

1. A Message from the Authors..... 2
2. Stress du Jour: Teens Talk About the Current Big Stress in Their Lives 5
3. Teens and Stress: Are You Living in the "Land of Overwhelm"? 39

Part 2

51

Understanding the Many "Personalities" of Stress

4. A Message from the Authors 52
5. What Is Stress?..... 54
6. The Three "Side Effects" of Stress.. 64

Part 3

69

How Do You [Re]act When You're Stressed-Out.

7. A Message from the Authors..... 70
8. The Domino Dilemma: Does Stress Send You Spinning Out of Control?..... 72

- 9. Extreme Edge: Do You "Thrive" on Stress? 79
- 10. Stress—An Individual Matter: Only You Can React as You Do..... 86

Part 4

95

Coping Skills: How to "Think" Your Way Through Stressful Times

- 11. A Message from the Authors..... 96
- 12. Skill #1: The A + B = C Test for Clear Thinking. 98
- 13. Skill #2: How to Be a Positive Thinker..... 108
- 14. Skill #3: How to Solve Problems—Five Quick and Easy Steps..... 118

Part 5

127

Coping Skills: How to "Talk" Your Way Out of a Stressful Situation

- 15. A Message from the Authors..... 128
- 16. "Self-Talk": How to Talk to Yourself When Stress Sets In 134
- 17. Saying What's on Your Mind—Without Shouting, Pouting or Dunning..... 140

18. "Role-Playing": How Rehearsing What to Say Can Help You
Get What You Want..... 147

Part 6

155

Reaching Out to Others: Who Are the Members of Your Stress- Management Team?

19. A Message from the Authors 156
20. Reaching Out: You Don't Have to Go It Alone 158
21. Family: Members of the "A" Team 167
22. Friends: On the Team, Too! 176
23. Anchors, Mentors and Role Models: How Extensive Is Your
Stress-Management Team? 186

Part 7

197

Prevention and Intervention Skills: Great Ways to Take Care of Yourself

24. A Message from the Authors 198
25. Nutrition, Sleep and Buffing the Bod: Three Great Ways to
Build Your Resistance to Stress..... 202

26. "Belly Breathing": Breathing Correctly Can Literally Blow Stress Away	216
27. The Magical Power of Music: How to Sing and Dance Your Way Through Stress	223

Part 1

Teen Talk: The Stress of Life in "Teenville"

A Message

from the Authors

No one's life is without stress, certainly not yours. Being a teen in today's times is filled with ups and downs — awesome, terrific, thrilling, exciting, tense, embarrassing, "bummer" and downright "Omigosh-I-couldn't-believe-it-happened" experiences¹. It's a time characterized by hopes and expectations: "Will I be liked, considered cool and asked to be a friend?" "Will I pass this class, get accepted to college, decide what work is best and right for me, find a great job?"

Being a teen is also filled with "first-times": realizing you have "feelings" for someone; going on a first date with a special someone; learning to drive a car, even passing your driver's test.

It's the strain-filled² time of all-important decisions: After high school, should you enter the job market, get into a specialized job training program or head off for college? Should you "change" some of your friendships — make some new ones, and leave behind others? Should you get a part-time job or concentrate³ solely on making good grades?

It's also a time of a feeling that so many of your actions have "do or die"⁴ consequences: doing well on those grueling SATs⁵ so you can fulfill your dreams of going off to college, finding a job, or

finding out who you are and then coming to terms with your identity — and yet, making the grade with your friends so you're one of the crowd.⁶

It's a time of growing up and learning how you can eventually make your way⁷ in life. As you learn how to stand on your own two feet, you know the importance of honoring the "rules and rituals" that make your home run smoothly; of living up to your responsibilities within your family⁸ — even though you might like to have more time alone to be independent or use it to be with your friends. It's a time when, while meeting the wishes and expectations of your parents, you are discovering — and clarifying — a voice of your own.

注释

1. "bummer" and downright "Omigosh-I-couldn't-believe-it-happened"

experiences: 不愉快和真正是“天哪，简直不敢相信”的经历。
bummer: 不愉快的事件（或经历、局面等）；downright: 完全地，彻头彻尾地，相当。

2. strain-filled: 充满压力的。

3. concentrate (on): 集中（精力），全力以赴。

4. do or die: <口>不成功毋宁死，拼命干，不畏艰险。

5. grueling SATs: 累死人的SAT测验。
grueling: 累垮人的，让人受不了的；
SAT: Scholastic Assessment Test 的缩写，是由美国大学委员会(The College Board)委托教育考试服务中心(Educational Testing Service,

简称ETS)定期举办的测验，该测验面向全世界的学生，其结果作为美国各大学申请入学的参考条件之一。SAT测验一年要考多次，因此这里用的是复数。

6. finding out who... of the crowd: 弄清楚自己是个什么样的人，利用自己的特点，和朋友们一起克服困难，取得成功，这样你就成了团队中的一员。
come to terms (with): 达成协议，妥协，和解；
make the grade: 克服困难，成功。

7. make one's way: 获得成功。

8. 在学习自立的过程中，你会发现遵循家庭中规则和规矩的重要性，它们使你和家人和睦相处；你也会发现履行自己在家庭中的责任非常重要。
stand on one's own feet: 独立自主，自立；
ritual: 例行公事，惯例；
live up to: 实践，执行。

Being a teen: What could be more stressful — and more exciting? From pimples and braces to playing truth or dare,⁹ stress is "a way of life" for today's teens. So much so, that many of the teens we worked with on this book said being a teen is like living in a "city of one's own, Teenville"¹⁰ — a city that is situated not far from the "land of overwhelm".

In this unit, teens talk candidly¹¹ about the most current "overwhelm" they're facing — and why it's their "stress du jour"¹².

注释

9. pimple: [医]丘疹, 小脓疱; braces: [医]畸齿矫正钢丝架, 牙套; play truth or dare: 玩“真心话/大冒险”的游戏(该游戏的主要玩法是一个人要不说真话, 要不就做别人要求他/她做的任何事情)。

10. Teenville: 青少年市, 这里是指青少年群体。-ville: [常用以构成虚构的地名]表示“城”, “镇”, “市”。

11. candidly: 坦白地, 率直地。

12. du jour: = of the day, 当天的。

Stress du Jour:

Teens Talk About
the Current Big
Stress in Their Lives



Will a Promise Ring Solve My Problem?

The big stress in my life is this: I want to go to the University of Nebraska¹ because they have a great college football team. Of the four universities I've applied to, it's also the one that's shown the most interest in me.² The football department has contacted me several times about the possibility of offering me a football scholarship, which sure would help me and my parents afford four years of college. But here's my

注释

1. University of Nebraska: 内布拉斯加大学。

2. 在我申请的四所大学中，它也是对我表现出最大兴趣的一所。

problem: My girlfriend and I may be going to different colleges — and I'm really stressed out about it.³

My girlfriend, Melissa Williams, and I have been high school sweethearts⁴ for three years. We really love each other, and I'm positive I want her to be my wife someday. Throughout high school, we talked about going to the same university so that we could be together. But things aren't turning out according to plans. Melissa wants to go to a college in the East where they have a "rated" department in fashion merchandising⁵ — which is something she wants to build a career around. She's creative and talented, and this college is the perfect choice for her. But it's not like I can just apply to her university. Unfortunately, her university doesn't even have a college sports program.

I'm just so afraid that Melissa and I will grow apart if we are thousands of miles away from each other, with each of us so busy in our studies and focused on our career goals. I'm scared that I might lose her if we go off to different colleges.

Since I really want to hold on to Melissa, I've considered proposing⁶ and offering her an engagement ring — or at least a promise ring. At least we'd have a

注释

3. 我真是为这事儿烦透了。

4. sweetheart: 恋人, 情人。

5. where they... fashion

merchandising: 那里的服装营销学系是属一属二的。rate: 评估, 给……定级。

6. propose: 求婚。



commitment⁷. I know I'm going to be really lonely not seeing her every day, even if we both decide not to ever go out with anyone else.

This is one of the biggest dilemmas⁸ I've ever faced, and the stress from it overwhelms me. I'm making choices that will affect the rest of my life!

Kevin Walker, 18

注释

7. commitment: 承诺, 许诺。

8. dilemma: 进退两难的局面, 困难的选择。





The Most Painful Lesson I've Ever Learned

My cousin Bobby and I went to the same high school, and though we were in the same grade, we never had a class together until last semester. Our families weren't all that close (mostly because they didn't really get along), and so there was this sense of distance between Bobby and me, too. But we were getting old enough to realize that just because certain adults in the family were sort of estranged, as they call it, and because it was the reason we really didn't know each other all that well, it didn't mean it had to spill over into our getting to know and like each other as friends and classmates.² And this year we did have a class together, so I figured sooner or later Bobby and I would get to know each other better. I was cool with that, and I knew Bobby was, too. We also smiled at each other in a friendly sort of way, and he always looked in my direction and gave me a thumbs-up³ when my name was announced as one of the "winning" basketball team members.

So I was having more and more of an appreciation⁴ for him as not just a relative, but a cool guy with a lot of nice friends. Most everyone at school thought of him as a neat⁵ person. Though I really didn't know him all that well, I thought he probably was. So I just knew that this was the semester that he and I would become good friends — even if our families weren't.

Unfortunately, things didn't turn out that way. On Saturday morning two weeks before the school year was over, my mother took me aside and, with tears in her eyes, told me that Bobby and three of his friends had been in a car accident the night before. The driver of the car died instantly; Bobby was taken to the hospital in bad shape and was placed in intensive care;⁶ the other two passengers were treated and released the same night.

My dad told me that my cousin was in too serious of a condition to have visitors, so I couldn't go to see Bobby in the hospital. And then, a couple days later, we got the news that my cousin Bobby had died. I was in shock. It seemed so unreal. I felt sick — both in my heart and in my body.

注释

1. all that: 那么，如此。
2. 但是我们都长大了，都明白这仅仅是因为家里的一些大人——用他们的话说——关系有点“疏远”，因此我们也并不十分了解对方，这并不意味着这些问题一定会影响我们作为朋友和同学相知相交。estranged: 疏远的，不

和的；spill over: 大得无法被容纳。

3. thumbs-up: (表示赞赏或满意的) 翘拇指。

4. appreciation: 喜爱，欣赏。

5. neat: <口>极好的，顶呱呱的。

6. 博比伤势严重，被送进了医院加护病房。in bad shape: 处于不佳状况；intensive care: 重症特别护理。