

Fast English Reading



四步法英语阅读特训

主编 闫书颖 安妮

人生不设限

世界奇才精英大揭秘

高效阅读 | 只需四步 | 眼球训练 | 一目十行



中国水利水电出版社
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内 容 提 要

本书选取了众多知名怪才、奇才的故事，包括建筑界的毕加索、浪子变慈父的“海盗船长”、奥巴马的“读心人”、哥特式鬼才导演等，帮读者打开全新的视角，突破人生的常规与局限，收获不一样的生活智慧。

阅读加速度，不再是梦！书中特别增加了实用易学的英语速读技巧，如跳读法、生词定位、识别主题句等，清晰透彻的讲解与原汁原味英文完美结合，轻松学以致用，瞬间把书读薄！step by step 5 个步骤帮助读者提高英语阅读技巧。书中为读者制订了30天阅读计划，每天10分钟，day by day 让英语阅读实现质的飞跃！

本书适合广大高校学生、学有余力的中学生、上班族及所有想提高英语阅读能力的读者使用。

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名言名句

摩登语录，分享名人的智慧，打造人生优势。在这里，或励志、或深邃、或精辟、或睿智的名人佳句会给你带来人生的动力，是成长路上的良师益友。

阅读技能训练（章前速读技巧）

提供实用易学的英语速读技巧，统领全章，文字洗练，逻辑性强，可以帮助你有效提高英语阅读效率。阅读加速度，不再是梦想。

10分钟阅读技巧训练

多篇文章前都设置某一特定的速度技巧，解析透彻，且结合文中片段案例，简单易学。运用文中所讲解的技巧阅读一篇长度适宜的英语文章仅需10分钟，而每天10分钟，就可以让你的英语有质的飞跃。

特殊标示

每篇文章中都有一些语句或段落有特殊标示，目的是引领你一起运用所学的速读技巧阅读文章，真正做到学以致用，融合贯通。这种全新的嵌入式学习方法，定会让你达到事半功倍的学习效果。

编者小语

多1°的视角，多1°的思考。每篇文章前的编者小语都如长着翅膀的生灵，带你进入一个灵动的世界。品读这段小语，会带给你361°的睿智，还有多1°的启迪。

小标题

为了减轻阅读压力，每篇文章都切分若干段落，每段都提供段意，提纲挈领，揭示该部分主旨。

导读

本书全部采用中文导读模式，有助于你快速掌握英语文章所有传达的意思，提升理解力，从而增强你阅读原汁原味英语文章的信心。

单词注释

针对生僻及不易理解的单词进行文中标注，更易于学习与记忆，对理解文章也非常有帮助。

在英语学习中，细节决定成败，多1°的细节关注，才有多1°的成功筹码。

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STEP 01

眼球训练 一目十行





我们阅读时，表面上是用眼睛看，实际上是用脑子读，眼睛只是起了照相机镜头的作用。要想大幅提高阅读速读，就要努力使自己的眼睛变成“广角镜”，把尽可能多的词一眼就“尽收眼底”。不过，光有速度是不够的，还必须眼到脑到，在最短的时间内理解，做到速度与效率“双丰收”。

1. 从“一个字”到“一个意群”

极慢的读者是一个字、一个字地读，视幅很窄，句子中间的停顿多，不但影响阅读速度，还妨碍了正常的理解。速读的第一步应该先从“一个字”进阶到“一个意群”，循序渐进，这也就是“跳读法”的精髓所在。如本阶段 Day01 文章中，In 1990 / the restaurant gained / its second Michelin star, / and in 1997 / its third. 这里把原本较长的一句话分成五个“意群”，每一部分都有各自的意义，相当于将长句破解成了一个一个词组，理解起来自然顺畅多了。

2. 定位“主视区”

当跳读练习熟练之后，我们可进行扩大视力单位面积的训练。首先，我们以 3~5 个单词的练习为例。如 Day02 文章中，Gehry has gained a reputation / for taking the budgets / of his clients seriously. 该句被分成三大“意群”之后，又要如何阅读呢？如果我们还是逐字地读每一个意群的话，阅读速读的提高是相当有限的。这时候，我们就需要在每个意群中定位“主视区”，也就是主视中间的几个单词，两边单词用余光扫视。

3. 视幅“扩宽”

在3~5个单词的“视区”练习熟练之后，就可逐步加宽，一眼看6个单词、7个单词，甚至达到9个单词，这样就能缩短凝视时间，达到快速阅读的目的。这样，就能像快速阅读者那样，半句或整句地读，做到一目十行。如Day03文章中，They sought the free agent services / of forward legend Karl Malone and aging guard Gary Payton, / but due to salary cap restrictions, could not offer either one / nearly as much money as he could have made with other teams. 这部分训练的意群分割越来越大，随着一步步的训练可以帮助你逐渐进阶。

4. 视时“变短”

在视幅扩宽的同时，我们第一眼和第二眼之间的停顿间隙还要尽量缩短。阅读时，若视幅相同，谁的停顿时间短，谁就能读得快。如Day04文章中，The success of Heavenly Creatures / won Jackson attention / from American company Miramax, / who promoted the film vigorously in America / and signed the director to a first look deal. 在从一个意群转到另一个意群时，尽量做到不犹豫、不回头看。

5. 意群“关键点”

在每个视幅里，在每个意群中，我们并不需要把所有单词都收进脑子，而是要善于从中摄取有意义的词和词组。如Day05文章中，This gave Phelps / an automatic entry into / the medley relay / but he deferred / and Crocker swam instead. 每一个意群中都有几个中心词，即，gave、entry、medley relay、defer、Crocker。只需要看几个词，一句话的含义就了然于胸了。



10分钟 阅读技巧训练

首先，我们来学习快速阅读的初级方法：跳读法。

所谓跳读法，就是指视线从一个“意群”跳到另一个“意群”的识读方法，而“意群”则指由多个在含义上和语法结构上联系较为密切的单词组群，如在本文中，Eighteen months later / he would become / head chef. 这句话中有三个意群。在阅读时，我们的眼球按照“凝视——跳跃——凝视”的程序进行连续、不断运动。原本需要一个字、一个字慢慢看完的英文句，只需要看三眼就可以了，阅读速度自然会大大提高。而且，以意群为单位来阅读，也就是把相关联的几个词连接成较完整的信息，成组成组地输入大脑。这样不仅能提高阅读速度，而且能克服指读、回视、重读等不良习惯，从而有助于快速而又准确地理解文章大意。

在下面的这篇文章中，部分句子已经划分好“意群”，帮助读者熟悉“跳读法”的技巧。如文中，The barriers between / the sweet and savory world / are being broken down. / Importance is being given to / a new cold cuisine, / particularly in the creation of / the frozen savory world.

而那些没有标注的句子，就需要读者自己边读边在心中默默划分意群。熟能生巧，直到形成跳读的好习惯。



Day 0

地球上最好的厨师

Best Chef on the Planet

I have nothing against millionaires, but I want El Bulli to remain accessible to a greater number of diners who appreciate what we are creating here.

— Ferran Adrià

我并不讨厌富翁们，但我希望 El Bulli 能与更多欣赏我们所创造的美食的人交流。

——弗兰·阿德里亚

编者小语

作为近年来最受欢迎的“分子美学”派厨师的杰出代表，弗兰·阿德里亚被誉为世界上最有创意的厨师。对他而言，美食不仅仅是味觉的盛宴，也是感官的享受，更是一门实际却又深奥不已的艺术。弗兰·阿德里亚成功地游走在烹饪和餐桌艺术之间，他的创新超越了传统的“色、香、味”，而且发展到对文化的享受，他也因此被《时代》周刊称为“改革者”的实验厨师。弗兰·阿德里亚将他那些“怪异”的美食理念融入到他的 El Bulli（埃尔布利）餐厅中，使 El Bulli 成为全世界美食先锋主义者朝圣的所在，而 El Bulli 也成为他创作《在 El Bulli 的一天》的动力源泉。弗兰·阿德里亚也是一位平凡人，《家庭烹饪》杂志就是他献给每一位平凡人的礼物。

>>> “分子烹饪”大师

弗兰·阿德里亚被认为是世界上最好的厨师，他同时也是世界上最具创意的厨师之一，《美食》杂志称他为“厨房里的萨尔瓦多·达利”。毋庸置疑，他将在烹饪史上占有重要地位。阿德里亚年轻时学习工商管理，但在18岁那年离开了学校，为了筹集旅费在一家餐厅做洗碗工，后来被那里的厨师推荐到一家烹饪学校学习，开始进入了烹饪界。

Ferran Adrià / has been called / the world's greatest chef. / He is certainly / one of the most creative. Gourmet magazine / referred to Adrià / as "the Salvador Dali of the kitchen". His restaurant, El Bulli, / was recently named / best restaurant in the world / by the prestigious Restaurant magazine. / Without a doubt, / Ferran Adrià will hold / a prominent place / in culinary (烹调的) history.

Ferran Adrià was born / May 14, 1962 / in L.Hospitalet de Llobregat (a suburb of Barcelona), Spain. Adrià's early schooling / took place in Barcelona / and at the age of 14 / he enrolled at the Instituto Verge de la Mercè / to study business administration. In 1980, at the age of 18, / he left school / out of boredom.

Adrià began / his culinary career / in 1980 / as a dishwasher. In need of money / to vacation / on the Mediterranean (地中海的) island of Ibiza, / Adrià took a job / as dishwasher / at a French restaurant / in the Hotel Playafels / in Castelldefels, Spain.

It was here / that he learned / the classic culinary techniques / as the chef there / introduced Adrià to El Practico, / the Spanish equivalent / of Escoffier's Le Guide Culinaire. / Adrià eventually / made it to Ibiza, / working at the Club Cala Lena / for four months / in 1981—1982.



回到巴塞罗那之后，阿德里亚在许多餐馆工作过，最后在著名的 Finisterre 餐厅获得了助理厨师的职位，后来因为义务兵役，他不得不离开。1983 年，阿德里亚完成兵役并被推荐到 El Bulli 餐厅做试用厨师，最终成为了餐厅的主厨。

He returned to Barcelona and worked at a number of restaurants before finally landing a job at the celebrated Finisterre, where he became assistant chef. Adrià left Finisterre to fulfill his compulsory (被强制的) military service. He was in the Spanish Navy stationed at the Naval Base of Cartagena. He was a member of the captain general's kitchen staff and eventually was in charge of a kitchen for the first time in his life.



Adrià completed his service in August 1983. Soon after leaving the navy, he was given the chance to do a stage (tryout) at El Bulli in Roses, Spain. Apparently the chef liked what he saw and Adrià was offered the job of Chef de Partie (line cook). Adrià was 22 years old at the time. Eighteen months later / he would become / head chef.

在阿德里亚到来的时候，El Bulli 餐厅并不很出名。主要是因为其位置——要去这家餐厅，你需要从巴塞罗那驾车在一条蜿蜒的山路上走 2 个多小时。初到 El Bulli 时，阿德里亚在餐厅经理的资助下去了法国，拜访了许多著名餐厅，学到了许多。此后在阿德里亚的帮助下，这家传统法式餐厅成为了米其林三星餐厅并被认为是世界最佳餐厅。

Before the arrival of Adrià, El Bulli was relatively unknown. Despite its remote (偏僻的) location (El Bulli is located in the small town of Roses on the coast of Catalonia, about two hours north of Barcelona

at the end of a narrow, winding mountain road.), it has 3 Michelin stars and is ranked the best restaurant in the world by Restaurant magazine.

El Bulli was known as a traditional French restaurant. When Adrià joined the staff, the restaurant's manager Juli Soler recommended he travel to find fresh ideas to use at El Bulli. Adrià went to some of France's top restaurants where he acquired a massive (大量的) collection of techniques from many of the great culinary masters.

20世纪80年代后期，阿德里亚开始用各种食材进行烹饪实验，而这也永远地改变了El Bulli。阿德里亚的实验被认为是“分子美食”理论的实际应用，他最著名的研究成果为“烹饪泡沫”，这是一种糅合了化学气体和烹饪理论的新式菜色。

In the late 1980's, Adrià began performing cooking experiments which would forever change El Bulli's place in culinary history. Adrià's experiments are often associated with Molecular (分子的) Gastronomy (烹饪法), the application of science to culinary practices and cooking phenomena (现象). His creations / are designed to / surprise and enchant his guests / but the importance of taste / is always the ultimate goal.

He is best known for creating "culinary foam", which is now used by chefs around the world. Culinary foam consists of natural flavors (sweet or savory) mixed with a natural gelling (胶化) agent. The mixture is placed in a whipped cream canister where the foam is then forced out with the help of nitrous oxide (氧化物).

为了保持餐厅的创意和新鲜感，El Bulli 每年只经营6个月，而另外6个月中，阿德里亚四处旅行以寻求创意并进行各种实验。2006年，El Bulli 在数次被列为世界第二好的餐厅之后，终于成为了世界第一餐厅。

In keeping with the creative goals of El Bulli, the restaurant closes for six months each year during which time Adrià travels for inspiration and performs experiments and perfects recipes (食谱) in his culinary lab, El Taller.

In 2006, after many years as number 2, El Bulli moved to the top spot in Restaurant magazine's list of best restaurants in the world. Still a young man (44 years old), we can expect to see many more great things from Ferran Adrià. They will most undoubtedly be unexpected yet wonderful things.

>>>世界第一餐厅——El Bulli

El Bulli 是一家米其林三星级餐厅，其主厨为著名创意大厨弗兰·阿德里亚。这家小餐厅位于西班牙巴塞罗那郊区的一处美丽海滩边，在 2002 年、2006 年、2007 年、2008 年和 2009 年五获世界最佳餐厅的称号，这在美食界是前所未有的荣誉，被称为“地球上最具想象力的高端美食创造者”。此餐厅一年只在 4 月到 10 月间开放，每年约有 200 万人来竞争 6 个月间的 8000 个就餐机会。

El Bulli is a three Michelin starred restaurant run by chef Ferran Adrià.

The small restaurant overlooks the Cala Monjoi bay, in Roses on the Costa Brava in Catalonia, Spain, and has been described as “the most imaginative generator of haute (高级的) cuisine on the planet” and does a great deal of work on molecular gastronomy.

Restaurant has judged El Bulli the best restaurant in the world a record five times — in 2002, 2006, 2007, 2008 and 2009.

The restaurant / has a limited season / from April to October; / bookings are taken / on a single day / the previous October. / It accommodates / only 8,000 diners a season, / and gets more than two million requests. / The average cost of a meal / is 250 euros: / the restaurant itself / has operated at a loss / since 2000, / with operating

profit / coming from El Bulli-related books, / and lectures from Adrià. /
As of April 2008 / the restaurant / employed 42 chefs.

Roger M. Buergele, Director of the Kassel Documenta 12 art show in 2007, designated El Bulli as Pavilion G of Documenta.

2008年，阿德里亚与另外两位美食家一起出版了《在El Bulli的一天》，书中以照片、顾客评论和食谱极具创意地叙述了这家餐厅一天24小时中发生的事情。书中的食谱尤其引起了评论家们的注意，被认为是“阿德里亚在El Bulli的最新伟大成就的总结”。1961年，一位德国人在他拥有的一小块土地上建立起了El Bulli餐厅，餐厅名字来自主人的爱犬。

Ferran Adrià, Juli Soler, and Albert Adrià published *A Day at El Bulli* in 2008. The book describes 24 hours in the life of El Bulli in pictures, commentary (评论) and recipes. Among the recipes included in the book are melon with ham, pine nut marshmallows, steamed brioche (奶油蛋卷) with rose-scented mozzarella (一种意大利干酪), rock mussels with seaweed and fresh herbs, and passion fruit trees.

Anthony Bourdain described Albert Adrià's contributions thusly: "His book is a shockingly beautiful catalog of his latest accomplishments here... Pastry chefs everywhere — when they see this — will gape in fear, and awe (敬畏), and wonder. I feel for them; like Eric Clapton seeing Jimi Hendrix for the first time, one imagines they will ask themselves 'What do I do now?'".

The El Bulli site was founded in 1961 by Dr Hans Schilling, a German, and his wife, who wanted a restaurant for a piece of land he had purchased. The name "El Bulli" / came from / the French bulldogs / the Schillings owned. The first restaurant was opened in 1964. The restaurant won its first Michelin star in 1976 while under French chef Jean-Louis Neichel. Ferran Adrià joined the staff in 1984, and was put in sole (独占的) charge of the kitchen in 1987. In 1990 / the restaurant