



这里，有你想听的故事  
这里，有你想讲给他人的故事  
这里，还有你自己的故事

我们都是有故事的人之

# 生而为赢

*Born to Win*

《指点迷津学习册》

## Chapter 1 Win Freedom 赢得自由

Freedom parrot  
呼喊自由的鹦鹉

## 1. call out 大声呼喊

- ★ He called out a warning from the kitchen.  
他在厨房里大声发出警告。
- ★ She called out to her father for help.  
她向父亲大声呼喊。

## 2. try to do sth 尽力做某事, 设法做某事

- ★ She was trying not to cry.  
她尽量不哭出来。

## 比较 .....

## ◆ try doing sth

尝试做……

- ★ John is not here. Try phoning his home number.  
约翰不在这里。给他家打电话试试看。

## 3. pull sb/sth out

使……脱离, 使……退出

- ★ They are pulling their troops out of the war zone.  
他们正在把军队从战区撤出来。

## 比较 .....

## ◆ push in

插队

- ★ I was waiting in the bus queue, when two men pushed in in front of me.  
我正在排队等车, 这时两个男人插在了我的前面。

## 4. satisfied 满意的, 满足的

- ★ Some people are never satisfied.  
有些人永远都不会满足。

## 拓展 .....

## ◆ be satisfied with sb/sth

对……满意

- ★ I'm satisfied with the way he cut my hair.  
我对他给我剪的发型很满意。



◆ be satisfied that

确信无疑

★ He was satisfied that he had done nothing wrong.

他确信他没做错任何事。

◆ Satisfied?(Are you satisfied?)

满意了? / 行了吗? (口语用法, 当你同意做你不想做的事情时, 可以这样表达。)

★ Okay, okay, I'll ask him this afternoon. Satisfied?

好吧, 好吧, 我下午就问他。行了吗?

5. as...as... 和……一样……

★ Some of the doctors are paid almost twice as much as the nurses.

有些医生的工资是护士的两倍。

6. wake up 醒来

★ He usually wakes up early.

他通常醒得很早。

别样解释

◆ 注意, 注意听

★ Wake up (=Give me your attention) at the back there!

后面的人注意了!

拓展

◆ wake sb up

叫醒某人

★ I'll wake you up when it's time to leave.

出发时我会叫醒你的。

◆ wake up to sth

开始意识到……

★ It's time you woke up to the fact that it's a tough world.

这是个残酷的世界, 你该意识到这个现实了。

## Digging a way out 挖一条出路

1. lose one's mind 发疯, 变疯

★ He looked at me as if I'd lost my mind.

他看着我, 就好像我疯了一样。



## 拓展

- ◆ lose one's temper/cool/rag  
生气
- ★ Diana was determined not to lose her temper with him.  
戴安娜决定不和他生气。
- ◆ lose one's head  
不知所措，失去理智
- ★ You've all heard that Mike lost his head over a girl!  
你们都听说了吗？麦克被一个女孩子弄得神魂颠倒的。

### 2. on sb's shoulders 由某人承担起艰巨的任务、责任、责罚等

- ★ The blame rests squarely on Jim's shoulders.  
责备直接落到了吉姆的肩上。

### 3. check on (sb/sth) 检查，核实

- ★ Can you go upstairs to check on the kids?  
你能到楼上去看看孩子们吗？
- ★ I'll check on the girl's story.  
我会核实一下这个女孩讲的是不是真的。

## 拓展

- ◆ check with (sb)  
询问(某人)，咨询(某人)
- ★ It's wise to check with your doctor before going on a diet.  
节食之前最好咨询一下你的医生。

## Is man free? 人是自由的吗？

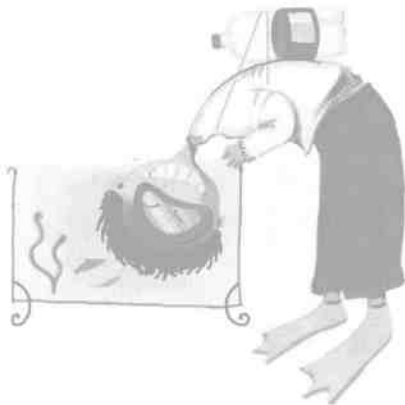
### 1. what has this to do with... 这和……有什么关系

源于 have/has sth to do with...  
(表示和……有关)

- ★ I don't know what he does exactly, but I know it has something to do with computers.  
我不知道他具体是干什么的，但是我知道和电脑有关。

## 拓展

- ◆ have/has nothing to do with...  
和……无关
- ★ I believe that he has nothing to do with this.  
我相信他和这件事没有关系。



**2. bother about** 担心, 烦心

★ I try not to bother about what other people think.

我尽量不去担心别人是怎么想的。

**3. think of** 考虑, 想起

★ It will be lovely, but think of the expense.

那会很好, 不过想想要花多少钱吧!

## Thief or treasurer? 小偷还是司库?

**1. (be) lost in** 沉醉于, 沉迷于

★ Harry just stood there, lost in thought.

哈里站在那里, 陷入了沉思。



**2. no matter where / what / how / when etc.** 无论何地/什么/怎样/何时……

★ I'm determined to visit Japan no matter what it costs.

我决定不管花多少钱都要去日本旅游。

**刑样表述** .....

◆ no matter the + 名词

★ He visited her every day no matter the weather.

他每天都来看望她, 风雨无阻。

**3. drawing room** 客厅, 休息室

★ Jane met her guests in the drawing room.

简在客厅会见了来客。

**4. Your/Her/His Majesty** 陛下(对国王或王后的尊称, 直接称呼用 "Your Majesty", 不直接称呼时, 指男性用 "His Majesty", 指女性用 "Her Majesty"。)

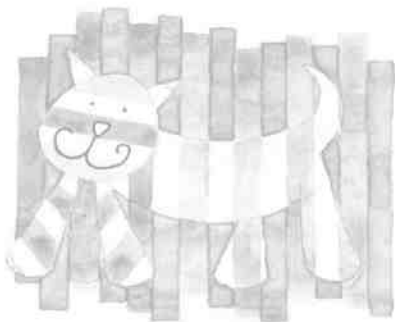
★ The Prime Minister is here to see you, Your Majesty.

陛下, 首相在此求见。

**拓展** .....

◆ Your/Her/His Highness 殿下

(对皇族成员的尊称, 直接称呼用 "Your Highness", 不直接称呼时, 指男性用 "His Highness", 指女性用 "Her Highness" )



- ★ Have you ever seen Her Royal Highness the Princess Margaret?  
你见过玛格丽特公主殿下吗?

### 5. appoint sb as... 任命某人为……

- ★ Our teacher appointed Jim as the monitor this morning.  
今天早上我们老师任命吉姆为班长。

## My heart's in the Highlands 我的心呀在高原

### 1. wherever

无论哪里 (= no matter where)

- ★ I'll miss you wherever I go.  
无论到哪里我都会想你的。

### 拓展

- ◆ whatever = no matter what  
无论什么

- ★ Please let me know whatever happened.  
无论发生了什么，都请告诉我。
- ◆ whenever = no matter when  
无论何时，不管在什么时候
- ★ I'll await you whenever you come back.  
不管你什么时候回来，我都会等你的。
- ◆ however = no matter how  
无论如何，不管怎样
- ★ We'll have to finish the job, however long it takes.  
不管花多长时间，我们都得完成这项工作。

## A good knight's sleep 骑士的酣眠

### 1. the least 至少

- ★ The least you could do is give me her phone number.  
至少你可以把她的电话号码给我。

### 别样解释

- ◆ 最少，最小（指数量）
- ★ Which method causes the least damage to the environment?  
哪种方法对环境造成的危害最小？
- ◆ 微乎其微（形容很小，几乎不存在）
- ★ He used to wake at the least noise.

他以前经常是听到一丁点儿的声音就会醒。

## 2. day after day 日复一日

- ★ I couldn't stand sitting at a desk day after day.  
我无法忍受日复一日地坐在桌子旁。

### 别样表述

- ◆ day in day out  
★ I have to do the same thing day in day out.  
This is my work.  
我不得不日复一日地做同样的事情。这就是我的工作。

### 比较

- ◆ day by day  
一天一天地，日渐  
★ Her health is improving day by day.  
她的健康状况日渐改善。

## 3. concern oneself with/about sth 担心/关心某事物

- ★ He told them not to concern themselves about him.  
他告诉他们不要为他担心。  
★ He loved his wife, and concerned himself with her needs and desires.  
他非常爱他的妻子，关心她的每一个需求。



## 4. focus on 关注

- ★ He felt he needed to focus more on his career.  
他觉得有必要多关注一下他的事业了。

### 别样解释

- ◆ 聚焦（指拍照时）  
★ She turned the camera and focused on Martin's face.  
她转动相机，对准了马丁的脸。  
◆ 盯着（指目光）  
★ All eyes focused on her.  
所有的眼睛都盯着她。

## 5. live it up 奢侈享乐

- ★ Sam was living it up in London.  
萨姆正在伦敦纵情奢侈地享受着。

## Liberty is order 自由就是秩序

### 1. condemn sb to (do) sth 逼迫某人做某事

- ★ His occupation condemned him to spend long periods of time away from his family. 他所从事的工作迫使他要经常长时间地远离家人。

#### 比较

- ◆ condemn sb to sth  
给某人判……刑



- ★ He was condemned to death.  
他被判为死刑。

### 2. shut sth up

紧紧关上某物，关闭某处的门

- ★ Bernadette cleaned the attic and then shut it up for another year. 伯纳黛特把阁楼打扫干净，然后把它的门关上，直到下一年再打开。

#### 比较

- ◆ shut up  
闭嘴
- ★ Just shut up and listen.  
闭嘴，听着。
- ◆ shut sb up  
把某人关起来
- ★ Was there any need to keep us shut up here?  
有必要把我们关在这里吗？
- ★ I've had a terrible cold and been shut up in my room for a week.  
我患了重感冒，在房间里关了一周。

### 3. as well as 也，又

- ★ They own a house in France as well as a villa in Spain.  
他们除了在西班牙有一套别墅外，在法国也有一幢房子。



## Being in the present 活在现在

### 1. talk about 谈论, 谈及

- ★ English people love to talk about the weather.

英国人喜欢谈论天气。

### 2. turn (sb/sth) into sth (把……) 变成某物

- ★ A few weeks later, winter turned into spring.  
几周之后, 冬天过去, 春天来到了。



### 3. spend time (in) doing sth 花时间做某事

- ★ Hannah spends all her free time painting.  
汉娜把所有的业余时间都用来画画。

#### 比较.....

- ◆ spend time in/at some place  
在……度过时间

- ★ His childhood was spent in Brazil.  
他的童年是在巴西度过的。

### 4. as a matter of fact 事实上, 实际上

- ★ I knew him when we were in college — as a matter of fact we were on the same course.  
上大学的时候我就认识他——实际上, 我们上过同一门课。

#### 比较.....

- ◆ as a matter of sth  
出于……, 由于……

- ★ She invited him as a matter of courtesy.  
她出于礼节邀请了他。

### 5. instead of 而不是, 代替

- ★ Could I have tuna instead of ham?  
我可以吃金枪鱼, 不吃火腿吗?

### 6. go through

遭遇, 经受(困难、痛苦等)

- ★ He's going through a divorce at the moment.  
此刻, 他正在遭遇婚变。

### 别样解释

#### ◆ 经历(过程)

★ Caterpillars go through several stages of growth.

毛毛虫要经历几个生长阶段。

#### ◆ 花光(钱), 用光(东西)

★ I went through 100 dollars a week.

我一星期花光了100美元。

★ We went through five pints of milk last week.

我们上周喝了五品脱的牛奶。

### 7. let go of 松开, 放开

★ He lay stunned but he hadn't let go of his weapon.

他昏倒在地, 但却没有松开他的武器。

### 拓展

#### ◆ let go

放手

★ Let go! You are hurting me.

放手! 你弄疼我了。

### 8. in order to 为了

★ She is going on a diet in order to be slimmer.

为了变得更苗条, 她正在节食。

### 9. day-to-day 每天的

★ The manager is responsible for the day-to-day running of the hotel.

经理负责酒店的日常运营。

## Chapter 2 Win Success 赢得成功

### The biggest secret of success 成功的最大秘诀

#### 1. take sth to heart

把某事放在心上, 对某事耿耿于怀

★ Anne took his criticisms very much to heart.

安妮对他的批评耿耿于怀。

#### 2. make sb do sth 强迫某人做某事

★ My parents always make me do my homework before I go out.

我的父母总是要我在做完作业之后才能出去。



## Do not listen to prairie chicken 不要听信山鸡的话

### 1. don't give it another thought

不要再想了

- ★ All is over. Don't give it another thought.  
一切都结束了，不要再想了。

### 2. go on doing sth 继续做某事

- ★ He went on working until he was 91.  
他一直坚持工作到91岁。

## The heart of a mouse 老鼠的心

### 1. because of 由于，因为

- ★ He fell in love with her because of her kindness and beauty.  
他因为她的善良和美丽而爱上了她。

### 2. be afraid of 害怕

- ★ He was afraid of being caught by the police.  
他害怕被警察抓到。

### 3. at this point 此时此刻

- ★ Maybe at this point we should move on to some of the practical experiments.  
也许此时我们应该进入实际试验阶段了。

## The donkey in the well 井里的驴

### 1. fall down 跌倒

- ★ Rob fell down the stairs.  
罗布从楼梯上摔了下来。

### 2. to sb's amazement 令某人吃惊的是

- ★ To everyone's amazement, he passed the examination.  
令所有人吃惊的是，他通过了考试。

### 3. continue to do sth 继续做某事

- ★ Sheila continued to work after she had her baby.  
希拉在生完小孩以后继续上班。



## The three fish 三条鱼

### 1. consult with sb 和某人商量

- ★ I consult with my mother about any problem.  
任何问题我都会和妈妈商量。

别·样·解·释·····

#### ◆ 咨询某人

- ★ I need to consult with my lawyer.  
我需要咨询我的律师。

### 2. within arm's reach

靠得很近，伸手就能够到

- ★ Keep the cup within arm's reach, please.  
请把杯子放到伸手就能够到的地方。

### 3. make home 安家

- ★ A family of birds made their home (= started living) under the roof.  
有一窝鸟在屋檐下安了家。

## Covering the sun with one's hand 只手遮天

### 1. concentrate on sth 集中注意力于某事物，全神贯注于某事物

- ★ Be quiet — let me concentrate on my home-work.  
安静点——让我专心做作业。

### 2. manage to do sth 设法做到某事

- ★ How do you manage to stay so slim?  
你是怎么保持这么苗条的？

## Seeking the seed of triumph in the adversity 在逆境中寻找成功的萌芽

### 1. contribute to 有助于，对……有贡献

- ★ This book contributes little to our understanding of the subject.  
此书对于我们了解这门学科无所助益。



**别样解释** .....

◆ 导致，是……的原因之一

★ Medical negligence was said to have contributed to her death.

据说医务人员的玩忽职守是导致她死亡的原因之一。

◆ 撰稿，投稿

★ She contributed a number of articles to the magazine.

她给这家杂志社撰写了一些稿件。

◆ 讲话，尤指发表意见

★ We hope everyone will contribute to the discussion.

我们希望大家都能参与讨论。

**2. deal with sth 处理、应付(困难或问题)**

★ How do you intend to deal with this problem?

你打算如何处理这个问题?

**别样解释** .....

◆ 关于……，以……为内容

★ Her new film deals with the relationship between a woman and her sick daughter.

她的新电影是关于一个女人和她生病的女儿之间的故事。

**拓展** .....

◆ deal with sb 应付某人

★ She's used to dealing with difficult customers.  
她习惯了应付难缠的顾客。

**3. as soon as 一……就……**

★ Please call me as soon as you get there.  
请一到那里就给我打电话。

**4. strike sb down**

杀死某人，使某人病倒

★ Over 50 nurses at the clinic have been struck down with a mystery virus.  
50多名临床护士因感染了一种神秘的病毒而病倒。

**5. inquire (sth) of sb**

向某人询问(某事)

★ "Where's the station?" she inquired of a passer-by.  
“车站在哪里?”她向一个过路人问道。

**6. transform (sb/sth) (from sb/sth) into sb/sth (把……)(从……)变为/转变成……**

★ The movie transformed her almost overnight from an unknown schoolgirl into a megastar.  
这部电影几乎在一夜之间把她从一个默默无闻的女学生转变成为了了一名巨星。

## What does success mean to you? 成功之于你

### 1. so...that... 如此……以至于……

- ★ He was so weak that he could hardly stand up.

他太虚弱了，以至于几乎都站不起来了。

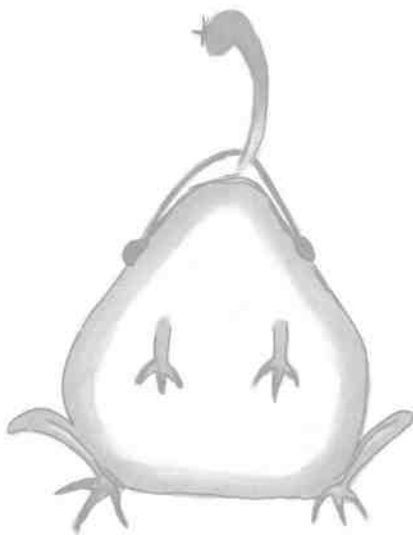
### 比较

- ◆ too...to...

太……以至于不能……

- ★ He was too ill to work.

他病得无法工作了。



### 2. figure out how / what / why etc.

搞清楚，弄明白（如何/是什么/为什么等等）

- ★ Can you figure out how to do it?

你知道怎么做吗？

### 拓展

- ◆ figure sth out

搞清楚，弄明白

- ★ Don't worry, we can figure something out

(= find a way to solve the problem).

别担心，我们会想出办法的。

- ◆ figure sb out

理解（某人所做的行为）

- ★ Women! I just can't figure them out.

女人啊！我真是猜不透她们。

### 3. such as 例如

- ★ Cartoon characters such as Mickey Mouse and Snoopy are still popular.

米老鼠、史努比这类的卡通形象仍然受到大家的欢迎。

### 4. give up 放弃

- ★ She gave up her job and started writing poetry.

她放弃了工作，开始写诗。

比较

◆ give in

让步, 屈服

- ★ Eventually I gave in and accepted the job on their terms.

最终我让步了, 按照他们的条件接受了这份工作。

5. live...life 过……的生活

- ★ She lives a very busy life.

她的生活很忙碌。

- ★ I want to live my life in my own way.

我想按照自己的方式生活。

6. come into play 起作用, 产生影响

- ★ Personal feelings shouldn't come into play when you are making business decisions.

制定商业决策时, 不应该顾及个人感情。

拓展

◆ bring/put sth into play

使某物发挥作用

- ★ A complex system of muscles is brought into play for each body movement.

每一个身体动作都有一个复杂的肌肉系统发挥着作用。

7. hold sth back 阻止某事物

- ★ She struggled to hold back her tears.

她努力不让眼泪流出来。

8. depend on/upon sb/sth 取决于……

- ★ The length of time spent exercising depends on the sport you are training for.

运动时间的长短取决于你所做的运动。

别样解释

◆ 依靠, 指望

- ★ I'm depending on you to tell me everything.

我全靠你来告诉我一切了。

◆ 信赖, 相信

- ★ You can depend on Jane — she always keeps her promises.

你可以相信简——她总是信守承诺。



## Chapter 3 Win Beauty 赢得美丽

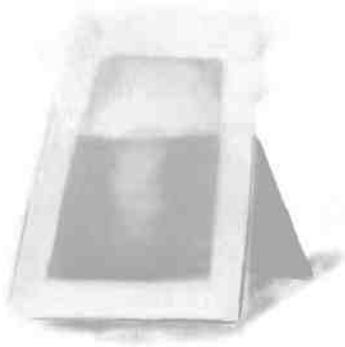
Nature's beauty  
自然之美

## 1. be in charge of sth 负责、掌管某事物

- ★ The officer is in charge of the investigation.  
这位警官负责这项调查。

## 2. set sb down (停车) 让某人下车

- ★ Passengers may be set down and picked up only at the official stops.  
乘客只有在正式车站方可上下车。



## 3. shower down 纷纷降落, 洒落

- ★ The top shelf broke and books showered down.  
最上面的架子塌了, 书散落了一地。

## 拓展

- ◆ shower sb with sth 或 shower sth on sb  
大量地给某人某物
- ★ He showered her with gifts.  
他送给她许多礼物。
- ★ He showered gifts on her.  
他送给她许多礼物。

## 4. all over 全部, 到处

- ★ Scientists from all over the world gather here.  
来自世界各地的科学家在此齐聚一堂。

A useless life  
无用的生命

## 1. work 耕耘(土地), 经营(工厂、农场、事业等), 在(某地区)从事工作

- ★ He is working the fields expecting a harvest in autumn.  
他正在田里耕作, 期待着秋天的丰收。
- ★ He works a big plantation.  
他经营一个大农场。





- ★ These fishermen work the northern Pacific.  
这些渔民在北太平洋地区作业。

## 2. be (of) no use 没用的

- ★ His advice turned out to be (of) no use at all.  
他的建议结果是一点用都没有。

### 比较

- ◆ be of use  
有用的

- ★ Perhaps his advice will be of use when you are older.  
也许等你老一点之后，他的忠告就会有用了。

## Wetting pants 尿湿裤子

### 1. find out 发现

- ★ I found out that my parents had never been married.  
我发现我的父母从来没有结过婚。

### 2. fill sth with sth 用某物装满某物

- ★ Her eyes filled with tears.  
她的眼里噙满了泪水。

### 比较

- ◆ fill sth in  
填写……，填充……，填满……

- ★ Don't forget to fill in this form.  
别忘了填写这张表格。

- ★ He filled in the pillow with cotton.  
他用棉花填充枕头。

- ◆ fill sb in (on)  
告诉某人其不在时发生的事情

- ★ I think you'd better fill me in on what's been happening.  
我想你最好告诉我发生了什么事情。

### 短语

- ◆ fill in time  
消磨时间，打发时间