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pin 言

朗读可以培养语感,可以锻炼思维,可以体会音韵,在不知不觉中提升英语水平。朗读,赏心、悦目、怡耳,然后熟读背诵,终会将所接触的语言知识和语言材料逐步内化,历久不忘。

朗读,最好的时间在清晨,此时思维最活跃,语言理解能力和语言接受的意识最强。每天晨读 15 分钟,就能全天沉浸在美好的语言韵律中,让您刚刚读过的优美文章、精彩句子在一天里慢慢沉浸、消化、吸收,成为您自己的东西。

为了给您提供一份精美的英语早餐,我们博采众长、披林撷秀,从浩瀚如烟的经典篇章和鲜活时文里帮您遴选吻合四级难度的美文,精心编写了这本《晨读英语美文100篇(四级)》,以期带给您一份清秀雅致的感受。

本书的特点:

一、经典时新 题材广泛

文章选取过程中,既注重经典名篇,又注重最新报刊杂志上的时文、美文,二者兼备,相得益彰。本书还收录了四级真题阅读,让您在休闲阅读的过程中加强对真题的语感,打下扎实的阅读基础。

二、好词佳句 妙语如珠

"念念有词"为您提炼文中核心词汇,让您寓记于读,在提升英语语感的同时扩大词汇量;"难句分析" 为您精选文章中的佳句和难句,指点精妙之处,剖析句子结构,让您反复回味,快速提升阅读和写作能力。

三、恋恋美文 双语转换

每篇文章均英汉左右对照,易于诵读者体会英汉 双语语境表达同一主题时的不同感觉和语言差异,也 是读者练习翻译的绝佳材料。

四、有声记忆音画时尚

本书配有 MP3 光盘一张,包含所有文章配乐朗读和部分美文的精美电子书,语音纯正地道,音色悦耳,让您随时随地欣赏美文,提前体验音画时尚阅读。

五、立体诵读 全面提高

根据星火长期的研究,结合本书特点,我们为您精心打造了立体诵读法,助您全面提升听力、阅读和口语能力。立体诵读法指同时进行以下步骤,以提升英语综合能力。

- ◎阅读
- ① 浏览全文,了解大意;查阅难词,掌握难句。
- ② 对照译文,细品美文,摘抄闪光表达。
- ③ 闭卷回想美文,深化记忆。
- ◎听力
- ① 泛听外籍专家录音,以听促记。
- ② 看英文, 听录音, 精听难词难句。
- ③ 脱离原文听录音,留意语音语调。
- ◎口语
- ① 自己朗读英文,找出发音障碍。
- ② 听录音,句句跟读,时时仿读练语速。
- ③ 英文复述文章大意,力求完整准确。

在编写此书的过程中,编者参考了部分国内外出版社的有关书刊,谨在此向这些书刊的编者和作者表示衷心的感谢。由于编者水平有限,书中谬误在所难免,诚请同行专家和广大读者不吝赐教。



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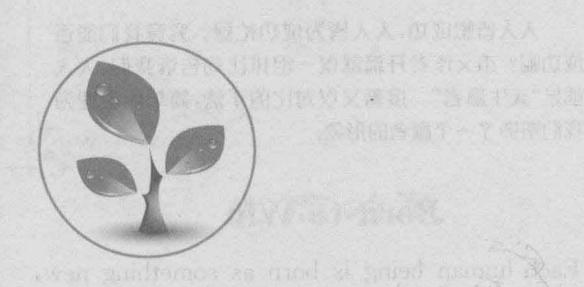


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励志感悟

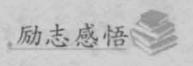
人人皆想成功,人人皆为成功忙碌。究竟我们能否成功呢? 市文作者开篇就以一组排比句告诉我们,人人都是"天生赢者"。接着又以对比的手法,简单的说理为我们塑造了一个赢者的形象。

Born to Win

Each human being is born as something new, something that never existed before. Each is born with the capacity to win at life. Each person has a unique way of seeing, hearing, touching, tasting and thinking. Each has his or her own unique potential capabilities and limitations. Each can be a significant, thinking, aware and creative being—a productive person, a winner.

The words "winner" and "loser" have many meanings. When we refer to a person as a winner, we do not mean one who makes someone else lose. To us, a winner is one who responds authentically by being credible, trustworthy, responsive, and genuine, both as an individual and as a member of a society.

Winners do not dedicate their lives to a concept of what they imagine they should be; rather, they are themselves and as such do not use their energy putting on a performance, maintaining pretence, and manipulating others. They are aware that there is a difference between being loving and acting loving, between being stupid and acting stupid, between being knowledgeable and acting knowledgeable. Winners do not need to hide behind a mask.



• 恋恋美文

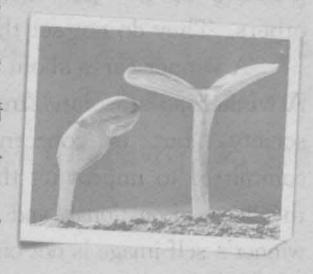
生而为赢

每一个人生来都是崭新的事物,是前所未有的。每一个人天生就具备在生活中获得成功的能力。每一个人都有自己独特的方式去观察、聆听、触摸、品尝和思考。每一个人都会有独特的潜质和局限性。每一个人都可以成为一个杰出的、有思想、有意识和富有创造力的人——成为一个成就斐然的人,一个赢者。

"赢者"和"输者"这两个词有很多不同含义。我们称某人为赢者,并不是说他会让别人输掉什么。在我们看来,一个赢者无论是作为个人还是作为社会的一分子,他都会以诚信、可靠、积极、诚恳的态度,对一切做出真实可信的反应。

赢者不会羁绊于自己理当成为何种人的信条;相反,

他们是自然的自我,不浪费精力去装模作样,不故作姿态,不摆布他人。他们很清楚爱与装爱、傻与装傻、真才实学与故作高深之间的区别。赢者无需用面具来掩饰自己。



· **Sparte** 深大英语

Winners are not afraid to do their own thinking and to use their own knowledge. They can separate facts from opinion and don't pretend to have all the answers. They listen to others, evaluate what they say, but come to their own conclusions. Although winners can admire and respect other people, they are not totally defined, demolished, bound, or awed by them.

^①Winners do not play "helpless," nor do they play the blaming game. Instead, they assume responsibility for their own lives. They do not give others a false authority over them. Winners are their own bosses and know it.

A winner's timing is right. Winners respond appropriately to the situation. Their responses are related to the message sent and preserve the significance, worth, well-being, and dignity of the people involved. [®] Winners know that for everything there is a season and for every activity a time.

Although winners can freely enjoy themselves, they can also postpone enjoyment, can discipline themselves in the present to enhance their enjoyment in the future. Winners are not afraid to go after what they want, but they do so in appropriate ways. Winners do not get their security by controlling others. They do not set themselves up to lose.

A winner cares about the world and its peoples. A winner is not isolated from the general problems of society, but is concerned, **compassionate**, and committed to improving the quality of life. Even in the face of national and international adversity, a winner's self-image is not one of a powerless individual. A winner works to make the world a better place.

赢者不惧于进行独立思考,敢于运用自己的知识。他们能够区分事实与想法,从不假装自己无所不知。他们倾听他人的意见,品评他人的言论,但总能得出自己的结论。 赢者能够尊重和敬佩他人,但却不会完全为他人所限制、 所摧垮、所束缚或吓倒。

赢者不假装"可怜无助",也不会怨天尤人。相反,他 们为自己的生活承担应尽的责任。他们不给别人名不副 实的权威。赢者主宰自己的命运,对此他们一清二楚。

赢者善于审时度势,随机应变。他们按照所收到的信息做出回应,维护当事人的重要性、价值、利益和尊严。赢者明白,每件事情都有其适宜的时机,每个行动都有其适当的时刻。

尽管赢者可以自由自在地享受快乐,但是,为了将来能够享受更大的快乐,他们也能够推延享乐的时间,在现阶段克制、约束自己。赢者不惧怕追求自己所渴望的,但他们会取之有道。赢者不会通过控制他人来获取自身的安全。他们不会让自己踏上失败之路。

赢者关心世界和世间众生。赢者不会对社会普遍存在的问题置之不理,恰恰相反,他们关注社会,富有同情心,并致力于改善人们的生活质量。即使遇到全国性的乃至全球性的灾难,赢者的形象也绝非软弱无能之辈。赢者会为了让世界更加美好而努力。