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大学英语四级 主题诵读菁华

激情晨读



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前言

也许你还在四级的题海里奋勇前行;也许你每天还在为了增加词汇量而一头扎进词典里;也许你还在为就差一点点就通过四级的事情感到懊恼;也许你每天花在英语学习上的时间最多,但却收效甚微;也许……你茫然了。于是,我们听到了这样的抱怨:“老师,我天天背单词,为什么总是记不住啊?”“老师,我模拟题不知道做了多少套了,可一做真题还是错那么多?”“老师,我怎么一读英语的文章就犯晕啊?”

众所周知,兴趣是最好的老师,学习英语也是一样。如果对英语学习抱有浓厚的兴趣,那么学习起来就可以起到事半功倍的效果;反之,如果把英语学习当作任务甚至是负担,那么学习起来就不那么愉快甚至是痛苦了。正是学生在学习英语时遇到的问题激发了我们编写这样一套丛书的灵感。本丛书的目的是为了让学生在充斥浮躁气息的年代里把阅读当成一种习惯,一种享受,在欣赏地道美文的同时,不但可以主动记忆单词,而且可以全面接触原汁原味的西方社会,从思维方式、语言习惯来挑战传统的英语学习。

本套丛书精选的文章与大学英语四级考试难度及长度相当,范围涉及科技、经济、工作、生活、教育、健康、情感、历史、文化、环境等。内容几乎涵盖了西方社会生活的方方面面,既有经典的名作,又有时尚的美文。为使学生在阅读时能更好理解文章,每篇短文后都配有精美译文。对每篇文章中出现的四级常考词汇和词组进行注解,使读者在阅读过程中能轻松记忆单词。同时,我们还从每篇文章中挑选了经典长难句,进行精准结构分析、语法分析,力求提升读者对英语的分析能

力和表达能力。

本套丛书为中英文对照读物，难度适中，可作为非英语专业学生参加大学英语四级考试的补充阅读材料；也可以作为课外阅读材料帮助英语专业低年级学生扩大词汇量，熟悉语言使用规范。英文选文也适合准备参加托福、雅思等各类考试，想提高阅读能力的广大考生。

在清新的早晨，在静谧的傍晚，翻开纸页，或大声地模仿朗读，或聚精会神地默读，感受不同文化带来的冲击，相信一定会大有收获的。

编者

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第一章 健康生活

1. Good Advice to Help You Live Happily

It is Okay to Make Mistakes.

[1] Making mistakes is something we all do, and I am still a fine and worthwhile person when I make them. There is no reason for me to get upset when I make a mistake. I am trying, and if I make a mistake, I am going to continue trying. I can handle making a mistake. It is okay for others to make mistakes, too. I will accept mistakes in myself and also mistakes that others make.

Everybody Doesn't Have to Love Me.

Not everybody has to love me or even like me. I don't necessarily like everybody, I know, so why should everybody else like me? I enjoy being liked and being loved, but if somebody doesn't like me, I will still be okay and still feel like I am an okay person. I cannot make somebody like me, anymore than somebody can get me to like them. I don't need **approval** all the time. If someone does not approve of me, I will still be okay.

I Don't Have to Control Things.

I will survive if things are different than what I want them to be. I can accept things the way they are, accept people the way they are, and accept myself the way I am. There is no reason to get upset if I can't change things to fit my idea of how they ought to be. There is no reason why I should have to like everything. Even if I don't like it, I can live with it.

I am Responsible for My Day.

I am responsible for how I feel and what I do. Nobody can make me feel anything. If I have a **rotten** day, I am the one who allows it to be that way. If I have a great day, I am the one who **deserves** credit for being positive. It is not the responsibility of other people to change so that I can feel better. I am the one who is in charge of my life.

I Can Handle It When Things Go Wrong.

I don't need to watch out for things to go wrong. Things usually go just fine, and when they don't, I can handle it. I don't have to waste my energy worrying. The sky won't fall in; things will be okay.

I am Capable.

I don't need someone else to take care of my problems. I am capable. I can take care of myself. I can make decisions for myself. I can think for myself. I don't have to depend on somebody else to take care of me.

I Can be **Flexible**.

There is more than one way to do something. [2]More than one person has had good ideas that will work. There is no one and only "best" way. Everybody has ideas that are worthwhile. Some may make more sense to me than others, but everyone's ideas are worthwhile, and everyone has something worthwhile to contribute.

幸福生活的建议

犯错没关系。

[1] 我们每个人都会犯错。即使犯了错，我仍然是一个优秀的有价值的人。犯错后，没必要忐忑不安。我一直都在努力，即使犯了错误，我仍然会继续努力。我能正确对待犯错，别人犯错也没什么大不了的。既然我会接受自己犯错，也就会接受别人犯错。

并非每个人都得爱我。

不是每个人都得爱我，或者喜欢我。我也并不是喜欢我认识的每

一个人,那么为什么其他人都应该喜欢我呢?我喜欢被人喜欢或被人爱的感觉,但如果有人不喜欢我,我仍然会活得很好,也觉得自己是个人很不错的人。我不能强求别人喜欢我,正如别人也不能强求我喜欢他。我不需要总是被认可。如果别人不认同我,我仍然会活得很好。

没有必要事必躬亲。

如果事情不是我所想象的那样,我也照样生活。我会接受事情的本来面目,接受人们本来的面貌,也接受真实的自我。如果我不能让事情成为我想要的样子,也没必要沮丧不安。我没有理由要喜欢一切事物。即使我不喜欢它,仍能与之共存。

对自己的每一天负责。

我会对自己的感觉和自己所做的事负责。没有人能影响我的感觉。如果我稀里糊涂地过了一天,是对我自己的放任;如果我某天过得很充实,是自己态度积极,应受奖赏。其他人没有义务做出改变来让我感觉更好,我才是自己命运的主人。

出了问题我会处理。

我不用时时担心事情会出错。事情一般都会顺利进行,就是不能顺利进行时,我也能处理好。我不需要把时间浪费在不必要的焦虑上。天塌不下来,一切都会好的。

我能行。

我不需要别人来帮忙处理问题,我能行。我能照顾好自己,能自己做出决定,能独立思考。我不需要依赖别人来照顾我。

我能随机应变。

要做一件事的做法不止一种,[2]不止一个人有能解决问题的好办法,也没有哪一种方法是万全之策。每个人都有好主意。有些可能对我更有帮助,但是每个人的观点都有可取之处,每个人都可以想出一些好办法。

<Vocabulary>

approval [ə'pru:vəl] *n.* 赞成, 同意;嘉许

flexible ['fleksəbl] *adj.* 灵活的, 可变通的

<Phrases>

be responsible for 为...负责,形成...的原因

depend on 依赖;相信;信赖

<Sentences>

① Making mistakes is something we all do, and I am still a fine and worthwhile person when I make them.

这是一个由 and 连接的并列复合句。something we all do 是一个省略了引导词 that 的定语从句,先行词是 something, when I make them 是一个时间状语从句。

② More than one person has had good ideas that will work.

这是一个复合句。that 在这里引导一个定语从句,其先行词是 ideas。

2. Enthusiasm Takes You Further

Years ago, when I started looking for my first job, wise advisers urged, “Barbara, be enthusiastic! Enthusiasm will take you further than any amount of experience.” How right they were. Enthusiastic people can turn a boring drive into an adventure, extra work into opportunity and strangers into friends.

“Nothing great was ever achieved without enthusiasm,” wrote Ralph Waldo Emerson. It is the **paste** that helps you hang in there when the going gets tough. It is the inner voice that whispers, “I can do it!” when others shout, “No, you can’t.”

[1] It took years and years for the early work of Barbara McClintock, a **geneticist** who won the 1983 Nobel Prize in medicine, to be generally accepted. Yet she didn’t let up on her experiments. Work was such a deep pleasure for her that she never thought of stopping.

We are all born with wide-eyed, enthusiastic wonder as anyone knows who has ever seen an infant’s delight at the **jingle** of keys or the **scurrying** of a **beetle**. It is this childlike wonder that gives enthusiastic people such a youthful air, whatever their age.

At 90, **cellist** Pablo Casals would start his day by playing Bach. As the music flowed through his fingers, his **stooped** shoulders would

straighten and joy would reappear in his eyes. Music, for Casals, was an **elixir** that made life a never ending adventure. As author and poet Samuel Ullman once wrote, “Years wrinkle the skin, but to give up enthusiasm wrinkles the soul.”

How do you rediscover the enthusiasm of your childhood? The answer, I believe, lies in the word itself. “Enthusiasm” comes from the Greek and means “God within.” And what is God within is but an abiding sense of love—proper love of self (self—acceptance) and, from that, love of others.

Enthusiastic people also love what they do, regardless of money or title or power. [2]If we cannot do what we love as a full-time career, we can as a part-time **avocation**, like the head of state who paints, the nun who runs **marathons**, the executive who **handcrafts** furniture.

Elizabeth Layton of Wellsville, Kan, was 68 before she began to draw. This activity ended **bouts** of depression that had **plagued** her for at least 30 years, and the quality of her work led one critic to say, “I am tempted to call Layton a genius.” Elizabeth has rediscovered her enthusiasm.

We can’t afford to waste tears on “might-have-beens.” We need to turn the tears into sweat as we go after “what-can-be.”

We need to live each moment wholeheartedly, with all our senses — finding pleasure in the **fragrance** of a backyard garden, the **crayoned** picture of a six-year-old, the **enchanting** beauty of a rainbow. It is such enthusiastic love of life that puts a sparkle in our eyes, a **lilt** in our steps and smooths the wrinkles from our souls.

热情成就未来

多年前,当我开始第一次找工作时,不少有识之士强烈向我建议:“巴巴拉,要有热情!热情比任何经验都能使你受益。”这话说得多么正确,热情的人可以把一段沉闷的车程变成探险,把加班变成机会,