

研究生英语系列教程

主编 / 张尚莲

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# 研究生英语 泛读教程

**ENGLISH EXTENSIVE  
READING FOR  
POSTGRADUATE  
STUDENTS**

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南开大学出版社

研究生英语系列教程

# 研究生英语泛读教程

English Extensive Reading for Postgraduate Students

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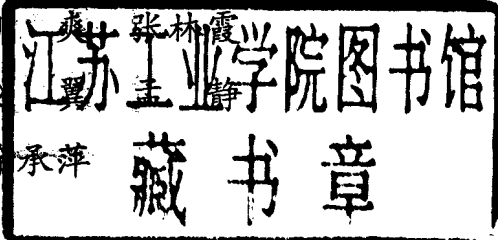
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## 前言

《研究生英语泛读教程》是“研究生英语系列教程”系列教材之一。本教材是河北工业大学外国语学院联合南开大学、天津财经大学、军事交通学院、长安大学、华北科技学院等高校中具有丰富研究生英语教学经验的教师所编写。它根据我国近年来研究生英语教学特别是工科院校学生的实际情况确定选材内容及编写体系,以期帮助学生真正提高英语阅读水平,开拓他们的知识视野,培养深厚的人文知识底蕴。

本教材具有以下特点:

(1) 选材广泛兼顾专业取向:《研究生英语泛读教程》共12课,每课包括两篇文章:Text A 和 Text B,内容涵盖亲情、人物传记、文化、经济、医药以及经典名著节选等范畴。选材多为英语原版文章,语言规范,内容新颖,题材多样,具有可读性、实用性和时代性。所选文章大部分为基础英语阅读,其余部分选材多为专业英语奠定基础:例如,第五课(Lands of Opportunity)与管理类专业结合,第十二课(Why Can't He Speak)与化工等专业相联系。这样,研究生在学习英语的同时也巩固了专业知识,达到了实际应用的目的。

(2) 开放式关联:Text A 和 Text B 主题紧密关联,文章体裁丰富,角度多样,有助于学生全面深入理解某一主题。每课设置的练习也都尽可能与课文相关,以扩大学生的信息量。

(3) 编写形式多样化:本书以提高学生阅读及英语实际应用能力为目的,从而帮助他们循序渐进地掌握英语阅读技能。文章改变了传统的正文在前,单词注释在后的形式,而是采用单词释义边注的方法,以节省读者的时间。导读部分帮助学生做好热身准备;课后名言有助于他们扩展知识,陶冶情操;课后配有针对性强、生动有趣的多样化练习:Text A 课后练习包括话题讨论、词汇练习和翻译训练;Text B 后设置了理解练习,具体形式为根据对课文的理解判断正误。丰富的教学内容和多样的练习为学生们进行口语和书面表达提供了大量语言素材,也可作为扩充词汇量以及提高翻译技能不可多得的参考资料。

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在本教材的编写过程中,河北工业大学研究生学院和外国语学院领导给予了大力支持,南开大学出版社王冰副编审对教材的编写和出版做了大量工作。对此,我们全体编写人员向他们表示深深的谢意!同时,向所有关心和支持本教材编写和出版的领导、同仁表示感谢!

另外,在编写过程中,我们参考了一些国外报刊、杂志和网站的文章,在此向原作者表示衷心感谢!

由于时间仓促,编者经验不足、水平有限,本教材的缺点和错误在所难免,敬请广大师生和读者在使用中提出宝贵意见和建议。

编 者

2009年6月15日

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# Lesson One

## Text A

### The Hidden Side of Happiness

By Kathleen McGowan

*To live a full human life, a tranquil, carefree existence is not enough. We need to grow — and sometimes growing hurts. Pleasure only gets you so far. A rich, rewarding life often requires a messy battle with adversity.*

alleyway: 小巷

harrow: 伤害, 使苦恼

ordeal: 折磨, 煎熬

refrain: 重复的话, 重复的主题

tribulation: 苦难, 灾难

bona fide (Latin)  
=good

province: (学问等的) 考验

fledgling: 初出茅庐的, 无经验的人

bromide: 陈词滥调

rebound: 恢复, 反弹

【1】Hurricanes, house fires, cancer, white-water rafting accidents, plane crashes, vicious attacks in dark **alleyways**. Nobody asks for any of it. But to their surprise, many people find that enduring such a **harrowing ordeal** ultimately changes them for the better. Their **refrain** might go something like this: “I wish it hadn’t happened, but I’m a better person for it.”

【2】We love to hear the stories of people who have been transformed by their **tribulations**, perhaps because they testify to a **bona fide** psychological truth, one that sometimes gets lost amid endless reports of disaster: There is a built-in human capacity to flourish under the most difficult circumstances. Positive reactions to profoundly disturbing experiences are not limited to the toughest or the bravest. In fact, roughly half the people who struggle with adversity say that their lives have in some ways improved.

【3】This and other promising findings about the life-changing effects of crises are the **province** of the new science of post-traumatic growth. This **fledgling** field has already proved the truth of what once passed as **bromide**: What doesn’t kill you can actually make you stronger. Post-traumatic stress is far from the only possible outcome. In the wake of even the most terrifying experiences, only a small proportion of adults become chronically troubled. More commonly, people **rebound** — or even eventually thrive.

【4】Those who weather adversity well are living proof of one of the

- shrivel: 使枯萎, 缩小
- anodyne: 平淡乏味的, 镇痛的
- ineffable: 难以表达的, 不可言喻的
- empathy: 移情, 神入
- nostalgia: 怀旧, 乡愁
- altruism: 利他行为, 利他精神
- excruciate: 折磨, 使苦恼
- wimp: 懦弱的人
- rheumatoid: 患风湿症的
- encompass: 包含, 包
- paradoxes of happiness: We need more than pleasure to live the best possible life. Our contemporary quest for happiness has **shriveled** to a hunt for bliss — a life protected from bad feelings, free from pain and confusion.
- 【5】This **anodyne** definition of well-being leaves out the better half of the story, the rich, full joy that comes from a meaningful life. It is the dark matter of happiness, the **ineffable** quality we admire in wise men and women and aspire to cultivate in our own lives. It turns out that some of the people who have suffered the most, who have been forced to contend with shocks they never anticipated and to rethink the meaning of their lives, may have the most to tell us about that profound and intensely fulfilling journey that philosophers used to call the search for “the good life.”
- 【6】This broader definition of good living blends deep satisfaction and a profound connection to others through **empathy**. It is dominated by happy feelings but seasoned also with **nostalgia** and regret. “Happiness is only one among many values in human life,” contends Laura King, a psychologist at the University of Missouri in Columbia. Compassion, wisdom, **altruism**, insight, creativity — sometimes only the trials of adversity can foster these qualities, because sometimes only drastic situations can force us to take on the painful process of change. To live a full human life, a tranquil, carefree existence is not enough. We also need to grow — and sometimes growing hurts.
- 【7】In a dark room in Queens, New York, 31-year-old fashion designer Tracy Cyr believed she was dying. A few months before, she had stopped taking the powerful immune-suppressing drugs that kept her arthritis in check. She never anticipated what would happen: a withdrawal reaction that eventually left her in total body agony and neurological meltdown. The slightest movement — trying to swallow, for example — was **excruciating**. Even the pressure of her cheek on the pillow was almost unbearable.
- 【8】Cyr is no **wimp** — diagnosed with juvenile **rheumatoid** arthritis at the age of 2, she’d endured the symptoms and the treatments (drugs, surgery) her whole life. But this time, she was way past her limits, and nothing her doctors did seemed to help. Either the disease was going to kill her or, pretty soon, she’d have to kill herself.
- 【9】As her sleepless nights wore on, though, her suicidal thoughts began to be interrupted by new feelings of gratitude. She was still in agony, but a new consciousness grew stronger each night: an awesome sense of liberation, combined with an all-**encompassing** feeling of sympathy and

括

compassion. “I felt stripped of everything I’d ever identified myself with,” she said six months later. “Everything I thought I’d known or believed in was useless — time, money, self-image, perceptions. Recognizing that was so freeing.”

steroid: 类固醇

【10】 Within a few months, she began to be able to move more freely, thanks to a cocktail of **steroids** and other drugs. She says there’s no question that her life is better now. “I felt I had been shown the secret of life and why we’re here: to be happy and to nurture other life. It’s that simple.”

traumatic: 创伤的, 损伤的

【11】 Her mind-blowing experience came as a total surprise. But that feeling of transformation is in some ways typical, says Rich Tedeschi, a professor of psychology at the University of North Carolina in Charlotte who coined the term “post-**traumatic** growth.” His studies of people who have endured extreme events like combat, violent crime or sudden serious illness show that most feel dazed and anxious in the immediate **aftermath**. They are preoccupied with the idea that their lives have been shattered. A few are haunted long afterward by memory problems, sleep trouble and similar symptoms of post-traumatic stress disorder. But Tedeschi and others have found that for many people — perhaps even the majority — life ultimately becomes richer and more gratifying.

aftermath: 结果, 后果

invulnerability: 不会受伤害, 刀枪不入  
armor: 盔甲, 装甲

【12】 Something similar happens to many people who experience a terrifying physical threat. In that moment, our sense of **invulnerability** is pierced, and the self-protective mental **armor** that normally stands between us and our perceptions of the world is torn away. Our everyday life scripts — our habits, self-perceptions and assumptions — go out the window, and we’re left with a raw experience of the world.

implement: 实行, 执行

【13】 Still, actually **implementing** these changes, as well as fully coming to terms with the new reality, usually takes conscious effort. Being willing and able to take on this process is one of the major differences between those who grow through adversity and those who are destroyed by it. The people who find value in adversity aren’t the toughest or the most rational. What makes them different is that they are able to incorporate what happened into the story of their own life.

paramount: 极为重要的

【14】 Eventually, they may find themselves freed in ways they never imagined. Survivors often say they become more tolerant and forgiving of others, capable of bringing peace to formerly troubled relationships. They say that material ambitions suddenly seem silly and the pleasures of friends and family **paramount** — and that the crisis allowed them to reorganize life in line with the new priorities.

【15】 People who have grown from adversity often feel much less fear,

retrospect: 回顾

ultramarathoner:

超级马拉松运动员

hallucinate: 使产生  
幻觉

vertical: 垂直的, 纵  
向的

get to sb.: 对某人构  
成(负面)影响

exponentially: 成指  
数的

on the rocks: 濒于破  
裂, 毁坏

over the long haul: 在  
长时间中

outweigh: 比……更  
重要(更有价值等)

despite the frightening things they've been through. They are surprised by their own strength, confident that they can handle whatever else life throws at them. "People don't say that what they went through was wonderful," says Tedeschi. "They weren't meaning to grow from it. They were just trying to survive. But in **retrospect**, what they gained was more than they ever anticipated."

【16】In his recent book *Satisfaction*, Emory University psychiatrist Gregory Berns points to extreme endurance athletes who push themselves to their physical limits for days at a time. They cycle through the same sequence of sensations as do trauma survivors: self-loss, confusion and, finally, a new sense of mastery. For **ultramarathoners**, who regularly run 100-mile races that last more than 24 hours, vomiting and **hallucinating** are normal. After a day and night of running without stopping or sleeping, competitors sometimes forget who they are and what they're doing.

【17】But the feeling of mastering extraordinary difficulty makes up for it, reports Honolulu businessman Randy Havre. Havre, 51, found this feeling near the summit of Mauna Kea nearly 10 years ago. He was nearing the end of a 44-mile race that took him from sea level to the top of the volcano — a **vertical** ascent of 13,766 feet. He was on his way to setting the unofficial world record for that climb, but the high elevation was starting to **get to him**.

【18】When you get to about 10,000 feet, things tend to get a little weird because of the swelling and pressure on your brain," he says. "Above that, it gets **exponentially** weirder. I remember bursting out crying at 12,000 feet. But if you can finish these things, you know: Hey, I can get through this stuff. You were able to hang in there, and you're stronger for that."

【19】For a more common example of growth through adversity, look to one of life's biggest challenges: parenting. Having a baby has been shown to decrease levels of happiness. The sleep deprivation and the necessity of putting aside personal pleasures in order to care for an infant mean that people with newborns are more likely to be depressed and find their marriage **on the rocks**. Nonetheless, **over the long haul**, raising a child is one of the most rewarding and meaningful of all human undertakings. The short-term sacrifice of happiness is **outweighed** by other benefits, like satisfaction, altruism and the chance to leave a meaningful legacy.

【20】Childrearing and family relationships do dual duty: They bring us joy, and they also push us to grow and develop. In psychologist Laura King's terms, they foster both happiness and ego development, which she has identified as the dual components of the good life. In this context, ego development essentially means the ability to think about life with

compensate: 弥补, 补偿

complexity, to be self-reflective and introspective.

【21】 Ultimately, that emotional reward can **compensate** for the pain and difficulty of adversity. This perspective does not cancel out what happened, but it puts it all in a different context: that it's possible to live an extraordinarily rewarding life even within the constraints and struggles we face. In some form or other, says King, we all must go through this realization. "You're not going to be the person you thought you were, but here's who you are going to be instead — and that turns out to be a pretty great life."

## Exercises



### ◆ Topics For Discussion

1. What is your main source of happiness in life?
2. Someone says, "being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections." Do you agree or not? Why?
3. Everyone has the equal right to pursue happiness, but not everyone can achieve it. What qualities should a man possess if he wants to own happiness?
4. G. Bernard Shaw once said, "A lifetime of happiness! No man alive could bear it; it would be hell on earth." How do you perceive the saying?
5. What elements do you think happiness is composed of?



### ◆ Vocabulary

**A. According to the meaning that is given, fill in each blank with the word in the text.**

- |            |  |
|------------|--|
| 1. r _____ | a repeated utterance or theme                              |
| 2. r _____ | return to a former condition                               |
| 3. i _____ | incapable of being expressed in words; unspeakable         |
| 4. n _____ | longing for something past                                 |
| 5. a _____ | the quality of unselfish concern for the welfare of others |
| 6. p _____ | having superior power and influence                        |

**B. Choose the best word from the four choices to complete each of the following sentences.**

1. In spite of all his efforts, he could not \_\_\_\_\_ from uttering a deep groan, which, however, was lost amid the noisy felicitations of the company.  
A. confine                      B. restrain                      C. refrain                      D. forbear
2. At that time, he didn't gain reputation throughout the nation, for he was just a \_\_\_\_\_ writer.  
A. fledgling                      B. original                      C. mature                      D. green
3. Frankly speaking, I have discovered that happiness is always a \_\_\_\_\_ from hard work.  
A. response                      B. rebound                      C. reply                      D. reaction
4. The scenery looked stunning and \_\_\_\_\_ with a small but unbelievably clear lake, fed by the melting water of the nearby mountains.  
A. noisy                      B. silent                      C. tranquil                      D. calm
5. The \_\_\_\_\_ activities in rural societies are those involving the production of food and raw materials.  
A. pleasant                      B. predictable                      C. presumable                      D. predominant
6. In co-operation with the Royal Film Archive in Brussels, the Brussels Office organized a month-long \_\_\_\_\_ of Hong Kong cinema in June. A gala film show was staged in conjunction with it.  
A. perspective                      B. retrospective                      C. introspective                      D. prospective
7. I feel that my enthusiasm, diligence, adaptability could \_\_\_\_\_ for the lack of experience.  
A. add                      B. compensate                      C. reinforce                      D. complement
8. The evolution of the internet and its \_\_\_\_\_ growth in recent years has resulted in gradual shift from desktop to distributed applications.  
A. exponential                      B. expedient                      C. exponible                      D. exponent
9. This fully \_\_\_\_\_ to the indestructible strength of this independent national spirit of the Chinese people.  
A. proves                      B. verifies                      C. testifies                      D. confirms
10. The company management attempted to \_\_\_\_\_ information that was not favorable to them, but it was all in vain.  
A. suppress                      B. supplement                      C. concentrate                      D. plug

**◆ Translation**

1. Hurricanes, house fires, cancer, white-water rafting accidents, plane crashes, vicious attacks in dark alleyways. Nobody asks for any of it. But to their surprise, many people find that enduring such a harrowing ordeal ultimately changes them for the better. Their refrain might go something like this: "I wish it hadn't happened, but I'm a better person for it."
2. This broader definition of good living blends deep satisfaction and a profound connection to others through empathy. It is dominated by happy feelings but seasoned also with nostalgia and

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3. It is impossible to really be yourself when you are worried about how other people perceive you. We all care (at least a little bit) what other people think — we have been raised to believe that the approval of others is important. And in some ways it is — other people do have power over us. But the truth is that it doesn't matter as much as you think; usually it doesn't matter at all. Sometimes you'll be favor of the month; other times you might be public enemy number one. But you cannot control what other people think of you, so why even try?

## Text B

### Life without Fear

By Christopher Reeve

van: 有蓬货车

Yonkers: 扬克斯

freak: 畸形人

diminish: 使减少

Off-Broadway: 非百老汇之戏剧

【1】I live a fearless life on a daily basis. I'm reminded of that every time I come into New York, because I'm put in the back of a **van**, strapped down by four straps and driven around by a bunch of guys who just happen to be firefighters from **Yonkers**. These guys are used to driving fire trucks — at great speed — so when I get into the van, I have to give it up. As a self-confessed control **freak** from way back in my early childhood, being able to sit in the back, assume that we're going to safely reach our destination and actually doze off has been big for me.

【2】This one-hour-van-trip is a good metaphor for the journey I'd like to talk about. For so many of us, the source of our fear is the loss of control. But the more we try to control what happens to us, the greater our fear that we're no longer empowered, that there's no safety net and that dangerous, unexpected things may happen. Ironically, the act of trying to control what happens is what actually robs us of great experiences and **diminishes** us.

【3】The lesson I had to learn when I had my injury was pretty drastic because my life before that as an actor had been one of self-sufficiency, perseverance and discipline. I had been extremely self-sufficient from the time I finished high school, all the way through college and graduate school and as I made my way to **Off-Broadway**, Broadway, television and film. I had done well and was used to being in charge.

close call: 侥幸的脱险

【4】My accident was a strange and very **close call**. If I had landed differently, even by a millimeter in one direction, I wouldn't have been injured; if I had landed a millimeter the other way, I wouldn't be here today. I had, at best, a 40 percent chance of surviving my surgery, during which my head was actually reattached to my neck. Also during the surgery I nearly died as a result of a drug reaction. I was told I would never again move below my shoulders, that I would absolutely have no further recovery and that my life expectancy at 42 years of age was, at best, six to seven more years.

spinal cord: 脊髓

【5】I dealt with it with my wife Dana at my side, thank God. We just decided not to buy into the fear that people tried to instill in us. This decision was the most important of all. How many people are walking around today three years after they were told that they only had six months to live? How many of us are doing things now that we were told that we could never do? It happens all the time. In 1995, when I was injured, scientists didn't yet understand how to regenerate the **spinal cord**. Recovery in this field was still a mystery. Dana and I figured that if doctors didn't know what could be done, we were not going to accept their absolutes. We figured we should look at the glass as being half full and simply try to go forward. Were we happy about it? No. Did we feel uplifted by this challenge? Absolutely not. Not at all — not for one second.

rehab center: 伤残康复中心

【6】But I've learned that it doesn't matter. In fact, one of the keys to going ahead and conquering fear is to ignore your moods. Ignore it when you feel like you really don't want to do whatever it is today. Ignore it when you feel like you can't be bothered. Often you start the day feeling bad — feeling like you don't want to do something or you are treading water and getting nowhere or you can't keep going — and the day turns out to be one of the best you're ever going to have. You have to leave yourself open to possibility. By staying in the moment regardless of how you actually feel, you leave yourself open for surprises, both on a big scale and on a little scale. That was my first lesson. We decided that I would go to a **rehab center** and make the absolute best of it. Why?

cardiovascular: 心血管的

【7】Because everyone was saying nothing would happen, and I don't take kindly to that. I was given a spinal cord manual that tells you all kinds of things that you really don't want to know. A spinal cord injury affects every organ and all the systems of the body. It's not that you're just sitting in a chair, paralyzed. Your skin breaks down, your circulation and **cardiovascular** systems break down and your bone density weakens. I noticed that there was nothing in the manual about people with an injury



cervical vertebra: 颈椎

take exception to:  
对……表示反对或反抗

electrode: 电极

index finger: 食指  
flip out: 突然改变

biceps: 二头肌

higher than the fourth **cervical vertebra**; that was because not enough people lived to make it worth writing about.

【8】I **took exception to** that. I wanted to be in the book! I had a second vertebral injury, which is about as high up the spine as you can get and still live. I remember telling one of the doctors, “My goal here is to make you have to rewrite the book.” Long story short: One day four years later, after all the work I did at rehab, I received a copy of a manual. A new manual.

【9】In those days, doctors didn’t really believe in physical exercise for people with high level injuries like me. I decided that I was going to demand to exercise. This meant electrical stimulation of the muscles so that I wouldn’t lose muscle mass. It meant being put on a special bicycle with **electrodes** so that my legs could get better circulation and I could get a cardiovascular workout. It meant going into a swimming pool, which allowed me to regain movement.

【10】First, I had been told I wouldn’t get any recovery at all. Then they said I might recover a little within six months to a year from the time of my injury. After that, I could forget about it. The year passed, and I decided to keep exercising just for my own sanity, for my own peace of mind. I wanted to embrace rather than fear my situation, even though I hated it. Sometimes you have to embrace things you hate. So, I exercised very hard. Five years after my injury, I suddenly found I could move one finger on my left hand, my left **index finger**. A couple of scientists saw that and **flipped out**. They made me the subject of a study at Washington University in St. Louis. Between 2000 and 2002, I ramped up the exercise, and guess what happened? The movement in my finger spread. Suddenly, I was able to put my foot on someone’s shoulder, bend my knee and push my legs. I was able to use my **biceps** and open my arms all the way, moving them back and forth. I could make a snow angel.

【11】The results of this study were published in December of 2002 in *Science* magazine and in the *Journal of Neurosurgery*. That was a victory for me. More importantly, it proved a theory held by Dr. John McDonald of Washington University that if you get someone with a spinal cord injury moving and exercising as soon as possible, it will help recovery. Energy and memory are actually stored in the spinal cord, and so remaining neural connections can be developed and used. Washington University now has a center for spinal cord injury where, at the moment, 300 patients are recovering by doing the same things I did.

【12】I also tried alternative medicine because I had letters and inquiries from all kinds of healers. I’m sorry to say a number of them were way out