

零起点
英语字帖

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英语基础学习畅销品牌

零起点

漂亮英文 **圆体** 书写速成

进阶



英思特英语学习教研组 编

心灵鸡汤

名人语录

趣味英语

边写边学两兼顾



中国宇航出版社

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致读者

在英语学习中，由于常常重视听、说、读等能力的训练，而忽略书写技能的训练，导致了很多英语学习者其他方面的水平日益提高，书写水平却每况愈下，毫无美感可言；更有甚者，因卷面书写潦草不清而失分。很多教学专家认为，在学习语言之初就应该培养良好的书写习惯，掌握正确的书写方法，所以“写一手好字”已不再是选择性需求，而是必备的基础技能。

基于以上原因，我们为广大零起点英语书写学习群体编写了这样一套字帖，共9本。在编写时，根据学习群体的分布特点我们精心选取了使用非常广泛的3种字体，即简洁的手写印刷体、流畅的斜体和优雅的圆体。其中，手写印刷体适合学龄前儿童及小学生群体练习使用，而斜体和圆体则适合中学生和成人群体练习使用。而且3种字体都分别配有基础入门分册、进阶分册、提高分册，目的就是为了让读者按照由易到难的学习方法，系统有效地逐步掌握3种字体的书写方法。书中没有长篇累牍的抽象理论，而是用最简单直接的语言阐明要点，然后辅助大量练习，让读者用最短的时间、最高效的方法写出一手漂亮潇洒的英文。值得一提的是，本套字帖采用直接描红法和临帖法，使书写更具真实感，便于掌握笔法笔意，从而学到优美字体的精髓。

圆体进阶分册的内容着重于圆体的句子书写练习，其中精选了大量的心灵鸡汤经典语录以及浓缩了先哲智慧精华的名人语录。这些滋润心灵的智慧甘霖在您练习圆体书写的同时带您感悟人生，给予您积极向上的力量，让您自强不息，奋发向上，智慧地面对人生。设计精巧的“趣味英语”小栏目，可以拓宽您的视野和知识面！

写出一手好字，并非一日之功。读者在练习时切忌心浮气躁，急于求成，应该一笔一划认真学习，打好基础，先写好，再写快。愿本书能为广大读者提高英文书写水平助一臂之力，相信您一定可以成为人人称赞的“书法家”。

编者



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心灵鸡汤



请描一描

Perseverance is not a long race; it is

坚持不懈不是一次长跑，而是一次接着一次的短跑。

many short races one after the other.

Perseverance is not a long race; it is

many short races one after the other.

My life didn't please me, so I created

我的生活不曾取悦于我，所以我创造了自己的生活。

my life.

My life didn't please me, so I created

my life.

Nothing can be accomplished without

没有规矩不成方圆。

norms or standards.

Nothing can be accomplished without

norms or standards.

If you weren't my friend, there'd be a

如果没有你这个朋友，我的人生会若有所失。

hole in my life!

If you weren't my friend, there'd be a

hole in my life!

Love means understanding, not

爱是理解，不是妥协。爱是原谅，不是遗忘。

agreement. It means forgiveness, not

forgetting.

Love means understanding, not

agreement. It means forgiveness, not

forgetting.

趣味英语

Ten animals I slam in a net. 我把十只动物一网打尽。

你注意到这句话有什么特别之处了吗？无论从左到右，还是从右到左，字母排列顺序都是一样的，英语中把这种语言现象叫做 Palindromes，即“回文”（指顺读和倒读都一样的词语）。类似的例子还有：Was it a rat I saw?（我刚才看见的是只老鼠？）

Act enthusiastic and you will be

带着激情做事，你就会有激情。

enthusiastic.

Act enthusiastic and you will be

enthusiastic.

Like sunlight, sunset, we appear, we

像日出日落，出现也罢，消失也罢，就算对某些人至关重要，我们依旧是匆匆过客。

disappear. We are so important to some,

but we are just passing through.

Like sunlight, sunset, we appear, we

disappear. We are so important to some,

but we are just passing through.

Whatever happens tomorrow, we've had

无论明天发生什么，我们至少拥有今天。

today.

Whatever happens tomorrow, we've had today.

Life consists not in holding good cards
人生不在于抓到一副好牌，而在于打好你手里的牌。
but in playing those you hold well.

Life consists not in holding good cards
but in playing those you hold well.

Everyone is a moon, and has a dark
每个人都像月亮，都有着不愿示人的一面。
side which he never shows to anybody.

Everyone is a moon, and has a dark
side which he never shows to anybody.

Success is the sum of small efforts,
成功就是日复一日那一点点小小努力的积累。
repeated day in and day out.



Success is the sum of small efforts,
repeated day in and day out.

After climbing a great hill, one only

登上高峰后，你会发现还有更多的山峰要翻越。

finds that there are many more hills to
climb.

After climbing a great hill, one only

finds that there are many more hills to
climb.

A man is not old until his regrets take

只有当遗憾取代了梦想，人才算老。

place of his dreams.

A man is not old until his regrets take

place of his dreams.

Life is like a journey with an

生命就像一次不知目的地的旅行。

unknown destination.

Life is like a journey with an

unknown destination.

I don't want to survive. I want to

我想要的不仅仅是生存，而是生活。

live.

I don't want to survive. I want to

live.

You've got to learn to let go.

你得学会放手。

You've got to learn to let go.

趣味英语

故事发生在秘鲁，一位美国妇女在餐馆里用餐。她问服务员：“Excuse me. Where could I wash my hands?” 服务员把她带到洗手间，可不巧，正有一些工人在粉刷洗手间的墙壁。工人们一看有人要用洗手间，就准备离开。服务员拦住他们，说：“That's Ok. Stay. She only wants to wash her hands.” 在英语里，“wash my hands” 实际上是“上厕所”的委婉说法。那个服务员按照字面意思理解，结果闹了笑话。

We can't plan life. All we can do is

我们不能计划生活，我们只能为生活做好准备。

be available for it.

We can't plan life. All we can do is

be available for it.

It is not enough to be industrious, so

光勤劳是不够的，蚂蚁也是勤劳的。要看你为什么而勤劳。

are the ants. What are you industrious for?

It is not enough to be industrious, so

are the ants. What are you industrious for?

Sometimes you need to look at life

有时候，你需要换个角度看生活。

from a different perspective.

Sometimes you need to look at life

from a different perspective.

Remember to look back upon your

记得常回头看看以前犯的错误，但绝不要为它们感到后悔。

mistakes from time to time, but never

regret them.

Remember to look back upon your

mistakes from time to time, but never

regret them.

It does not matter how slowly you go

前进缓慢没关系，只要你别停下脚步。

as long as you do not stop.

It does not matter how slowly you go

as long as you do not stop.

趣味英语

英国的全称是大不列颠及北爱尔兰联合王国（The United Kingdom of Great Britain and Northern Ireland），简称联合王国，缩写为the U.K.。英国由两个大岛组成，一个是大不列颠，另一个是爱尔兰岛北部。大不列颠由威尔士（Wales）、英格兰（England）和苏格兰（Scotland）三部分组成，其中英格兰面积最大，人口最多，所以人们谈起英国的时候常常称之为England或者Britain。



No one but ourselves can degrade us.

没人能够贬低我们，除非是我们自己。

No one but ourselves can degrade us.

Life is like a hot bath. It feels good

生活就像热水澡，泡着很舒服，但泡得越久，皱纹也就越多。

while you're in it, but the longer you stay

in, the more wrinkled you get.

Life is like a hot bath. It feels good

while you're in it, but the longer you stay

in, the more wrinkled you get.

Life does not have to be perfect to be

精彩的人生不必苛求完美。

wonderful.

Life does not have to be perfect to be

wonderful.

They always say time changes

人们总说时间会改变一切，但事实上，你必须自己去改变一切。

*everything but you actually have to change
it yourself.*

They always say time changes

*everything but you actually have to change
it yourself.*

The beginning is the most important

开始阶段是工作最重要的部分。

part of the work.

The beginning is the most important

part of the work.

Take a few minutes to appreciate what

稍稍沉下心来，欣赏自己拥有的和所完成的。

you have and how far you've come.

Take a few minutes to appreciate what
you have and how far you've come.

Pains make you stronger, tears make
you braver, and heartbreaks make you
带来更好的未来。

wiser. So thank the past for a better future.

Pains make you stronger, tears make
you braver, and heartbreaks make you
wiser. So thank the past for a better future.

If you can do what you do best and
只要能把自己的事做好，并让自己快乐，你就领先于大多数人了。
be happy, you're further along in life than
most people.

If you can do what you do best and

be happy, you're further along in life than
most people.

There's no one I'd rather be than me.

除了我自己，我不愿做任何人。

There's no one I'd rather be than me.

The rough road often leads to the top.

艰难的道路经常通往高处。

The rough road often leads to the top.

The more you know, the more you

你知道的越多，你会发现你不知道的也就越多。

know you don't know.

The more you know, the more you

know you don't know.

All the advantage isn't in running

优势不在于跑得快，而在于起身早。

fast, but rather in getting an early start.