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闫琛 编著



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闫琛 编著



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## 使用指南

本书分为“心灵美文”、“精彩演讲”、“经典重温”、“新鲜时文”和“真题精华”五个部分。选文题材丰富，经典和时新并重；既有脍炙人口、历久弥新的珠玑之作，又有出处、篇幅、难度、题材和体裁与四级阅读真题高度一致的鲜活时文，还有历年阅读真题中可读性、趣味性较强的文章，专为四级考生和英语爱好者量身订制。

所有文章均配有 MP3 录音，由英美专家采用四级实考语速倾情朗读。语音纯正，原汁原味，可边听、边学、边背，提高听力，培养语感，助力写作，一举多得。

加彩色底纹的是编者从文章中精挑细选的精华语句，可用作写作和口语素材。

每篇英文均配有中译文，一举扫清阅读障碍，精准再现文意，告别一知半解！



## Hour in the Sun

### 阳光下的时光

By John H. Bradley

"...I was rich, if not in money, in sunny hours and summer days."

—Henry David Thoreau

When Thoreau wrote that line, he was thinking of the Walden Pond he knew as a boy.

Woodchoppers and the Iron Horse had not yet greatly damaged the beauty of its setting. A boy could go to the pond and lie on his back against the seat of a boat, lazily drifting<sup>1</sup> from shore to shore while the loons (潜鸟) dived<sup>2</sup> and the swallows dipped around him. Thoreau loved to recall<sup>3</sup> such sunny hours and summer days "when idleness was the most attractive and productive business".

I too was a boy in love with a pond, rich in sunny hours and summer days. Sun and summer are still what they always were, but the boy and the pond are changed. The boy, who is now a man, no longer finds much time for idle<sup>4</sup> drifting. The pond has been annexed (兼并) by a great city. The swamps where herons (鹭) once hunted are now drained<sup>5</sup> and filled with houses. The bay where water lilies quietly floated<sup>6</sup> is now a harbor for motor boats. In short, everything that the boy loved no longer exists—except in the man's memory of it.

"……我曾经富有，不在金钱，而在拥有阳光灿烂的日子和炎炎夏日。" ——亨利·戴维·梭罗

写这句话时，梭罗想到的是孩提时代的瓦尔登湖。

当时，伐木者和火车尚未严重破坏瓦尔登湖的美丽景致。小男孩可以到湖塘那儿去，仰卧小舟中，自一岸缓缓漂向另一岸，周遭有潜鸟戏水，燕子轻盈地掠过湖面。梭罗喜欢回忆这样的艳阳天和夏日。“这时，慵懒是最迷人也是最具生产力的事！”

我也曾经是热爱湖塘的小男孩，拥有无数艳阳天和夏日。如今阳光、夏日依旧，男孩和湖塘却已改变。那个男孩已长大成人，不再有那么多的时间泛舟湖上；而湖塘也已为大城市并入。曾有苍鹭觅食的沼泽，如今已枯竭殆尽，盖满了房舍。往日睡莲静静漂浮的湖湾，现已成了汽艇的停泊之地。总之，男孩所热爱的一切都已不复存在——它们只留在这个男人的记忆之中。

“词汇点津”秒杀四级大纲核心词汇和常用超纲词汇；提供全方位的单词记忆和学习方案：词形、音标、词性、中文释义、搭配、真题、例句及译文。

## 词汇点津

### 大纲核心词汇

- ① **admire** /əd'maɪə/ *v.* 欣赏, 观赏; 钦佩, 赞美
- ② **nourish** /'naʊrɪʃ/ *v.* 滋养, 给……营养; 保持, 怀有; 培养(感情、观念或信念)  
**翻译** We need to nourish our hopes and dreams. 我们应该满怀希望和梦想。
- ③ **come to terms with sth.** 接受(不愉快的事); 与某事妥协, 对某事让步
- ④ **limitation** /,lɪmɪ'teɪʃən/ *n.* (某人或某事物的) 局限性, 不足之处; 限制, 制约; 规定  
**搭配** put/place/impose limitations on/upon 对……进行限制
- ⑤ **unrealistic** /ˌʌnrɪə'lɪstɪk/ *adj.* 不切实际的, 不现实的  
**翻译** it is unrealistic to do sth. ……是不切实际的
- ⑥ **condemn** /kən'dem/ *v.* 指责, 谴责; 给……判罪/判刑; 迫使(某人)处于不幸的境地  
**翻译** condemn sb. for doing sth. 因某人做了某事而谴责某人
- ⑦ **disqualified** /dɪs'kwɒlɪfaɪd/ *adj.* 丧失资格的
- ⑧ **brilliance** /'brɪljəns/ *n.* 明亮, 灿烂; 才华
- ⑨ **imperfection** /,ɪmpə'fekʃən/ *n.* 不完美, 有缺点
- ⑩ **appreciate** /ə'pri:ʃieɪt/ *v.* 欣赏, 赏识, 鉴赏; 感激; 理解, 明白  
**翻译** I appreciate being invited to your home. 我感谢你邀请我去你家做客。
- ⑪ **fulfilment** /fʊl'fɪlmənt/ *n.* 满足感; 实现; 履行, 执行  
**翻译** fulfilment of a promise/duty 承诺/义务的履行

### 常用超纲词汇

- incorporate** /ɪn'kɔ:pəreɪt/ *v.* 把……并入
- yearn** /jɜ:n/ *v.* 渴望; 向往
- aspire** /ə'spaɪə/ *v.* 渴望, 追求
- rejoice** /rɪ'dʒɔɪs/ *v.* 喜悦

“词汇点津”栏目的两类词汇在英文原文中是用不同版式体现的, 方便读者快速定位: 大纲核心词汇对应文中的着色词汇, 数字序号是定位线索; 常用超纲词汇对应文中的粗体词汇。

Those who truly **treasure** the past will not bemoan (惋惜) the passing of the good old days, because days remembered in memory are never lost. Death itself is powerless to still a remembered voice or **erase** a remembered smile. And for one boy who is now a man, there is a pond which neither time nor tide can change, where he can still spend a quiet hour in the sun.

真正珍惜过去的人, 不会惋惜旧日美好时光的逝去, 因为藏于记忆中的时光永不流逝。死亡本身无力止住记忆中的声音, 或抹去记忆中的微笑。对现已长大的那个男孩来说, 总会有一个池塘不会因时间和潮汐而改变, 可以让他继续在阳光下享受静谧的时光。

“背景链接”采撷和拓展与文章主题相关的英美社会文化知识。

#### 难句解析

And for one boy who is now a man, there is a pond which neither time nor tide can change, where he can still spend a quiet hour in the sun.

本句的核心是一个 where 引导的定语从句。其中包含一个 who 引导的定语从句。there is a pond 后面 which 和 where 引导的定语从句修饰。有一句英语谚语就是 Time and tide wait for no man. (时不我待。) 人们常用 time and tide 这对押韵词来表达对时光易逝的感慨。

#### 背景链接

梭罗曾说，瓦尔登湖是神的一滴眼泪。这里的湖水清澈见底，可以看到湖水中的草、游动的鱼和在水底中静卧不动的石头，湖水充满了倒影。本文作者约翰·H. 布拉德利 (John H. Bradley, 1915-1970) 是 19 世纪美国著名专栏作家、评论家、文学家，著有散文集《幸福时光》等。本文体现了《瓦尔登湖》对后人思想的深远影响。

“难句解析”点评文章中结构复杂的长难句，助你练就“拆句”真本领。英文原句与相应的中译文在文中用灰色底纹标出。

读累了吧？看看“开怀一笑”里的经典笑话，轻松一下吧！

#### 开怀一笑

Julie was saying her bedtime prayers. "Please God," she said, "Make Naples the capital of Italy. Make Naples the capital of Italy." Her mother interrupted and said, "Julie, why do you want God to make Naples the capital of Italy?" And Julie replied, "Because that's what I put in my geography exam!"

## Unit 1 心灵美文

- |   |    |                |
|---|----|----------------|
| 01 Happiness Is a Journey                 | 2  | 幸福是个过程         |
| 02 The Art of Forgiveness                 | 5  | 宽恕的艺术          |
| 03 Like Yourself More                     | 8  | 喜欢自己多一点        |
| 04 The Wholeness of Life                  | 11 | 人生的完整          |
| 05 Mirror, Mirror—What Do I See           | 15 | 镜子, 镜子, 告诉我    |
| 06 The Rose Within                        | 19 | 内心深处的玫瑰        |
| 07 Everything Is Everything               | 22 | 一切就是一切         |
| 08 What Are the “Big Rocks” in Your Life? | 26 | 什么是你生命中的“大石头”? |
| 09 The Road to Happiness (Excerpts)       | 29 | 幸福之道 (节选)      |
| 10 The Melody of Life                     | 32 | 生命的乐章          |
| 11 Hour in the Sun                        | 35 | 阳光下的时光         |
| 12 Clear Your Mental Space                | 38 | 清理心灵空间         |
| 13 The Two Roads                          | 41 | 两条道路           |
| 14 The Hospital Window                    | 44 | 医院的窗户          |
| 15 Free to Soar                           | 47 | 自由翱翔           |
| 16 Treat Everyday Life Positively         | 50 | 积极对待每一天        |

## Unit 2 精彩演讲

- |   |    |                       |
|---|----|-----------------------|
| 01 I Have a Dream (Excerpts)                                      | 54 | 我有一个梦想 (节选)           |
| 02 Unleashing the Power of Creativity and Intelligence (Excerpts) | 57 | 释放你的创造力和<br>聪明才智 (节选) |
| 03 The Gettysburg Address   | 61 | 葛底斯堡演说                |
| 04 Inaugural Speech by Nelson Mandela (Excerpts)                  | 64 | 纳尔逊·曼德拉的就职演说 (节选)     |
| 05 Blood, Toil, Tears and Sweat                                   | 68 | 热血、辛劳、眼泪和汗水           |



- 06 Franklin D. Roosevelt: First Inaugural Address (Excerpts) 71 富兰克林·罗斯福的首次就职演说 (节选)
- 07 William Faulkner: Nobel Prize Acceptance Speech (Excerpts) 74 威廉·福克纳的诺贝尔奖获奖致辞 (节选)
- 08 The Road to Success 77 成功之路
- 09 The Fringe Benefits of Failure, and the Importance of Imagination (Excerpts) 80 失败的好处和想象力的重要性 (节选)
- 10 The Flame of French Resistance (Excerpts) 84 法国抗战的烽火 (节选)

### Unit 3 经典重温

- 01 What I Have Lived for? 89 我为何而生?
- 02 On Affection 92 论爱
- 03 Of Studies (Excerpts) 95 论读书 (节选)
- 04 Born to Win (Excerpts) 98 生而为赢 (节选)
- 05 Solitude (Excerpts) 101 独处 (节选)
- 06 Smile (Excerpts) 104 微笑 (节选)
- 07 Youth 107 青春
- 08 A Free Man's Worship (Excerpts) 109 自由人的信仰 (节选)
- 09 On Peace of Mind 112 论内心的宁静
- 10 How to Grow Old (Excerpts) 115 如何步入老年 (节选)

### Unit 4 新鲜时文

- 01 What Pets Can Teach Us About Marriage 119 宠物给我们的关于婚姻的启示
- 02 The Real Avatar: Body Transfer Turns Men into Girls 122 真正的化身: 身体转换将男人变成女孩

- 03 Unconscious Purchasing Urges Revealed by Brain Scans 126 脑部扫描揭示人类无意识的购买欲
- 04 For Women, Beauty Isn't Always an Advantage 129 女人,美貌不能走遍天下
- 05 The Discovery of Energy 132 发现能量
- 06 Friends Are Worth More than a New Ferrari 135 朋友比法拉利价更高
- 07 Can Exercise Make Kids Smarter? 138 体育锻炼能让孩子变得更聪明吗?
- 08 We Need New Teaching Methods 141 我们需要新的教学方法
- 09 Brain Games Played on Computer or Video Game Systems Don't Actually Make You Smarter 143 “益智”类电脑或视频游戏不能真正使你更聪明
- 10 Obesity Costs Women More, Study Finds 145 研究表明:肥胖给女性造成的损失更大
- 11 DNA Helps Catch Poachers 147 DNA 帮助捕获偷猎者
- 12 The Mathematical Marriage Predictor 149 婚姻预测方程式
- 13 A Simple Yet Radical Way to Save the Tigers 152 拯救老虎:一个简单却根本的方法
- 14 Vitamin C May Boost Mood in Acute Care Patients 155 维生素 C 可以改善急诊护理病人的情绪
- 15 Do We Need \$75,000 a Year to Be Happy? 158 年收入 7.5 万美元才能幸福吗?
- 16 Two New Dinosaur Species Discovered in Utah 161 美国犹他州发现两个恐龙新物种
- 17 When Good Sleep Habits Aren't Enough 164 良好的睡眠习惯都不管用,时怎么办?
- 18 Solar Powered Cars 167 太阳能汽车
- 19 Do Other Animals Besides Humans Cry? 170 动物也会哭吗?
- 20 The Tax-cut Deal 172 减税协议
- 21 Techies as the Person of the Year Are Rare 175 科技精英被评为年度人物实属罕见
- 22 What Makes Us Happy? 178 幸福从哪里来?

- 23 Global Celebrity Culture Is Fuelling 181 心理学家警告：全球名人文化  
Our Crippling “Fear of Insignificance”, 加重世人“卑微之忧”  
Warns Psychologist
- 24 Ups and Downs of Love 184 爱情与体重

## Unit 5 真题精华

- 01 Michelle Obama 189 米歇尔·奥巴马
- 02 A Strand of Hair 192 一缕头发
- 03 Privacy in the Internet Era 195 网络时代的隐私
- 04 Women Tend to Live Longer than Men 198 女性往往比男性长寿
- 05 How to Write 201 如何写作
- 06 Bottled Water 204 瓶装水
- 07 Different Ways of Communicating 207 不同的交流方式
- 08 Modern Technologies Make Life 210 现代技术使偷车贼的日子  
Harder for Car Thieves 越来越难过
- 09 The Black Box 212 黑匣子
- 10 Giving Kids Space 215 给孩子空间
- 11 Recruiting Abroad 218 面向海外招聘人才
- 12 The Fate of the Automotive Sector 221 汽车行业的命运
- 13 Global Warming 224 全球变暖
- 14 How to Say Sorry 227 如何说对不起

Happiness is a Journey

幸福是个过程

We never continue to get the first  
the will be better than we get second.  
have a baby, then another. Then we  
are finished, but the first isn't old  
enough and we'll be more or less when  
they are. After that we're finished for  
we have technology to deal with. We will  
certainly be happy when they are out of  
that stage.

We always tell ourselves that our  
life will be complete when our spouse  
gets her or her out together, when we  
get a child, and when we're on a  
vacation. But when we're in the  
middle of the one, then another,  
we're not in the one, then another.

It's not the first, the second, the third,  
the fourth, the fifth, the sixth, the seventh,  
the eighth, the ninth, the tenth, the eleventh,  
the twelfth, the thirteenth, the fourteenth,  
the fifteenth, the sixteenth, the seventeenth,  
the eighteenth, the nineteenth, the twentieth,  
the twenty-first, the twenty-second, the twenty-third,  
the twenty-fourth, the twenty-fifth, the twenty-sixth,  
the twenty-seventh, the twenty-eighth, the twenty-ninth,  
the thirtieth, the thirty-first, the thirty-second, the thirty-third,  
the thirty-fourth, the thirty-fifth, the thirty-sixth, the thirty-seventh,  
the thirty-eighth, the thirty-ninth, the fortieth, the forty-first, the forty-second,  
the forty-third, the forty-fourth, the forty-fifth, the forty-sixth, the forty-seventh,  
the forty-eighth, the forty-ninth, the fiftieth, the fifty-first, the fifty-second, the fifty-third,  
the fifty-fourth, the fifty-fifth, the fifty-sixth, the fifty-seventh, the fifty-eighth, the fifty-ninth,  
the sixtieth, the sixty-first, the sixty-second, the sixty-third, the sixty-fourth, the sixty-fifth,  
the sixty-sixth, the sixty-seventh, the sixty-eighth, the sixty-ninth, the seventieth, the seventy-first,  
the seventy-second, the seventy-third, the seventy-fourth, the seventy-fifth, the seventy-sixth,  
the seventy-seventh, the seventy-eighth, the seventy-ninth, the eightieth, the eighty-first, the eighty-second,  
the eighty-third, the eighty-fourth, the eighty-fifth, the eighty-sixth, the eighty-seventh, the eighty-eighth,  
the eighty-ninth, the ninetieth, the ninety-first, the ninety-second, the ninety-third, the ninety-fourth,  
the ninety-fifth, the ninety-sixth, the ninety-seventh, the ninety-eighth, the ninety-ninth, the hundredth.

# Unit 1

## 心灵美文

It's not the first, the second, the third,  
the fourth, the fifth, the sixth, the seventh,  
the eighth, the ninth, the tenth, the eleventh,  
the twelfth, the thirteenth, the fourteenth,  
the fifteenth, the sixteenth, the seventeenth,  
the eighteenth, the nineteenth, the twentieth,  
the twenty-first, the twenty-second, the twenty-third,  
the twenty-fourth, the twenty-fifth, the twenty-sixth,  
the twenty-seventh, the twenty-eighth, the twenty-ninth,  
the thirtieth, the thirty-first, the thirty-second, the thirty-third,  
the thirty-fourth, the thirty-fifth, the thirty-sixth, the thirty-seventh,  
the thirty-eighth, the thirty-ninth, the fortieth, the forty-first, the forty-second,  
the forty-third, the forty-fourth, the forty-fifth, the forty-sixth, the forty-seventh,  
the forty-eighth, the forty-ninth, the fiftieth, the fifty-first, the fifty-second, the fifty-third,  
the fifty-fourth, the fifty-fifth, the fifty-sixth, the fifty-seventh, the fifty-eighth, the fifty-ninth,  
the sixtieth, the sixty-first, the sixty-second, the sixty-third, the sixty-fourth, the sixty-fifth,  
the sixty-sixth, the sixty-seventh, the sixty-eighth, the sixty-ninth, the seventieth, the seventy-first,  
the seventy-second, the seventy-third, the seventy-fourth, the seventy-fifth, the seventy-sixth,  
the seventy-seventh, the seventy-eighth, the seventy-ninth, the eightieth, the eighty-first, the eighty-second,  
the eighty-third, the eighty-fourth, the eighty-fifth, the eighty-sixth, the eighty-seventh, the eighty-eighth,  
the eighty-ninth, the ninetieth, the ninety-first, the ninety-second, the ninety-third, the ninety-fourth,  
the ninety-fifth, the ninety-sixth, the ninety-seventh, the ninety-eighth, the ninety-ninth, the hundredth.

# Happiness Is a Journey

## 幸福是个过程

We always **convince**<sup>1</sup> ourselves that life will be better after we get married, have a baby, then another. Then we are **frustrated**<sup>2</sup> that the kids aren't old enough and we'll be more content when they are. After that we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage.

We always tell ourselves that our life will be complete when our **spouse**<sup>3</sup> gets his or her **act together**<sup>4</sup>, when we get a nicer car, and are able to go on a nice vacation, when we retire. The truth is, there's no better time than right now. If not now, when? Our life will always be filled with challenges. It's best to **admit**<sup>5</sup> this to ourselves and decide to be happy anyway.

One of my favorite **quotes**<sup>6</sup> comes from Alfred Souza. He said, "For a long time it seemed to me that life was about to begin—real life. But there was always some **obstacle**<sup>7</sup> in the way, something to be gotten through first, some unfinished business, time still to be served or a debt to be paid. Then life would begin. At last it **dawned on me**<sup>8</sup> that these obstacles were my life." This **perspective**<sup>9</sup> has

我们总是试图让自己相信：结婚后日子就会好起来、生子后日子会过得更加舒心些，如此等等。然后我们又被那些小鬼的不懂事弄得不顺心，以为当他们长大以后，情况会好些。等孩子到了青春期，我们又因不知道如何处理他们的问题而感到沮丧。我们都深信当他们过了那个年龄段，事情就会有转机。

我们总是对自己说，等另一半努力上进时，等我们拥有更好的车、能去愉快地度假时，等我们退休后，我们的人生就会圆满。可事实上，再也没有比当下更好的时光了。如果不是此时，那还更待何时呢？我们的人生总是充满各种挑战。无论如何，你我最好承认这一点，然后下决心快乐起来。

我很欣赏艾尔弗雷德·苏泽的一段话。他说：“长期以来，我总感觉真正的生活就要开始了。但是前面总有某种障碍拦在那里，一些必须先处理的事情，一些未完成的工作，还要付出的时间或待还的欠款。（当这些事都解决后，）真正的生活就会开始了。最后我终于领悟到，这些障碍本身就构成了我的生活。”这样的想法使我认识到：没有通往幸福的

helped me to see that there is no way to happiness. Happiness is the way. So treasure<sup>10</sup> every moment that you have. And treasure it more because you shared it with someone special, special enough to spend your time with...

Remember that time waits for no one. So, stop waiting until you finish school, until you go back to school, until you have kids, until your kids leave the house, until you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until winter, until you die, until you are born again to decide that there is no better time than right now to be happy.

Happiness is a journey, not a destination<sup>11</sup>. So, work like you don't need money. Love like you've never been hurt. Dance like no one's watching.

道路，因为幸福的本身就是路。所以，珍惜你现在拥有的每一分每一秒。珍惜眼前的时光，因为你与生命中特殊的人共度，因为特殊，你才花时间跟他们在一起……

要牢记，时不我待。所以，莫等到毕业之后、重返校园之时再去等待幸福；莫等到膝下有子、莫等到子女离家去外闯荡、莫等到有了新车或新居、莫等到付清车款或房款、莫等到冬去春来年复一年、莫等到老去、莫等到再世为人才认识到人生本是“莫待来日，及时行乐”。

幸福就是一个过程，而非终点。所以，工作吧，如同不需要金钱一样。去爱吧，如同从未受过伤害一样。跳舞吧，如同没有人欣赏一样。

## 词汇点津

### 大纲核心词汇

① **convince** /kən'vɪns/ *v.* 使确信；使信服；说服

**搭配** convince sb. of sth. 使某人相信某事

② **frustrated** /frʌ'streɪtɪd/ *adj.* 懊恼的，沮丧的

③ **spouse** /spaʊs/ *n.* 配偶

④ **get one's act together** 更有条理

些，加把劲

⑤ **admit** /əd'mɪt/ *v.* (勉强) 承认，赞同；允许……进入；允许……加入，接纳

**搭配** admit sb./sth. into/to... 许可某人/某物进入……

⑥ **quote** /kwəʊt/ *n.* 引语；引用；报价单

⑦ **obstacle** /'ɒbstəkl/ *n.* 障碍, 阻碍, 妨碍; 障碍物

**搭配** put/place obstacles in the way (of sth.) (给某事) 设置障碍

⑧ **dawn on sb.** 开始明白 (某个事实), 醒悟

**例句** It dawned on me that Joe had been right all along. 我开始明白乔一直都是对的。

⑨ **perspective** /pə'spektɪv/ *n.* (思考问题的) 角度, 观点, 想法; 正确

认识; 远景

**真题** We must start looking at water from a fresh economic **perspective**. 我们必须开始从一个全新的经济学角度来看待水。

⑩ **treasure** /'treʒə/ *v.* 珍惜; 珍藏; 珍视

⑪ **destination** /,destɪ'neɪʃən/ *n.* 目的地, 终点

**搭配** holiday/tourist destination 旅游胜地

## 难句解析

But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served or a debt to be paid.

本句的核心是 there be 结构。something to be gotten through first, some unfinished business, time still to be served 和 a debt to be paid 是四个并列的名词性短语, 其中的几个不定式分别做后置定语修饰其前面的不定代词或名词。

## 开怀一笑

John failed the exam. His friend asked, "Why did you get such a low grade?" "Because of an absence," John answered. "You mean you were absent on the day of the test?" "No, but the kid who sits next to me was."

# The Art of Forgiveness

## 宽恕的艺术

By Christine Many Luff

To **forgive**<sup>1</sup> may be **divine**, but no one ever said it was easy. When someone has deeply hurt you, it can be extremely difficult to **let go of**<sup>2</sup> your **grudge** (怨恨). But forgiveness is possible—and it can be surprisingly beneficial to your physical and mental health.

“People who forgive show **less depression**<sup>3</sup>, **anger and stress and more hopefulness**,” says Frederic Luskin, Ph.D., “So it can help **save on the wear and tear**<sup>4</sup> on our organs, **reduce the wearing out**<sup>5</sup> of the **immune**<sup>6</sup> system and allow people to feel more **vital**<sup>7</sup>.”

So how do you start the healing? Try following these steps:

**Calm yourself.** To **defuse** (平息) your anger, try a simple stress-management technique. “Take a couple of breaths and think of something that gives you pleasure: a beautiful scene in nature, someone you love,” Luskin says.

**Don't wait for an apology.** “Many times the person who hurt you has **no intention**<sup>8</sup> of **apologizing**,” Luskin says. “They may have wanted to hurt you or they just don't see things the same way. So if you wait for people to apologize, you could be waiting

宽恕或许是一件神圣的事，但决不是一件容易的事。如果有人曾深深地伤害过你，要你不计前嫌，绝非易事。但我们还是可以宽恕别人的，而令人意外的是，宽恕别人对自己的身心健康都有好处。

“懂得宽恕的人不但轻松愉快，少生烦恼，而且充满希望。这样一来，我们可以减轻器官和免疫系统的磨损，从而更有活力。”弗雷德里克·拉斯金博士这样说道。

那么怎样才能做到呢？试试以下几个步骤：

**保持冷静。**用一个简单的减压技巧来平息自己的怒火。“吸几口气，然后想想那些让你愉快的事情，比如大自然的美丽景色，或者你深爱的人。”拉斯金博士说。

**不要等着别人来道歉。**拉斯金说：“很多时候伤害了你的人并没打算向你道歉。也许他们就是想伤害你，或者不觉得是在伤害你。如果你非要等他来道歉，你会等到‘天荒地老’的。”



an awfully long time.” Keep in mind that forgiveness does not necessarily mean **reconciliation** with the person who upset you or condoning (原谅) of his or her action.

Take the control away from your offender. Mentally replaying your hurt gives power to the person who caused you pain. “Instead of focusing on your wounded feelings, learn to look for the love, beauty and kindness around you,” Luskin says.

Try to see things from the other person's perspective. If you empathize (有同感) with that person, you may realize that he or she was acting out of **ignorance**<sup>9</sup>, fear—even love. To gain perspective, you may want to write a letter to yourself from your offender's point of view.

Recognize the benefits of forgiveness. Research has shown that people who forgive report more energy, better **appetite**<sup>10</sup> and better sleep patterns.

Don't forget to forgive yourself. “For some people, forgiving themselves is the **biggest challenge**,” Luskin says. “But it can rob you of your self-confidence if you don't do it.”

要记住，宽恕并不一定意味着要与那个让你生气的人重归于好，也不意味着要原谅那个人的所作所为。

将注意力从伤害你的人身上移开。如果你的脑海里一直重复着你所受的伤害，就会使那个让你痛苦的人更加嚣张。“与其沉浸在受伤的情感中无法自拔，不如试着寻找身边的爱、美和善。”拉斯金博士说。

换位思考一下看看。如果你能与对方产生同感，也许你就会明白他或是出于无知、恐惧甚至是爱，才这样做的。要认清这一点，你可以站在对方的角度给自己写封信。

要认识到宽恕的益处。研究表明，懂得宽恕的人更具活力，更有胃口，而且睡得更香。

别忘了还要宽恕自己。“对某些人来说，最大的挑战是宽恕自己。可如果你不去接受这个挑战，它就会让你失去信心。”拉斯金博士说。

## 词汇点津

### 大纲核心词汇

① **forgive** /fə'gɪv/ v. 宽恕；原谅

② **let go of** 放手，松开

③ **depression** /dɪ'preʃən/ n. 忧伤，

消沉，沮丧；抑郁症；经济萧条期

搭配 **economic depression** 经济萧条

④ **wear and tear** (正常使用造成的)