



Wonderful
Essays for **TEM-4**
英语专业四级
题源美文 (押题版)

考神团队^过

考神团队
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同“考神”一起“剿灭”专四考试

中央广播电视大学出版社



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(押题版)

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图书在版编目(CIP)数据

英语专业四级题源美文;押题版 / 赵建昆主编. —北京:
中央广播电视大学出版社, 2014.11
ISBN 978-7-304-06803-5

I. ①英… II. ①赵… III. ①大学英语水平考试-阅读
教学-自学参考资料 IV. ①H319.4

中国版本图书馆 CIP 数据核字(2014)第 247918 号

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出版·发行:中央广播电视大学出版社

电话:营销中心 010-66490011

总编室 010-68182524

网址: <http://www.crtvup.com.cn>

地址:北京市海淀区西四环中路 45 号 邮编:100039

经销:新华书店北京发行所

策划统筹:李 朔

策划编辑:许 岚

责任编辑:赵 洋

责任校对:李 欣

责任印制:赵连生

印刷:北京云浩印刷有限责任公司

版本:2014 年 11 月第 1 版

2014 年 11 月第 1 次印刷

开本:146mm×210mm

印张:6.75 字数:395 千字

书号:ISBN 978-7-304-06803-5

定价:16.00 元

(如有缺页或倒装,本社负责退换)

前言

Preface



英语专业四级考试包括听力、阅读、语法词汇和写作。除听力外,大部分内容都与读写及词汇相关。而在英语专业四级的考场上,精准定位阅读的所有出题点,就是完成了整场考试的惊天逆转;在语法词汇题目中畅行无阻,就等于成功了一半;写好一篇作文,感觉就像完成了一次惊天扣篮。但是,在考场上发生的这一切,又如何在大四这个“多事之年”实现呢?

我们的建议是,为了能够以高分通过英语专业四级考试,你需要从大一就开始进行基础硬实力的训练。

由考神团队精心编撰的《英语专业四级题源美文(押题版)》一书,涵盖了让考生阅读时并不枯燥的励志美文、历年真题美文、英美报刊美文及常用主题词汇四个部分。

《英语专业四级题源美文(押题版)》适合具有以下目标的考生:

1. 欲在考场写出高分作文的考生

写作中所有创新的、独特的东西,都是在阅读中积累而成的,这些练习是枯燥与快乐并存的。陶渊明说:“勤学如春起之苗,不见其增,日有所长;辍学如磨刀之石,不见其损,日有所亏。”此言不虚。英语专业四级考试的写作包括大小作文两部分,大作文对考生要求很高,需要文采。本书不仅有适合考生汲取例证论据的美文,还包括可以汲取精美语言点的名作摘选。仔细品读,细心练习,写作面貌会焕然一新。

2. 欲在考场突破阅读的考生

阅读的分数在英语专业四级考试总分中占 20%,而且阅读时间紧、任务重。本书涉及历年英语专业四级考试的真题阅读文章,针对原文提供了全部译文,是精读的最佳助手。励志美文和英美报刊美文可供考生进行泛读使用,用以提高阅读速度,丰富知识面。

3. 欲进一步扩展词汇量的考生

语法词汇题是英语专业四级考试的特色和难点所在。本书附有英语专业四级考试高级词汇列表,以供考生背诵。此部分由考神团队精挑细选,囊括了写作、阅读及语法词汇中涉及的真题考点词汇,是英语专业四级考生扩充词汇量的不二选择。

英语专业四级考试是对英语专业实力的检测,更可为两年后的英语专业八级测试打下基础,大家在学习和使用书籍的同时,再来听听考神团队独步天下的英语专业四级考试辅导课程,一定会事半功倍。

如果你对本书有任何建议与心得,请与考神团队取得联系。

你可以通过新浪微博及公共微信中的以下名字,轻松找到我们:

@建昆老师 @曲根老师 @老师王菲 以及 @考神团队

同学们,从现在开始,和考神团队一起,“剿灭”英语专业四级考试吧!

建昆老师 & 王菲老师

2014 年秋于北京

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第一章

励志美文



Passage 1 Don't Give Up 不言放弃

文章导读

生活对于我们而言,恒久而又执着。希望是命运的星辰,只要心中永不放弃,生命的潮头终会扬起绿色的风帆。年轻的我们,拥有的是花一般的年龄。人生的渡口,有我们的坚强,我们的执着,我们的纯真,我们的可爱。我们时常在攀高的路上摔倒,甚至从半山腰滚下去,但我们不哭,因为山还在,我们的青春和激情还在。

If we would ever **accomplish** anything in life, let us not forget that we must **persevere**. If we would learn our lessons in school, we must be **diligent** and not give up whenever we come to anything difficult. We shall find many of our lessons very hard, but let us consider that the harder they are the better they will do us if we will persevere and learn them thoroughly.

But there are some among us who are ready to give up when they come to hard example in mathematics, and say, "I can't do this." They never will if they feel so. "I can't" never does anything worthwhile; but "I'll try" accomplishes wonders. Let us remember that we shall meet with difficulties all through life. They are in the pathway of everyone. If we will only try and keep trying, we shall be sure to **conquer** and overcome every difficulty we meet. If we

不要忘记,在人生的道路上,要想做成什么事,我们必须持之以恒。如果我们想在学校里学好功课,我们就得勤奋,任何时候遇到难题都不要放弃。我们会发现,许多功课非常难,但要知道,功课越难,将来对我们的好处越大,只要我们能持之以恒,完全弄懂。

不过,我们当中还有一些人,一遇到数学难题就轻易放弃,并会说:“这道题我做不出来。”如果他们这么认为,那么他们就永远也做不出来。那些常说“我不能”的人永远也干不成任何有价值的事;而把“我会努力”挂在嘴边的人,则可以创造奇迹。让我们记住,在我们的一生中,总要遇到各种难题。这些难题就横在每个人的人生道路上。只要 we 肯努力,并不断地努力,我们就一定会征服我们遇到的每一个困难。假如我们今天遇到一门很难的功课,让我们竭力弄懂

have a hard lesson today, let us **strive** to learn it well and then we shall be prepared for a harder one tomorrow. And if we learn to **master** hard lessons in school, it will prepare us to overcome the hard things that we shall meet in life, when our school days are over.

词汇注释

accomplish /ə'kʌmplɪʃ/ *vt.* 完成, 达到

conquer /'kɒŋkə/ *v.* ① 征服, 占领 ② 克服, 改正(恶习等)

diligent /'dɪlɪdʒənt/ *adj.* 勤勉的

master /'mɑːstə/ *n.* ① 主人, 雇主 ② 能手, 大师 ③ 硕士 ④ 指挥者 *vt.* ① 掌握, 精通

② 控制, 征服

persevere /ˌpɜːsɪ'veɪə(r)/ *vi.* 坚持不懈, 锲而不舍

strive /straɪv/ *v.* ① 抗争, 搏斗 ② 勤勉, 努力

Passage 2 Things to Do Before I Die 死之前我要做的事情

文章导读

只有一条路不能选择,那就是放弃的路;只有一条路不能拒绝,那就是成长的路。人生最大的快乐不在于占有什么,而在于追求什么的过程。

If you want to know what's really important to you, make a **list**. A few weeks ago I followed a friend into an art-supply store and found him picking out tubes of water-color paint which surprised me because he's not an artist. "I signed up for a water-color class, and it starts next week," he said sheepishly. "I don't really have time for it, but it was on my list of 50 things to do before I did, so I went for it."

This sounded interesting. "What else is on the list?" I asked.

如果你想知道哪些对于你是真正重要的,那么你可以列一个清单。几个星期以前,我跟随一位朋友进了一家艺术用品商店。看到他选了一些管装水彩颜料,我很吃惊,因为他不是搞艺术的。“我报名参加了一个水彩画班,下个星期就要开课了,”他不好意思地说,“说实在的,我没有时间参加这个班。但是,这是在死之前我要做的 50 件事清单中的一件。因此,我才去报了名。”

这听起来很有趣。于是,我便问道:“清单上还列着别的什么事呢?”

"All kinds of things," he said. "Every few months I look at the list and decide what to **focus** on next. Before I had the list, I **moaned** a lot about what I was missing in my life. Now I just do **stuff**."

"Can I see your list sometime?" I asked.

"I don't know," he said. "It **reveals** a lot about me. Write your own list, and you'll see what I mean."

So that night I did just that, and he was right: The list revealed a whole lot about what was important to me. It also revealed how hopelessly behind I am at getting to the things I really want.

Just writing the list helped me **sort** through priorities. I filled up the first 20 **blanks** quickly, but then began to think carefully. Eventually I **added** items I've thought about for years, dreams I've carried with me since I was young, and things that resonated when I first heard about them. When I reviewed the list later, some entities surprised me.

First, I want to travel much more, particularly now that my children are older and can go with me to see the world. There are ten trips I would like to make with the boys from biking through Denmark to camping in the Canadian Rockies. I also was surprised to find some things on the list that need to be done soon. If I'm going to learn to Rollerblade for instance, I'd better start before I turn 50. Some items, though, I can put off until I'm older. I would love to grow flowers, to really garden, but while I'm raising kids and working, I don't have time for roses.

I would love to **volunteer** work in a hospital nursery someday, rocking crying infants and giving them their first baths. I would like to work with teenagers, **leading** youth groups or

"有各种各样的事情,"他说。"每隔几个月我都要看看那个清单,以便决定下几个月集中精力做什么。在没有列这个清单之前,我总是抱怨生活中正在失去的东西。而现在,我只是按计划做事。"

"什么时候能让我看一看你的清单?"我问他。

"不好意思,"他答道,"这个清单暴露了我许多隐私。还是列出你自己的清单吧,这样你就会明白我的意思了。"

于是,就在那天晚上,我列出了我的清单,而且,事实证明我的朋友是对的。这个清单清楚显示出了什么事情对我很重要,也反映出我在做自己想做的事情方面是多么令人沮丧地落后了。

只是列这个清单就已经帮助我把自己要优先做的事情做好排序。我迅速地填好前面的20个空,但后来我就开始仔细思索起来。最终,我又加上想了好些年的事情,那些从年轻时起就一直陪伴着我的那些梦想,那些我初次听说时就引起我共鸣的事情。后来,当我重新审视这个表时,其中的一些内容让我吃惊。

首先,我想进行更多的旅行,尤其是现在我的孩子们长大了,是可以跟着我去看世界的时候了。我愿与男孩子们一起进行10次旅行,包括骑车漫游丹麦,去加拿大的落基山去野营。我也同样惊奇地发现,清单上有些事情要马上去做。比如,要去学溜冰,我最好在50岁以前开始学。然而,有些事情可以推迟到我年纪大点再做,我想种花,真的投身其中,可是现在我一边养儿育女一边上班,根本没有时间去看护玫瑰花。

将来有一天,我愿意到医院的保育室做些志愿工作,为哭泣的婴儿摇摇篮,为他们洗第一次澡。我将愿意与青少年们共事,领导青年团或到当地的学校去帮忙。但是,如

helping at the local school. If I'm going to do these, though, I may need to reconsider running the bake sale for the school fair each year.

A few of the items are intimidating because they mean a serious commitment of some sort. I would like to publish a novel before I die, and I would like to get a Ph. D. in English literature. I also would like to learn to draw and play piano with a **string** quartet. If I'm going to accomplish these things, I need to start writing everyday and polishing my piano skills.

I may not make it through the list. Some thing may just be out of reach, such as New Zealand, and others ultimately may not work with the rest of my life, such as owning a horse. Yet I see that I already have built the framework for many of these pipe dreams and that if I make them goals today, there is no reason I can't find a way to taste at least part of that reality tomorrow.

Like my friend, I now have an alternative to **complaining**. When I'm **bored** with my life, I take out my list. Maybe I'll send off for travel brochures or take my pencils out in the backyard and doodle for an hour, trying to **sketch** trees that look like trees.

I have no idea how the boys and I will get to Africa, but if it's important enough, we'll find a way. I might become a nature writer and get sent on assignment, or maybe we'll just save our money till we have enough.

I had a cousin who accomplished an amazing string of interesting things. She told me the key was preparing so that life could work in mysterious ways. "If you want your ship to come in, you must build a dock." She said.

Thanks to my list, I'm working on some big docks.

果要去做这些事情,我或许得重新考虑每年为学校义卖市场经营面包销售的事情了。

有几件事情颇为吓人,因为这些事情可以说是一种庄重的承诺。在死之前,我想出版一部小说,想获得英国文学博士学位。我也想学会绘画和在弦乐四重奏中弹钢琴。如果我想完成这些事情,我就需要每天坚持写作,并且修炼我的钢琴技巧。

或许,我不能全部完成清单上所列的事情。有些事情本身或许就可望不可即,比如到新西兰去旅游;而另一些事情最终与我的余生可能会不协调,比如拥有一匹马。然而,我明白我已经为许多这样的白日梦构建了框架,而且,我明白如果我把它定为今日的目标,那么,就没有理由认为,明天我不能找到一种途径去体验其中至少一部分事情。

就像我的朋友一样,我现在有了一种代替抱怨的东西。当我对生活感到厌倦时,我就拿出我的清单。或许我会写信索取旅行手册,或者拿出铅笔到后院去心不在焉地乱涂乱画一个小时,试图画出看上去像树的速写。

我不知道我和男孩子们如何到非洲去,但是,如果这件事是足够重要,我们会想办法去实现的。或许我会成为一位自然作家而被派去;或许我们会开始攒钱,直到拥有足够的钱再去。

我有一位表妹,她成功地完成了一系列让人惊讶的有趣的事情。她告诉我关键是要做好准备,这样生活就会以一种神秘的方式运转。她说:"如果你想让船靠岸,那么你就必须建一座码头。"

感谢这张清单,由于有了它,我正在建造一些大型的码头。

词汇注释

add /æd/ *v.* 加, 增加

blank /blæŋk/ *adj.* / *v.* 空白的 without writing or print

bore /bɔ:/ *v.* ①使烦扰 ②钻孔 ③令人厌烦
n. ①孔, 口径 ②令人厌烦的人 ③激浪 ④枪膛

complain /kəm'pleɪn/ *v.* ①抱怨 ②控告

【词组】complain about 抱怨

【报刊例句】America's allies complain that U. S. spymasters place too much faith in gizmos and not enough on good, old-fashioned agents. 译文: 美国的盟友们抱怨美国间谍机关的首脑过于信任五花八门的间谍装置, 却忽视了忠心耿耿的老式特工。[注]: gizmos, 叫不出名目的各种小机器、小装置; good, 转义“忠心耿耿”。

(The Times · 泰晤士报)

focus /'fəʊkəs/ *v.* 聚焦 *n.* 焦点

leading /'li:diŋ/ *adj.* 主演的

list /lɪst/ *n.* 列表, 目录, 清单 *vt.* ①编表 ②列入目录

moan /məʊn/ *n.* 呻吟声, 哀叹声 *v.* 呻吟, 哀叹
reveal /rɪ'veɪl/ *vt.* ①展现 ②揭露 ③启示, 揭示 ④暴露, 透(泄)露

【同义】expose, uncover, exhibit, disclose

【助记】re 重新 + veal (veil 面纱, 面罩)

【报刊例句】Routine maintenance includes an ultrasound examination of the train's undercarriage, which should reveal any signs of metal fatigue. 译文: 常规维修包括火车行走结构超声波检查, 这种检查应当能揭示金属老化的任何迹象。[注]: undercarriage, (汽车)底盘, (火车)行走结构, (火炮)底架; metal fatigue, 金属老化。

(Scientific American · 科学美国人)

sketch /sketʃ/ *n.* 略图, 草图

sort /sɔ:t/ *n.* 种类 *vt.* 分类

string /strɪŋ/ *n.* ①细绳 ②一串

stuff /stʌf/ *n.* 原料, 材料

supply /sə'plaɪ/ *n.* 供应品, 给养 *v.* ①供应, 补给 ②代理, 替代

volunteer /vɒlən'tɪə/ *n.* 志愿者

Passage 3 Break Those Bad Habits

打破那些坏习惯

文章导读

播种一个行动, 你会收获一个习惯; 播种一个习惯, 你会收获一个个性; 播种一个个性, 你会收获一个命运。

—— 菩德吉

Swearing off a bad habit is only half the battle. Staying off requires a game plan.

Susan had read all the health articles and knew she had to quit smoking. One day she did it. Cold turkey.

发誓戒掉坏习惯是成功的一半, 真正戒掉坏习惯需要一个精心策划的行动。

苏珊读过所有关于健康的文章并意识到她得戒烟。有一天她真的这么做了, 突然完全地戒了烟。

For several weeks she resisted all temptations to smoke. At first the cravings seemed **doe**s to overpowering. Gradually, however, they faded. Then one evening she met a friend for a drink after work. Susan arrived in a tense and miserable mood, having just had an argument with her boss. The friend had a cigarette burning in an ashtray. Almost without thinking, Susan took a puff. Then another. Finally she **bummed** a cigarette—just one.

Guiltily, she thought about what she was doing. She hesitated, then bought her own pack. “Oh, I’ll never be able to quit for good,” she told her friend. “I might as well enjoy myself.” Susan thus became a victim of what psychologists call habit relapse.

“Relapses,” says psychologist Saul Shiffman, “are the bugaboo of every quitter.” And for good reason: 80 percent of those who are trying to break a habit will relapse within 90 days, according to G. Alan Marlatt, a psychologist and co-editor of the book *Relapse Prevention*.

It matters little what habit the person is fighting. The relapse rate remains tenaciously **similar** whether the bad habit is smoking, drinking, gambling, overeating, compulsive shopping or overworking.

Psychologists once believed that relapses were attributable to a person’s inability to resist **withdrawal** symptoms—the physical and psychological cravings for the old habit that are most **acute** in the first few days or weeks after quitting. But a surprising number of quitters backslide when the worst would seem to be over. After Shiffman set up a hot line for ex-smokers, he found that over half of those seeking help **were not** suffering withdrawal symptoms at the time of their

一连几周,她抵制了吸烟对她的一切诱惑。开始,吸烟的欲望好像达到了不可抗拒的地步。可是逐渐地,这种欲望减轻了。后来,一天晚上下班后,她去会一位朋友,一起去喝一杯。由于苏珊刚和老板发生过争执,正处在一种紧张和痛苦的情绪中,而此时这位朋友的一支烟正燃着放在烟灰缸里,苏珊几乎连想都没想,就吸了一口,然后又吸了一口,最后她向朋友要了一支烟——就一支。

带着一种负罪感,她想,自己在做什么。她迟疑了一下,然后给自己买了一包烟。“唉,我绝对做不到永远不抽烟了。”她对朋友说。“我还是自我享受一下吧。”就这样,苏珊成了心理学家们所谓的旧习复发的牺牲品。

心理学家索尔·希夫曼说:“旧习复发是令每一个戒烟者头疼的事。”这是很有道理的:按照《预防旧习复发》这本书的编辑之一、心理学家格·艾伦·马拉特的说法,那些试图打破旧习惯的人中有80%在90天内会旧习复发。

这和一个人在与什么习惯做斗争关系不大。无论这个坏习惯是吸烟、喝酒、赌博、过量饮食、无节制的购物,还是过量工作,旧习复发率都是类似的。

心理学家曾相信,旧习复发可归因于一个人无力抵抗戒瘾带来的症状——在戒掉旧习惯的最初几天或最初几星期,这些戒瘾者在身体上和心理上对旧习惯的渴望是最强烈的。但是许多戒瘾者都是在最难熬的时期似乎即将过去之时故态复萌的,其数目多得令人吃惊。在希夫曼为前吸烟者设立电话热线之后,他发现在那些寻求帮助的人中,有超过半数的人在忍不住要点烟的时候,并没有经受戒瘾症状之苦。他说:“旧习复发似乎经常是在戒烟者已经能够经受住

temptation to light up. "Relapse," he says, "often seems to **occur** after the person has weathered the most punishing aspects of quitting and is beginning to reap benefits."

Why do people weaken on the threshold of success? Physical cravings and **lack** of willpower play their roles, but the **major** cause, experts now believe, is emotional distress. Sixty percent of the people who **resume** bad habits do so when they feel angry, anxious, depressed, bored or lonely, says psychologist James Prochaska.

A habit is a form of learned, automatic behavior that provides pleasure and **comfort**. A bad habit has long-term **negative** consequences, but it still gives **immediate** comfort, and under **stress** the automatic tendency is to revert to it.

To permanently rid yourself of a bad habit, you have to simultaneously unlearn certain behaviors and **replace** them with new ones that also provide gratification—and get you over life's **rough** spots. That sounds difficult, but with practice and persistence it can be done.

Yet in **spite** of the difficulties, many people do overcome bad habits. Here, according to psychologists who deal with problem habits, are the strategies of successful quitters.

Plan ahead. Face it: sometimes after swearing off, you'll be tempted to light a cigarette, take a drink or pig out on rich desserts. The urge is normal, **inevitable**, and may come unpredictably and seem overwhelming.

Marlatt compares those urges to an ocean wave. You, the **suffer**, must be ready for the wave in order to ride it out. Fortunately there lapse urge normally subsides in a short time—three to ten minutes, according to Shiffman.

戒烟所带来的最大折磨而开始得到好处时发生。”

为什么人们在成功开始之际就示弱了呢？身体的欲望和意志缺乏都起了作用。但专家认为主要原因还是感情上的苦恼。心理学家詹姆斯·普罗克斯卡说，60%的人都是在他们生气、忧虑、消沉、心烦或孤独的时候重拾旧习的。

习惯是一种后天的下意识的行为，它能给人以快感和舒适感。一个坏习惯有长期的消极后果，但仍能给人以立即的舒适感。在有压力时，这种下意识的倾向就是恢复旧习。

为使自己永远摆脱坏习惯，你就得同时抛弃以前的某种行为，用也能给你带来满足感从而使你渡过难关的新行为来代替它们，这虽然听起来很难，但通过实践和坚持下去是可以办到的。

然而，尽管有些困难，很多人确实克服了他们的坏习惯。根据处理顽固习惯问题的心理学家的意见，下面是一些成功的对策：

事先制订计划。正视它：发誓戒掉坏习惯之后，有时你会被诱惑着去点上一支烟，喝上一杯酒或大吃一顿丰盛的甜食。这种强烈的欲望是正常的，不可避免的，同时也许难以预料地到来，让人看起来无法抵抗。

马拉特把这种强烈的欲望比作海洋里的波浪。为了闯过风浪，你，也就是冲浪人，必须做好准备。希夫曼说，幸好在3至10分钟的短时间内，旧习复发的强烈欲望就会平静下来。

Think through in **advance** what you'll do when the "wave" hits. Plan to go for a walk, work out, garden or talk with someone. Rehearse your "surfing" technique so that your action will be automatic when the urge strikes.

Since tension is so often the trigger, use relaxation techniques. Picture yourself in a peaceful scene. **Recall** last summer's vacation. "What technique you use isn't important," Shiffman says. "Any response is better than no response."

Adopt new habits. Your old habits may end; your emotional needs won't. Set up **substitute** activities that give you the same kind of **satisfying**, immediate results your bad habit once **provided**. **Establish** an exercise program. Dance with your spouse. Practice deep-breathing. But don't wait for the relapse urge to hit. Get started on your new habits well in advance of quitting—and practice them as regularly as you once smoked or drank.

One way to choose substitute activities is to **recognize** what attracted you to the old habit in the first place. If you drank because it calmed you down, try meditation. If cigarettes gave you something to do with your hands, learn to **knit** or play a musical instrument.

Enlist your family and friends. For many quitters, the most effective method to prevent relapse is to seek the **support** of others. That's why groups like Alcoholics Anonymous and Weight Watchers succeed. Talking out your urges with someone who has "been there" can help you overcome them.

Avoid high-risk situations. If you always smoked a cigarette with coffee, switch to tea or soft drinks. If office tensions triggered

事先全面考虑一下,当“浪”打来时,你要做些什么。可以计划去散散步,做运动,摆弄摆弄花草或同什么人聊聊天。事先排练一下你的“冲浪”技巧,以便在强烈的欲望冲击过来时,你的动作将会是自发的。

因为紧张经常是触发器,所以可以用放松的方法去对付。想象你处在安宁的环境中,回忆一下去年夏天的休假。“用什么样的方法并不重要,”希夫曼说,“任何做法比什么都不做要好得多。”

建立新习惯。你的旧习惯可能已经结束了,可是,你情感上的需求是不会结束的。建立一套能同样给你满足感的、立即见效的活动来代替旧习惯。制定一套锻炼的计划。和你的配偶跳跳舞。练习练习深呼吸。但不要坐等旧习复发的强烈欲望的袭击。在戒掉旧习惯前就开始你的新习惯,和你以前吸烟或喝酒一样,有规律地经常练习它们。

选择代替旧习惯的活动的一种方法就是首先搞清楚吸引你重拾旧习的是什么。假如你喝酒是因为它能使你镇静下来,那你不妨试一试深思。如果说吸烟能使你的手有事可做的,那你可以学学打毛衣或弹奏乐器。

求得你家人和朋友们的支持。对于很多戒掉旧习惯的人来说,防止旧习复发的最有效的方法是寻求别人的支持。这就是为什么像嗜酒者互戒协会及节食减肥者等团体能够成功的原因。和“过来人”谈谈你的冲动能帮你克服这些欲望。

避免高度危险的局面。如果你总是一边喝咖啡一边吸烟的话,那么不妨换成茶或不含酒精的饮料。如果工作紧张引起你午

lunch-time shopping sprees, sign up for a noon aerobics class. Skip tempting social situations if overeating is your problem. If you always went out for cocktails with certain companions, **concentrate** on other friends.

Set realistic goals. Alcoholics Anonymous says it best: "one day at a time". Quitters often mistakenly set objectives that are too far off to visualize: One man promised himself a new car with the money he saved by not drinking. He had accumulated only a few hundred dollars when he returned to the bottle.

Aim for a short-term goal first, psychologists advise. A few days or a week of abstinence is a realistic time frame.

After you've reached your first goal, **review** what you've achieved, set new goals and gradually **extend** the prescribed period.

Give yourself **rewards**. When you were overeating or drinking, you probably thought of a snack or a cocktail as a well-earned reward. In fact, one reason many ex-drinkers relapse is because they **convince** themselves "I deserve a drink".

In subduing the urge to relapse, you need substitute rewards. They needn't be large: "If I **stick** to my diet for a week, I'll buy myself a new dress." Anticipating—and winning—a reward **reinforces** will power. Each success makes it easier to win the next round.

Be honest with yourself. Try not to **deceive** yourself about actions that set you up for temptation and relapse. Such insights aren't easy. Sometimes the perspective of a friend can help you **clarify** your motives.

Don't let a lapse become a relapse. If you do yield to the **urge** for one drink or one

饭期间狂购滥买,那么就报名参加中午增氧健身班。假如贪吃是你的问题所在,那么就不要参加诱惑人的社交活动。如果你总是和某些同伴一起到外面去喝鸡尾酒,那么可以把注意力转移到其他朋友身上。

制定切实可行的目标。嗜酒者互戒协会说得对:"一天天来。"戒除坏习惯的人经常错误地把他们的目标定得太遥远而难以实现。有一个人曾对自己许诺,用他不喝酒节省下来的钱为自己买辆新车,可是才攒了几百美元他就又重新端起了酒杯。

心理学家建议,首先瞄准短期目标。几天或一个星期的节制是切实可行的时间范围。

在你达到了第一个目标后,回顾一下自己所取得的成绩,定出新的目标,再逐渐延长规定的时间。

给自己以奖赏。当你贪吃或喝酒时,你可能认为来点小吃或喝一杯鸡尾酒是应得的奖赏。实际上,很多饮酒的人旧习复发的原因之一就是因为他们确信"我该喝一杯了"。

在克制旧习复发的冲动时,你需要替代奖赏。奖赏不需很大,如"如果我坚持节食一星期,我就给自己买一件新衣服"。期望并获得奖赏能增强意志力。每一次成功都会使下一轮的取胜变得更容易。

对自己诚实。有些行为会让你易于受到诱惑并旧习复发,对此你最好不要欺骗自己。有这样的清醒见识并不容易。有时一个朋友的看法能帮你澄清自己的动机。

不要让小的失误变成旧习复发。如果你的确在强烈欲望面前屈服了,喝了一杯酒

cigarette, stop there. Don't choose the easy way out and decide that the whole game is over. A lapse calls for emergency action. Say to yourself, "I'm in trouble here. I'd better do something fast."

Stop and think why you took the drink or lit the cigarette. What were the circumstances? How can you avoid similar situations?

"If you take a lapse in stride, analyze it and learn from it," says Shiffman. "Then you're more likely to recover and succeed."

Above all, don't get discouraged.

It is said that Mark Twain's, a dedicated cigar smoker, once observed, "I can give it up whenever I want to. I've done it a thousand times." You can probably improve on Twain's record, but it may indeed take several tries before quitting sticks.

词汇注释

acute /ə'kjut/ *adj.* ①(头脑或五官)灵敏的,敏锐的 ②(疾病)急性的 ③剧烈的 ④严重的 ⑤锐角的

adopt /ə'dɒpt/ *vt.* ①采取,采纳,采用 ②正式通过,批准 ③承继,收养;(承)认……为有某种关系的人(如继承人、父亲、朋友、公民等) ④吸收(外来语词) ⑤〈英〉提名……为候选人 ⑥〈英〉(地方当局)承担保养(公路等)的责任

advance /əd'vɑːns, əd'væns/ *v.* ①前进,推进,促进 ②使升级,晋升 *n.* ①前进,增进,促进 ②进展,进步 *adj.* 先行的,预先的,提前

clarify /'klærɪfaɪ/ *v.* 澄清

comfort /'kʌmfət/ *vt.* ①使安慰 ②使舒服 *n.* ①安慰 ②舒适,安逸

concentrate /'kɒnsəntreɪt/ *v.* 集中;浓缩

convince /kən'vɪns/ *v.* 使确信,使信服,说服

deceive /dɪ'siːv/ *vt.* ①欺骗 ②使弄错

或抽了一支烟,那么就止步吧。不要选择那条容易的解决问题的方式,认为一切努力就这么结束了。失误需要采取紧急行动。你可以对自己说:"我现在有麻烦了,我最好快点做些什么。"

停下来想一想,你为什么喝酒或抽烟。是在一种什么样的情况下做的?你怎么才能避免同样的情形?

"如果能很快地克服失误,加以分析,并从中取得教训,"希夫曼说,"那么以后你就更有可能纠正失误并取得成功。"

首先是不泄气。

马克·吐温十分爱抽雪茄。据说他曾经说过:"我什么时候想戒就能戒。我已经戒过一千次了。"你很可能比马克·吐温做得好些,但在戒掉烟卷之前,可能确实需要做好几次尝试。

vi. 行骗

【词组】 deceive sb. into doing 骗某人做某事/be deceived in sb. 看错某人/deceive oneself 自欺,犯错

deserve /dɪ'zɜːv/ *v.* 应该得到;值得

establish /ɪ'stæblɪʃ/ *vt.* ①树立,确定 ②创立,建立 ③证明,证实 ④使(信仰)坚定 ⑤使(风俗、先例等)被永久性地接受(或承认) ⑥委任,安置

extend /ɪk'stend/ *v.* 延长;继续

immediate /ɪ'mɪdiət/ *adj.* 立即的;紧靠的

improve /ɪm'pruːv/ *v.* 改进,改善

inevitable /ɪn'evɪtəbl/ *adj.* 不可避免的

knit /nɪt/ *v.* ①编织,针织 ②使紧密结合

lack /læk/ *n.* 缺少,不足 *vt.* 缺乏,没有

major /'meɪdʒə/ *adj.* 主要的

negative /'neɡətɪv/ *n.* ①底片 ②负数

adj. ①否定的 ②拒绝的 ③反面的,消极的 ④阴性的 ⑤负的 ⑥消极的 ⑦相反的,

敌对的 ⑧悲观的,无希望的

occur /ə'kʊ:/ *v.* 发生,出现,想起,想到,存在

provided /prə'vaɪdɪd/ *conj.* 如果,假如

quit /kwɪt/ *v.* ①放弃,停止,离开,解除 ②偿清,回报

recall /rɪ'kɔ:l/ *n./v.* ①记忆,回忆,想起,召回,公开回收 ②恢复,撤销

recognize /'rekəɡnaɪz/ *vt.* ①认出,识别 ②承认,确认,认可 ③赏识,表彰,报偿

【词组】be recognized for 因……而得到承认(公认)/recognize as 认为是……/recognize officially 正式承认

reinforce /rɪ'n'fɔ:s/ *vt.* 加强,加固

replace /rɪ'pleɪs/ *vt.* 代替,替换,交换,归还,使恢复,取代

【同义】supplant

【助记】re(重新) + place(放置) → 取代,交换

resume /rɪ'zju:m/ *v.* 继续,从新开始

review /rɪ'vju:/ *n.* ①书评,剧评,影评 ②复习,温习 ③(军队等)检阅,阅兵式 ④重审,复查 *v.* ①复习,温习(功课等) ②重审,复查 ③检阅,巡视

reward /rɪ'wɔ:d/ *n.* 报酬,奖励

rough /rʌf/ *adj.* 粗糙的

satisfy /'sætɪsfaɪ/ *vt.* ①使幸福;使愉快 ②使满足,使满意 ③使确信;使消除疑虑

similar /'sɪmlə/ *adj.* 相似的

spite /spaɪt/ *n.* 恶意,怨恨 *v.* 刁难,恶毒对待,故意招惹

stick /stɪk/ *n.* ①小树枝,手杖 ②粘住,固守,坚持阻塞住

stress /stres/ *n.* ①重要性,强调 ②重读,重音 ③(身体、思想、情绪等的)压力,紧张

stride /straɪd/ *n.* 进步

substitute /'sʌbstɪtju:t/ *n.* ①代用品,代替者 ②代理人 *v.* (用……)代替,代以

【词组】substitute A for B 用A代替(替换) B (substitute B with A)/substitute for 代替……(replace)

suffer /'sʌfə(r)/ *v.* ①受苦 ②受难

swear /swɛə/ *vi.* ①宣誓,发誓 ②诅咒,咒骂

【词组】swear at sb. 咒骂某人

urge /ɜ:dʒ/ *v.* ①极力主张,敦促,力劝,驱策 ②鞭策,推进 *n.* ①冲动,强烈的欲望 ②激励

【词组】urge sb. to do 催促某人干……/urge against 强烈反对

withdraw /wɪd'drɔ:/ *vt.* 取回

Passage 4 Helen Keller Quotations 海伦·凯勒语录

文章导读

海伦·凯勒生于1880年6月27日,19世纪美国盲聋女作家、教育家、慈善家、社会活动家。她以自强不息的顽强毅力,在安妮·莎莉文老师的帮助下,掌握了英、法、德等五国语言,完成了她的一系列著作,并致力于为残疾人造福,建立慈善机构,被美国《时代周刊》评为美国十大英雄偶像,荣获“总统自由勋章”等奖项。主要著作有《假如给我三天光明》《我的生活》《我的老师》等。