



新课标

初中英语词汇 同步速记

八年级
下册

通用版

主 编：蔡 波

赠

单词听读
移动趣学

图片



声音



速练



APP

图、文、音、练、APP 全方位高效记忆

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中国出版集团
中译出版社

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高效、有趣、可以互动的单词书

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单词记忆始于发音，大声准确地读出要背的单词，你就已经记住一半了！



跟我读



微信扫码跟我读单词



二、跟我学，深入记

※ 各单元常用人名汇总在附录

趣图联想，轻松记忆



trouble

/'trʌbl/

n. 问题；苦恼

原文再现，经典理解

原 It's sad that many people don't want to help others because they don't want any trouble.

很多人因为怕麻烦而不想帮助别人，这太可悲了。

精品例句，举一反三

精 Never trouble trouble until trouble troubles you.

麻烦没来找你，就别自找麻烦。

常考搭配，助力提分

搭 1. be in trouble 陷入困难中 2. have trouble (in) doing sth. 做某方面有困难 3. get sb. into trouble/trouble sb. for sth. (给某人)惹上麻烦 4. look for trouble 自寻麻烦 5. make trouble for sb. 制造麻烦 6. take the trouble to do sth. 不怕麻烦尽力做某事

义近相关，聚合记忆

近 problem n. 难题，困难 ◆ worry n. 担心，忧虑

词根助记，一劳永逸

助 troub 搅动，混乱 + le 表示反复动作 → 问题；苦恼

形近拼记，一词多忆

拼 double

知识拓展，考点辨析

拓展 trouble 也可以当动词用，指给某人带来麻烦，给某人添麻烦，常用于 Can I trouble you ... 这种表示请求的表达里。例如：Can I trouble you for a glass of warm milk? 劳驾能给我一杯热牛奶吗？

三、跟我练，连线中考

跟我练

一、扫描二维码听写单词、短语和句子

(请使用正确的大小写和标点符号)



微信扫码听写

——单词、短语听写——

- | | | | |
|----------|----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ |
| 5. _____ | 6. _____ | 7. _____ | 8. _____ |

——句子听写——

1. _____

连线中考

一、根据句意、首字母或括号里的提示填空

1. —What's the m _____ with you?
—I have a bad cold.
2. We walk with our f _____. We go to school on f _____.
3. He is tired. He needs to r _____.
4. He h _____ his leg and couldn't move for several days.

二、单项选择题

1. —What's the matter _____ Tom.
—His bike ran _____ a tree.
A. with; over B. to; into C. with; into D. to; in
2. I didn't sleep well last night, because I _____ a toothache.
A. was B. went C. had D. took

四、配套同步 APP，开启更多精彩



单词深入学习



例句拼写练习



单元复习听写



单词游戏 PK

目录

CONTENTS

Unit 1 What's the matter?

跟我读	1
跟我学	2
跟我练	10
连线中考	11

Unit 2 I'll help to clean up the city parks.

跟我读	13
跟我学	14
跟我练	21
连线中考	21

Unit 3 Could you please clean your room?

跟我读	23
跟我学	24
跟我练	29
连线中考	29

Unit 4 Why don't you talk to your parents?

跟我读	31
跟我学	32
跟我练	38
连线中考	38

Unit 5 What were you doing when the rainstorm came?

跟我读	41
跟我学	42
跟我练	48
连线中考	48

Unit 6 An old man tried to move the mountains.

跟我读	51
跟我学	52
跟我练	59
连线中考	59

Unit 7 What's the highest mountain in the world?

跟我读	61
跟我学	62
跟我练	70
连线中考	70

Unit 8 Have you read *Treasure Island* yet?

跟我读	73
跟我学	74
跟我练	80
连线中考	80

Unit 9 Have you ever been to a museum?

跟我读	83
跟我学	84
跟我练	91
连线中考	91

Unit 10 I've had this bike for three years.

跟我读	93
跟我学	94
跟我练	100
连线中考	100

重点短语汇总.....102

答案.....107

附录

附录一 形容词、副词的比较级和最高级 变化规则.....	117
附录二 不规则动词过去式和过去分词.....	118
附录三 人名翻译对照表.....	120

Unit 1

What's the matter?

跟我读



微信扫码跟我读单词

<input type="checkbox"/> matter	<input type="checkbox"/> What's the matter?	<input type="checkbox"/> sore	<input type="checkbox"/> have a cold
<input type="checkbox"/> stomachache	<input type="checkbox"/> have a stomachache	<input type="checkbox"/> foot	<input type="checkbox"/> neck
<input type="checkbox"/> stomach	<input type="checkbox"/> throat	<input type="checkbox"/> fever	<input type="checkbox"/> lie
<input type="checkbox"/> lie down	<input type="checkbox"/> rest	<input type="checkbox"/> cough	<input type="checkbox"/> X-ray
<input type="checkbox"/> toothache	<input type="checkbox"/> take one's temperature	<input type="checkbox"/> headache	<input type="checkbox"/> have a fever
<input type="checkbox"/> break	<input type="checkbox"/> take breaks (take a break)	<input type="checkbox"/> hurt	<input type="checkbox"/> passenger
<input type="checkbox"/> off	<input type="checkbox"/> get off	<input type="checkbox"/> to one's surprise	<input type="checkbox"/> onto
<input type="checkbox"/> trouble	<input type="checkbox"/> hit	<input type="checkbox"/> right away	<input type="checkbox"/> get into
<input type="checkbox"/> herself	<input type="checkbox"/> bandage	<input type="checkbox"/> press	<input type="checkbox"/> sick
<input type="checkbox"/> knee	<input type="checkbox"/> nosebleed	<input type="checkbox"/> breathe	<input type="checkbox"/> sunburned
<input type="checkbox"/> ourselves	<input type="checkbox"/> climber	<input type="checkbox"/> be used to	<input type="checkbox"/> risk
<input type="checkbox"/> take risks (take a risk)	<input type="checkbox"/> accident	<input type="checkbox"/> situation	<input type="checkbox"/> kilo
<input type="checkbox"/> rock	<input type="checkbox"/> run out (of)	<input type="checkbox"/> knife	<input type="checkbox"/> cut off
<input type="checkbox"/> blood	<input type="checkbox"/> mean	<input type="checkbox"/> get out of	<input type="checkbox"/> importance
<input type="checkbox"/> decision	<input type="checkbox"/> control	<input type="checkbox"/> be in control of	<input type="checkbox"/> spirit
<input type="checkbox"/> death	<input type="checkbox"/> give up	<input type="checkbox"/> nurse	<input type="checkbox"/> Judy
<input type="checkbox"/> Nancy	<input type="checkbox"/> Mandy	<input type="checkbox"/> Aron Ralston	<input type="checkbox"/> Utah

★这些单词你都认识吗？不熟悉的请打√，并重点学习哦。

跟我学



matter /'mætə(r)/

n. 问题；事情

原 What's the matter? 怎么了?

精 We take the matter in hand. 我们控制了事态。

搭 1. no matter 不论；不管 2. as a matter of fact 事实上；
其实：As a matter of fact, he didn't care about death and
life. 事实上，他根本没考虑生死问题。



What's the matter?

怎么了？出什么事了？

原 What's the matter with Judy? 朱迪怎么了？

精 You look very tired. What's the matter?

你看上去十分疲惫，怎么了？



sore /sɔ:(r)/

adj. 疼痛的；酸痛的

原 I have a sore back. 我的背很酸痛。

精 Because of her sore throat, she did not go to the party.
因为嗓子疼，她没去参加聚会。

拼 some *pron.* 有些；有的 *adj.* 一些；某些 ◆ sure *adv.* 当然；肯定；一定 ◆ shoe *n.* 鞋 ◆ store *n.* 商店 ◆ more *pron.* 更多的数量；*adj.* 更多的



have a cold

感冒

原 I have a cold. 我感冒了。

精 I had a bad cold for a week. 我重感冒了一个星期。



stomachache /'stʌməkeɪk/

n. 胃痛；腹痛

原 I have a stomachache. 我胃疼。

精 You'd better see a doctor about your stomachache.

你最好去找医生看一下胃痛。

助 stomach 胃 + ache 痛 → stomachache 胃痛



have a stomachache

胃痛

原 I have a stomachache. 我胃痛。

精 He didn't go the party because he had a stomachache last night.

他昨晚胃疼，所以没参加聚会。



foot /fʊt/

n. 脚；足

精 He had a cut on each foot. 他每只脚上都有伤。

拼 food *n.* 食物

拓展 foot 是“脚”的单数形式，其复数形式为 feet。



neck /nek/

n. 颈；脖子

原 If your head and neck still hurt tomorrow, then go to a
doctor.

要是明天头和脖子还疼的话，就要去看医生。

精 He has a big head and a small neck.

他头很大，脖子很短。



stomach /'stʌmək/

n. 胃；腹部

精 Cold food is not good for your stomach.

凉的食物对胃不好。

拼 stomachache *n.* 胃痛；腹痛



throat /θrəʊt/

n. 咽喉; 喉咙

原 She has a very sore throat now. 她喉咙很痛。

精 Mandy cleared her throat before she told the truth.

在说出真相前, 曼迪清了清嗓子。

拼 that *pron.* 那; 那个



fever /'fi:və(r)/

n. 发烧

原 No, it doesn't sound like you have a fever.

不, 听上去你不像发烧了。

精 Your child has a fever, you'd better take her to the doctor.

你的孩子发烧, 你最好带她去看医生。

搭 have a fever 发烧: He has a high fever. 他发高烧。

拼 ever *adv.* 曾经; 在任何时候 ♦ every *adj.* 每一个 ♦

never *adv.* 从来; 决不 ♦ forever *adv.* 永远



lie /laɪ/

v. (lay /leɪ/) 躺; 平躺

原 You should lie down and rest. 你应该躺下来休息一下。

精 Yes, you could lie on a beach all day.

是的, 你可以一整天都躺在沙滩上。

搭 lie down 躺一会; 躺下

拼 like v. 喜欢; 喜爱 *prep.* 像; 怎么样 ♦ live v. 居住; 生

活 ♦ life n. 生活; 生存 ♦ line n. 行; 排



lie down

躺下

原 You should lie down and rest. 你应该躺下来休息一下。

精 The bear has to lie down and sleep. 熊只好躺下睡觉。

拼 write down 写下 ♦ die down 逐渐变弱; 逐渐消失



rest /rest/

v. & n. 放松; 休息

原 You should lie down and rest. 你应该躺下来休息一下。

精 He needed to rest after a long day.

他忙了一整天需要休息了。

精 You look tired. You'd better take a rest.

您看起来累了, 最好休息一下。

搭 1. have/take a (good) rest (好好) 休息一下 2. come to rest 停止, 不再移动

拼 test n. 测验; 检查 ♦ result n. 结果; 后果 ♦ best *adv.* 最好地; 最 *adj.* 最好的 ♦ forest n. 森林



cough /kɒf, kɔ:f/

n. & v. 咳嗽

原 I have a cough and sore throat. 我咳嗽而且嗓子疼。

精 The boy had a bad cough, so his mother took him to the doctor. 这男孩咳嗽得很厉害, 所以他妈妈带他看医生。

精 He began to cough and had a running nose.

他开始咳嗽并流鼻涕。



X-ray /'eks rei/

n. X射线; X光

原 You should see a doctor and get an X-ray.

你应该去看医生并照个X光。

精 We'll have to get you to a hospital for an X-ray.

我们得带你去医院拍个X光片子。



toothache /'tu:θeɪk/

n. 牙痛

原 I have a toothache. 我牙痛。

精 He had a bad toothache. 他牙痛得厉害。

助 tooth 牙 + ache 痛 → toothache 牙痛



take one's temperature

量体温

原 Should I take my temperature? 我应该量体温吗?

精 Let me take your temperature. 让我来给你量体温。



headache /'hedeɪk/

n. 头痛

原 I have a headache and I can't move my neck.

我头痛而且无法转动脖子。

精 Thinking about the matter gives me a headache.

想想这问题，我就头疼。

助 head 头 + ache 痛 → headache 头痛



have a fever

发烧

原 No, it doesn't sound like you have a fever.

不，听上去你不像发烧了。

精 Some of them have a fever. Some have a stomachache.

他们有些人发烧，有些人胃痛。



break /breɪk/

n. 间歇；休息

原 You need to take breaks away from the computer.

你应该好好休息，远离电脑。

精 When is your lunch break? 你们午休是什么时候？

拼 bread n. 面包



take breaks (take a break)

休息

原 You need to take breaks away from the computer.

你应该好好休息，远离电脑。

精 When would you take breaks and have lunch?

你什么时候休息吃午饭？



hurt /hɜ:(r)t/

v. (hurt /hɜ:(r)t/) (使)疼痛；受伤

原 If your head and neck still hurt tomorrow, then go to a doctor.

如果明天你的头和脖子还疼，那就去看医生。

精 The man hurt his leg on the way home.

那个男子在回家的路上腿受伤了。

拼 hour n. 小时



passenger /'pæsɪndʒə(r)/

n. 乘客；旅客

原 Thanks to Mr. Wang and the passengers, the man was saved by the doctors in time. 多亏了王先生和乘客们，医生及时挽救了那位男士的生命。

精 An early passenger must wait for the train.

早到的旅客得等着火车。

拼 passage n. 章节；段落



off /ɒf, ɔ:f/

adj. & prep. 离开（某处）；不工作；从……去掉

原 He got off and asked the woman what happened.

他下车然后问那个女人发生了什么。

精 Off we go! 我们现在出发！

器 have ... off ... 休息：Nowadays people have two days off every week. 如今人们每周都休息两天。

拼 of prep. 属于（人或物）；关于（人或物） ♦ offer v. 主动提出；自愿给予



get off

下车

原 He got off and asked the woman what happened.

他下车然后问那个女人发生了什么。

精 Can I get off the bus at the next stop?

我可以在下一站下车吗？



to one's surprise

使……惊讶的；出乎……意料

原 But to his surprise, they all agreed to go with him.

但是让他惊讶的是，他们都同意跟他一起去。

精 He saw to his surprise that Lily was a good dancer.

他惊讶地发现莉莉是一个很棒的舞者。



onto /'ɒntu, 'ɑ:ntu/

prep. 向; 朝

原 Some passengers helped Mr. Wang to move the man onto the bus. 一些乘客帮助王先生把那位男士往车上抬。

精 The door gives onto the yard. 门开向院子。

搭 give onto 朝向; 面对

辨 into prep. 到……里面; 进入



trouble /'trʌbl/

n. 问题; 苦恼

原 It's sad that many people don't want to help others because they don't want any trouble.

很多人因为怕麻烦而不想帮助别人, 这太可悲了。

精 Never trouble trouble until trouble troubles you.

麻烦没来找你, 就别自找麻烦。

搭 1. be in trouble 陷入困难中 2. have trouble (in) doing sth.

做某方面有困难 3. get sb. into trouble/trouble sb. for sth. (给某人) 惹上麻烦 4. look for trouble 自寻麻烦

5. make trouble for sb. 制造麻烦 6. take the trouble to do sth. 不怕麻烦尽力做某事

近 problem n. 难题, 困难 ◆ worry n. 担心, 忧虑

助 troub 搅动, 混乱 + le 表示反复动作 → 问题; 苦恼

辨 double

拓展 trouble 也可以当动词用, 指给某人带来麻烦, 给某人添麻烦, 常用于 Can I trouble you ... 这种表示请求的表达里。例如: Can I trouble you for a glass of warm milk? 劳驾能给我一杯热牛奶吗?



hit /hɪt/

v. (hit /hɪt/) (用手或器具) 击; 打

原 Bus No. 26 hit an old man on Zhonghua Road. 26路公交车在中华路上撞了一位老人。

精 A heavy rain hit the area yesterday.

昨天一场暴雨袭击了该地区。

近 beat v. 敲打; 打败

辨 hi interj. (用于打招呼) 嗨; 喂 ◆ it pron. 它 ◆ white n.

白色 adj. 白色的 ◆ habit n. 习惯 ◆ shirt n. 衬衫



right away

立即; 马上

原 The old man had a heart problem and needed to go to the hospital right away.

那位老人患有心脏病, 必须马上送去医院。

精 Could you tell Jeff to call his mother right away?

你能告诉杰夫立即给他妈妈打电话吗?



get into

陷入; 参与

原 Do you agree that people often do not help others because they do not want to get into trouble? 你认为人们经常不帮助别人是因为他们不想陷入麻烦吗?

精 He gets into the habit of going out every night.

他养成了每晚外出的习惯。

搭 get into trouble 陷入困境



herself /hɜ:(r)'self/

pron. (she的反身代词) 她自己

原 Jenny hurt herself. 珍妮伤到了自己。

精 She could not trust herself to speak. 她不敢开口。

助 her 她 + self 自己 → herself 她自己



bandage /'bændɪdʒ/

n. 绷带 v. 用绷带包扎

原 Put a bandage on it. 给它绑上绷带。

精 The nurse put a bandage on his cut. 护士用绷带包扎了他的伤口。

精 I bandaged his arm after he got hurt.

他手臂受伤了, 我用绷带为他包扎。



press /pres/

v. 压; 挤; 按

原 Press the sides of your nose. 按住鼻子两边。

精 He pressed his face against the window.

他把脸贴在窗子上。

拼 dress v. 穿衣服 ◆ pressure n. 压力 ◆ progress n. 进步; 进展 v. 进步; 进展



sick /sɪk/

adj. 生病的; 有病的

原 Someone felt sick. 有人感觉生病了。

精 The little girl always takes good care of her sick mother.
这个小女孩总是细心照顾生病的妈妈。

搭 be sick of sb./sth./doing sth. 厌倦某人 / 事或做某事

近 ill adj. 有病; 不舒服

拼 sock n. 短袜 ◆ pick v. 采; 摘 ◆ stick n. 棍; 条 ◆ silk n. 丝绸; 丝织物



knee /ni:/

n. 膝; 膝盖

原 Someone cut his knee. 有人膝盖受伤了。

精 My knee still hurts. 我的膝盖仍然疼。

拼 need v. 需要 ◆ keep v. 保持; 保留



nosebleed /'nəʊzbli:d/

n. 鼻出血

原 Someone had a nosebleed. 有人鼻子出血。

精 Can you help me stop my nosebleed?

你能帮我止住鼻子出血吗?

助 nose 鼻子 + bleed 出血 → nosebleed 鼻子出血



breathe /bri:ð/

v. 呼吸

原 I have problems breathing. 我有呼吸问题。

精 She was beginning to breathe more easily.

她呼吸开始较为顺畅了。

拓展 breathe 是“呼吸”的动词形式, 其名词形式是 breath. take a deep breath 深呼吸。



sunburned /'sʌnbɜ:(r)nd/

adj. 晒伤的

原 She gets sunburned. 她晒伤了。

精 I can see his sunburned nose easily.

我一眼就能看见他被晒伤的鼻子。

助 sun 太阳 + burned 晒 → sunburned 晒伤的



ourselves /,aʊə(r)'selvz/

pron. (we的反身代词) 我们自己

原 We cut ourselves in the kitchen. 我们在厨房切到我自己了。

精 We need to change ourselves. 我们需要改变自己。

助 our 我们 + selves 自己 → ourselves 我们自己



climber /'klaɪmə(r)/

n. 登山者; 攀登者

原 As a climber, Aaron is used to taking risks.

作为一名登山者, 阿伦习惯冒险。

精 Which animal is a great tree climber?

哪种动物是爬树高手?

助 climb 登山 + er 人 → climber 登山者

拼 climb v. 爬

It hurts, but
it's ok..
I'm used to it.

be used to

习惯于……; 适应于……

原 As a climber, Aaron is used to taking risks.

作为一名登山者, 阿伦习惯冒险。

精 She will be used to getting up early. 她将会习惯于早起。

拓展 used to 表示“过去常常做某事”, be used to 表示“现

在习惯于做某事”。例如：She used to wake up late, but now she is used to getting up early every day. 她过去常常晚起，但是现在习惯早起了。



risk /risk/

n. & v. 危险；风险；冒险

原 As a climber, Aaron is used to taking risks.

作为一名登山者，阿伦习惯冒险。

精 Hardly anyone realized just how much risk the banks were taking on. 几乎没人知道银行承担了多大的风险。

精 You wouldn't risk anything by talking to him.

你跟他谈谈不会冒什么危险的。

搭 at the risk of doing sth. 冒着做某事的危险

拼 rise *v. & n.* 升起；增加；提高



take risks (take a risk)

冒险

原 As a climber, Aaron is used to taking risks.

作为一名登山者，阿伦习惯冒险。

精 This is a good time for you to take risks of any kind.

现在是你去冒险的好时候。



accident /'æksɪdnt/

n. (交通) 事故；意外遭遇

原 There were many times when Aaron almost lost his life because of accidents.

有好多次，阿伦差点因为意外丢掉性命。

精 It might have been a very sad accident.

那可能成为非常不幸的意外。

拼 ancient *adj.* 古代的；古老的



situation /,sɪtʃu'eɪʃn/

n. 情况；状况

原 On April 26, 2003, he found himself in a very dangerous situation when climbing in Utah. 2003 年 4 月 26 日，当他

在犹他州登山时，发现自己陷入了非常危险的情况。

精 He's in a difficult situation. 他现在处于困境。

搭 get into/out of a situation 陷入 / 脱离某种境地

拼 station *n.* 电台；车站



kilo /'ki:ləʊ/

n. (=kilogram) 千克；公斤

原 On that day, Aaron's arm was caught under a 360-kilo rock that fell on him when he was climbing by himself in the mountains. 那天，当阿伦正独自攀爬于山间时，一块 360 千克的岩石滚下来，砸中了他的胳膊。

精 Please give me a kilo of apples. 请给我来一千克苹果。

拼 kill *v.* 杀死；弄死



rock /rɒk, rɑ:k/

n. 岩石

原 On that day, Aaron's arm was caught under a 360-kilo rock that fell on him when he was climbing by himself in the mountains. 那天，当阿伦正独自攀爬于山间时，一块 360 千克的岩石滚下来，砸中了他的胳膊。

精 Finally, he stopped and sat down on a cold, hard rock to rest.

最后，他停了下来，坐在一块又冷又硬的岩石上休息。



run out (of)

用尽；耗尽

原 But when his water ran out, he knew that he would have to do something to save his own life. 但当水喝完时，他知道他不得不采取措施自救了。

精 They almost ran out of food after three days of heavy snow. 大雪下了三天，他们的食物几乎吃完了。



knife /naɪf/

n. (pl. knives /naɪvz/) 刀

原 So he used his knife to cut off half of his right arm.

所以他用刀把半只右臂砍掉了。

精 I cut myself on a knife. 我被刀割了一下。



cut off

切除

原 So he used his knife to cut off half of his right arm.

所以他用刀把半只右臂砍掉了。

精 He had a finger cut off by a machine while working.

他在工作时被机器切掉了一个手指。



blood

n. 血

原 Then, with his left arm, he bandaged himself so that he would not lose too much blood.

然后，他用左手给自己缠上绷带，这样就不会失血过多。

精 I hardly saw any blood after a knife cut.

刀割后我几乎没有看见血。



mean

v. (meant /ment/) 意思是；打算；意欲

原 This means being in a difficult situation that you cannot seem to get out of.

它的意思是“处于一个你似乎无法摆脱的困境之中”。

精 What do you mean by saying this?

你这么说是什么意思？

拼 menu *n.* 菜单 ◆ meal *n.* 一餐；膳食 ◆ main *adj.* 主要的；最重要的 ◆ man *n.* 男人；人 ◆ many *adj.* 许多 ◆ meat *n.* (可食用的) 肉



get out of

离开；从……出来

原 This means being in a difficult situation that you cannot seem to get out of.

它的意思是“处于一个你似乎无法摆脱的困境之中”。

精 I'm really ready to get out of here now, okay?

我真的想马上离开这，行吗？



importance

/ɪm'pɔ:(r)tns/

n. 重要性；重要

原 In this book, Aaron tells of the importance of making good decisions, and of being in control of one's life.

在这本书里，阿伦讲述了做正确的决定并掌控自己的人生的重要性。

精 He did not give any importance to what happened to himself. 他从来不把自己的安危看得那样重。

拼 important *adj.* 重要的



decision

/dɪ'sɪʒən/

n. 决定；抉择

原 In this book, Aaron tells of the importance of making good decisions, and of being in control of one's life.

在这本书里，阿伦讲述了做正确的决定并掌控自己的人生重要性。

精 He made a decision to say sorry to her. 他决定向她道歉。

拼 make a decision 做出决定



control

/kən'trəʊl/

n. & v. 限制；约束；管理

原 In this book, Aaron tells of the importance of making good decisions, and of being in control of one's life.

在这本书里，阿伦讲述了做正确的决定并掌控自己的人生重要性。

精 He lost control of his car. 他的车失控了。

精 You need to control your sugar to stay healthy. 要保持健康的话，你需要控制糖的摄入。



be in control of

掌管；管理

原 In this book, Aaron tells of the importance of making good decisions, and of being in control of one's life.