

英语

时尚话题阅读

50

ENGLISH

篇

(含MP3光盘)

龚 嵘 ● 编译



华东理工大学出版社
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS



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图书在版编目(CIP)数据

英语时尚话题阅读 50 篇(含 MP3 光盘)/龚嵘编译. —上海:华东理工大学出版社,2008.8

ISBN 978-7-5628-2171-7

I. 英... II. 龚... III. 英语-汉语-对照读物 IV. H319.4

中国版本图书馆 CIP 数据核字(2007)第 194607 号

英语时尚话题阅读 50 篇 (含 MP3 光盘)

编 译 龚 嵘

策划编辑 / 陈 勤

责任编辑 / 信 艳

责任校对 / 张 波

封面设计 / 奇文云海

出版发行 / 华东理工大学出版社

地址:上海市梅陇路 130 号,200237

电话:(021)64250306(营销部)

(021)64252717(编辑室)

传真:(021)64252707

网址:www.hdlgpress.com.cn

印 刷 / 江苏句容市排印厂

开 本 / 890mm×1240mm 1/32

印 张 / 9.375

字 数 / 262 千字

版 次 / 2008 年 8 月第 1 版

印 次 / 2008 年 8 月第 1 次

印 数 / 1-8050 册

书 号 / ISBN 978-7-5628-2171-7/H·674

定 价 / 24.80 元(含 MP3 光盘)

(本书如有印装质量问题,请到出版社营销部调换。)

——致读者——

已有多年英语学习史的你,一定尝试过多种外语学习方法:背单词?前背后忘!做模拟题?头昏脑涨!研读课堂语言点笔记?枯燥乏味!读英文报刊、看原版电影?云里雾里!去英语角?张口结舌!

真的山穷水尽、无可救药了?Of course not!至少还有一种方法值得一试——热读背诵!

诵读是一种简单而有效的传统语言学习方法。英文佳作的朗读背诵,帮助你在自然语境中以无意识的内隐学习方式认知词汇,深入了解词汇的搭配用法,同时扩充知识面,提高语篇理解力。诵读还有助于积累大量真实语料,加强语感,促进口语与写作技能的发展。

当然,不是所有的语篇都适于诵读,你需要选择适合自己当前英语词汇水平的经典佳作。本书所选文章短小精练、结构紧凑,语言规范通俗、琅琅上口,内容新颖翔实,具有极强的知识性、趣味性与可读性。同时,本书配有精美译文与 MP3 有声资料,便于学习者理解、听记、诵读。

经过一段时间诵读,你会惊喜地发现自己的词汇量、听力理解、语感都有所进步,记忆力也将得到充分的锻炼与加强。

本书在编写的过程中还得到陆红菊、张校勤、徐迎捷、董慧敏、秦颖、张才宁、赵蔚、顾建华、朱文辉、朱晓琴等老师的帮助与支持,在此表示衷心感谢。

编者

2008年1月

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一本好书，可能让你找到一生的契机，重塑真实自我……

Unit 1



The Rules of Game 游 戏 规 则

意大利人喜欢女人,俄罗斯人喜欢伏特加,美国人呢?——他们喜欢规则。在美国,论及规则的自助书籍比比皆是。一本名为《规则:久经考验的秘诀》的书曾一度畅销。该书建议女人们如何寻找意中人,其中一条规则告诫女人:男人都是贱骨头,越是冷待他们,他们就会越热情。这条经验之谈或许有一定道理,但运用过头,可能适得其反。

Italians love women. Russians love Vodka (伏特加). What do Americans love? They love rules. There are thousands of books dedicated to the idea that whatever you are doing, you can learn to do it better. And they all seem to come from the United States. In fact, the rules-based self-help book is one of America's major cultural exports.

These books cover every area of life, from love to work and back again. But they can be divided into two basic kinds. The first takes a masculine approach, though not all readers are men. It reduces every one of life's tasks into an engineering problem. Just follow these rules and your performance will improve. This is like tuning up the engine on the car to make it go just that little bit faster.

The second kind tells you to change your life on a deeper level. These "feminine" books ask you to search deep inside yourself for the answers to life's problems. They offer rules you can use to change the state of your heart. Change that, and everything else follows.

How do you change your inner self? California-based self-help guru (专家) Deepak Chopra thinks you should teach your molecules (分子) to vibrate in tune with the universe. He says that advanced

意大利人喜欢女人，俄罗斯人喜欢伏特加，美国人呢？——他们喜欢规则。数以千计的书本不厌其烦地传达着这样一个观点：无论你做的是什么，你都能通过规则学习而做得更出色。这样的书似乎都出自美国。事实上，传授规则的自助类书籍是美国主要出口文化产品之一。

此类书籍涉及生活的方方面面，从工作到爱情，再从爱情到工作，但基本可分为两大类。第一类从男性的眼光出发，尽管其读者并非都是男人。这些书将人生大小事务简化为工程性问题，认为只要按一定规则行事，即可改善事情的结局，就如同通过调节汽车引擎，让车子跑得再快那么一点点。

第二类书籍建议人们对自己的生活作出更深刻的改变。此类“女性视角”的书籍让你通过内心的反省寻觅人生难

physics proves this idea. Advanced physicists disagree. But Chopra is serious. So are the millions of Americans who buy his books.

Most self-help books are more in tune with the visible world. A common technique is to apply ideas from foreign cultures and historical figures to modern situation. The wisdom of the famous Chinese general Sun Zi (孙子) has been repackaged in several books designed to help modern-day businessmen. And it doesn't stop there. "Sun Zi's wisdom is the basis for a step-by-step program for taking charge, gaining a commitment, sustaining love, enlivening passion in a partnership" that is from the "Art of War for Lovers" by Donald Krause.

Maybe a famous general is the right person to help in the battles of the sexes. But the real leaders are two middle-aged blonde women. In 1997, Ellen Fein and Sherrie Schneider published "The Rules: Time-tested Secrets" to win the heart of Mr. Right. Selling over 2 million copies, "The Rules" has become an official guidebook for romance to women across the

题的答案,并提出一系列规则供你用于改变心态。心态变了,一切也随之而变。

那么,如何才能改变心态呢?加州的自助专家迪帕克·乔普拉认为,人们应教会自己的身体分子随宇宙的节拍而悸动,他说高等物理学已证明了这一理论。尽管高等物理学家对此持有异议,乔普拉本人仍一本正经地坚持己见,成千上百万购买他的书的美国读者对此也是深信不疑。

多数自助类书籍则与有形的可视世界息息相关。一个惯用的计策就是将异国文化与历史人物运用到现代场合。中国名将孙子的智慧曾在多本书中进行过重新包装,用以指导现代商人驰骋商场。然而孙子思想的用途并不仅限于商场,在唐纳德·克劳斯所著的《情人战争的艺术》一书中,“孙子思想是一套步步为营的战略计划的基础,指点人们如何在二人世界中把握全局、赢得承诺、维系爱情、点燃激情。”

一代名将或许是指指挥两性大战的恰当人选,但真正的领导者当属两位金发碧眼的中年女子。1997年,艾伦·菲恩和雪

western world. It is based on an old saying — “Treat them mean to keep them keen.”

According to “*The Rules*”, women should never ask for a date and never pay when they go on one. A woman should never phone a man, or see him more than three times a week. “Make Mr. Right obsessed with you by making yourself unattainable.”

Millions of women gave it a try. Then something happened. In March, 2001, Ellen Fein’s husband announced that he was divorcing her. His reason was abandonment. It seems that Mrs. Fein had spent so much time telling other women how to find potential husbands, she had forgotten about her actual husband.

The public reacted with amusement. It’s always nice to see the experts get things wrong. But there is no sign that people have stopped wanting to be told about how to live their lives. Some rules might not work. But “*The Rules*” go on forever.

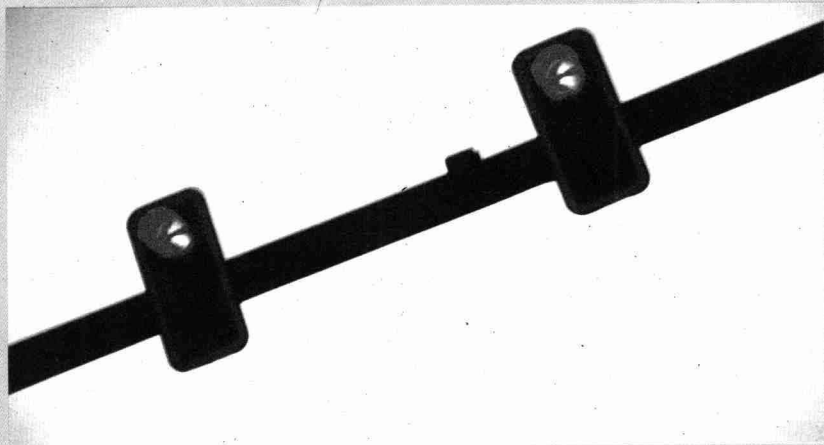
(540 words)

瑞·施耐德出版了《规则：久经考验的秘诀》，告诉女人们如何赢得如意郎君的爱情。《规则》一书畅销两百多万册，在西方各国女人中间已成为权威性的浪漫宝典。此书的思想基于一句老话：“对待男人越刻薄，男人们就越殷勤”。

《规则》一书指出，女人决不应该主动提出约会，外出约会时也决不要埋单；同男人通电话或见面的次数每周也不应超过三次。“要让你的意中人为你着迷，先把你自已变得遥不可及。”

数百万的妇女照书上说的那样去尝试了，接着便出了一桩事。2001年3月，艾伦·菲恩的丈夫宣布要同妻子离婚，理由是妻子长期弃家不顾。菲恩夫人似乎花了太多的时间指点其他女人如何寻觅潜在的丈夫，结果忙得把自己的丈夫给忘了。

公众的反应很兴奋，看着专家出差错总是件令人开心的事。但是没有迹象表明，人们不再需要被告知应该如何生活。有些规则可能行不通，但《规则》之书长存。



有声记词

abandonment[ə'bəndənmənt] *n.* 抛弃

amusement[ə'mju:zmənt] *n.* 开心

announce[ə'naʊns] *vt.* 宣布

blonde[blɒnd] *adj.* 金发碧眼的

cover['kʌvə(r)] *vt.* 包括

dedicate['dedɪkeɪt] *vt.* [+ to] 致力于

export['eksɒ:t] *n.* 出口产品

gain[geɪn] *vt.* 赢得

Mr. Right (男)意中人

partnership['pɑ:tnəʃɪp] *n.* 伴侣/合作关系

performance[pə'fɔ:məns] *n.* 成绩,表现

potential[pə'tenʃəl] *adj.* 潜在的

publish['pʌblɪʃ] *vt.* 出版

react[rɪ'ækt] *vi.* [+ to] 作出反应

sustain[sə'steɪn] *vt.* 维持

universe['ju:nɪvɜ:s] *n.* 宇宙

vibrate[vaɪ'breɪt] *vi.* 振动

wisdom['wɪzdəm] *n.* 智慧

advanced[əd'vɑ:nst]

adj. 高级的,先进的

apply[ə'plai] *v.* [+ to] 运用于

commitment[kə'mɪtmənt]

n. 承诺,义务

enliven[ɪn'laɪvən] *vt.* 使复苏

feminine['femɪnɪn] *adj.* 女性的

masculine['mæskjʊlɪn]

adj. 男性的

passion['pæʃən] *n.* 激情

physicist['fɪzɪsɪst] *n.* 物理学家

program['prəʊgrəm] *n.* 计划

reduce[rɪ'dju:s]

vt. [+ to] 简化,减少

unattainable[ʌnə'teɪnəbl]

adj. 不可及的

visible['vɪzəbl]

adj. 有形的,可视的

流行短语

divorce sb	与某人离婚
follow the rules	遵循规则
historical figure	历史人物
inner self	内心
in tune with...	与……协调一致
obsessed with	迷恋于
take a ... approach	采取……策略/角度
take charge	主管,掌管(全局)

知识链接

大话爱情

A Tale of Love

fall in love at first sight 一见钟情

love sick 单相思

a love-child 私生子

apple of love 西红柿

love affair 风流韵事

the third party 第三者

extra-marital love 婚外恋

love nest 爱巢

puppy love 初恋

platonic love 柏拉图式爱情

lover's quarrel 情人间的争吵(不会持久)

love in a cottage 木屋婚姻 (缺乏物质基础的婚姻)

Unit 2



Lost and Found 失 而 复 得

贝格比应邀赴宴，在女主人家度过了一个愉快而难忘的周末。回家后却感到莫名的不安。他打开行李箱，清点所有随身物品，发现从发梳到晚礼服，一样不少。但那种若有所失的茫然感却挥之不去。突然，他明白了他丢失的是什么——他的心。女主人会为这位可怜的失主妥善保管吗？丢失的心能否失而复得？

The weekend was over, and Begbie had returned to town, restless, and strangely unhappy. There was within him a curious sense of something lost. He unpacked his suitcase listlessly, compared its contents with the catalogue of his weekend needs. Everything was there, from hairbrush to dinner coat (无尾晚礼服) — yet that sense of something left behind still oppressed him. A second time he went over the list and compared it with his possessions, to find that nothing was missing; then on a sudden moment there flashed across his mind a full realization of what the lost object was. "That's it!" he said with a sigh of relief, "I'll write at once to my hostess and ask her to return it." Action followed the resolution, and, seating himself at his desk, Begbie wrote:

My dear Mrs. Shelton,

Upon my return from the never-to-be-forgotten series of golden hours at Sea Cliff, after (根据) the habit of the departing guest, I have left at least one of my possessions behind me. It is of value perhaps to nobody but myself, but poor as it is, I cannot very well do without it. It is my *heart*. If by some good chance you have found it, and it is of no use to you, will you be good e-

周末过去了,贝格比心神不宁地返回城里,感到莫名的不快。一种若有所失的奇怪感觉油然而生。他没精打采地打开行李箱,将里面的物品与周末所需清单——比对,从发梳到晚礼服一样不少全在箱内。然而还是感觉仿佛遗忘了什么,郁闷之情挥之不去。他又看了一遍清单,再将其余随身携带物品加以核对,可还是没发现任何缺失。接着他忽然灵光一现,猛然领悟到丢失了什么。“就是它!”他如释重负地说道,“我马上给女主人写封信,请她还给我。”主意拿定,立刻行动。贝格比在书桌前坐下,写道:

“亲爱的谢尔顿夫人:

我在海崖山庄度过了一段永生难忘的美好时光。像所有离别的客人一样,我一返城就发现至少落下了一样随身之物。这东西或许除了对我本人之外,对任何人都毫无价值。尽管它是那么得微不足道,但我离了它可不行啊,那可是我的心呀!如果您碰巧拾到,它又