

总主编：戈玲玲 总主审：刘明东

第二版

# 大学英语教程 快速阅读

本册主编：郑际根  
刘彬

4

外语教学与研究出版社  
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

北京 BEIJING

## 图书在版编目 (CIP) 数据

大学英语教程. 快速阅读. 4 / 戈玲玲主编; 郑际根, 刘彬分册主编; 马慧等编. — 2版. — 北京: 外语教学与研究出版社, 2014.7

ISBN 978-7-5135-4896-0

I. ①大… II. ①戈… ②郑… ③刘… ④马… III. ①英语—阅读教学—高等学校—教材 IV. ①H31

中国版本图书馆 CIP 数据核字 (2014) 第 152591 号

出版人 蔡剑峰  
责任编辑 李念璐  
执行编辑 陈新  
封面设计 孙敬沂  
出版发行 外语教学与研究出版社  
社址 北京市西三环北路 19 号 (100089)  
网址 <http://www.fltrp.com>  
印刷 北京联兴盛业印刷股份有限公司  
开本 787 × 1092 1/16  
印张 9.5  
版次 2014 年 8 月第 2 版 2014 年 8 月第 1 次印刷  
书号 ISBN 978-7-5135-4896-0  
定价 25.90 元

购书咨询: (010) 88819929 电子邮箱: [club@fltrp.com](mailto:club@fltrp.com)  
外研书店: <http://www.fltrpstore.com>  
凡印刷、装订质量问题, 请联系我社印制部  
联系电话: (010) 61207896 电子邮箱: [zhijian@fltrp.com](mailto:zhijian@fltrp.com)  
凡侵权、盗版书籍线索, 请联系我社法律事务部  
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中咨律师事务所 殷斌律师  
物料号: 248960001

# 前言

在信息飞速发展和知识爆炸的当今社会，如何在有限的时间内、在浩如烟海的文献资料中快速捕捉最有价值的信息一直是人们颇为关注的热点问题。英语作为国际上最通用的语言，已经成为人们了解世界、走向世界的重要手段。快速阅读，作为一种阅读形式，无疑是人们获取信息和知识的重要途径之一。通过快速阅读，频繁地接触语言材料，可以自觉或不自觉地扩大阅读范围，提高阅读速度，丰富语言知识，增强英语语感，促进听、说、写、译等其他语言综合技能的全面提高。

然而，对大多数英语为非本族语的人而言，要想快速阅读并非易事，阅读者需要克服语言因素与非语言因素对阅读过程产生的不良影响，改正不良的阅读方法和习惯，了解科学的阅读技巧，提高阅读效率。为此，我们特组织一批长期从事大学英语教学及四、六级辅导工作、对快速阅读考试特点比较了解的老师修订了这套教程。

本教程共四册，其中第一册和第四册为 12 个单元，第二册和第三册为 15 个单元，每单元含 Text A, Text B, Text C 三篇快速阅读材料及习题。根据《大学英语课程教学要求》及考生接受能力，由浅入深，严格按照篇幅长短及难度大小编排先后。各册之间篇幅跨度为 100—200 词左右，生词控制在 3%—4% 之间。每单元由三篇文章组成，前一篇为课内阅读，由教师按规定的时间随堂练习，有计划、有步骤地培养学生的阅读技能；后两篇为课后阅读，可作为课后作业和学生自主学习材料，进一步强化和巩固课内所学知识。通过规范的选编和练习设计循序渐进地提高学生的英语快速阅读水平，从而进一步增强其英语综合应用能力。与其他同类四、六级教材相比，本书具有四大特色：

- 1 紧扣大纲，指导性强。严格按照《大学英语课程教学要求》的要求，确定本套教程的难度以及题材的选择。词汇严格控制在考试大纲的词汇表内。对于出现的个别难词和超纲词，在每篇课文后单独给出词汇注释（含词性及在本文的词义），各方面的要求尽可能与考试大纲相一致。题目设计严谨，信度、效度接近于真题，特别注重对快速阅读方法、策略的总结和点拨。
- 2 选材广泛，可读性强。本书选材广泛，内容新颖，既有科普常识、日常知识，又有人物传记等，涵盖教育、科技、文化、经济、金融等领域。文章体裁多样，包括记叙文、说明文和议论文等，素材均选自近年来国内外出版的书籍和英文报纸杂志，难度适中，内容具有前瞻性、启发性、知识性与趣味性。另外，在题型和阅读速度方面都结合了改革后的大学英语四、六级考试要求进行设定，力求达到最科学、最全面、最贴近实际的考试要求。

- 3 题材分类，针对性强。每个单元均按照相同的题材和真题的难度标准精心选编三篇文章，以便考生在阅读时把握同类文章的风格、结构和内容，集中突破同一话题的相关词汇和表达方式，全面、系统地将每一题材的文章所涉及的疑难和障碍各个击破。
- 4 知识扩展，趣味性强。单元后围绕一个主题进行相关的知识扩展，让学生在阅读文章之后，能开阔视野、丰富课外知识。

本书适用于即将参加四、六级考试的非英语专业学生或具有同等水平的英语爱好者。

由于编者水平有限，时间仓促，疏漏谬误在所难免，敬希广大读者及同行专家不吝指正。

编者  
2014年6月

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# 1

## Unit

**Directions:** In this part, you are going to read two passages with ten statements attached to each of them. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter in the brackets after the statement.

### Text A

#### **Seven Secrets of Success** **—Commencement Remarks at University of Florida**

(1,072 words)

- A) Good evening. It's a great honor to join you for your graduation—and share in your celebration. I can remember sitting where you are today—feeling very proud, and increasingly impatient. I remember thinking that the only thing standing between me and my degree—and my celebration with my family and friends—was the person giving the *commencement* (毕业典礼) speech. So in the event that you have similar thoughts—I will honor you and your achievement by keeping my comments brief.
- B) So this evening, I'm going to *go out on a limb* (与……不同). What I'm going to do is to tell you the Seven Secrets of Success that they don't teach you in business school.
- C) **First: Who you are is a lot more important than what you know.** Because no matter how smart you are, or how well you've learned every accounting principle or economic theory, there are people out there who are smarter than you. Or at a bare minimum, they learned that material just as well as you did. And that's where your personality kicks in.
- D) Can you work better with others? Can you make the team laugh and break the tension in a room? Can you help create a compromise that satisfies both sides? If you want to succeed, you have to add value. Bring something to your job every day that makes you different from your co-workers. Make your boss glad that you're on the team.
- E) **Number Two: Meet and greet people on your street.** This may sound odd to you. But

everyone in this world needs to be treated with respect. And they won't value you, if you don't value them. If you see the *cleaning crew* (清洁工人) in the office every night, learn their names. Tease the security guard on your way out of the building about his favorite basketball team's performance. Ask the clerk in payroll to show you pictures of her new grandchild.

- F) Look—anyone with an ounce of sense will try to impress the CEO. But how you treat the people who can't advance your career is the true measure of your character. Make sense?
- G) **Number Three: Every so often you need to be scared.** Only when you try something you believe you can't do, will you discover if you're right. And you'll be surprised at what you can do if you try. There's a quote I've heard that I really like: "Whether you think you can, or think you can't, you're right." I've learned that the choice is always yours.
- H) Fear is a natural reaction to the unknown. But once you think of fear as a positive reaction, and remember that it almost always leads to something that makes you grow, fear becomes a positive leading indicator.
- I) **Number Four: Learn from your *mentors* (良师益友), and learn from your *tormentors* (使人苦痛之人).** Over the years, I've worked for people who were smarter than I was, and I've worked for some who weren't. But I've learned something from each and every one of them. When you're plagued by a horrible boss—or a colleague who's a complete *buffoon* (小丑)—keep a mental list of how they manage situations. Then make another list of what you're going to do when you *call the shots* (发号施令). Because trust me, learning from other people's mistakes can be a lot easier, and it's certainly less painful than learning from your own.
- J) **Number Five: Sometimes you need to be like a *Golden Retriever* (金毛犬).** Golden Retrievers are loyal. They're friendly. And they're inclined to enter every situation believing it's going to be great. I like that in a dog—and in people too! And one of the most important questions you have to ask yourself every so often is that: "Am I having fun?" Because life's too short to spend most of your waking hours doing something that you don't enjoy. So don't forget—you always have a choice. If you've given a job of your best shot, and you're still not having fun, then find another job immediately.
- K) Golden Retrievers know how to have fun. They never take everyday stuff for granted. They spend some portion of their lives just enjoying the fact that they have enough to eat, they get to lie around in the sun, and they get to play with their toys. So we all have something to learn from them.
- L) **Number Six: Sometimes you need to be a *Golden Retriever*, but sometimes you need to be a *Jack Russell Terrier* (杰克罗素梗).** What do Jack Russells do? They leap at opportunity. They jump and jump and jump again when they're after something they want. In the business

world, that might translate into being the first to volunteer for a project. It means never turning in *mediocre* (平庸的) work. It means striving for ways to get the job done better, faster and cheaper than the guy in the next office. It means speaking up when you have an idea. But there's one caution I'll give you. And it's a big one: Never over-promise and under-deliver. Performance counts. And your credibility is essential to your success.

- M) **Last but not least, here's my seventh and the final secret of success: Get your priorities right.** Do you really want your *epitaph* (墓志铭) to read: "He was a great finance manager"? Or "She really knew how to build a brand." Don't spend 90 percent of your time or energy on people who'd replace you tomorrow morning if you left. Save a good portion of your time and energy for those who'll always be irreplaceable—your good friends, your trusted colleagues and your family, because it's through them that you'll gain *immortality* (永生). You'll change their lives, just as they've changed yours. And if you are very lucky, you'll both be better for your being here.
- N) The key to success early in your career is to balance having the boldness and confidence to forge ahead with the knowledge that you can't possibly know it all. You also need the input and perspective of others. And remember this: No one in any organization is *indispensable* (不可或缺的)—no matter how many years they've been climbing the ladder, nor how high they've climbed.
- O) And speaking of ladders, I recently came across this quote that I'd like to leave you with: "The only thing between you and the top of that ladder—is the ladder." I wish every one of you an absolutely fabulous climb.

- 1 To spend much time with the people who often matter to you in your life will benefit all of you. ( )
- 2 Add value to yourself, and make progress in your job bit by bit. ( )
- 3 If you do not treat fear negatively, to some degree, it will help you succeed. ( )
- 4 It is better to learn from others' faults than from your own. ( )
- 5 Try your best at work while do things within your capability. ( )
- 6 Knowing yourself is much more significant than what you know. ( )
- 7 Trying to do something that seemed impossible may give you a big surprise. ( )
- 8 Say hello to ordinary people and show your respect to them. ( )
- 9 The important thing for being successful in the career is having the courage and confidence to pursue new knowledge. ( )
- 10 The author took pride in delivering the speech at the graduation ceremony. ( )

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**Word List**

commencement *n.* 毕业典礼

tormentor *n.* 使人苦痛之人

call the shots 发号施令

epitaph *n.* 墓志铭

mentor *n.* 良师益友

buffoon *n.* 小丑

mediocre *a.* 平庸的

immortality *n.* 永生

**Text B**

**Questions That Will Change Your Life**

(1,188 words)

- A) A long time ago, when I'd just started my career, my boss called me into his office. "Sit down, John," he said. "I know you've been expecting a raise, and I wish I could give you one. But, honestly, your performance has been, well, mediocre."
- B) I left his office disappointed. But when I'd thought about it, I found myself wondering, well, was he right? Did I really deserve a raise? It was true. I had done a mediocre job that year. Now the issue was how I could do better. Eventually, that let me discover the questions that ultimately changed my life, and can change yours. Are you willing to change? If so, then ask yourself these questions.

**How can I be a good leader?**

- C) There was a company president who happened to look out his office window one day at quitting-time. He saw an employee go out of his way to pick up some trash. It wasn't one of the maintenance staff. The president took note of his car and found out who the employee was. Then he called the employee in. "Anyone who's willing to pick up trash so that this company's parking lot looks better has our best interests at heart," the president said. In that simple act of picking something up, he saw a potential leader. That employee was promoted to management on the spot.

**What can I do to make a difference?**

- D) Most of us want our lives to count for something. Face it, none of us have the answers to all of the world's problems. But it is in our power to, as Mother Teresa used to say, "Do small things with great love."
- E) Once, for example, I walked into a busy restaurant for lunch. There wasn't a single table available, so I sat at the bar. A waiter rushed by with a tray full of dirty dishes. He saw me and

said, "I'll be right with you." He came back and told me, "This isn't my section, but I don't want to keep you waiting." He took my order, which included a Diet Coke. "We don't carry that, sir," he said.

- F) I told him that a glass of water would be just fine. Minutes later he appeared with my food, then rushed back to his section. He showed up again with a surprise. An ice-cold bottle of Diet Coke! "Where did this come from?" I asked. "There's a grocery store around the corner," he told me. "But you're running around like crazy. How did you find the time to get it?" "I didn't, sir," he said. "I asked my manager to go!" What terrific service! It would have been easy for him to grumble and think, why do I have to do everything around here? But he hadn't.
- G) I went back to that same restaurant two months later. I asked for my favorite server. "He doesn't wait tables anymore," I was told. "They promoted him to management." I wasn't surprised. He'd been willing to do the small things that often lead to big results.

### **How can I help others achieve their goals?**

- H) In 1986, a man named Jim Strutton hired me to recruit people for courses in leadership and sales. My first assignment: Round up 20 sales managers for a 500-dollar, two-day workshop. I only managed to get nine people to commit.
- I) The first day of the workshop, we set up the room and waited for our students. Jim turned to me. "You know what, John," he said. "I see 20." "Twenty what?" "Twenty people in this class." Why was he sticking a knife into me so cruelly? "Jim, you know I only sold nine." "I know," he said. "But I see 20 because I know you can do it."
- J) Our next workshop was held two months later. Again, Jim insisted I would be able to get 20 people. Instead, I sold 16. "I see 20, John," Jim said again. "I know you can do it." And I did. Over the next two years I never had a class with fewer than 20. Sure, I needed to believe in myself. But I needed more, someone who would transfer his belief in me to me. Jim didn't say, "I doubt you'll do well, but give it a shot." Instead of being negative, he encouraged me. And, in so doing, he ensured I would succeed.

### **How can I do my best?**

- K) Nobody is a finished project. I learned that thanks to David, a fellow I met a few years back after I spoke to his company. He came up to me before the banquet and awards and said, "Great stuff! Have you written a book?" I told him I had one in the works. "I can hardly wait for that. If I could reread your ideas, I could apply them to my life even better. I've got lots of room for improvement!" An hour later I watched as David was presented with an award for being top salesperson of the year. I knew why. He'd shown me that he was constantly trying to improve himself.

- L) Let me take you back to that restaurant where I got my Diet Coke. The waiter-turned-manager was named Jacob. He'd gone to his manager and asked her to get me my drink. She said yes right away. The important thing is that she didn't say: "Wait a minute, buddy. Who is the waiter around here?" The restaurant was packed; Jacob couldn't leave; a customer needed satisfaction. She went to the store and bought my soda. She and Jacob had worked together to do their best.

### How can I change myself?

- M) One day my wife, Karen, said, "I'm going to a marriage counselor, and I think you should come." Three days later we sat in the counselor's office. Who is this guy? What could he teach me? Then he introduced himself and talked a bit. I found myself relaxing, and thought, he could really help Karen.
- N) No wonder my wife dragged me into counseling. I'd fallen into that trap on thinking my marriage would be better if my wife tried harder. But what about me? OK, the rare occasions I was home, I was preparing my next presentation or too exhausted to do anything. "I'm just trying to make a good living for you and the kids," I'd say. But that's a tired old *dodge* (躲避). My job wasn't to make a living; it was to make a life. For my family, that meant changing the way I did things.
- O) How I can change myself is the toughest question of all. But the most important step is the willingness to change how you think. And thinking about others first is the ultimate act of personal responsibility. Of all the questions we can ask ourselves, this is the most important one because we're all more willing to change others than to change ourselves.
- P) It's been a long time since that day my boss didn't give me a raise. He gave me something better—a chance to ask myself what I was willing to do about it.

- 1 The author thinks that the most difficult question for him is how to change himself. ( )
- 2 Self-improvement is an endless process. ( )
- 3 An employee who cares about the company's interests may have the qualities of a leader. ( )
- 4 Jim Strutton has always believed that the author could achieve his own goal. ( )
- 5 We should be willing to do small things with great affection, and face problems. ( )
- 6 At last, the questions which the author was thinking about changed his life fundamentally. ( )
- 7 The waiter's willingness to do the small things results in making a big difference. ( )
- 8 The author thought that the counselor could be very helpful to his wife. ( )
- 9 The boss gave the author an opportunity to ask himself what he wanted to do about his job. ( )

10 The author thought it was his wife's responsibility to make their marriage better. ( )

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### Word List

dodge *n.* 躲避

**Directions:** In this part, you are required to go over the passage quickly and answer the questions that follow.

For questions 1-7, mark

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8-10, complete the sentences with the information given in the passage.

### Text C

## Secrets of Self-Made Millionaires

(1,123 words)

According to the Spectrem Wealth Study, an annual survey of America's wealthy, there are more people living the good life than ever before—the number of millionaires nearly doubled in the last decade. And the rich are getting richer.

If more people are getting richer than ever, why shouldn't you be one of them? Here, some people who have at least a million dollars in *liquid assets* (流动资产) share the secrets that helped them get there.

### Set your sights on where you're going.

Twenty years ago, Jeff Harris hardly seemed on the road to wealth. He was a college dropout who struggled to support his wife, DeAnn, and three kids, working as a grocery store clerk and at a junkyard where he melted scrap metal alongside convicts. "At times we were so broke that we washed our clothes in the bathtub because we couldn't afford the *Laundromat* (自助洗衣店)." Now he's a 49-year-old investment advisor and multimillionaire in York, South Carolina.

There was one big reason Jeff pulled ahead of the pack: He always knew he'd be rich. The reality is that 80 percent of Americans worth at least \$5 million grew up in middle-class or lesser households, just like Jeff.

Wanting to be wealthy is a crucial first step. "The biggest obstacle to wealth is fear. People are

afraid to think big, but if you think small, you'll only achieve small things.” says Eker.

### **Educate yourself.**

When Steve Maxwell graduated from college, he had an engineering degree and a high-tech job—but he couldn't balance his checkbook. “I took one finance class in college but dropped it to go on a ski trip,” says the 45-year-old father of three, who lives in Windsor, Colorado. “I actually had to go to my bank and ask them to teach me how to read my *statement* (报表).”

One of the biggest obstacles to making money is not understanding it: Thousands of us avoid investing because we just don't get it. But to make money, you must be financially literate. “It bothered me that I didn't understand this stuff,” says Steve, “so I read books and magazines about money management and investing, and I asked every financial *whiz* (专家) I knew to explain things to me.”

He and his wife started applying the lessons: They made a point to live below their means. They never bought on impulse, always negotiated better deals (on their cars, cable bills, furniture) and stayed in their home long after they could afford a more expensive one. They also put 20 percent of their annual salary into investments.

Within 10 years, they were millionaires, and people were coming to Steve for advice. “Someone would say, ‘I need to refinance my house—what should I do?’ A lot of times, I wouldn't know the answer, but I'd go find it and learn something in the process,” he says.

“I was an engineer who never thought this life was possible, but all it truly takes is a little self-education,” says Steve. “You can do anything once you understand the basics.”

### **Passion pays off.**

In 1995, Jill Blashack Strahan and her husband were barely making ends meet. Like so many of us, Jill was eager to discover her purpose, so she *splurged* (挥霍) on a session with a life coach. “When I told her my goal was to make \$30,000 a year, she said I was setting the bar too low. I needed to focus on my passion, not on the paycheck.”

Jill, who lives with her son in Alexandria, Minnesota, owned a gift basket company and earned just \$15,000 a year. She noticed when she let potential buyers taste the food items, the baskets sold like crazy. Jill thought, why not sell the food directly to customers in a fun setting?

With \$6,000 in savings, a bank loan and a friend's investment, Jill started packaging *gourmet* (美食佳酿的) foods in a backyard shed and selling them at taste-testing parties. It wasn't easy. “I remember sitting outside one day, thinking we were three months behind on our house payment, I had two employees I couldn't pay, and I ought to get a real job. But then I thought, ‘No, this is your dream. Recommit and get to work.’”

She stuck with it, even after her husband died three years later. “I live by the law of

abundance, meaning that even when there are challenges in life, I look for the win-win,” she says.

The positive attitude worked: Jill’s backyard company, Tastefully Simple, is now a direct-sales business, with \$120 million in sales last year. And Jill was named one of the top 25 female business owners in North America by *Fast Company* magazine.

According to research by Thomas J. Stanley, author of *The Millionaire Mind*, over 80 percent of millionaires say they never would have been successful if their vocation hadn’t been something they cared about.

### Grow your money.

There are endless ways to make extra money for investing—you just have to be willing to do the work. “Everyone has a marketable skill,” says Langemeier. “When I started out, I had a tutoring business, seeing clients in the morning before work and on my lunch break.”

A little moonlighting cash really can grow into a million. Twenty-five years ago, Rick Sikorski dreamed of owning a personal training business. “I rented a tiny studio where I charged \$15 an hour,” he says. When money started *trickling* (涓涓地流) in, he *squirreled* (储存) it away instead of spending it, putting it all back into the business. Rick’s 400-square foot studio is now Fitness Together, a *franchise* (特许经营商) based in Highlands Ranch, Colorado, with more than 360 locations worldwide. And he’s worth over \$40 million.

When extra money rolls in, it’s easy to think, “Now I can buy that new TV.” But if you want to get rich, you need to pay yourself first, by putting money where it will work hard for you—whether that’s in your retirement fund, a side business or investments like real estate.

### The biggest secret? Stop spending.

Every millionaire we spoke to has one thing in common: Not a single one spends needlessly. It’s not a *fluke* (偶然): According to the 2007 Annual Survey of Affluence & Wealth in America, some of the richest people “spend their money with a middle-class mindset.” They clip coupons, wait for sales and buy luxury items at a discount.

No kidding! Talk show host Tyra Banks calls herself the Queen of Cheap and keeps perfume samples from magazine ads in her purse for quick *touch-ups* (修饰).

Sara Blakely, founder of the \$100 million shapewear company Spanx, gets her hair trimmed at Supercuts.

And Warren Buffett, the third richest person in the world, according to *Forbes*, lives in the same Omaha, Nebraska, home he bought four decades ago for \$31,500.

1 People who have at least a million dollars in liquid assets have the same secrets to wealth.

( )

- 2 Jeff Harris had been so broke that he could only wash his clothes in a Laundromat. ( )
- 3 Not understanding money is one of the biggest obstacles to wealth. ( )
- 4 The life coach advised Jill Blashack Strahan to set her purpose higher than her paycheck. ( )
- 5 Jill's backyard company turned out to be a big direct-sales food business. ( )
- 6 In order to grow your money, you can put it in your retirement fund, a side business or investments like real estate. ( )
- 7 According to the 2007 Annual Survey of Affluence & Wealth in America, rich people never spend as the middle class do. ( )
- 8 Eker suggests those who want to be wealthy to \_\_\_\_\_.
- 9 According to Steve Maxwell, everyone could achieve whatever he wants when he \_\_\_\_\_.
- 10 Jill Blashack Strahan's story told us that \_\_\_\_\_ and \_\_\_\_\_ are both important in getting success.

(实际阅读时间: \_\_\_\_\_ 分钟 正确率: \_\_\_\_\_ %)

### Word List

liquid assets 流动资产

whiz *n.* 专家

gourmet *adj.* 美食佳酿的

franchise *n.* 特许经营商

Laundromat *n.* 自助洗衣店

splurge *v.* 挥霍

trickle *v.* 涓涓地流

fluke *n.* 侥幸