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晨读

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——90天铸就考研写作高分

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徐绽 主编

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北京航空航天大学出版社
BEIHANG UNIVERSITY PRESS

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内 容 简 介

本书精选 90 篇脍炙人口的英语经典美文。适合全程特别是在基础阶段朗读背诵，潜移默化铸就写作高分。本书的姊妹篇《考研英语时文阅读宝典 120 + 60》(夜读) 涉及主题广泛而丰富，接近真题命题特点，读完全书帮助突破英语阅读瓶颈。本套图书为考研全程备考量身打造，另外也适用于四六级、考博、留学英文考试以及其他大型英语考试备考使用。

图书在版编目 (CIP) 数据

考研英语美文诵读宝典 60 + 30 / 徐绽主编. -- 北京:
北京航空航天大学出版社, 2019. 3

ISBN 978 - 7 - 5124 - 2968 - 0

I. ①考… II. ①徐… III. ①英语—阅读教学—研究生—入学考试—自学参考资料 IV. ①H319. 37

中国版本图书馆 CIP 数据核字 (2019) 第 051888 号

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考研英语美文诵读宝典 60+30

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北京航空航天大学出版社出版发行

北京市海淀区学院路 37 号 (邮编 100191) <http://www.buaapress.com.cn>

发行部电话: (010)82317024 传真: (010)82328026

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艺堂印刷 (天津) 有限公司印装 各地书店经销

*

开本: 710 × 1000 1/16 印张: 24 字数: 406 千字

2019 年 5 月第 1 版 2019 年 5 月第 1 次印刷

ISBN978 - 7 - 5124 - 2968 - 0 定价: 74.50 元

若本书有倒页、脱页、缺页等印装质量问题，请与本社发行部联系调换。联系电话：010-82317024

我曾被一部电影感动，在近两个小时冗长而老套的剧情中，我昏昏欲睡大脑几乎停滞，直到女主角在满天繁星下朗诵出了莎士比亚的这段诗歌：

Love is not love which alters when it alteration
 finds,
 Or bends with the remover to remove:
 O no! It is an ever-fixed mark,
 That looks on tempests and is never shaken.

爱若见异思迁，见风使舵，随彼之变而变，就不是爱；
 哦，不，爱是岸标，永远坚定，俯视下方风雨，永立不摇。

古今中外，谁不曾为爱讴吟：“谁言寸草心，报得三春晖”是把你我包裹得严严实实的无言母爱；“情不知所起，一往而深”是情深若斯、亘古缠绵；有人岸上踏歌送别友人，有人望尽孤帆远影；也有人写道：

Love is a lamp, while friendship is the shadow.
 When the lamp is off, you will find the shadow
 everywhere. Friend is who can give you strength at last.

爱情是灯，友情是影子，当灯灭了，你会发现你的周围都是影子。朋友，是在最后可以给你力量的人。

我也喜欢吟诵，当清晨的第一缕阳光如约而至，树梢上光与影的味道是如此清新，当小鸟欢快的啁啾还来不及被粗鲁的汽笛声所掩盖，当那缕梦幻般的薄雾还没来得及褪去，校园小路无声地在目之所及之处舒展。何不在这朝阳下、青草间，大声地读出我们的理想、我们的未来！

心中有爱会使我们内心坚定，勇往直前！于是，莫再把考研当作是一场苦旅——那是为爱而行！

编者

2019年4月

语言大师培根说过：“reading makes a full man, conference a really man and writing an exact man”。足见语言的学习需要大量的记忆，而背诵这一古老但又行之有效的方法是不可忽视的。背诵是学习、积累语言的有效方式，是培养和形成语言技巧的重要手段。反复诵读名篇佳作能激发学习的兴趣，能克服学习外语的畏惧心理，也能培养好的语感和文化素养。背诵三步曲：

第一步：朗读全文。大声朗读全文两到三遍，尽量达到琅琅上口。弄清每篇文章的大意以及不熟悉的单词和词组的发音、拼写和意义。

第二步：熟背精选。反复朗读，达到熟练背诵。如果出现“卡壳”，应该积极思考，进行追忆。

第三步：默写重现。如果时间充裕，建议默写全文。既可加深对文章的记忆，又能提升自己用词造句、布局谋篇的书面表达能力。

本书共精选 90 篇脍炙人口的英语美文，多出自英语为母语人士之手，原汁原味，其中不乏名篇佳作，地道规范，清新流畅，经典与时新并重，内容与语言兼备。每篇文章篇幅适中，精致小巧，朗朗上口，运思巧妙，言简意深，宜于背诵。内容涵盖智慧人生（Part 1）、名人之声（Part 2）、聚焦考研（Part 3）三大板块，细分为九大主题：成功悟语、青春赞歌、人生真谛、自然之美、快乐箴言、大学演讲、经典时文、真题精选、同源热点。内容大至宇宙人生、小至个人琐事。

每篇文章有以下可圈可点之处：

◎ 设有精彩导读。寥寥数语，或勾勒人物画像，或奉送名人轶事，或旁征博引其他智慧短句——名人名句光彩夺目，那些散落在民间的只言片语亦熠熠生辉。篇幅虽然不多，却也呈现另一番洞天；

◎ 注明文章来源。从历史文化长河的发源之端，到当今潮流的所到之处，内容贯穿古今，详细注明文章节选的杂志名称和发表时间；

◎ 难词解释：列出文中需考生掌握的重点单词。重点单词部分列出文中出现的、考研大纲中所包含的词汇，后面附有音标、文中释义和大纲全义，在原文中以蓝色加粗字体标出，帮助考生在阅读的同时更全面地掌握重点单词，并通过对单词的理解更好地进行阅读；

◎ 难句赏析：精选 2 至 4 个长难句，从句子结构、句意切割、语言难点解释、翻译技巧说明及完整译文五个层面进行分析，帮助读者掌握长难句的阅读和翻译技巧；

◎ 写作句型：每篇文章给出经典句型及扩展例句，帮助考生学习各种固定的写作方法、扩展写作思路、掌握写作要素。帮助考生提高考试应试能力和英语综合运用能力，攻克考研英语写作是编写本书的宗旨。

◎ 译海拾贝：原文提供精准的译文，每篇译文均经过字斟句酌，力求做到准确、流畅、优美，为考生理解文章提供借鉴。

《考研英语美文诵读宝典 60+30 篇》为了给您提供一份精美的英语早餐！让我们一起领略经典的原版英文，每天的清晨翻开诵读典，熟读成诵，出口成章，在潜移默化之中纯洁和优化语言，脱口而出地道而美丽的英文。“腹有诗书气自华”。在中英双语美文的熏陶下，我们的气质日渐提升，谈吐日见优雅。从欣赏的角度看，这些佳段是艺术珍品让你的英语语感和流利度更上一层楼；从学习水平提升的角度看，这些佳段可以作为教学辅助材料，显著提升写作能力与考试成绩。

此外，全书备有外籍专家朗读的 MP3，配以舒缓动听的背景音乐，开启您美妙愉悦的阅读之旅。文章图文并茂、如沐春风。轻松的版面设计，赏

心悅目的圖片，放鬆心靈，讓朗讀不再枯燥。經典佳作的語言有聲有色，有力度，有厚度！

從今天開始，每天堅持背誦一篇，三個月後，你也會擁有下筆流利而出的英文！背誦優雅英文，啟迪精彩人生！

編者

2019年4月

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Section One

诵读经典 60 篇

智慧人生
名人之声

PART



智慧人生

成功悟语

青春赞歌

自然之美

人生真谛

快乐箴言

成功悟语

Companionship of Books

By Samuel Smiles

★★★★

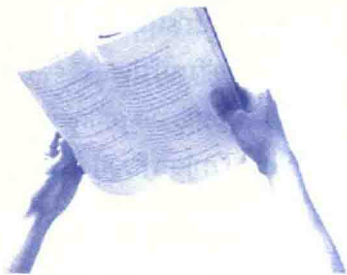
· 导读 ·

“书香轻拂沁心灵，诗行轻滑渗血液。”书是人不可分离的生命伴侣和导师。通常看一个人读些什么书就可知道他的为人，就像看他同什么人交往就可以知道他的为人一样。有人以人为伴，也有人以书为伴。无论是书籍还是朋友，我们都应该以最好的为伴。

A man may usually be known by the books he reads as well as by the company he keeps;^① for there is a companionship of books as well as of men; and one should always live in the best company, whether it be of books or of men.

A good book may be among the best of friends. It is the same today that it always was, and it will never change. It is the most patient and cheerful of companions. It does not turn its back upon us in times of adversity or distress. It always receives us with the same kindness; amusing and instructing us in youth, and comforting and consoling us in age.

Men often discover their affinity to each other by the mutual love they have for a book just as two persons sometimes discover a friend by the admiration which both entertain for a third.^② There is an old proverb, “Love



me, love my dog.” But there is more wisdom in this: “Love me, love my book.” The book is a truer and higher bond of union. Men can think, feel, and sympathize with each other through their favorite author. They live in him together, and he in them.

Books possess an essence of immortality. They are by far the most lasting products of human effort. Temples and statues decay, but books survive. Time is of no account with great thoughts, which are as fresh today as when they first passed through their author's minds, ages ago.^③ What was then said and thought still speaks to us as vividly as ever from the printed page. The only effect of time has been to sift out the bad products; for nothing in literature can long survive but what is really good.

📖 词海撷英

- 1 turn one's back on/upon... 避开或拒绝接受
e.g. He turned his back on his family when he became famous.
- 2 adversity [əd'vɜːsɪtɪ] *n.* 不幸, 灾难
e.g. The fire is the test of gold, adversity of strong men.
- 3 distress [dɪ'stres] *n.* 痛苦, 忧虑
- 4 affinity [ə'fɪnɪtɪ] *n.* 密切关系, 吸引力
e.g. There is an affinity between Chinese and Japanese character.
- 5 mutual ['mju:tʃʊəl] *a.* 共同的, 相互的
e.g. mutual love/interest
- 6 bond [bɒnd] *n.* 纽带, 结合
e.g. marital bond/parental bond/emotional bond
[一词多义] bond——债券
- 7 essence ['esns] *n.* 本质, 精髓
[联] essential *a.* 本质的, 至关重要的
- 8 immortality [ɪ'mɔːtælɪtɪ] *n.* 不朽, 永生
[联] immortal *a.* 不死的, 永生的 mortal *a.* 终有一死的
- 9 sift [sɪft] *v.* 筛选, 过滤
[同] filter/screen