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大学英语六级 主题诵读菁华

激情晨读



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前 言

也许你还在四六级的题海里奋勇前行；也许你每天还在为了增加词汇量而一头扎进词典里；也许你还在为就差一点点就通过四六级的事情感到懊恼；也许你每天花在英语学习上的时间最多，但却收效甚微；也许……你茫然了。于是，我们听到了这样的抱怨：“老师，我天天背单词，为什么总是记不住啊？”“老师，我模拟题不知道做了多少套了，可是一做真题还是错那么多？”“老师，我怎么一读英语的文章就犯晕啊？”

众所周知，兴趣是最好的老师，学习英语也是一样。如果对英语学习抱有浓厚的兴趣，那么学习起来就可以取到事半功倍的效果；反之，如果把英语学习当作任务甚至是负担，那么学习起来就不那么愉快甚至是痛苦了。正是学生在学习英语时遇到的问题激发了我们编写这样一套丛书的灵感。本丛书的目的就是为了让英语学习者在充斥浮躁气息的年代里把阅读当成一种习惯，一种享受，在欣赏地道美文的同时，不但可以主动记忆单词，而且可以全面接触原汁原味的西方社会，从思维方式、语言习惯来挑战传统的英语学习。

本套丛书精选的文章与大学英语四、六级考试难度及长度相当，范围遍及科技、经济、工作、生活、教育、健康、情感、历史、文化、环境等。内容几乎涵盖了西方社会生活的方方面面，既有经典的名作，又有时尚的美文。为使读者在阅读时能更好理解文章，每篇短文后都配有精美译文。对每篇文章中出现的四、六级常考词汇和词组进行注

解,使读者在阅读过程中能轻松记忆单词。同时,我们还从每篇文章中挑选了经典长难句,进行精准结构分析、语法分析,力求提升读者对英语的分析能力和表达能力。

本套丛书为中英文对照读物,难度适中,可作为非英语专业学生参加大学英语四、六级考试的补充阅读材料;也可以作为课外阅读材料帮助英语专业低年级学生扩大词汇量,熟悉语言使用规范。英文选文也适合准备参加托福、雅思等各类考试,想提高阅读能力的广大考生。

在清新的早晨,在静谧的傍晚,翻开纸页,或大声地模仿朗读,或聚精会神地默读,感受不同文化带来的冲击,相信一定会大有收获的。

编者

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第一章 健康生活

2016. 3. 20

1. Perceive Life

Imagine life as a game in which you are juggling some five balls in the air. You name them: Work, Family, Health, Friends, and Spirit. And you're keeping all of these in the air. You will soon understand that work is a rubber ball. [1] If you drop it, it will bounce back. But the other four balls— family, health, friends and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.

How?

Don't **undermine** your worth by comparing yourself with others. It is because we are different that each of us is special. Don't set your goals by what other people deem important. Only you know what is best for you. Don't take for granted the things closest to your heart. Cling to them as you would cling to your life, for without them, life is meaningless.

Don't let your life **slip** through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life. Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us each together. Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find. [2] The quickest way to receive love is to give; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings. Don't run through life so fast that you forget not only where you've been, but also where you are going.

感悟生活

把生活想象成一个在空中抛接五只球的游戏。这五只球分别是：工作、家庭、健康、友谊和精神。你努力不让它们从空中掉下来。你马上就发现唯有工作是一个橡皮球。[1]如果你将它掉到地上，它还会弹回来。但其他四只球——家庭、健康、朋友和精神都是玻璃的。如果你把任何一个掉到地上，便会不可挽回地留下疤痕、裂缝、受损甚至摔得粉碎。它们永远也无法恢复原样。你必须懂得这一点并在生活中努力保持平衡。
便磨损、痕迹、裂痕

怎样做到这一点呢？

不要总拿自己与别人比，从而贬低自身的价值。正因为我们彼此的差异不同，我们才会各有千秋。别人认为重要，并不能作为你确定目标的根据。只有你自己知道，什么东西对你最好。与你内心最贴近的东西，切莫等闲视之。要像坚守生命一样坚守住它们，因为失去它们，生活就会毫无意义。

不要耽于过去或未来，而让生命从指间悄悄溜走。一次只活一天，活在今日，你就充实地活过生命中的每一天。如果你还可以付出，就不要轻言放弃。在你停止努力那一刻之前，什么都没有真正结束。

不要害怕承认我们不够完美。正因为我们都不完美，我们才会彼此需要。不要害怕遭遇风险。只有通过冒险，我们才能学会如何变得勇敢。别说真爱难求，而将爱拒之门外。[2]获得爱的捷径是给予爱，失去爱的捷径是扼住爱，而守住爱的捷径是给爱插上翅膀。不要一生奔忙，匆匆而过，以至于忘了自己从何处来，往何处去。

<Vocabulary>

perceive [pə'si:v] v. 感觉，认为，把…看做

undermine [ˌʌndə'maɪn] v. 暗中破坏；逐渐削弱

slip [slip] v. 滑脱; 滑落

<Phrases>

strive for 争取

cling to 紧抓, 紧附

take for granted 认为...理所当然

<Sentences>

① If you drop it, it will bounce back.

这是一个复合句, if 引导让步状语从句。

② The quickest way to receive love is to give.

这是一个简单句, the quickest way 是主语, to receive love 不定式修饰主语。

Only you know what is best for you

2. Life Is All about Choices

[1] Michael is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I'd be twins!" He was a natural **motivator**.

If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up to Michael and asked him, "I don't get it. You can't be positive all the time. How do you do it?"

Michael replied, "each morning I wake up and say to myself, Mike, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a **victim** or choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right. It isn't that easy." I **protested**.

“Yes it is,” Michael said, “life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line is: It’s your choice how you live life.” I reflected on what Michael said.

Soon thereafter, I left the big enterprise that I had worked in for years to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard Michael was involved in a serious accident, falling off 60 feet from a communications tower.

After 18 hours of **surgery**, and weeks of intensive care, Michael was released from the hospital with **rods** placed in his back. I saw Michael about six months after the accident. When I asked him how he was, he replied, “If I were any better, I’d be twins. Want to see my scars?” I declined to see his wounds, [2] but did ask him what had gone through his mind as the accident took place.

“The first thing that went through my mind was the well being of my soon-to-born daughter,” Michael replied. “Then, as I lay on the ground, remembered I had two choices: I could choose to live or I could choose to die. I chose to live.” “Weren’t you scared? Did you lose **consciousness**?” I asked. Michael continued, “... the **paramedics** were great. They kept telling me I was going to be fine. But when they wheeled me into the operation room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read He’s a dead man. I knew I needed to take action.” “What did you do?” I asked. “Well, there was a big burly nurse shouting questions at me” said Michael. “She asked me if I was **allergic** to anything. ‘Yes,’ I said. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, ‘**Gravity.**’ Over their laughter, I told them, ‘I’m choosing to