

# THIRSTY FOR THIRTY

2013.1

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## 1.1 16 Reasons You Should Learn to Cook for Yourself

KitchenCourses.com

You've gone through the drive-thru four times this week. You've packed on a couple pounds over the last month and have no idea where they've come from. You're becoming known in your circle of friends as the guy or gal who would rather phone in for takeout instead of drive three blocks to the grocery store. You know that this isn't your shining moment in health. That your mother would beam from ear to ear if she heard you mastered her famous recipe. You owe it to yourself to treat your body better and that means shoving off the excuses and getting real. These are the 16 reasons why you should get in your kitchen right now and learn how to cook.

Comment [1]: 汽车餐厅

Comment [2]: 姑娘

Comment [3]: 眉开眼笑

Comment [4]: (使) 离开

### 1. Your mom won't always be there

I don't care how old or young you are, if you're still eating through the drive-thru every night, because you're not convinced that mommy will just make you something next time you see her, you need to get real with yourself. Your mom won't always cook for you. Cooking will allow you to become independent from what others are cooking for you and to gain some life skills along the way.

### 2. Your spouse/partner/whoever you're dating/roommate isn't always going to want to cook for you

So mom won't always be there... neither will other people. There will come a time in your life when you'll be alone, and cooking for yourself becomes one of those necessary things that you'll have to take up. Learning to do it now will only make getting through those times a bit easier.

### 3. Cooking is not as difficult as many people think

Many people tend to think that cooking is some sort of art form that they'll never be able to master. It certainly can be an art form if you want it to be, but for most of us, it's about practicality and getting delicious and healthy foods on our table so that we can eat a few good meals each day. Art aside, we all just want to feel good about what we put in our bodies and have it taste good going down. All you need to learn about cooking is a few of the basics and it will drastically change your lifestyle.

Comment [5]: (practical) 实用性

Comment [6]: 将 (艺术) 放在一旁不谈

Comment [7]: 彻底地

### 4. Cooking is and can be really fun

This might come as a shock... but once you learn how to cook a few things, it's almost like a drug: you'll want to learn how to cook more and more! Once you gain the knowledge of knowing a few of the basics in the kitchen, everything else will start opening itself up to you and will seem even easier to pick up. You just have to get the ball rolling.

Comment [8]: 毒品

Comment [9]: 让某件事开始

### 5. You'll save money

Everyone is looking to save a few bucks here and there, but not many of us realize that a huge chunk of change goes to our food choices every week or month. If you really think about it, the amount you spend on food is one of the very few monthly costs that you have complete control over. Wouldn't

Comment [10]: 省点钱

Comment [11]: 一大块

you like to start saving a little each month to go on that trip you've been dreaming about? Or buy a new **gadget** that you've been eyeing? The more meals you prepare at home, the faster your wallet will grow.

Comment [12]: 小玩意

## 6. You'll lose weight

Sounds a little crazy, right? Even if you eat the same amount of food at home as you eat when you go to restaurants or through takeout, you'll easily lose weight because the amount of fat and calories consumed at home through homemade meals is always significantly less than anything you could grab on your way home from work.

## 7. You'll attract the opposite sex

Men love a woman that can cook. Women love a man that can cook. Whoever you're trying to get will be **over the moon** if you create a homemade meal for them. I can think of no greater **aphrodisiac** than seeing my husband in the kitchen making me dinner – ask any other woman and I bet they'd say the same!

Comment [13]: 兴高采烈, 欣喜若狂

Comment [14]: 春药

## 8. It's just as fast as going to the drive-thru

In my weak and tireless moments where I'm daydreaming of a burger and fries, I think about the amount of time it will take me to get there and back and it's usually no more than about 15 or 20 minutes round trip. If you have your **pantry** and fridge stocked well, there will likely be at least a few options sitting in your cupboards available for you to **craft something up** in just as much time, and for about the same amount of effort as it would be to get to your car, get to the restaurant, and get home.

Comment [15]: 备餐间

Comment [16]: 精巧地制作

## 9. You'll feel empowered and confident

Once you learn some basic cooking skills, many recipes will open up to you and seem so simple. It only takes a few tries to get down some skills and recipes, and you'll be **whipping out** meals in no time. Quick preparation plus quick and satisfying results equals massive boosts in confidence and feeling good about yourself and your abilities.

Comment [17]: 快速做好

## 10. You'll encourage others to develop similar habits (and you could start cooking together)

When your friends or family start seeing you developing your cooking skills and habits, you'll **rub off on** them in a good way! They'll be impressed with the meals you're creating and want to start joining in on the fun. What better way to spend an evening or a weekend than with friends hanging out, teaching each other a thing or two around the kitchen, and eating amazing homemade food. It beats spending a ton of money at a restaurant for a few bites and a glass of wine.

Comment [18]: 使耳濡目染

## 11. You can control the ingredients that are in your food

As I mentioned, you can lose weight while cooking at home, and the main reason for this is because you know what ingredients are going in. You can hand select each tomato that goes into your sauce and know how much fat

was added to each bite that you'll consume. We have no idea what the ingredients look like when we're eating out at a restaurant, we see it and consume it, never stopping to wonder about quality or freshness.

## 12. It encourages creativity

Once you develop a few skills and try out a few recipes, you'll start embracing the creativity that cooking has to offer. You'll start seeing recipes as guidelines instead of as rule books and start mixing up the flavors that you're creating. You'll begin to think of an ingredient as an option instead of a necessity. As an example, you can see a recipe for black bean burgers and learn to translate it into any kind of a bean burger, as well as alter the flavors in the recipe to compliment the different kinds of beans that you add. You may even find yourself daydreaming of flavor combinations or your next dinner party menu... you'd be surprised what a little cooking and eating can do for your creative juices!

Comment [19]: 拥抱

Comment [20]: 褒奖

## 13. It can help you unwind

Cooking can help to ease stress and unwind for the day. Chopping vegetables (carefully) is a good way to release some tension, while stirring a pot of soup or sauce mindlessly allows you to drift away your worries of the day. It sounds silly, but it's true. Go make some soup and stare off into space - it's a nice release of the day.

Comment [21]: 放松心情

Comment [22]: 搅拌

Comment [23]: 漂浮

Comment [24]: 发愣

## 14. It's easier than counting calories

If you're cooking meals for yourself and controlling the ingredients, dieting and counting calories becomes that much easier, if not completely unnecessary. If you're using fresh ingredients that don't contain a lot of extra fat, calories, or salt, you're already doing yourself a favor and won't have to spend that extra hour at the gym working them off. Sounds like a win-win to me.

Comment [25]: 健身房

## 15. You can prepare for your future

It's an absolute guarantee that in your future, you'll need to know how to cook at least a few things, even it's one breakfast dish or one dinner dish. Whoever you marry, date, or live with will expect you to help out with the cooking once in a while, so why not start now? If you have kids in your future (or have them now), you know that you'll be in the kitchen spending time getting meals together, so picking up a few basic cooking skills will definitely help prepare you for that.

## 16. Homemade meals just taste better

Eating homemade meals taste a million times better than anything that comes in a wrapper, box, or bag. I promise. You will never have a flavor you can't identify and can feel good about each and every bite you take, because you created it. Taking the time to create homemade meals will always result in fruitful rewards.

Comment [26]: (wrap) 包装纸

<http://kitchencourses.com/16-reasons-you-should-learn-to-cook-for-yourself/>

## 1.2 6 Reasons to Learn a Foreign Language

www.lifeorganizers.com

Foreign languages open doors to opportunities - whether you're in a distant land, hoping to broaden your mind, or even looking for a date. Studies show those who know a foreign language earn more and are happier than those who don't.

Learning a foreign language is naturally a process that require effort and time, much or less, depending on the capability of an individual. Current technology makes learning a second language more flexible and easier. You can learn at anywhere you like, in your car while trapped in traffic jam, while waiting for commuter to arrive or fishing at Lake Garden, by means of many types of medium such as cassette, CD and the Internet, such as at [www.malaylanguage.mypositivemoney.com](http://www.malaylanguage.mypositivemoney.com) where you will find a good resource of foreign language. Below are just a few reasons why you should learn another language:

- 1. Most significant yet simple reason - Eliminate the language barrier that you may face, easier for you to deal with other people when you go traveling or having work at other country.** Majority of native people probably do not know to speak English fluently or do not know how to speak English at all, so knowing some key phrases will help you a lot. Moreover, you will want to know what people around you are talking about while you shopping, waiting for taxi, or having dinner at a restaurant.
- 2. Local people tend to be friendlier with you since you speak same language with them.** You also can get friend easily, which in return can help you greatly in dealing with certain troubles that you may encounter, and you might not know how to deal with, such as problem related with customary law. Locals also will believe you more than people who cannot speak their language, isn't it very important when you are in travel?
- 3. Knowing a foreign language really help when you are lost in a remote area where hardly you can find people who can speak English except local language.**
- 4. Giving you chances to understand the exotic local traditions and way of living easier and deeper.** This priceless experience is absolutely an opportunity not be missed for anyone who love to travel. You can share beautiful moment having fun with locals in occasion and understand the meaning behind it, which in the same time, give you knowledge.

Comment [27]: 有异域风情的，国外的

**5. Improve your memory skill resulting from activity of reading, learning and memorizing.** Open up your mind to be more acceptable to other people's differences. Your thinking will be more maturely and sensibly.

**6. This is reality, guys: According to Kwintessential, people who learn a foreign language are wealthier, happier and are regarded sexier than those who can speak only English.** From a survey conducted in Britain involving 270 dating agencies, the result shows that people who speak or learn a foreign language are more attractive, intelligent and sexier to the opposite sex.

Hopefully some of the reasons above will give you some ideas on how important to learn additional language. Continuous learning for life leads to success and wisdom.

[http://www.lifeorganizers.com/cm\\_articles/107\\_7\\_reasons\\_to\\_learn\\_a\\_foreign\\_language\\_402.html](http://www.lifeorganizers.com/cm_articles/107_7_reasons_to_learn_a_foreign_language_402.html)

## 2.1 10 Reasons Why Harry Potter Is Awesome

By Sam Morgan , Hollywood.com Staff | Wednesday, November 17, 2010

Despite attaining nearly universal **acclaim**, some people just refuse to give Harry Potter a chance. Those people are not your friends and direct eye contact should be avoided, but if you insist on hanging with them and really want to turn them on to the Wizarding World, here is some **ammunition** for that argument:

### It's A Good Story

Plain and simple, the books tell a great story. It's **epic**, especially for a children's series, but it's not terribly long. The lasting popularity proves that kids will stick around if the story is good enough and it obviously is. I mean, if they can play video games for thirty hours a day then they can sit and read through a 700 page novel.

Also the story is fantasy, but it's easily **digestible** fantasy. The made up stuff in J.K. Rowling's world of magic isn't all that complicated and it seems almost **plausible** at times. She bases it on a practical notion of what magic would really be like, though it seems the Wizarding World somehow got stuck in the late 1800s (of course you could argue that in the world of Harry Potter, the Wizarding World advanced right along with the **Muggle** world until the early 20th century when Muggles benefited from scientific advancement which the

Comment [28]: 称赞

Comment [29]: 武器库 抨击别人的材料

Comment [30]: 史诗般的作品

Comment [31]: 容易消化的

Comment [32]: 似乎是真实的 可信的

Comment [33]: 麻瓜



Wizards World didn't need, but **holy crap** that got way too nerdy, skip that part).

Comment [34]: 尼玛

### Emma Watson

The movies are good, but they just can't compete with the novels. They are great visual **spectacles** and capture the essence of the story (you couldn't capture the whole story unless each movie were ran twenty hours) But **holy damn**, they gave us Emma Watson and for that, we should all be thankful.

Comment [35]: 奇景

### Big Investment = Big Reward

The series is an investment. You have to set aside a good amount of uninterrupted time to read these books. It's so easy to just pop in a movie and watch it after school or work, or **DVR** your favorite show and watch it when you want. But reading a book, especially seven fairly long ones, takes a considerable period of time and believe me, Harry Potter is worth it.

Comment [36]: 用硬盘录像机录下来

### Immersive, But Not Overwhelming

The Wizards World of Harry Potter is rich in detail and **scope**, but its not **daunting** like, say, The Lord of the Rings or Star Trek. These are kids books after all and if a child can understand basic spells, so can you. The stories themselves go fairly deep into the mythology surrounding the series, but only to enhance the **overarching** narrative. Rowling doesn't go off into details about some famous wizard unless it is absolutely necessary and what she does tell us about this world is fun and entertaining.

Comment [37]: 眼界

Comment [38]: 吓人的难

Comment [39]: 包罗万象的

However, if you're really interested in this world you can go further in depth. Rowling has revealed tons of information about the world she's created and she has hinted that she'll write an **all-encompassing** "encyclopedia" of Harry Potter eventually. So if you do get caught up in the world or just want to know more about it, there is plenty of info available.

Comment [40]: 内容丰富，眼界宽广

### Not Afraid Of The Dark

Lets be honest, how many children's books and movies will start off with the main characters parents being murdered in the first chapter of the first book? I mean, how many people survived at the end of the series? Practically everyone **croaked** even though it was a happy ending. And just look at this still from Harry Potter and the Half Blood Prince. How **morose** is that?

Comment [41]: 被杀死

Comment [42]: 阴沉的

Children's books are supposed to be tools for teaching and yet too many of them beat the kids over their heads with their message. Most kids wish they had magic to take care of their problems. Harry Potter teaches kids that life is rough and won't be all sugar **plums** and fairy tales, even if you do have magic **spells** to clean your room.

Comment [43]: 梅子

Comment [44]: 咒语

## J.K. Rowling Is A Billionaire For A Reason

One of the greatest aspects of the arts in modern times is that if your work is popular, you will get **compensated** for it. J.K. Rowling at one point became the richest female in the United Kingdom (richer than the Queen, even) and it just shows how popular the books and films were. Again, let me remind you, J.K. Rowling is a **BILLIONAIRE**. Because she wrote seven children's novels.

Comment [45]: 补偿

Comment [46]: 亿万富翁

Usually I'm not the type of person who thinks that, just because a large group of people all agree on something, that makes it right. But I do believe that there are a few certain things a **mob** of people can determine and Harry Potter being good is one of them.

Comment [47]: 人群

## The Books Are Great And The Movies Aren't That Bad

No more sequels or exploitations or knock offs or **ghost writers**. J.K. Rowling has such a tight **grip** on all things Harry Potter's that it ensures a certain level of **competency** and quality. Hell, they even **trademarked** a long list of possible titles so no one could even write those books.

Comment [48]: 代写者

Comment [49]: 控制

Comment [50]: 能力

Comment [51]: 注册商标

## Approachable From Any Age

Do you want your 11 year old to start out reading Deathly Hallows? Of course not, that is some serious stuff in the final book. But can they handle Sorcerer's Stone? You better believe it. And as they start to discover each novel as they get older the books become **tailor** made for them. The language never gets too complicated yet it is still very well written. It doesn't treat the reader, no matter what age, as an idiot, but rather uses simple and **tactful** language.

Comment [52]: 量身打造

Comment [53]: 机智的

But what if you're older and want to get into the series? Does the first one still work? Of course it does. **Granted**, Rowling was a first time writer when Sorcerer's Stone was published, and it shows, but it is still a good and fun story that is enjoyable. Harry Potter is one of the few things in life that is able to speak to multiple generations at the same time and still seem cool to each one.

Comment [54]: 诚然

## It's So British

The books are chocked to death with little British-isms that are **endearing**. The movies are practically a who's who of British actors and actresses. Even if you think all Brits are stuck up **snobs** with bad teeth, these books and movies are little **capsules** of all that is great with the people of the UK.

Comment [55]: 惹人喜爱的

Comment [56]: 势利小人

Comment [57]: 胶囊

## Love Is The Greatest Magic Of All

One of the main themes of Harry Potter is love. Not the lovey dovey type of love found in horrible teen romances (cough, Twilight, cough) but the real love people feel in the world. Friends, elders, parents, kids, enemies, everyone. Rowling doesn't pull any punches with her readers, as a former single mother living on welfare, she has seen plenty of hardships. But she didn't let that extinguish her optimism and her love for the world is evident in all of the series.

Comment [58]: 多情的

Comment [59]: 咳咳

Comment [60]: 长辈

Comment [61]: 福利

Comment [62]: 熄灭

However, that isn't the only lesson she imparts on us. The world of Harry Potter and as such, the world through Rowling's eyes, values bravery, intelligence, loyalty, and trust. The characters treat friends and families with respect and in the end the good triumph over the evil. Of course, there can be many losses along the way, but such is life. People can also change for the better and/or worse, but in the end you have to forgive them. You can learn a lot from Harry Potter; it's not just wand waving and spells.

Comment [63]: 教会

Comment [64]: 大胜利

Comment [65]: 挥动 (魔杖)

[http://www.hollywood.com/news/10\\_Reasons\\_Why\\_Harry\\_Potter\\_Is\\_Awe\\_some/7732767](http://www.hollywood.com/news/10_Reasons_Why_Harry_Potter_Is_Awe_some/7732767)

## 2.2 What is it that we love about Sherlock Holmes?

By Linda Umstead on July 7, 2010 at 6:54pm in The BSI Weekend

This topic is among the earliest addressed by Holmesians worldwide: W.S. Baring-Gould included an essay in his 2-volume *Annotated Sherlock Holmes*. Upon rereading it, though, I found it a bit lacking, focussing as it does mainly on Doyle's ability to convey the Victorian era so clearly. But isn't there much, much more to it? Therefore I would like to open the subject to a general discussion.

Comment [66]: 注释

Comment [67]: 纪元, 年代

I propose ten points to consider:

1. For Holmes, **intelligence triumphs**. It is our naked human conceit that brainpower is all-important, and that it is the main thing that differentiates us from the lower animals. Naturally we humans relish this element of the Canon above all others.

Comment [68]: 自负

Comment [69]: 喜爱

2. Holmes maintains a **sense of fairness** always. In a world in which evil often triumphs over good and evildoers get away with more than murder, this ideal is a cherished one indeed.

Comment [70]: 珍惜

3. Holmes is the **Master puzzle-solver**. Humans love puzzles, and solving them is an obsession for many. Holmes makes it a science and then reveals how he does it.

4. Holmes **lives by his own rules**. He 'created his own profession and is the only one in the world,' he crows. We admire this independent quality, when most of us are unfortunately frequently subject to the **whims** of others in order to survive.

Comment [71]: 奇怪的想法

5. Holmes is **a believable superhero for all ages**. His mistakes are few, and his successes frequent. He always works for the good of humanity. We can only **aspire** to such a goal in our own lives.

Comment [72]: 追求

6. On the flip side, Holmes is **a flawed person who overcomes his own foibles**, and we can relate to this. He gnashes his teeth in indignation when he is bested. Who hasn't?

Comment [73]: 有缺陷的

Comment [74]: 小缺点

7. Holmes is **the Master Teacher of human nature**. His deep understanding of people of all classes, their strengths and weaknesses, also makes him extraordinarily kind. And **tales** of human nature never grow old.

Comment [75]: 传说

8. Holmes has **a complex personality**. He's a **workaholic**, an aesthete, a storyteller, an actor, a drug user, and clearly somewhat **bipolar**. His uniqueness makes him unlike any other character in literature, a truly believable fellow. No wonder so many Victorians thought he was a real man when Doyle's tales first came into print.

Comment [76]: 工作狂

Comment [77]: 有两极的

9. Holmes leads us by the hand into **armchair time travel**. The **immediacy** of Doyle's descriptions of the place and time bring an earlier era into sharper focus, and we can actually feel as if we have entered another age with Holmes. And we learn that people haven't really changed over the years.

Comment [78]: (immediate) 直接

10. Holmes shows us **life as we wish it could be**. Would that all our own problems could be solved by this great intellect, or that today's crimes could be approached with such scientific diligence and care.

Come on, bloggers! Share your thoughts on *What We Love About Sherlock Holmes*.

<http://sherlockholmes.ning.com/forum/topics/what-is-it-that-we-love-about>

### 3.1 The Top Ten Lessons Steve Jobs Can Teach Us-If We'll Listen

**Eric Jackson**

In a few years from now, your kids and grandkids will ask you what it was like to be alive when [Steve Jobs](#) was the CEO of [Apple](#) (AAPL). They will

say: “Jobs was the best CEO in business. What was he like? What did you learn from him?”

What will your answer be?

It’s human nature to overlook the importance of the here and now. Those who are great and live among us seem more normal because they’re breathing the same air that we are.

But, make no mistake, once Steve Jobs is no longer with us, there will be an outpouring of emotion. The tributes will be endless. And there will be collective regret that we weren’t more awake, paying attention, while he was with us.

The wisdom he shared with us at every major speech, or on an earnings call, or in a casual chat put up on YouTube will seem 10 times wiser because he’s no longer with us.

So, let’s pause today and try to remind ourselves of some lessons Steve Jobs has taught us all — if we’ve been willing to pay attention:

**1. The most enduring innovations marry art and science** – Steve has always pointed out that the biggest difference between Apple and all the other computer (and post-PC) companies through history is that Apple always tried to marry art and science. Jobs pointed out the original team working on the Mac had backgrounds in anthropology, art, history, and poetry. That’s always been important in making Apple’s products stand out. It’s the difference between the iPad and every other tablet computer that came before it or since. It is the look and feel of a product. It is its soul. But it is such a difficult thing for computer scientists or engineers to see that importance, so any company must have a leader that sees that importance.

**2. To create the future, you can’t do it through focus groups** – There is a school of thought in management theory that — if you’re in the consumer-facing space building products and services — you’ve got to listen to your customer. Steve Jobs was one of the first businessmen to say that was a waste of time. The customers today don’t always know what they want, especially if it’s something they’ve never seen, heard, or touched before. When it became clear that Apple would come out with a tablet, many were skeptical. When people heard the name (iPad), it was a joke in the Twitter-sphere for a day. But when people held one, and used it, it became a ‘must have.’ They didn’t know how they’d previously lived without one. It became the fastest growing Apple product in its history. Jobs (and the Apple team) trusted himself more than others. Picasso and great artists have done that for centuries. Jobs was the first in business.

**3. Never fear failure** – Jobs was fired by the successor he picked. It was one

of the most public embarrassments of the last 30 years in business. Yet, he didn't become a venture capitalist never to be heard from again. He didn't start a production company and do a lot of lunches. He picked himself up and got back to work following his passion. Eight years ago, he was diagnosed with pancreatic cancer and told he only had a few weeks to live. As Samuel Johnson said, there's nothing like your impending death to focus the mind. From Jobs' 2005 Stanford commencement speech:

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

**4. You can't connect the dots forward – only backward** – This is another gem from the 2005 Stanford speech. The idea behind the concept is that, as much as we try to plan our lives ahead in advance, there's always something that's completely unpredictable about life. What seems like bitter anguish and defeat in the moment — getting dumped by a girlfriend, not getting that job at McKinsey, “wasting” 4 years of your life on a start-up that didn't pan out as you wanted — can turn out to sow the seeds of your unimaginable success years from now. You can't be too attached to how you think your life is supposed to work out and instead trust that all the dots will be connected in the future. This is all part of the plan.

Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

**5. Listen to that voice in the back of your head that tells you if you're on the right track or not** – Most of us don't hear a voice inside our heads. We've simply decided that we're going to work in finance or be a doctor because that's what our parents told us we should do or because we wanted to make a

lot of money. When we consciously or unconsciously make that decision, we snuff out that little voice in our head. From then on, most of us put it on automatic pilot. We mail it in. You have met these people. They're nice people. But they're not changing the world. Jobs has always been a restless soul. A man in a hurry. A man with a plan. His plan isn't for everyone. It was his plan. He wanted to build computers. Some people have a voice that tells them to fight for democracy. Some have one that tells them to become an expert in miniature spoons. When Jobs first saw an example of a Graphical User Interface — a GUI — he knew this was the future of computing and that he had to create it. That became the Macintosh. Whatever your voice is telling you, you would be smart to listen to it. Even if it tells you to quit your job, or move to China, or leave your partner.

**6. Expect a lot from yourself and others** – We have heard stories of Steve Jobs yelling or dressing down staff. He's a control freak, we've heard – a perfectionist. The bottom line is that he is in touch with his passion and that little voice in the back of his head. He gives a damn. He wants the best from himself and everyone who works for him. If they don't give a damn, he doesn't want them around. And yet – he keeps attracting amazing talent around him. Why? Because talent gives a damn too. There's a saying: if you're a "B" player, you'll hire "C" players below you because you don't want them to look smarter than you. If you're an "A" player, you'll hire "A+" players below you, because you want the best result.

**7. Don't care about being right. Care about succeeding** – Jobs used this line in an interview after he was fired by Apple. If you have to steal others' great ideas to make yours better, do it. You can't be married to your vision of how a product is going to work out, such that you forget about current reality. When the Apple III came out, it was hot and warped its motherboard even though Jobs had insisted it would be quiet and sleek. If Jobs had stuck with Lisa, Apple would have never developed the Mac.

**8. Find the most talented people to surround yourself with** – There is a misconception that Apple is Steve Jobs. Everyone else in the company is a faceless minion working to please the all-seeing and all-knowing Jobs. In reality, Jobs has surrounded himself with talent: Phil Schiller, Jony Ive, Peter Oppenheimer, Tim Cook, the former head of stores Ron Johnson. These are all super-talented people who don't get the credit they deserve. The fact that Apple's stock price has been so strong since Jobs left as CEO is a credit to the strength of the team. Jobs has hired bad managerial talent before. John Sculley ended up firing Jobs and – according to Jobs – almost killing the company. Give credit to Jobs for learning from this mistake and realizing that he can't do anything without great talent around him.

**9. Stay hungry, stay foolish** - Again from the end of Jobs' memorable Stanford speech:

When I was young, there was an amazing publication called *The Whole Earth Catalog*, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his poetic touch. This was in the late 1960's, before personal computers and desktop publishing, so it was all made with typewriters, scissors, and polaroid cameras. It was sort of like Google in paperback form, 35 years before Google came along; it was idealistic, and overflowing with neat tools and great notions.

Stewart and his team put out several issues of *The Whole Earth Catalog*, and then when it had run its course, they put out a final issue. It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself hitchhiking on if you were so adventurous. Beneath it were the words: "Stay Hungry. Stay Foolish." It was their farewell message as they signed off. Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you.

Stay Hungry. Stay Foolish.

**10. Anything is possible through hard work, determination, and a sense of vision** – Although he's the greatest CEO ever and the father of the modern computer, at the end of the day, Steve Jobs is just a guy. He's a husband, a father, a friend – like you and me. We can be just as special as he is – if we learn his lessons and start applying them in our lives. When Jobs returned to Apple in the 1990s, it was weeks away from bankruptcy. It's now the biggest company in the world. Anything's possible in life if you continue to follow the simple lessons laid out above.

May you change the world.

<http://www.forbes.com/sites/ericjackson/2011/09/19/the-top-ten-lessons-steve-jobs-can-teach-us-if-we-listen/>

### 3.2 10 reasons why we love Taylor Swift



We first fell in love with Taylor when we heard her sing “Tim McGraw.” She’s so humble and totally down-to-earth, so it was super difficult to *only* pick 10 reasons why we adore **Taylor Swift** so much! If you’re not already engulfed in the Swiftie mania, we’re positive you will be after reading this.

10. So first things first. Just look at her. Tay’s absolutely stunning! She doesn’t try to dress in a certain way; she’s just herself whether she’s rocking an evening gown or jeans and a t-shirt.

9. She inspires millions through her honest song lyrics. Taylor writes and sings what she knows, which is something everyone can relate to. Listen to these lyrics, “Now I’m standing alone in a crowded room and we’re not speaking. And I’m dying to know is it killing you like it’s killing me, yeah? I don’t know what to say, since the twist of fate when it all broke down. And the story of us looks a lot like a tragedy now.” Don’t you just love how much you can relate to her songs?

8. She adores her fans so much! Besides putting on elaborate concerts, she also hosts “T-Parties” for her fans after each show just so she can meet as many of them as possible. Totally sweet, right?

7. Did you know, she has an adorable kitty named Meredith? Well, Taylor loves sharing pics and videos of her precious pet with all of her Twitter followers. It’s like we’re apart of her family.

6. This girl can not only sing, but she can rap. Remember when she collaborated with T-Pain on “Thug Story?” Okay, it was all in good fun, but she still did it with a smile!

5. Not only is T-Swift a super talented musician, but she has some acting chops too! You can see her in *Valentine’s Day* and on *CSI*. We’re sure she’ll have more roles in the future!

4. She’s a total sweetheart! Tay is constantly busy, but she makes time to give back through numerous charities like UNICEF and Habitat For Humanity.

3. She’s so humble! She has won some of the highest awards possible in the music industry and she is always so shocked and totally thankful and appreciative.

2. She’s creative. Not only can she write her own music, but she’s into body art (even if it’s not permanent). We always love seeing the “13” on her hand and song lyrics on her arms.

1. Lastly, she’s honest. Some celebs tend to shield how they really feel, but Taylor always says what she’s thinking, whether it’s through a song, in a video message or via Twitter.

What do YOU love best about this beauty? Do YOU have your very own

memory with Taylor? Let us know in the comments or [tweet](#) us!

<http://www.bopandtigerbeat.com/2011/12/10-reasons-why-we-love-taylor-swift/>

### 3.3 Why we Love Adele

-Katie H.

I love Adele for more than her amazing smokey tone and inspiring **vocals**. I think Adele stands for a lot more than just an amazing artist... I love her because she is an example of a girl who broke the **mold**, the rules, and the standard for a perfectly packaged artist. I think she is so inspiring not because she is larger but because she **stunningly** beautiful and she has this interesting quality about her. She can stand on a stage and sing so beautifully that it brings tears to your eyes and she has been told her whole life that she needs to be something else and look a different way in order to be successful. She is inspiring because she knew better and continues her amazing career on top. I think women relate to her in a deeper way and I can't wait for more women like Adele to find success and break the mold set by all different industries.

Unlike many singers in this day and age, Adele stands out purely as a solo artist that has nothing to prove, because the talent that lies within her voice proves it all. Not only does she sing with **unrelinquished** passion, but she allows the lyrics, and the emotional meaning behind her songs to carry into her facial expressions which she so openly reveals to her audiences. I believe the **intrigue** lies within the secrecy of her personal life, for she, at least here in the United States, is not taking over the **tabloids** with superficial drama. Nor does her weight play a role in the amount of publicity she receives, for the purity and honesty that lies within her voice eliminates all other potential **distractions**.

In a music world favoring synthesized voices and **lip syncing** to no end, Adele stands out with the utmost rawness found in the truthfulness of her voice. She sheds light upon some of the most dark and **manic** moments that life **entails**, putting them in a song and using her talent as a creative outlet. The situations she sings about are real experiences from her past, making it easy for her audiences to relate and fully appreciate her songs. In her newest and most popular track at the moment, "[Someone Like You](#)", she records it in her home back in England, giving us a much more personal look into her life which, except for her incomparable fame and talent, has managed to remain under wraps. Not only are the lyrics of her songs written with great and incomparable eloquence, but the unique sound of her voice and the **inflection**

Comment [79]: 歌曲作品

Comment [80]: 模具, 常规

Comment [81]: 绝妙地, 使人震惊地

Comment [82]: 不放弃

Comment [83]: 诡计

Comment [84]: 小型画报

Comment [85]: 注意力分散

Comment [86]: 对口型 (假唱)

Comment [87]: 狂躁的

Comment [88]: 必须, 使承担

Comment [89]: 音调变化

with which she sings her songs are unlike any other artist out there right now. Keep on singing Adele, for we all know it's what you do best.

### 3.4 Knicks guard Jeremy Lin: Why we love his 'Lin-derella' story

By Ron Scherer, Staff writer / February 16, 2012

Jeremy Lin is **humble**. He's religious. His style recalls an earlier era. And the Knicks **guard's** path to the NBA was unconventional, which gives us hope for our own lives.

Comment [90]: 谦虚的

Comment [91]: 后卫

The tabloids are calling it a "Lin-derella" story.

Jeremy Lin, a humble Chinese-American Harvard **grad** and basketball player trying to make his way in the NBA, is picked up off **waivers** by the **underperforming** New York Knicks, where he is a deep bench player. **Summoned** to play in place of an injured starter, he leads the team to victory after victory, creating an overnight global **sensation**: Linsanity.

Comment [92]: graduate

Comment [93]: 弃权, 放弃

Comment [94]: 表现不佳

Comment [95]: 传唤

Comment [96]: 轰动

A curious and basketball-**savvy** President Obama watches Mr. Lin's highlights – such as a buzzer-beating three-pointer against Toronto Tuesday night, or outscoring LA Laker superstar Kobe Bryant on Feb. 10.

Comment [97]: 懂行的人

Wednesday night, former President Bill Clinton and former Vice President Al Gore showed up to cheer him on as the Knicks defeated the Sacramento Kings for their seventh straight, a game in which Lin **racked up** a career-best 13 assists despite sitting out the fourth quarter (for rest).

Comment [98]: 获得 砍下

Lin, the first American-born NBA player of Chinese or Taiwanese **descent**, has 355,985 followers on Twitter and 630,312 "Likes" on Facebook. YouTube is filled with Lin **clips**, some attracting hundreds of thousands of hits. The Chinese media is flooded with his basketball highlights, even though his family's roots are in Taiwan.

Comment [99]: 后代

Comment [100]: 视频片段

And all this in under two weeks.

Sports experts say the Lin story seems to have **resonated** for a number of reasons. First is the **underdog** element: even though he was a star player in high school, no college basketball power thought he could play at a higher level. He faced the same attitude from professional **scouts**.

Comment [101]: 引起共鸣

Comment [102]: 失败者

Comment [103]: 球员星探

Secondly, Lin has taken an unconventional path to the National Basketball Association. “He was not a McDonald’s All-American, then a player at Kentucky, and then a first round **draft pick**,” says Herb Sendek, head coach at Arizona State University. “When people make it on an unconventional path, it gives people hope, they can apply it to their own lives.”

Comment [104]: 选秀

Lin also seems to have attracted followers because so far the 6-foot, 3-inch point guard appears almost to be a **throwback** to an earlier era when basketball was **less star-oriented**. Although many of Lin’s shots are almost **acrobatic**, as he often challenges seven-footers, he also hits ordinary lay-ups that just **graze** the backboard before dropping through the rim. He seems very **adept** at lofting “alley-oop” passes toward the rim for a teammate to jam it through.

Comment [105]: 复古

Comment [106]: 明星球员为导向的

Comment [107]: 杂技般的

Comment [108]: 擦

Comment [109]: 精通

“His character **quotient** is reflected in his play,” says Mr. Sendek of ASU. “He shoots when he is supposed to shoot, he passes when he is supposed to pass. He is very team-centered.”

Comment [110]: 球商

The Knicks’ color commentator, former Knick guard Walt “Clyde” Frazier, a seven-time All Star, said of Lin during the Kings game, “He’s always looking for the opening, he’s always attacking.”

Lin is also far from perfect, as he is the first to admit. In his **post-game press conference** after the King’s game, he talked about his “sky high” turnovers – six of them in that game.

Comment [111]: 赛后记者招待会

His self-**deprecation** appeals to many in the Chinese-American community.

Comment [112]: 贬低

“He has been very humble, he believes in team work,” says Howard Lee, a Chinese-American lawyer in New York and Lin fan. He says his son, Michael, in Los Angeles, and his daughter, Alice, in New Jersey, are equally enthusiastic about Lin.

But, Mr. Lee says Lin also has attracted followers because like the football player Tim Tebow, he is quick to give **credit** to God for his success. “He always mentions it is an All-Knowing God that makes a miracle happen,” he says, noting that Lin has indicated if he is not successful on the court, he might become a **pastor**.

Comment [113]: 归功于

Comment [114]: 牧师

Some New York basketball fans are just glad to have something – almost anything – to cheer about. “For the last twenty years, the Knicks have spent so much money on players and basically flushed it down the toilet,” says Ed Butkowsky, a Knicks fan who lives in Dallas and manages money for professional athletes.

For example, the current Knick team has such stars as Carmelo Anthony (\$18.5 million annual salary according to Spotrac) and Amar’e Stoudemire (\$18.2 million). But, even with both players on the court, the Knicks were

losing lots of basketball games until Lin with his \$788,872 (NBA minimum wage) arrived.

“All of a sudden we have a happy story in New York,” says Mr. Butkowsky.

How that happened is also unusual. Lin, who had been playing in the NBA’s developmental league, was waived by both the Golden State Warriors and Houston Rockets early in the season. But, the Knicks’ starting point guard, Baron Davis (\$2.5 million) got hurt, so the Knicks claimed Lin off waivers.

Comment [115]: 控球后卫

The Knicks, playing bad basketball, had lost 11 of 13 games when Coach Mike D’Antoni put Lin in a game against the New Jersey Nets Feb. 4. Lin scored 25 points and the Knicks won.

The next game, on Feb. 6, Mr. D’Antoni decided to start him against the Utah Jazz. He scored 28 points and had 8 assists. “Lin-Sanity” was born.

For some New York retailers, the Lin craze smells like money. At lunch hour on Thursday, Modell’s, the sporting goods store, was filled with people buying Knick’s T-shirts with “Linsanity” on the back. “This is crazy,” says Mitchell Modell, the CEO, as he watched the frenzy. “We’re getting in six extra shipments a day, plus our regular deliveries,” he says.

Comment [116]: (crazy) 狂热

Comment [117]: 狂热

Comment [118]: 装载的货物 进货

One of those people buying two of the T-shirts is George Starks of Salt Lake City, Utah. Mr. Starks, in New York for a conference, says he has enjoyed watching people get into the excitement. But, even more importantly, he says Lin and his teammates appeared to be having fun.

“It wasn’t something that was packaged by the NBA and sold to us,” he says. “Who knows how long it will last?”

<http://www.csmonitor.com/USA/Sports/2012/0216/Knicks-guard-Jeremy-Lin-Why-we-love-his-Lin-derella-story>

### 3.5 Why Young People Like Obama

BY VANESSA VAN PETTEN

Obama is creating a mass following of net-generation teen, pre-teen and millennial young people. Many parents ask me: Why do teens and young people love Obama? Here are the reasons I think that Obama strikes a strong

chord with our generation.

**\*\*Please note, this is not an endorsement of Obama, just an explanation of this trend—I prefer to keep my own political opinions out of this blog, but thought it is an important issue to talk about!**

### **1) Obama is young**

We like Obama because he does not feel as far away from our own reality as many of the other candidates. He feels young, he feels fresh and therefore he is relatable to us.

### **2) Obama lets youth feel important**

Talk about a grass roots campaign! Obama asks us, begs us, and gives incentives to youth for speaking out on his behalf because he tells us we matter! Many of my friends are practically begging to campaign for him and he makes us feel great about helping him. He thanks us and reinforces the importance of the young vote — we love feeling important.

### **3) Obama pushes change, which feels like a challenge, which feels exciting**

Obama constantly talks about change, new beginnings and his untainted background. We love to be a part of something that is new, exciting and a little counter-revolutionary or daring, so we jump on his band wagon!

### **4) Obama loves net-generation tools (the internet)**

Obama is all over the web, he has YouTube videos, online platforms, chat rooms and a blog. Many other candidates have these as well, but Obama focused his campaign on the online community early and with full force. We love tackling and reading all of his online aspects and feel he is speaking to us in our language.

### **5) Obama is good looking**

Isn't there some research done that the most attractive candidate always wins? Well, Obama has grasped the votes and hearts of many young women. Obama girl flaunts her crush on Obama and has a following of her own.

In this election especially, the young vote is important and Obama has captured the fascination and support of our generation.

Stay Informed,

Vanessa

<http://www.radicalparenting.com/2008/02/17/why-young-people-like-obama/>

### 4.1The Impact of Honesty on me

By Scott A Fleming

Honesty has played a key role in my success in life. Throughout my childhood my parents would always remind me about the importance of being honest. In their opinion nothing was as important as having self-respect and being trustworthy. The saying "honesty is the best policy" perfectly sums up my belief about how people should interact with each other. For me, being honest in everything I do can be a very difficult thing, but I have found that as I follow this basic principle my life has become better for it.

Comment [119]: 总结

Growing up in my home as a child, I was surrounded by honesty and integrity. I assumed that the world was a great place where all people genuinely cared for each other's well-being and feelings. As I entered middle school I was awakened to what this world was really all about. I discovered the widespread epidemic of cheating on tests to achieve better grades, stealing from others as a predominant way of getting something that you wanted, and all sorts of other cunning and deceiving activities. These abominable actions led me to the horrifying reality that most people were out to help themselves through dishonest means and had little regard for the impact it had on others. My assumption that everyone would be honest with their fellow man was severely skewed due to the rich and wholesome environment I had grown up in.

Comment [120]: 真诚地

Comment [121]: 传染病

Comment [122]: 主要的

Comment [123]: 狡猾的

Comment [124]: 令人憎恶的

Comment [125]: 倾斜

Though I firmly believe in the principle of honesty I have not been perfect myself. Whether stealing a dollar from my brother's piggy bank here and there, or telling a fib to my parents, I, like virtually every other imperfect human, have been dishonest. As a youngster my parents would take a large wooden cooking spoon and spank me with it whenever I told a lie. This punishment quickly and effectively taught me how important trustworthiness was to them, over time this created a desire within me to always be honest for myself.

Comment [126]: 贪心的

Comment [127]: 小谎

Comment [128]: 打...的屁股

Being dishonest in everyday life can have extremely damaging effects on relationships with others and personal self-esteem. When dishonesty becomes a prominent part of life it can feel like everything we do is a lie. This feeling of helplessness can be caused by just an insignificant little fib, which over time

Comment [129]: 自尊心

Comment [130]: 显著的

Comment [131]: 不显著的

can become a massive weight that we hold on our shoulders. This massive weight comes from lying about a lie which leads to another lie about that lie, although the wording maybe confusing this concept of trying to hide our lie with another lie can grow until a small fib has become a large fabrication that we struggle to hide.

Comment [132]: 伪造

Being honest can be very hard when it seems that lying is the easiest and most profitable action.

Take Bernard Madoff as an example, a previously well-respected and honest businessman. Madoff found that the legitimate and legal ways of doing business didn't pay as well as being an untrustworthy and mendacious criminal. For 48 years he eluded the truth about his Ponzi scheme until it finally caught up with him. Honesty trumped his cunning and destructive lies that cost thousands of people their entire savings. Now he spends his leisure time behind bars rather than in his million dollar beachfront mansions. From this extreme factual example of a crafty lie one might infer that all crooks that act dishonestly are caught and receive justice, but the sad fact is that most don't.

Comment [133]: 合法的

Comment [134]: 虚假的

Comment [135]: 躲避

Comment [136]: 胜过

Comment [137]: 宅邸

Many dishonest, self-centered, and egotistical human beings walk free amongst us everyday. This rather blunt and startling statement doesn't just apply to felons and convicts who cheat innocent people of their possessions for their own gain. This very statement can be applied to myself as well as most other people, for when you lie you are truly showing how selfish and insecure you are. Yes some situations require that one must lie in order to protect their possessions or even their life, but these exceptions to the rule are very rare.

Comment [138]: 以自我为中心的

Comment [139]: 直率的

Comment [140]: 重罪犯

Throughout my life my honesty with others has paid big dividends even when it was extremely difficult to do so. A minor example of this was when I was taking Algebra 2 in high school. After one of the tests I realized that my teacher had given me one too many points on my test. I respectfully pointed out her error and she was so awestruck with my honest behavior that she gave me 100% on the test! Another example of how honesty has been beneficial in my life is when I decided to play a practical joke on a fellow student in the fourth grade and avoided being suspended. Before class was about to start one day I managed to sneak up to the front row and slip a remote-controlled fart machine into a student's backpack without him noticing. With this done I proceeded back to my seat in the back row with the remote clutched tightly in my hand. Approximately halfway through the teachers lecture I decided to let it "rip". The sound reverberated through the classroom as every pair of eyes in the room slammed into the back of the student's head. This quiet student was so embarrassed and scared I thought he was about to cry. From the back of the room I could tell he was totally humiliated because his ears turned a bright pink and he hid his face in his arms trying to avoid the menacing eyes that surrounded him. Soon after this interruption the teacher proceeded with his lesson. As soon as the teacher got

Comment [141]: 奖金

Comment [142]: 代数

Comment [143]: 惊讶不已的

Comment [144]: 停学

Comment [145]: 偷偷塞进

Comment [146]: 放屁

Comment [147]: 控制开关

Comment [148]: 回响

Comment [149]: 猛然地

Comment [150]: 侮辱

Comment [151]: 险恶的



to a breaking point I let the machine loose again. This time the “noise” was a super dirty one and the student ran out of the classroom completely mortified that someone would stage such a horrible prank on him. The teacher followed him out and five minutes later returned with steam streaming out his ears. He knew that someone in the class had controlled the noise and he wanted to know who it was that second or the culprit would be suspended for 2 weeks. Very uneasily I stood and confessed my mischievous deed and asked for forgiveness. Shortly after apologizing to the student and the teacher I was spared suspension and returned to my seat with a great feeling because I had done the right thing. I found that when I did the right thing in this story I felt tremendously better than when I had lied to my parents or stolen money from my brothers.

Comment [152]: 组织

Comment [153]: 恶作剧

Comment [154]: 流出

Comment [155]: 犯人

Comment [156]: 恶作剧的

Comment [157]: 巨大的

In my opinion, as time has passed the ethics of society have slowly deteriorated. Honesty has become portrayed as a principle of the past and that it no longer applies to people now. From the false get rich quick schemes that litter the Internet to husbands and wives cheating on each other and denying all wrongdoing. Dishonesty surrounds us everywhere and has even become an acceptable part of life.

Comment [158]: 伦理道德

Comment [159]: 恶化

Comment [160]: 模式

Comment [161]: 把...弄得乱七八糟

I believe that my strong conviction in honesty has helped me in all aspects of my life. Without this standard of living for myself I would be a completely different person. It's amazing to think how such a simple principle can completely dictate how I conduct my entire life. Throughout my experiences in life I have found that doing the right thing and being honest has helped my self-esteem and has provided me a means in which I could feel confident in myself and actions.

<http://ezinearticles.com/?Impact-of-Honesty-on-Me&id=3218058>

## 4.2 How Important Is Self-Confidence?

by JONATHAN

A lot of people have questions about confidence. They want to know where it comes from, what it actually is, and how to get more. We can appreciate how valid all these questions are when we consider the power of self-confidence in our life.

I have also noticed that there is more than enough confusion over these same questions even from noted experts.

## What confidence can do for you

In reality, self-confidence is often a more important asset than skill, knowledge, or even experience. This might seem like a bit of a stretch, but let's take a closer look. Imagine that you have the skill, knowledge, and experience to qualify you for a certain job. When you go for the job interview, what will set you apart from others who are equally qualified? Beyond your credentials, what is it that would make them want to hire you instead of someone else?

It's the impression you make, right? Your credentials may be impressive, but if your body language or demeanor gives any indication of uncertainty, the interviewer will pick up on that. It may not be something they are consciously aware of, but on some level your doubt will become their doubt. So the job goes to the one that can instill confidence in others.

## Confidence is reassuring to others

People have a natural tendency to trust you more when you seem confident. To the subconscious mind confidence equals competence. Does that seem unfair? Well ask yourself if you would hire someone who seemed unsure of their own abilities? If you needed surgery, would you use a doctor whose first impression left you wondering how he got his license to practice? It wouldn't matter how impressive his credentials were, you would find someone else.

Confidence creates trust, and everyone wants to be able to trust the people they do business with, become friends with, and fall in love with. If you want to be trusted by others, you must first trust yourself. To project trustworthiness you must project confidence. Granted, this is all based on perception. You can be a very trustworthy person and still lack confidence. There are also people with loads of self-confidence who can't be trusted.

## If it's just perception then why does it matter?

Perception is how we personally view things; it's our version of reality. When we don't know someone personally, our perception is based on the signals we pick up from their words, body language, expressions, eye contact, etc. We also sense their degree of self-confidence and it influences our perception.

Have you ever said: "I don't know why, but I just don't trust that person"? See, your mind didn't have a logical reason for your lack of trust, but you still didn't trust them. It's because your perception was being influenced on a subconscious level. Perception may not be absolute reality, but it is your reality and that's all that matters in a situation like this.

### **Picking up the Self-confidence torch**

Self-confidence is such an important issue that I have decided to focus much more attention in that direction. In upcoming articles I will be covering many aspects of this important quality. Along those lines I would like your help. I would like to know your thoughts on 3 specific self-confidence questions.

<http://advancedlifeskills.com/blog/how-important-is-self-confidence>

### **4.3 7 benefits of being open-minded**

<http://www.positivelypresent.com/>

Being open-minded can be really tough sometimes. Most of us are brought up with a set of beliefs and values and, throughout our lives, tend to surround ourselves with people who share the same values and beliefs. Therefore, it can be difficult when we're faced with ideas that challenge our own and, though we may wish to be open-minded, we may struggle with the act of it from time to time.

I'd like to say I'm a fairly open-minded person, but, like most people, I do have some pretty strong views about specific topics and find it hard to sway from those opinions -- no matter how others might try to persuade me. Of course, I fully believe that having strong beliefs can be a wonderful thing and I believe we should all stay true to what we believe in, but having strong beliefs doesn't have to mean having a closed mind.

Though it can be tough to do sometimes, I've always found that when I open my mind, I've reaped a lot of rewarding benefits. There is much to be gained from opening the door to your mind and letting new ideas and beliefs come in. Here are just a few of the benefits I've uncovered when I've taken the time to view the world around me with an open mind...

#### **The 7 Benefits of Being Open-Minded**

**Letting go of control.** When you open your mind, you free yourself from having to be in complete control of your thoughts. You allow yourself to experience new ideas and thoughts and you challenge the beliefs you currently have. It can be very liberating to look at the world through an open mind.

**Experiencing changes.** Opening up your mind to new ideas allows you to the opportunity to change what you think and how you view the world. Now,

this doesn't mean you necessarily *will* change your beliefs, but you have the option to when you think with an open mind.

**Making yourself vulnerable.** One of the scariest (and greatest) things about seeing the world through an open mind is making yourself vulnerable. In agreeing to have an open-minded view of the world, you're admitting you don't know everything and that there are possibilities you may not have considered. This vulnerability can be both terrifying and exhilarating.

**Making mistakes.** Making mistakes doesn't seem like it would be much of a benefit, but it truly is. When you open your mind and allow yourself to see things from others' perspectives, you allow yourself not only to recognize potential mistakes you've made, but also to make new mistakes. Doesn't sound like much fun, but it's a great thing to fall and get back up again.

**Strengthening yourself.** Open-mindedness provides a platform on which you can build, piling one idea on top of another. With an open mind you can learn about new things and you can use the new ideas to build on the old ideas. Everything you experience can add up, strengthening who you are and what you believe in. It's very hard to build on experiences without an open mind.

**Gaining confidence.** When you live with an open mind, you have a strong sense of self. You are not confined by your own beliefs, nor are you confined by the beliefs of others. For that reason, you are able to have and gain confidence as you learn more and more about the world around you. Open-mindedness helps you to learn and grow, strengthening your belief in yourself.

**Being honest.** There is an honesty that comes with an open mind because being open-minded means admitting that you aren't all-knowing. It means believing that whatever truth you find might always have more to it than you realize. This understanding creates an underlying sense of honesty that permeates the character of anyone who lives with an open mind.

For some, being open-minded is easy; it comes as effortlessly as breathing. For others, having an open mind can be more of a challenge, something that they have to work on and make an effort to obtain. Whether or not you consider yourself to be open-minded, you can certainly see from the list above that there are great benefits to viewing life with an open mind. It's not always an easy thing to do (believe me, most people struggle with this), but the effort to think openly and embrace new ideas will be worth it when you're able to take part in the benefits that come from opening your mind.

**Do you strive to be open-minded? What additional benefits have you found from opening your mind to new ideas?**

<http://www.positivelypresent.com/2010/09/7-benefits-of-being-openminded.html>

## 5.1 365 reasons why I love my mom

Manasto Jones

### Reason #63:

She always smiles and says hello to people who are sitting alone in restaurants.

Yesterday we were at lunch, and she herself was not feeling very good and trying to keep food down, but there was a man sitting alone in the booth right next to us, and for the entire meal she couldn't concentrate. She kept looking at him; you could tell she was worried that he was lonely. She would try to catch his gaze so she could smile at him. At the end of the meal, when we helped her up from the booth, she went over to him just to say hello and see how his day was going.

Warmed my heart.

### Reason #11:

She tells wonderful stories about her childhood. Some of the best are about her crazy Grandma Vi who would give out random - and often times horrific - gifts for Christmas. Like the one year my mom was given a paper bag full of ripped up bed sheets to use as pads.

### Reason #3:

She's ridiculous on the computer. She hasn't quite learned how to use Google, so if she wants to know of a good movie to see, she won't Google "movie reviews", she'll Google "I was thinking of seeing a movie today with my kids. It's not for sure, but maybe. Are there some out that are supposed to be good?". Her Google search history is the most wonderfully **bizarre** archive of questions. She also bookmarks every page she's ever been to in case she needs to "get back to it again". There are now as many webpages under her Bookmarks tab as there are pages on the web.

Comment [162]: 奇异的

## Reason #2:

My mom is really fun to play games with, because when she's not cheating, she's accusing someone of cheating, completely without merit. When our family plays the cardgame Nuts, she preemptively calls my dad out on conspiring to cheat before a single card is dealt. This is coming from a woman who once, while playing charades, acted out the word "alligator" by opening her arms like an alligator's mouth and mouthing "alligator". And all the while, she is laughing hysterically, fully aware that she's not even remotely attempting to play correctly.

Comment [163]: 优点

Comment [164]: 先发制人地

Comment [165]: 密谋

Comment [166]: 看手势猜字游戏

Comment [167]: 歇斯底里地

## Reason #1:

She's hilarious. She can tell a story like no other. Nevermind if it's embellished or not for comedic effect. If you see her, ask her about the time one of her students brought in a recently dead, bleeding, decapitated chicken to school in his backpack for Show And Tell.

Comment [168]: 非常滑稽的

Comment [169]: 修饰, 润色

Comment [170]: 切掉头的

<http://reasonsilovemymother.tumblr.com/>

## 6.1 Lantern Festival

wiki

The Lantern Festival is a festival celebrated on the fifteenth day of the first month in the **lunisolar** year in the Chinese calendar, the last day of the lunisolar Chinese New Year celebration.

**Comment [171]:** 农历（阴历和阳历结合计日的历法）

The first month of the Chinese calendar is called yuan month, and in ancient times people called night xiao; therefore, the day is called Yuan Xiao Festival in mainland China and Taiwan. The fifteenth day is the first night one can see a full moon in that lunar year. According to Chinese tradition, at the very beginning of a new year, when there is a bright full moon hanging in the sky, there should be thousands of colorful lanterns hung out for people to appreciate. At this time, people will try to solve puzzles on lanterns, eat yuanxiao ('元宵'in Chinese) (a **glutinous** rice ball, also known as simplified Chinese: 汤圆; traditional Chinese: 湯圓; pinyin: tāngyuán) and enjoy a family reunion.

**Comment [172]:** 粘的

In ancient times, the lanterns were fairly simple, for only the emperor and noblemen had large **ornate** ones; in modern times, lanterns have been embellished with many complex designs. For example, lanterns are now often made in shapes of animals. The lanterns can symbolize the people letting go of their past selves and getting a new one, which they will let go of the next year.

**Comment [173]:** 华丽的

'元宵' is a glutinous rice ball. It is a round food, and is eaten on the fifteenth day of the Chinese New Year. "元宵" has a long history in China. The first Yuanxiao was made 800 years ago. Chinese people believe the round shape of the balls and the bowls where they are served, come to symbolize the family togetherness. It can also bring the family happiness and good luck in the new year.

## **6.2 Top 5 Reasons To Celebrate Thanksgiving**

Thanksgiving is round the corner and it is all set to give you another reason to celebrate. Every festival has a history, a significance behind it. But Thanksgiving doesn't have one, but here are 5 reasons to celebrate it. Read on to know what these reasons are and why you should celebrate Thanksgiving.

### **1. For spending time with your family**

In this fast-paced world, you might leave behind your family or find it hard to spend some quality time with them. But Thanksgiving gives you the opportunity to be with your loved ones.

### **2. For the harvest**

The earliest documentation of Thanksgiving has been in Plymouth, near present day Massachusetts. It was called a harvest feast for a successful harvest season. The present day Thanksgiving has its origins in this event.

### **3. For maintaining unity**

President Abraham Lincoln was the first one to officially make Thanksgiving an annual US tradition and give it the status of a national holiday. Don't you think you should respect his decision and celebrate Thanksgiving, just as the rest of the country does?

### **4. For expressing gratitude**

There are various people and things in your life for which you should be grateful. But you may not get the time to do so in the hustle and bustle of life. Hence, a special day has been chosen for you to fulfill this purpose; that is on November 24, this year.

### **5. For having no religious implications**

It's a known fact that the US has many different religions and there are people who celebrate their own festivals in different parts of the country. But, Thanksgiving is one such occasion that makes everyone forget about religion and celebrate the holiday with equal zeal. You just have to participate and be grateful for what you have around you.

<http://www.magforwomen.com/top-5-reasons-to-celebrate-thanksgiving/2/>



## 7.1 Story of Jiaozi

2002-05-13 17:05:46

Touch China/ CCTV

Jiaozi, or dumplings with meat and vegetable fillings, is very popular during the Spring Festival and other festivals. It tops the list of **delicacies** of people in north China, where people eat jiaozi at midnight on New Year's Eve and for breakfast on New Year's Day.

Comment [174]: 精美的食物

### History

The history of jiaozi dates back to ancient times. But the custom of making jiaozi a special dish during the Spring Festival, or the Chinese Lunar New Year, started in the Ming Dynasty, some 500 to 600 years ago. The reason is simple. The appearance of jiaozi looks like the V-shape some say half-moon shaped-gold or silver **ingot** used as money in ancient China. As the Spring Festival marks the start of a new year, people choose to eat jiaozi to **connote** their wishes for good fortune in the new year. Although time has changed, the tradition has remained. But today, jiaozi is considered more as a sign of blessing than of fortune.

Comment [175]: 铸块

Comment [176]: 意味着

### Culture

As China is a country with a vast territory, there are great differences in various regions in ways of making jiaozi or even serving it. For example, dumpling wrappers are made with a rolling stick in most areas of Beijing and Hebei Province, whereas in some parts of Shaanxi Province and Inner Mongolia Autonomous Region, wrappers are hand-pressed.

There is no set rule as to what makes dumpling fillings. They can be anything from vegetables, meat to seafood. Whatever the fillings, the wrapping skill needs to be **exquisite** to make jiaozi look attractive. Ways of serving jiaozi also vary from place to place.

Comment [177]: 精致的

Generally, dumplings are boiled in clear water and served dry with **vinegar**, soy sauce, **garlic** or pepper oil if one likes them hot. In some parts of the Northeast China, however, dumplings are boiled in **broth** together with **vermicelli** made from bean starch, and served together.

Comment [178]: 醋

Comment [179]: 大蒜

Comment [180]: 肉汤

Comment [181]: 细面条

People in Henan and Shanxi provinces like to boil jiaozi with noodles and serve them together. They name the serving "golden threads **piercing** through silver ingots," or "silver threads stringing together **calabash**". Golden or silver threads mean noodles while silver ingots and calabash refer to jiaozi. There are also places where people boil and serve jiaozi with **sheet jelly** made from bean or potato starch, or with sweet dumplings, special for the Lantern Festival on the 15th of the first lunar month.

Comment [182]: 刺穿

Comment [183]: 葫芦

Comment [184]: 粉皮

## The Process of Making Jiaozi

Many families in China usually prepare enough jiaozi to last several days during the Spring Festival time. To make jiaozi, first of all, you should chop the meat into tiny pieces and mash them, then add salt, sesame oil, soy sauce, ginger, scallions, Chinese cabbage and MSG if you like. Mix thoroughly the ingredients and meat filling, add two spoonful of water if necessary.

Comment [185]: 芝麻

Comment [186]: 葱

In a big bowl, add water to flour gradually. caution: not too much at a time. Mix and knead by hand to soft dough, then cover it with towel and put it aside for about an hour. Scatter some dry flour on the board, knead and roll it into a sausage-like dough about 5 centimeters in diameter, then chop it into small pieces. Press each piece with your hand and get a pancake. Finally, you should hold the pancake with your palm and put the filling in the center and wrap it into half-moon shaped and seal the edges.

Comment [187]: 揉捏

Comment [188]: 小饼

The next step is to eat. Put the dumplings into boiling water, when it is well cooked, it is ready to be served. However, before eating, you need to prepare some small dishes to contain the mixture of soy sauce, vinegar, and sesame oil or pepper oil - to suit your own taste.

## Today

Probably the fun of eating jiaozi lies not only in the delicacy itself but also in the process of preparing for it: everybody, the host and guests alike, would roll up his sleeves and wrap the pancake to cover the fillings. What fun! As time advances, the ancient food has been continuously updated, not only in processing skills, but also in varieties, wrappers and fillings, tastes and appearances. Frozen jiaozi processed on production lines, in particular, is taking a big share of the fast food market. There have been so many varieties of jiaozi that it is no longer a rare scene for restaurants to offer a whole jiaozi banquet, serving up several dozen kinds of dumplings.

Comment [189]: 袖筒

Comment [190]: 宴会

<http://www.cctv.com/english/TouchChina/ChineseCooking/Special/20020513/100073.html>

## 8.1 Mona Lisa's Secret Revealed

Dina Q Goldin 11/01/2002 draft

Published in the Brown University Faculty Bulletin, Dec. 2002

Mona Lisa's smile permeates our popular culture. While tabloids discuss the upcoming Julia Roberts film, "Mona Lisa smile", the radio croons a popular song:

Like the smile on Mona Lisa --  
Baby, everybody sees 'er

Postcards abound with her visage. The serious press is no exception; recently, the Wall Street Journal's weekend section described some wine's flavor as akin to Mona Lisa's smile. But what is it that makes the smile of La Gioconda, as the Europeans call her, so special? The absence of a definitive answer to this question in our popular culture is as striking as the ubiquity of references to the smile itself.

I have to admit I personally never saw anything special in the Mona Lisa, though I was always disconcerted by my lack of appreciation for something supposedly so great. Even more disquieting was my inability to find a convincing explanation that would change my mind and make me understand why I should stop being such a boor and learn to appreciate that painting. Perhaps I did not dig deep enough, but I argued that if there were indeed a simple and convincing explanation for the genius of Mona Lisa, should it not have surfaced by now, somewhere within my reach?

As a researcher, I decided to take the matter into my own hands. If anyone could reveal to me the Mona Lisa's secret, I reasoned, it would be Mona Lisa herself. But despite that song, one cannot really see 'er without going abroad. So during a trip to Paris, at a time of the day when a typical tourist would not be visiting museums, I found myself face-to-face with the original painting of the Mona Lisa, asking her to explain her secret to me. With no one else around to disturb our conversation, I cleared my mind of all preconceptions and waited for her answer. In this essay, I share what I discovered through my interaction with her. I hope to be forgiven for adopting a discursive approach; I feel it best suited for my purposes.

We are all familiar with art that manages to freeze motion. Runners captured with their leg muscles tense from straining to complete their next step forward seem to move in front of our eyes, as our brain involuntarily completes that motion on their behalf. This is because we are subconsciously aware that the runner's stance, as captured by the artist, cannot be stable -- the muscles of a stationary runner merely pretending to be running would not look the same. Rather than a static pose, the runner's body is a frozen instance in a dynamic continuum of poses.

Comment [191]: 渗透

Comment [192]: 柔情地唱 (流行歌曲)

Comment [193]: 容貌

Comment [194]: 类似的

Comment [195]: 普遍存在

Comment [196]: 困惑

Comment [197]: 不安

Comment [198]: 粗野的人

Comment [199]: 散漫的

Comment [200]: 不自觉地

Comment [201]: 潜意识地

Comment [202]: 姿态

Comment [203]: 静态的

Comment [204]: 连续统一体

The same can be said about the motion of the face. There are more muscles in the face than in any other part of the body, to capture all the fine emotions that we are capable of projecting. The part of the brain that **decodes** these projections back into emotions is also a very complex and well-developed organ. In principle, facial muscles can also be captured in mid-motion. Though it is very difficult, this is what da Vinci accomplished with Mona Lisa -- her facial muscles reflect a **dynamic** face in motion, not one of someone statically holding a half-smile.

Comment [205]: 解码

Comment [206]: 动态的

This distinction is very fine, and perhaps does not **come across** on reproductions, certainly not on postcards and other **knick-knacks** that often bear Mona Lisa's likeness. However, when left alone face-to-face with the original portrait in the Louvre, our mind free to discover what it may, we quickly notice that our brain is aware of the dynamic nature of Mona Lisa's smile. Her face seems to be moving. Just as with the runner, we involuntarily complete that movement for her, seeing her half-smile **bloom** into a full smile in front of our eyes. It's almost as if she were a video rather than a picture.

Comment [207]: 给人印象

Comment [208]: 小摆设

Comment [209]: 花

The effect is similar to one with the runner in motion, but also very different. Whereas the runner's sprint is directed towards some location unknown to us, Mona Lisa is facing us directly. As we watch her bloom into a smile, we cannot help but feel that it is our presence that is causing her to smile, and we cannot help feeling a positive connection with the woman.

But wait -- we are suddenly aware of another, negative side of our connection to La Gioconda. Is it possible that, rather than breaking out into a smile, her face is undergoing the opposite motion, losing the traces of a full smile that she had a moment earlier? Indeed, unlike the runner's step, which can only explode in the forward direction, Mona Lisa's expression can represent a frozen instance of either direction of motion -- into a full smile, or out of it. Will her face be beaming in another second, or will it lose all traces of the smile? Suddenly we start wondering if perhaps it is the second **interpretation** that is correct.

Comment [210]: 诠释

The picture offers no answer. We find our mind flip-flopping, just as in the famous special effect of **silhouette-and-vase**: is it a white silhouette on a black background or a black vase on a white background? Either interpretation is equally likely, leaving us in a restless state of switching back and forth.

Comment [211]: 轮廓

But the expression on Mona Lisa's face has an emotional aspect to it that the vase lacks: it is a direct reflection of her feeling towards us as the object of her gaze. Is she happy to see us, or is our presence making her sad? Are we her friend or her **foe**? The same face, yet two totally different and equally likely interpretations -- leaving our emotions in a complex and ever-changing **quandary**.

Comment [212]: 敌人

Comment [213]: 窘境

Though we cannot figure out what Mona Lisa is feeling, and **hence** what we are feeling towards her, there is definitely one feeling that our encounter with

Comment [214]: 因此

her engenders: that this is no ordinary painting. An ordinary painting cannot evoke in us such a complexity and dynamicity of emotions. No wonder this painting is considered so great...

Comment [215]: 产生

Comment [216]: 唤起

After having discovered all this in the space of a short meeting with La Gioconda, I set out to learn more about her creator, Leonardo da Vinci. What I learned has cemented my conviction that my answer is correct. Leonardo's three life-long interests have been in art, anatomy, and motion. His accomplishments in each of these areas -- arts, sciences, and engineering -- earned him the reputation of a Renaissance man. Nowhere is this triumvirate of da Vinci's passions clearer than in his study of the human body in motion.

Comment [217]: 巩固

Comment [218]: 解剖学

Comment [219]: 文艺复兴

Comment [220]: 三巨头

Unlike other artists of his time, who focused on external appearances, and anatomists, who focused on internal structures, da Vinci strove to do both. Da Vinci's biographers agree that his ability to unify his talents from the three different areas is unsurpassed to this day. Beneath the skin of da Vinci's subjects are muscles and bones depicted with astonishing accuracy, even when in motion. The man was a genius, uniquely qualified to capture the mesmerizing effect of Mona Lisa's smile. Perhaps someday definitive research will confirm this secret of her smile. But my conversation with La Gioconda was enough to convince me.

Comment [221]: (strive) 努力

Comment [222]: 不能被超越

Comment [223]: 催眠的

<http://www.engr.uconn.edu/~dgg/papers/monalisa.htm>

## 9.1 Broke People's guide for eating places in DABEIJING

### Dadong

Selling itself on the claim that its birds (RMB 198 per whole duck) are leaner than those of other roast duck joints, Da Dong's two classy branches more or less **bookend** the 2km strip between Changhong Qiao and Dongsishitiao. Arguments will never **cease** as to which kitchen produces Beijing's best roast ducks, but Da Dong's ability to transcend the duck **genre** is marked by its repeated wins as "Best Chinese Restaurant of the Year" in the Beijinger's annual Reader Restaurant Awards. Try **dipping** a slice of duck in the sugar provided alongside other **condiments** – somehow, it works beautifully. The 160-page menu is a work of art in itself, with a **plethora** of duck dishes backed up by vegetable dishes, soups and more. If you're only going to eat duck once in Beijing, book a table – or else be prepared to wait for one – at Da Dong. Voted best "Chinese Restaurant of the Year," "Beijing Duck" and "Best for Impressing Visitors" in the 2011 Reader Restaurant Awards.

Comment [224]: 书夹

Comment [225]: 停止

Comment [226]: 流派

Comment [227]: 蘸

Comment [228]: 调味料

Comment [229]: 过多

### Haidilao

As famous for its **hospitality** as it is for its authentic Sichuan cuisine: get your nails done and enjoy a fruit plate while you wait in the long queue. Don't forget to ask for the noodle show – an energetic waiter will pull noodles right at your table. Voted "Best Hot Pot," "Outstanding Service" and "Outstanding Chinese Restaurant of the Year" in the Beijinger's 2011 Restaurant Awards.

Comment [230]: 好客

### Pipali

Pipali's reputation rests on its iron bowls of **sizzling** rice and meat in the style of Korean bibimab. But other dishes including the cold noodles are also good. The Black Pepper beef is recommended, as are the **milkshakes**. There's even a self service salad bar, where you can add your own dressings. So cram as much on to your little plate as you can, you **pauper**.

Comment [231]: 丝丝作响的

Comment [232]: 奶昔

Comment [233]: 穷人

### Saliya

Do you remember growing up in "the West"? That's when you ate "Western" food all the time, right? Well at Saliya you can relive those glorious days at low, low prices. The Dongzhimen branch of this chain has your old friends: **pizza**, **sausages**, **omelets**, **spaghetti** and **lasagna**, with most dishes priced less than 15 RMB. Wash it down with 6 RMB **mugs** of milk tea, and end with cheese cake at 8 RMB a slice. Most food is oven cooked from frozen, and tastes like it, while the **decor** is non-existent. But with prices like this, you'd be a fool to complain; not least because your mouth is probably full of cheesecake and pizza.

Comment [234]: 披萨 香肠 蛋卷 意面 千层面

Comment [235]: 大杯子

Comment [236]: 装饰

## 10.1 My Favorite Bedroom

Travelblissful.com

Earlier today I thought about the different places I have lived when working abroad. My one bedroom apartment in Zurich, 100 m from the lake, belongs to one of the better. The **bedsit** I shared with a Swedish friend in Notting Hill was small yet cosy. And I remember the **comfy** **bunk** bed in the **cabin** at the Fowler Center in Mayville, Michigan, where I worked as a Special Needs Counselor.

Comment [237]: 租用的卧室兼起居室

Comment [238]: 舒服的

Comment [239]: 床铺

Comment [240]: 小屋

Comment [241]: 顾问

But so far nothing beats the room I lived in throughout my four months in Montbonnot-Saint-Martin, a village near Grenoble by the French Alps. The first morning I looked out my window and saw the mountain chain Belledonne and the snow-covered Alp tops, I knew I couldn't do anything else than love it. Thanks to the extremely comfortable bed I felt great every morning, (apart from that one time I forgot to close my window and woke up with **mosquito** bites all over my face). White dormers contrast with the original woodwork, which was oiled but left unpainted. Light-colored bedding gives the room its relaxing air.

Comment [242]: 蚊子

Apart from the unavoidable **stunning** surroundings, Montbonnot's main square is also worth a visit. Even though a church, two bakeries, a fruit seller, a **coiffeur**, a pharmacy and a post office might sound sparse it's a charming spot where the locals meet, talk and make their daily **errands**. I remember the day I left the post office after saying my first complete French sentence; "Je voudrais six timbre pour la Suede, s'il vous plait" (I would like six stamps to Sweden, please). But what I remember most is my **spacious** bedroom with a mountain view that brought a smile to my face every morning.

Comment [243]: 震耳欲聋的

Comment [244]: 为女人做头发的理发师

Comment [245]: 差事

Comment [246]: (space)

<http://www.travelblissful.com/my-favorite-bedroom/>

## 11.1 The 15 hardest sports to play

By HeavyGuns

This is my opinion of the 15 hardest sports and a little bit about why. Some of them have cool videos to go along with them. Take the **poll** at the end to let me know what your opinion of the hardest sport is.

Comment [247]: 问卷调查

### #15 Volleyball

Volleyball requires leg strength and some **agility**. There isn't a whole lot of endurance or real physical challenge, that's why it is number 15.

Comment [248]: 敏捷

### #14 Baseball

What makes baseball hard on the skill side of it, is actually hitting a ball **pitched** 90 mph or faster. Baseball both **batting** and playing the field requires very fast reflexes. Baseball players also must be able to **sprint** very fast. Lastly I think core strength and upper body strength is crucial to the game. Half of your time though is just spent sitting down and watching. That is why baseball is only 14.

Comment [249]: 投掷

Comment [250]: 击球

Comment [251]: 冲刺

### #13 Tennis

Tennis can be a very long game. tennis also requires speed and agility. While playing tennis you need to be able to turn on a **dime**. I don't feel like tennis really pushes you to the limit in more than a few parts of your body.

Comment [252]: 一角硬币

### #12 Basketball

Basketball is a very **draining** sport to play. Don't get me wrong, you can work up a pretty good sweat playing. But you really only have to push yourself 100% when you have the ball. Also due to the size of a basketball court, you don't have to run more than maybe 30 or 40 **yards** at a time. Basketball also because of its positions does not require everyone to be lightening fast or have the ability to jump really high. Basketball can be an intense workout, but not enough to be ahead of these next sports.

Comment [253]: 榨干 (体力)

Comment [254]: 码

### #11 Football

Football requires a lot of sprinting. The skill required is catching the football and throwing it for one player. One of the things that make football the hardest is you must have the ability to think on your feet and make or change decisions in a **split** second to make the play work. You must be able to read the other team and **adjust** as a team accordingly. You have to not only watch what the other team is doing as a whole, but you have to be on the same level mentally as your team so that you think just like they do. Football is a hard hitting sport and requires great strength and agility and speed. However not ALL of the players need to be Iron men.

Comment [255]: 分离的

Comment [256]: 调整



#### #10 Lacrosse

Lacrosse has an extreme amount of running and sprinting involved. Lacrosse on the other hand does not require a whole lot of physical strength. Lacrosse can be very rough at times and does require a great deal of athleticism. You got to run, jump, catch, throw, block, and defend. Lacrosse physically is almost on the same level as soccer.

Comment [257]: 曲棍球

Comment [258]: 竞技热

#### #9 Rugby

Rugby will get you roughed up. It's harder hitting than football and you don't wear pads. Rugby also requires great lower and upper body strength. Rugby however does not require a lot of speed. You do need to be fast but not as fast as other sports may require you to be.

Comment [259]: 英式橄榄球

Comment [260]: 殴打, 粗暴对待

Comment [261]: 护具

#### #8 Bull Riding

Bull riding obviously does not require you to be very strong or fast or even in that good of shape. If you look at a bull rider though they usually are, and for good reason. The stronger you are the better your chances of holding on are. Bull riding requires a lot of core strength as well. You have a 2,000 pound bull that is pure muscle trying to buck you off. You will be using your abs and lower back the whole time trying to keep your balance and stay on. You also better be fast for when you do get off the bull unless you want to become a skewer.

Comment [262]: 核心

Comment [263]: 烤肉签子

#### #7 Nascar

Nascar is a little under rated in my opinion. Most people will say that all you do is drive a car in circle, but it is much more than that. Think about times you have gone on a long road trip. How did you feel at the end of it? I know that when I drove from South Carolina to West Virginia I was tired, eyes wanted to shut, my body was sore from sitting in the same position, my legs were stiff, and your drained mentally from being at a high state of alertness. Now imagine driving 500 laps at speeds around 200 mph. Since you are going that fast then you must pay even more attention and the car is that much harder to control. Your whole body must be tense just trying to steer it. The heat that fills the inside of the car is extreme, not to mention your wearing a nomex suit and racing helmet and your head is virtually immobile. The sweat and fatigue that will overcome your body is much more than you would ever probably imagine. The other reason I put Nascar as #7 is because of how hard it is to actually win.

Comment [264]: 汽车

Comment [265]: 僵硬的

Comment [266]: 圈

Comment [267]: 控制

Comment [268]: 疲劳

#### #6 Golf

Golf requires a lot of physical strength and flexibility. I played 18 holes of golf before and did a lot of driving on a range. I'm not a golfer though. I have no club, no golf balls (i almost left out the word golf, ha ha), and can only name like 3 golfers. Like i said though I have played. I can't tell you how many times my body snapped, crackled, and popped playing. I sound like a fresh bowl of rice crispy treats, and I think i pulled several muscles. Now driving the ball 400 yards requires both strength and perfect swing. Did you know Tiger Woods can bench press 300 pounds? The main reason golf is #6 is because of the skill required to excel at it and how hard it is to play.

Comment [269]: 爆开 (的声音)

Comment [270]: 脆 (零食)

Comment [271]: 优秀

#### #5 MMA (mixed martial arts)

MMA is a very very tough sport. You have to without a doubt have complete full body strength, you have to know the moves, you have to be able to think fast about what you need to do as far as offensive moves and counters.

Endurance and Stamina is everything especially when the fight goes to the ground. It is obviously a rough sport considering smashing someones teeth in is part of it. I'm also certain being kicked in the kidney does not feel so great. The conditioning and strength training these fighters goes through is absolutely brutal. If you have seen an MMA fight or some of their training you will see why I placed it here at #5.

Comment [272]: 精力

Comment [273]: 使粉碎

Comment [274]: 肾

Comment [275]: 野蛮的

#### #4 Swimming

It is scientific fact that swimming is the best exercise you can do. It is a great cardiovascular workout. You would be surprised how much you sweat swimming. You however don't know your sweating for obvious reasons. Swimming also gives your muscles a pretty good workout. The resistance and amount of cardio required for swimming gives your body a great workout and when you swim for competition your going to use as much energy and burn as much calories in 20 minutes than you would in an hour in most other sports. This is why I put swimming at #4.

Comment [276]: 心血管的

Comment [277]: 心, 心脏功能

#### #3 Soccer

If you have ever played soccer on a legit team in a legit league with a legit coach you will know that soccer practice is probably one of the punishments Satan makes you take part in while your in hell. The sprinting, jumping, drills, and other exercises in soccer is insane. You will fall into a narcoleptic type sleep immediately after a 3 hours soccer practice I assure you. Truth be told the practices are more running than an actual game, but the games are just as hard. During a game you use speed, agility, jumping, cutting, defending, and all sorts of things. If you have seen a professional soccer players legs and calves, you'll instantly know how much they run. I can guarantee you they don't lift weights to look like that. That is from pure running and drills they do for practice. The other thing that makes soccer hard is how far you have to run. You can run the entire length of the field throughout the whole game.

Comment [278]: 正规的

Comment [279]: 训练

Comment [280]: 发作性睡眠病的

Comment [281]: 小腿

Soccer fields are also larger than football fields in length and width. One more thing to consider is that EVERYONE on the team needs to be pretty much in the same physical shape and run the same amount. This is why soccer is number 3.

## #2 Wrestling

I put wrestling as number 2 because you exert so much energy during a match. The practices are usually 3 hours, and the practices are in gyms with heaters that make the room 105 degrees. You need speed. Full body strength. No matter your size or weight class, you do the same training, and have the same things expected of you. Every person gives the same amount of effort and participation. It is not uncommon to lose 14 pounds every practice in just water weight. The reason I put wrestling as harder than MMA is because in MMA you have the option or ability to knock someone out or make them submit. In wrestling you have no choice but to grapple them, shoot on them, and take them to their back. You must out muscle and outsmart your opponent. There is no easy way around it. You must give everything you got to pin them. Six minutes of wrestling with someone will have you sucking wind.

## #1 Ice Hockey

Ice Hockey is in my opinion THE #1 hardest sport to play. In ice hockey you will need to be in tip top shape. Your cardio has to be at a very high level. The whole game you will be skating back and forth and changing directions at 100% speed. Hockey also requires muscular strength. Hockey players are a lot stronger than you think. Most of the players, even the ones that look small weigh over 200 pounds of pure muscle. Hockey requires you to be fast, be able to accurately shoot the puck, be able to catch the puck, be able to read players, agility, endurance, toughness, the ability to jump, hitting power, and not to mention this is all done one Ice skates. Are you kidding me? You take elements from all of the other sports and then you have to do it all standing on two thin blades and standing on ice? There's no way any sport is harder or has better athletes than hockey. If you don't believe so i suggest you go play a local pick up hockey game if possible. Hockey like football and rugby is also a very rough sport to do the hitting or checking involved. While you do wear pads your body is still going to take a beating. I guess at least if you get hit really hard and get a bruise at least you already got ice on it. Oh and one last think. You can fight! That's part of the sport, they let you fight. OK so now you can be at a hockey game and a fight breaks out? and this is perfectly normal? I bet you will never be at a fight and have a hockey game break out. All of these reasons are why I put Ice Hockey at #1.

<http://heavyguns.hubpages.com/hub/The-15-hardest-sports-to-play>

Comment [282]: 摔跤

Comment [283]: Yunyong

Comment [284]: 抓住

Comment [285]: 冰球

## 11.2 Soccer Benefits

www.completesoccerguide.com

In an age where kids and teens are constantly bored, aren't getting enough exercise, and have few things that they are passionate about, a sport like soccer is a breath of fresh air. Here are some of the benefits that soccer can give players.

### 7 Reasons to Play Soccer

#### Fun

Soccer is considered "fun" by a larger amount of people than almost any sport. Soccer is fast-paced, low-contact or high contact depending on level, and playable by all people. Even complete beginners enjoy playing soccer because it can be a very in-precise game. Anyone can have fun kicking around a soccer ball. Of course, soccer can be a complex, game too, so there is something for everybody.

There really shouldn't be an explanation on why fun is beneficial, so I will exclude it.

#### Work Ethic

Soccer instills work ethic into its players, a skill that is very important in life. Coaches and teammates constantly push players to try harder, and most players learn the skill and use it in everyday life. Most players eventually show work ethic without being told.

Comment [286]: 工作精神

#### Leadership

Future leaders often form on a soccer pitch. Players learn that it is necessary to sometimes lead their teammates in the right direction. Through trial and error, players learn what makes a great leader. Players who don't take as much of a leadership role, learn how to deal with leaders.

Comment [287]: 试错法 不断尝试

#### Sportsmanship

Through good examples by coaches and teammates, players learn what it takes to play a sport gracefully. Bad sportsmanship is punished, and players soon find the value of great sportsmanship.

Comment [288]: 运动家精神

#### Perseverance

At first, players usually get frustrated when they can't get something right. However, players eventually realize that if they persevere things will work out okay. Players may have to overcome injuries, cold streaks, bad coaches, and more elements that teach them to persevere.

Comment [289]: 状态差

**Fitness**

Through soccer, players become more fit and possibly develop future fitness habits. They learn what it takes to be in shape, and work at it.

Most soccer players are lean and muscular. They develop endurance from constantly running, and muscles from training work-outs.

Players tend to think more about nutrition or drug use. Players want to play at their best, and they learn that drugs and a bad diet hinder their performance.

Not to mention the in-direct effects of soccer: When players are playing they are not watching TV, playing video games, or just lying around. They are getting a full work-out.

**Social**

Soccer players often make friends with their teammates. Teammates share a common bond, and become great friends. Some teammates know each other for a lifetime.

Soccer players learn how to deal with people outside the controlled environment of school, and develop a sense of self. Players share a common cause that causes a sense of unity, something every child and teenager needs.

<http://www.completesoccerguide.com/soccer-benefits-7-reasons-to-play>

## 11.3 8 Reasons why people love to play Basketball

Published by Eitel

Over the years, Basketball has evolved from a classic to a more modernized sport. For example, things changed from perimeter two-point shooting to long distance 3-point shooting; from simple layups to well maneuvered alley hoops and artistic dunking. Last but not least, apparel: It started from above the knee shorts to longer below the knee shorts.

Basketball continues to drive its audience off their seats. No wonder it has already landed its name among the most famous sports ever. Basketball is so popular that almost every country in Asia, Europe and USA play the sport. Almost every individual knows how to play the sport. I have seen people playing indoors and outdoors so many times, but it is mostly played outdoors along the streets. Special sports gear, except for the ball and basket, is not even a requirement for a person to play the game.

Comment [290]: 设备

I will list some of the top reasons why basketball solidified its name almost all over the world.

### 1. It is attainable and not expensive

Basketball is very much affordable. All you need is a ball and a basketball court with a rim. The ball does not cost that much, unless you would want to buy expensive ones as used by the pros. You can have different options when it comes to the prices. On the other hand, finding a basketball court is not a problem either. There are lots of schools and communities who open their gates for individuals who want to play the game. When it comes to sports gear, you do not need to buy expensive shoes or clothing. Just start to play the game with the things you already use. Some people actually play the game with bare foot or slippers. However, shoes are advisable for players to use to avoid any injuries. Feet play an essential role in playing the game.

### 2. Readily Accessible

Like I said, basketball can be played anywhere. If you are unable to utilize the courts in both public and private schools, there are a lot more social communities who provide them. Some local governments try to establish public sports arenas for everyone to enjoy. If you want to play, all you need to do is to go to the nearest basketball court available in your community or your local basketball club.

### 3. You can play along with some other individuals

This is the most exciting part. Basketball enables you to play with 5 or more friends all at the same time. Many other sports can be played only by two or four individuals. In this case you go tired and bored in waiting for your turn. In basketball, you can have great chances of playing all the time.

### 4. Easy to learn Basketball Fundamentals

As long as you know how to dribble with the ball and shoot, you can already play the basics of the game. Dribbling is so easy to learn, you can even learn it by just watching how it is done. Shooting is also easy to perform, although you need a lot of practice to hit it like the pros. Simply throw the ball into the ring and watch it sink in. Another one is defense. Who says that playing defense is difficult? If you are playing against a good player, maybe it is. However, its fundamentals are easy to execute. You just have to stand in front of a player, use your body to block his way, and use your arm in a legal way to prevent him from shooting or passing the ball.

Comment [291]: 运球

Of course, what I am talking about are more on the fundamentals. It would be a little different when you play a higher level of basketball game. However, what I am trying to stress out is that the skills that a person should learn in order to play basketball can be easily learned while having fun at the same time.

### 5. Rules are simple

Recreational “at the park” Basketball has simple rules. In most cases it is limited to the basic dribbling rules and avoiding any form of hard body contact when a player is in the act of shooting. These rules are very simple and easy to understand and this is what makes the sport so cool to play with your friends on warm evenings. It’s so much fun.

### 6. Accessible basketball camps or clinics

If you want to learn more about the sport and improve your basketball skills, you can attend basketball camps or clinics. They are available and basically open for everyone. These camps provide excellent tutors who can help you polish your shooting, dribbling, and other basketball abilities. Before signing in on a clinic make sure to pay attention to the overall skill level.

## **7. Televised worldwide**

One of the exciting parts is that you can see it everywhere. It is, actually, what people see in television that inspires them to play the game. Many leagues are being covered by many television sports channel such as the NBA, WNBA, collegiate basketball, Olympics, and many other local basketball games. Even if you are not playing, you can still experience the game by watching them in televisions from the comforts of your homes.

## **8. It is full of fun!**

Basketball provides a whole lot of fun. You are able to socialize and meet other people with similar interests to yours. It is always fun to meet likeminded people.

I consider basketball popular not because everybody plays it, but why everybody loves to play it. By thinking about the reasons above, you can easily see why basketball is being considered to be a popular sport among the others.

<http://www.layups.com/8-reasons-why-people-love-to-play-basketball/>

## **11.4 Top 10 Reasons to Ski!**

People ask me why I ski, why I would go out in the blistering cold, spend serious dough to risk injury on snow?

Here are my top 10 reasons to ski:



1. Winter is the longest season – particularly in New England, Canada, and the Rocky Mountains. A sure cure for Cabin Fever is a day on the snowy slopes. Of course, then you risk getting powder flu which is highly contagious.
2. Most people look better in a ski suit than a swim suit. You can hide your sorry butt in a Bogner – same can't be said for a bikini or boy trunks.
3. Skiing takes you to new heights – literally. Chairlifts deliver a bird's eye view of our beautiful mountains – and no hiking!
4. Unlike mountain biking, hiking and swimming, snow is very clean on contact – I am not a big fan of filthy sports that cake you in mud or mess up your hair.
5. Skiing is a tremendous calorie burner! Its great physical activity, consuming up to 700 calories an hour – that beats a jog on hard asphalt in my book.
6. Skiing can be enjoyed with friends and family. You can't play soccer with Grandma – what if you kick her in the shin by mistake? Basketball with my son is no fun – but skiing with my mom and my boy is a multigenerational good time.
7. Skiing is a lifetime sport. Klaus Obermeyer, Warren Miller, Penny Pitou, Stein Erickson – all amazing ski athletes that have been doing what they love best for over six decades!
8. Skiing is a great sport to meet people, particularly the opposite sex. Name another activity that allows you to shout "Single" in the line and potentially find a match.
9. Skiing has no speed limits, only endless possibilities for travel and discovery from small volunteer run recreational hills to high Alps with untouched powder fields and helicopter accessed first descents.
10. You can't après ski until you have skied...

[HTTP://WWW.FAMILYSKITRIPS.COM/FAMILY/TOP10\\_REASONS\\_TO\\_SKI.HTM](http://WWW.FAMILYSKITRIPS.COM/FAMILY/TOP10_REASONS_TO_SKI.HTM)

## 12.1 Benefits of Subway Transportation

ehow.com

### Cost

If you think it's cheaper to drive your car to work rather than take the subway, you're probably mistaken. When you take into account car repairs, fuel, loan payments, parking fees, insurance, taxes and licensing, you'll be surprised at how much you spend. AAA reports that the average automobile driver spent over \$9,000 in 2009 (over \$24 per day), and that's before car loans were considered. On the other hand, subway transportation is economical. Many subway systems offer an unlimited monthly pass for a reasonable rate (Boston's MBTA offers such a pass for only \$59 in 2010). Some employees, such as federal workers in Washington D.C., can be reimbursed for their subway transit costs.

Comment [292]: 补偿

Comment [293]: 运输

### Convenience

In cities where congestion is an issue, subway travel is much quicker than other modes of transportation. In this respect, subways even have the edge over public buses, as they can avoid any street congestion by literally going underneath it. Subway travel also has other conveniences. For instance, you won't have to worry about auto maintenance or buses breaking down.

Comment [294]: 拥挤

### Safety

Although subway accidents make for sensational news stories, they are actually quite safe. According to publictransportation.org, ditching the car and taking public transit saves 200,000 deaths every year. If you are worried about subways becoming potential terror targets, many subway systems now feature state-of-the-art cameras and chemical sensors for your safety.

Comment [295]: 轰动的

Comment [296]: 扔掉

### Environmental Friendliness

Subway travel is extremely green. Not only is it more environmentally friendly than automobile travel, it also has the advantage over public bus systems, as subways do not **emit** harmful exhaust fumes into the air.

Comment [297]: 散发, 发射

[http://www.ehow.com/list\\_5920778\\_benefits-subway-transportation.html](http://www.ehow.com/list_5920778_benefits-subway-transportation.html)

## 12.2 10 THINGS TO LOVE ABOUT TRAIN TRAVEL

By Caitlin Fitzsimmons on December 24, 2008 in **SEX**

I heart trains! It's hands down the greenest way to travel – train travel releases **10 times fewer greenhouse gases** per average passenger journey than flying. Here are ten more reasons why train travel is the antidote to everything I hate about airports, flying and long car journeys.

1. Trains are faster than most short-haul flights, when you take into account the time spent getting to and from the airport and going through security.
2. Railway stations are generally in the center of town – ideal when you arrive in an unfamiliar city and need to find your way to the hotel.
3. Any security checks are less cumbersome than airport security. You don't have to get there more than half an hour early at the most and you can pack your water – or that bottle of wine you picked up on your holiday.
4. There's usually plenty of room on board to stretch out and you are free to get up and walk around.
5. You don't need to keep your eyes on the road, deal with unruly passengers or share the road with pig-headed drivers. Instead you can read your book, do the crossword, call your friends, or just look out the window and watch the world go by. Sometimes there's even **free wifi on board**.
6. It's fast. While US rail network **Amtrak** could do with a bit of TLC, I've still found it a reasonable way to get from New York City to Washington DC, and from Seattle to Vancouver. In Europe, it's a different story – the continent is crisscrossed with high-speed services. Even in the UK, where rail services are generally less reliable and fast than elsewhere in Europe, it beats the rat race on the overcrowded motorways. For example, it takes just over two hours to go from London to York by train, compared with five or six hours by car.
7. For longer journeys, there are usually sleeper services on offer for a

reasonable price, so you can go to sleep and wake up in a new place. It costs a lot less money than a flat bed seat in a plane or a hotel for the night on a road trip.

8. The pricing structure is transparent, especially if you book online and can see all the options laid out before you. Tickets usually go on sale 90 days in advance (120 days in the case of the **Eurostar** from London to Paris or Brussels) and the earlier you book, the cheaper it is. It's worth making sure you book a seat as well as a ticket in case the train is full.

9. It's possible to go almost anywhere in the world if you have the time – **The Man in Seat 61** shows you how.

10. The train can be more than just a way to get from A to B and can be part of the holiday itself. The **website Luxury Trains** has a few appealing suggestions – how romantic and luxurious would it be to see Europe from the comfort of the gorgeous old-time Orient Express? Or if you're hankering after the Australian outback, there's a new service operating from Adelaide to Darwin called **the Ghan** and Platinum service sounds quite wonderful.

<http://ecosalon.com/eco-green-benefits-of-train-travel/>

### 13.1 A Paradise Called Boracay

By Jill of alltrades

Boracay island Philippines is one place that grows on you. Once you have been there, you can't help but come back again and again and again.

If you are a sun worshipper with a taste for the beach, white sands and gentle breeze, then this is the place for you. But these are not the only things that Boracay has to offer although they are the major reasons tourists flock to this paradise.

Comment [298]: 崇拜者

#### 1. Barefoot on the beach

The first thing I usually do when I get to Boracay is to walk barefoot on the sand. You can do this no matter what time of the day. The white, powdery sand remains cool even at noon, so it's really fun to walk barefoot along the beach. I also read somewhere that it is good for one's heart and circulation to walk barefoot on the sand.

#### 2. Swim and play

Swimming is the favorite activity of visitors to this place. The best times to swim are before 10am and after 4pm. Why am I saying this? Well, it's because the clear, blue water of Boracay is so inviting such that you tend to forget doctors' admonition about the ill effects of too much sun.

Comment [299]: 警告

If you are a sports enthusiast, then you should try jet skiing, boating, sailing, diving, snorkeling and other water sports. Don't forget to also take a boat tour of the island. The tour goes around the island and will take you to some less frequented spots where you might find some "treasures" like a rare crab or a butterfly farm.

Comment [300]: 喷气飞机

Comment [301]: 不带潜水装置潜水

### 3. Take a photo

Sunset in Boracay is spectacular especially during the months of April to July. As the sun sets, restaurants along the beach bring out their tables and chairs so you can have a drink or two as you wait for the sun to color the sky. Don't forget your camera too. I have taken so many sunset photos of Boracay but I still keep on shooting more every time I go back for another visit. Every sunset is different from another.

### 4. Dance and Party

In the evening, the beach is alive with activity. The various restaurants and hotels have their own shows and there is always a party going on. Graceful dancers also perform "fire dancing" and the dancers are always willing to give you a lesson or two about fire dancing. However, the best way to start the lesson is to first dance without the fire. The dancers usually conduct free lessons in the afternoon using pieces of cloth, so that by nighttime you can dance with the real thing (hopefully).

You should try the food in any of the restaurants along the beach. Everything is fresh and you can choose any seafood that you want grilled or cooked any other way. It is always so refreshing to feel the warm breeze caressing your hair as you sip young coconut juice and eat fresh crabs and shrimps with your bare hands. You could of course use a spoon and fork, but it's so much more fun to eat with bare hands. Somehow it seems appropriate for beachside eating.

Comment [302]: 烤

### 5. Shopping

Boracay is also a haven for shoppers. There is a mall with many little shops as well as many other small stores along the beach. If one knows how to bargain and speak the language one can practically get all sorts of trinkets and souvenirs for a song.

There are many other things you can do in Boracay but I will leave that to you to discover when you decide to visit.

As for me, I'm sure I will still keep on going back to Boracay, it's my island.

<http://jill-of-alltrades.hubpages.com/hub/Why-People-Love-Boracay>

## **13.2 7 Reasons Why a Hawaii Vacation is Great for Your Health**

By Sheila Beal on January 7, 2008 in General Hawaii

I'm always looking for good excuses as to why we should go to Hawaii.

Today, our excuse is to improve our health.

This time of year everyone seems to be a bit more health conscious. We vow to get to a healthier weight, eat more nutritious foods, and exercise more.

Well, you'll be pleased to know that going to Hawaii can help you keep your resolutions. Here are seven great reasons how you'll improve your health on a vacation to Hawaii.

### **1.Fresh Fruits**

In Hawaii, you'll find the most delicious fresh tropical fruits. Forget about what you may have had back on the mainland, the fresh Hawaiian fruit is far better. I particularly enjoy the fresh papaya, pineapple and mango.

### **2.Fresh Fish**

Ah, it's time to make sure you get those heart healthy omega-3's and you won't be complaining about it while savoring a fresh Hawaiian fish dinner. My mouth is just watering thinking about all the great fresh fish caught in the clean Hawaiian waters.

### **3.Rewarding Exercise**

Instead of walking three miles on a treadmill staring at a television or magazine, wouldn't you rather hike along a fantastic beach trail or through a rainforest and across a volcano crater? Hawaii is loaded with many miles of hiking trails that offer rewarding scenery.

If you prefer water sports, you'll find anything your heart desires in Hawaii. You can learn to surf, try snorkeling, or go kayaking to name a few ideas.

If you'd rather keep up your gym routine, many resorts have state of the art fitness centers. Several even offer views of the beach.

### **4.Relax and Rejuvenate in Some of the World's Top Spas**

Hawaii has some award winning spas with unique Hawaiian based treatments. Have you ever noticed how helpful and healing a good massage is? It is fantastic for the mind body and soul.

## 5. Macadamia Nuts, Chocolate, and Coffee

And I repeat, there's macadamia nuts, chocolate, and coffee! Now at first thought you might be wondering how are those three treats good for your health. So let's explore why.

Macadamia nuts are good for your heart. They're a great source of fiber and protein and they may help reduce cholesterol. You'll find macadamia nuts used in many salads and fish dishes at Hawaii restaurants. You can also visit a macadamia nut farm in Hawaii and do some sample tasting.

Chocolate is a health food. Yep, that's right, chocolate is loaded with antioxidants. Hawaii is the only US state that grows cacao, the plant which is used to make chocolate. You can visit a chocolate farm and taste some of those delicious antioxidants.

The coffee grown in Hawaii has a unique and robust flavor because it is grown in the rich volcanic soil. Coffee is one of the foods that is the highest in antioxidants. You can read more about the health benefits of drinking coffee in moderation in this article.

## 6. Fresh Air

Hawaii has very little air pollution. Hawaii is located hundreds and thousands of miles away from areas of heavy industry. The amount of industrial operations in Hawaii is significantly less than on the mainland.

## 7. The Aloha Spirit

When you visit Hawaii, you'll likely be impressed by the kind and friendly people. That's part of the aloha spirit. You'll find this attitude and way of life to be refreshing. If you pick up a little aloha spirit to bring home with you, you'll find a bit more happiness.

— —

So, are you ready to improve your health and go visit Hawaii?

Originally posted at: [7 Reasons Why a Hawaii Vacation is Great for Your Health](http://www.govisithawaii.com/2008/01/07/7-reasons-why-a-hawaii-vacation-is-great-for-your-health/#ixzz2HIb1n71E) <http://www.govisithawaii.com/2008/01/07/7-reasons-why-a-hawaii-vacation-is-great-for-your-health/#ixzz2HIb1n71E>

## 14.1 5 reasons to be a singer

Ilovetosing.com

Every singer in the Music Entertainment Industry has different aspirations and motivations. Consequently, each of us is likely to answer this question a

little differently. No one answer is wrong or even better than another. Still, motivations fall into five primary categories:

### 1. Make a Living

This ranges from “pay the bills” to “get rich.” Some people are motivated primarily by money or financial need, but everyone needs some source of income. For those of us who are not independently wealthy, the prospect of making a living by doing something we love (like working as a singer) is attractive – a positive motivator.

### 2. Fulfill a Dream

Some of us want to see our names on the **marquee**, on records, or in the Billboard charts. Each year we witness hundreds of thousands of young people lining up and sleeping on sidewalks for an American Idol **audition**. People flock to New York, London, and Chicago for their chance to shine in the spotlight on a dark theatre stage. We book professional studios and work countless hours in home studios for a chance to have our music distributed through iTunes and streamed to fans all over the world. Still, some of us aspire to business, teaching, or technical support roles, but still desire a music career.

Comment [303]: 大屏幕

Comment [304]: 试演

### 3. Leave a Legacy

“When I’m gone I want people to remember my music (or influence on the Music Industry).” Looking a little further into the future, some of us are motivated by the idea of creating something that lives on long after we are gone; perhaps a complete business based on our songs, style of singing, or innovation to the Music Industry that takes on an identity or life of its own.

Comment [305]: 遗产

### 4. Benefit Other People

Some of us focus on our immediate family while others are driven to benefit the broader community or society as a whole. One of the initial ideas for ILoveToSing.com was to teach children’s choirs that would teach children the joy of singing for others while performing charitable work such as visiting the elderly or raising funds or awareness for special needs or programs.

### 5. Adrenaline Rush

There’s no other feeling like the energy coming from an audience during a show. Whether it’s an **intimate** room with a handful of people or a stadium packed with thousands, it can also be a positive motivator.

Comment [306]: 肾上腺素

Comment [307]: 可以有亲密接触的

Perhaps for you it’s a combination of some or all of the above. Perhaps this sounds like you:



“I’ve always wanted my singing to help mankind – the big audience out there. If I’m successful, I’ll make a good living along the way and be remembered as a positive influence on the world. When I hear the applause after one of my performances, I remember what it’s all about – the music.”

Tell me, what motivates you?

<http://www.ilovetosinging.com/2011/04/5-reasons-to-be-a-singer/>

## **14.2 TOP 10 REASONS TO BE AN ENGINEER**

1.Engineers work to solve global problems such as world hunger, clean water, protecting the environment and improving the quality of everyday life.

2.Engineering allows you to use your creativity every day.

3.Engineering gives you the chance to collaborate with other professionals such as lawyers, doctors, government officials, scientists, statisticians and more.

4.Engineering is a global endeavor, frequently affording the opportunity for travel.

1 Engineers have the opportunity for rapid advancement in their companies.

2 Engineers frequently have a high level of responsibility and autonomy in their positions.

3 Engineering salaries remain high.

4 Engineering degrees provide excellent preparation for other professional degrees such as medicine, law or business.

5 While working as a scientist frequently requires advanced degrees, engineers are very employable with a bachelor’s degree.

10.Engineering has more impact on the world than any other profession.

<http://www.engr.ncsu.edu/theengineeringplace/students/top10.php>

### 14.3 What Are the Reasons to Become a Journalist?

Do you enjoy collecting and sharing information about people, events and trends? Do you like writing, broadcasting or taking pictures? Are you interested in sports, business, politics or art? If so, you might consider a career in the diverse field of journalism. Continue reading to learn more reasons for becoming a journalist. Schools offering Journalism degrees can also be found in these popular choices.

#### **Journalistic Attitude**

Journalistic mediums and topics can vary, but if you already have a range of core personality traits that are helpful to journalists, you may do well in this field. You'll need confidence, curiosity and tenacity to discover the key facts of the topics you're covering. Enjoying active communication, fact analysis and research can be helpful as well. Honesty and integrity are vital parts of the journalistic makeup; you'll need these to remain impartial while reporting.

#### **Medium Variety**

As a journalist, many different tools and mediums are at your disposal. You will most likely choose one specialization and pursue training and education in that field. If one of the following types of journalism interests you, then you may have found a journalistic calling.

#### **Broadcast Journalism**

If you'd like to be a part of radio or television, you could get involved in broadcast journalism. In this field, you can work on air as a reporter or behind the scenes as a researcher. Even though you might not appear on camera as a researcher, you'd create the news stories for on-air personalities to read and comment on.

#### **Photojournalism**

You might consider photojournalism if you enjoy telling stories with pictures. As a photojournalist, you capture a story through images, sometimes writing or working with other journalists, as well. The purpose of photojournalism is to make a relatable and objective narrative.

#### **Print Journalism**

Magazines, newspapers and other print media need journalists to write stories for their audience. In this career, you could find freedom through freelance positions, although being able to commit and meet deadlines is a must.

#### **Multimedia Journalism**

If you can't decide on a medium, or you want to incorporate technical, computer-related skills into your journalism, you might enjoy multimedia journalism. This specialization is growing rapidly and involves keeping Internet news and information outlets up to date. You might post videos, audio clips, photos and news stories online, thereby making the news widely

available.

### **Message Variety**

No matter what you're interested in - food, art, politics, business, sports - you can probably find a job that relates to your passion. Keep in mind, however, that the field of journalism is a competitive one; before you can cover your favorite topics, you may need to become experienced and prove your journalistic worth.

### **Salary and Job Outlook**

According to the U.S. Bureau of Labor Statistics (BLS), journalists received a mean hourly wage of \$21.05 as of May 2010, which amounts to an annual mean income of \$43,780 ([www.bls.gov](http://www.bls.gov)). If you're interested in achieving a higher salary, you may be able to do so; journalists in the top tenth percentile earned an average salary of \$75,230 yearly. The BLS also notes that the states with the highest income for journalists as of 2010 included the District of Columbia, New Jersey, Massachusetts, New York and Georgia.

[http://degreedirectory.org/articles/What\\_are\\_the\\_Reasons\\_to\\_Become\\_a\\_Journalist.html](http://degreedirectory.org/articles/What_are_the_Reasons_to_Become_a_Journalist.html)

## **14.4 8 Good Reasons to Be a Lousy Musician**

June 30 by [Dustin Wax](#)

I'm a crappy guitarist. In the 20 years that I've been playing, I can't once remember playing scales, and I've never sat down to "practice". I still have trouble with F-chords, I have awful right-hand technique, and my tempo has been known to swing from too fast to too slow without ever hitting "just right".

I wouldn't give it up for the world.

See, I realized a long time ago that I wasn't going to be a Famous Rock Star, or even a semi-locally-famous folky. That dream I have where Ronnie's down for the count and I have to fill in on-stage with the Rolling Stones — and we're going on in 5 minutes! — would always be just a dream (thankfully). That realization freed me to stop trying to be cool and to just enjoy playing, and to this day my guitar is the one thing I own that I would consider going into a burning building for. Playing guitar has stopped being something I do for everyone else (even if they weren't listening) and has become one of the few things I do simply for the sheer enjoyment of it.

### *You, too, should be a lousy musician*

Everyone should have at least one thing in their life that they do for no other reason than that they enjoy it. As it turns out, though, it's harder to do things for their own sake than it would seem! Collectors dream about the Big Find that will make them rich, writers dream of the best selling novel that will get them on *Oprah*, crafters and handy types think about how much money they're saving on gifts and household necessities — and musicians dream about their big break with the Rolling Stones.

To be able to revel in an activity that you're not all that good at and that you *don't care that you're not all that good at*, to strive for and embrace mediocrity in some area of our lives, that's a hard thing for a lot of us to do. But it's worth it. Here are eight things I get out of being a crappy guitarist:

#### **A) There's no pressure.**

If i never get even the tiniest bit better than I am right now, it won't matter. Nobody's life, freedom, or even happiness depends on how well (or poorly) I play "Rocky Raccoon". Whether I improve or don't improve is totally irrelevant to anything or anyone but me.

#### **B) It creates a social bond between myself and others.**

I've met thousands of other crappy guitarists over the course of my life, and a few great ones. Being a guitarist myself creates a connection between us, gives us something to talk about. Guitarists are always giving each other little gifts — showing each other how to play a tricky part of a song, teaching each other new chords or new ways to make old chords, sharing licks and riffs with each other.

And, of course, non-musicians are always interested in the fact that I play. It gives them something to talk to me about (apparently my knowledge of early Cold War government sponsorship of social scientific research doesn't give them much to hold onto!) and, of course, it is mildly entertaining for them to hear me play.

#### **C) It creates a social bond between other people.**

I carried an acoustic guitar with me all over Europe for a year, keeping it under my bed in hostel after hostel, carting it in it's heavy reinforced case from town to town on busses and trains, dragging it through the streets of Paris, Prague, Budapest, and Amsterdam. And I'm glad I did. Not just because playing in hostels and on park benches helped me make friends, but because it helped the people around me make friends. Once a roomful of travelers have sung "American Pie" at the top of their lungs together (badly), the ice is pretty much broken. People start interacting, because nothing can make them feel any more self-conscious.

**D) I get immediate gratification.**

I pick up a guitar, finger a chord, and strum, and music comes out. What could be more rewarding? I play, music happens. Instantly. And if I try something tricky, I can hear on the spot whether it worked or not. If I'm trying to figure out a song, I'll try all manner of different things, until suddenly I hit the strings a few times and the song I'm trying to learn starts coming out.

**E) I've developed a new appreciation of music.**

Because I'm always listening to music with an ear towards learning how to play it, I've become adept at working out how the different pieces fit together, and what makes each of them work, apart and together. Aside from the increased formal appreciation of music, I've also become much more appreciative of the work that a musician has to do to make a song work. Songs I might have — heck, *did* — totally dismissed at one point I listen to quite seriously today, because I know how difficult it is to make even a bad song.

**F) Playing music creates mindfulness.**

Guitar playing is, for me, a kind of meditation. There have been too many times to count when, looking for a moment's distraction, I've ended up playing for hours. When you're playing, your attention is (usually) focused entirely on the here and now, the unfolding of notes and chords into melodies and, ultimately, songs. This kind of mindfulness means I'm living entirely in the present, even if just for a few moments — a skill that most of us, with our crazy lives and hectic schedules, have a hard time cultivating.

**G) It's relaxing.**

Just listening to music is often enough to help ease the stress of our day-to-day lives; making music is a thousand times more effective (as long as you're not worrying about how you'll deal with your groupies after you've broken big on MTV). The combination of mindfulness and almost willful mediocrity lets me ease up on myself and just *be* for a little while, clearing my head and soothing the tensions that build up over the course of the day.

**H) It's just for me.**

Finally, playing music is something that I do solely because it makes me happy. While I can and do share my playing with others, in the end I play for entirely selfish reasons: because I feel like it.

*What are you lousy at?*

I think everyone should be lousy at something they love. What do you do that you simply don't care if you ever get any better at it, that you do just because it pleases you to do it? Let us know!

<http://www.lifehack.org/articles/lifestyle/8-good-reasons-to-be-a-lousy-musician.html>