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### Bill Gates' best books of the year have a New Age twist

比尔·盖茨的年度好书体现新时代的转变

"Educated," by Tara Westover (Random House). I never thought I'd relate to a story about growing up in a Mormon survivalist household, but Tara Westover is such a good writer that she got me to reflect on my own life while reading about her extreme childhood.

塔拉·韦斯特沃撰写的《教育改变人生》（由兰登书屋出版）：我从未想过自己会对一个关于在摩门教生存主义家庭中成长的故事产生共鸣，但塔拉是一位非常棒的作家，她让我在阅读她极端的童年故事时，也反思起自己的生活。

"Army of None," by Paul Scharre (Norton). Autonomous weapons aren't exactly top of mind for most around the holidays, but this thought-provoking look at A.I. in warfare is hard to put down. It's an immensely complicated topic, but Scharre offers clear explanations and presents both the pros and cons of machine-driven warfare.

保罗·沙雷撰写的《无人军团》（由诺顿公司出版）：自主武器并不是大多数人在假期时首先会想到的话题，但你很难放下这样一本书，它从发人深省的视角看待人工智能在战争中的应

用。这是一个极其复杂的话题，但沙雷为我们提供了清晰的解释，并展示了在机器驱动下未来战争的利与弊。

"Bad Blood," by John Carreyrou (Knopf). Carreyrou gives you the definitive insider's look at the rise and fall of Theranos, the health tech company that claimed it could perform an array of medical tests from a small amount of blood. This book has everything: elaborate scams, corporate intrigue, magazine cover stories, ruined family relationships and the demise of a company once valued at nearly \$10 billion.

约翰·凯瑞鲁撰写的《坏血》（由克诺夫出版集团出版）：凯瑞鲁向你展示了内部人士对 Theranos 公司的崛起和衰落的明确看法。这是一家医疗科技公司，声称可以通过少量的血液进行一系列的医学测试。这本书涵盖了所有相关的内容：精心设计的骗局、公司的阴谋、杂志的封面故事、破裂的家庭关系，以及一家曾估值近 100 亿美元的公司的消亡。

"21 Lessons for the 21st Century," by Yuval Noah Harari (Spiegel & Grau). If 2018 has left you overwhelmed by the state of the world, "21 Lessons" offers a helpful framework for processing the news and thinking about the challenges we face.

尤瓦尔·诺亚·赫拉利撰写的《今日简史》（由斯皮格尔与格劳出版社出版）：如果2018年让你对世界局势感到不知所措，那么《今日简史》给你提供了一个有用的思维框架，帮助你处理新闻信息及思考我们面临的挑战。

"The Headspace Guide to Meditation and Mindfulness," by Andy Puddicombe (St. Martin's Griffin). The book starts with Puddicombe's personal journey from a university student to a Buddhist monk and then becomes an entertaining explainer on how to meditate. If you're thinking about trying mindfulness, this is the perfect introduction.

安迪·普迪科姆撰写的《冥想和正念入门指南》（由圣马丁出版社出版）：这本书先以普迪科姆从大学生到佛教僧人的个人历程展开，然后慢慢转变成一本教你如何冥想的有趣指南。如果你正想尝试正念训练，这会是一本完美的入门手册。

-----文章来源 / 华盛顿邮报

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## 重点词汇

### **relate to**

与...产生共鸣

**Mormon** /'mɔːrmən/

n. 摩门教

**survivalist**/sər'vaɪvəlɪst/

n. 生存主义者 (survival n.)

**thought-provoking**/'θɔ:t ,prə'vəʊkɪŋ/

adj. 引起思考的，发人深省的

**warfare**/'wɔ:rfɛr/

n. 战争 (尤指作战的方式)

- the Second World War
- air warfare
- naval warfare

**immensely**/ɪ'mɛnsli/

adv. 非常，极大地

- immensely popular
- immensely difficult

**the pros and cons**

优缺点，利与弊

- =the advantages and disadvantages
- to weigh the pros and cons

**machine-driven**/mə'ʃɪn 'drɪvən/

adj. 以机器驱动的

**array**/ə'reɪ/

n. 一群，大量

- an array of

- a splendid array of food on the table

**elaborate**/ɪˈləbəreɪt/

adj. 精心设计的，周密的

- Many people are making elaborate preparations for the dinner.

**scam**/skæm/

n. 诡计，骗局（尤指以诈财或逃税为目的诈骗）

- a credit card scam

**corporate**/ˈkɔːprət/

adj. 企业的，公司的（corporation n.）

**intrigue**/ɪnˈtrɪɡ/

n. 阴谋；（故事情节等）扣人心弦

- This novel is filled of intrigue.

**cover**/ˈkʌvər/

n. 封面

- Don't judge a book by its cover.

**demise**/dɪˈmaɪz/

n. 消亡，死亡

- his tragic demise

**overwhelm**/ˌoʊvərˈwelɪm/

v. 感到难以承受，不知所措

- He was overwhelmed with/by the death of his father.

**meditation**/ˌmedəˈteɪʃn/

n. 冥想

**mindfulness**/'maɪndfəlnəs/

n. 正念

**monk**/mʌŋk/

n. 僧侶，修道士

- Buddhist monks