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聚乐 2018 年上学期晨读教材使用手册

一、本学期学习主题：

100天让自己爱上英语，成为一个自律的人

二、本教材包括：

1. 羊皮卷
2. 我的誓言+我是中国人
3. 228句口语要素
4. 100个超级句型
5. 10篇经典文章
6. 各部分检索（句子+句型+文章）

财富大总结：12篇文章+228句口语要素+100个超级句型

三、具体模块介绍：

1. **羊皮卷**：每天早晨10分钟大声诵读，把自己调整到最佳状态
2. **口语要素**：口语的基本单位不是单词而是句子，要把一个句子像单词一样**脱口而出**，让你张嘴说出句子。
3. **超级句型**：口语就是一定量的句型组成，大量的改装造句，丰富自己的口语素材。
4. **经典文章**：脱口而出文章并大段展示出来是最容易建立成就感，从而爱上英语的，并且都积累文章是提升语感，夯实基础的好方法。

四、教材使用方式：

1. 每天：4个口语要素+2个超级句型+1/5文章
2. 每周：周一—周五学习，周六复习，周日休息
3. 每周一次小考，四周一次大考（考核方式：笔试，互考，展示）
4. 第一轮学习约70天，第二轮复习约30天（每天复习第一轮每天的2倍内容）

六、推荐学习方法：

1. 早晨6:30-7:30，20分钟集体热身和预习，30分钟分组或个人输入学习，10分钟组内或集体输出展示
2. 把所学内容抄到纸条上，利用零碎时间复习，也可以利用零碎时间听音频复习
3. 晚上9:30-10:00，30分钟默写在财富本上，掌握不熟练的知识再复习，把当天默写内容拍照打卡到学习社群

PS：老学员学习特训营教材；学校没有团体，自学

清晨励志呐喊

羊皮卷之一

我爱雄心勃勃的人，他们给我灵感；
我爱失败的人，他们给我教训；
我爱王侯将相，因为他们也是凡人；
我爱谦恭之人，因为他们非凡；
我爱富人，因为他们孤独；
我爱穷人，因为穷人太多了；
我爱少年，因为他们真诚；
我爱长者，因为他们有智慧；
我爱美丽的人，因为他们眼中流露着凄迷；
我爱丑陋的人，因为他们有颗宁静的心。

羊皮卷之二

我不是为了失败才来到这个世界上的，
我的血管里也没有失败的血液在流动。
我不是任人鞭打的羔羊，
我是猛狮，不与羊群为伍。
我不想听失意者的哭泣，抱怨者的牢骚，
这是羊群中的瘟疫，我不能被它传染。
失败者的屠宰场不是我命运的归属。

羊皮卷之三

我不再徒劳地模仿别人，
而要展示自己的个性。
我不但要宣扬它，还要推销它。
我要学会去同存异，
强调自己与众不同之处，
回避人所共有的通性，
并且要把这种原则运用到商品上。
推销员和货物，两者皆独树一帜，
我为此而自豪。

羊皮卷之四

今天是我生命中的最后一天。
这是我仅有的一天，是现实的永恒。
我像被赦免死刑的囚犯，
用喜悦的泪水拥抱新生的太阳。
我举起双手，感谢这无与伦比的一天。
当我想到昨天和我一起迎接日出的朋友，
今天已不复存在时，
我为自己的幸存，感激上苍。
我是无比幸运的人，今天的时光是额外的奖赏。
假如今天是我生命中的最后一天。
如果不是的话，我要跪倒在上苍面前，深深致谢。

羊皮卷之五

每天醒来当我被悲伤、自怜、失败的情绪包围时，我就这样与之对抗：

沮丧时，我引吭高歌。悲伤时，我开怀大笑。
病痛时，我加倍工作。恐惧时，我勇往直前。
自卑时，我换上新装。不安时，我提高嗓音。
穷困潦倒时，我想象未来的富有。
力不从心时，我回想过去的成功。
自轻自贱时，我想想自己的目标。
自高自大时，我要追寻失败的记忆。
纵情享受时，我要记得挨饿的日子。
洋洋得意时，我要想想竞争的对手。
沾沾自喜时，不要忘了那忍辱的时刻。
自以为是时，看看自己能否让风驻步。
腰缠万贯时，想想那些食不果腹的人。
骄傲自满时，要想到自己怯懦的时候。
不可一世时，让我抬头仰望群星。

羊皮卷之六

这一切都会过去。
世上种种到头来都会成为过去。
心力衰竭时，我安慰自己，这一切都会过去；
当我因成功洋洋得意时，我提醒自己，这一切都会过去，
穷困潦倒时，我告诉自己，这一切都会过去；
腰缠万贯时，我也告诉自己，这一切都会过去。
是的，昔日修筑金字塔的人早已作古，埋在冰冷的石头下面，
而金字塔有朝一日，也会埋在沙土下面。
如果世上种种终必成空，
我又何对今天的得失斤斤计较？

My Pledge/Oat 我的誓言

What's your story?

你的情况如何？

You can't speak! You can't understand!

你不会说！你听不懂！

You feel bad! You feel hopeless!

你觉得很糟！你感到绝望！

That's crazy! Cheer up!

那就太傻了！振作起来！

It's not the end of the world.

这不是世界末日！

Speaking English is a piece of cake.

说英语是小菜一碟。

Don't look back.

不要畏缩。

Enjoy losing face. Just forget about your face.

热爱丢脸。干脆忘掉你的面子。

The more mistakes you make, the more progress you make.

你犯的错误越多，你的进步就越大

Don't give up. Just try your best.

不要放弃。只管尽你最大的努力。

Relax! Don't panic! Take it easy!

放松！不要恐慌！放松点！

Be patient and enjoy yourself.

耐心点，好好享受。

Learning English should be fun.

学习英语应该很有意思。

Speaking good English is no big deal.

说一口流利的英语没什么大不了。

It's worth your time and effort.

值得你花费时间和精力。

It's an easy job. Do something about it.

这很简单。赶快来学习吧。

You have no choice.

你没有选择。

No more excuses! Get moving.

不要再找借口！开始行动吧。

Let's get started! Let's talk in English!

我们开始吧！我们用英语交谈吧

You'd better do it now.

你最好现在就开始。

I have every confidence in you.

我对你非常有信心。

I want to be proud of you.

我希望为你感到自豪。

It's my pleasure to help you anytime.

我随时乐意帮助你。

You can count on me! Don't worry about it.

你可以信赖我。不要为此担心。

I'm serious. I'll try my best (to help you).

我是认真的，我会尽我最大的努力(帮助你)。

We will make it together.

我们一起成功吧！

I'm Chinese

I'm Chinese.	我是中国人。
I'm from the People's Republic of China.	我来自中华人民共和国。
I love my country. I love my people.	我热爱我的祖国。我热爱我的人民。
Our country has a history of 5000 years.	我们的国家有五千年的历史。
I'm proud of it.	我为此而感到骄傲。
Our motherland is going through great changes now.	我们的祖国正在经历着巨大的变化。
I'm part of it.	我是其中一分子。
China is growing stronger. I'm growing stronger, too.	中国正在变得强大，我也在茁壮成长。
China has a bright future. I have a bright future, too.	中国有光明大的前景，我也有灿烂的明天
I want to speak good English.	我想说一口流利的英语，
Because English is an international language.	因为英语是一门国际语言。
English is beautiful, powerful and useful.	英语是美好的，强大的，有用的。
English is a bridge linking all countries together.	英语是把所有国家连接在一起的桥梁。
The Indians have to learn English.	印度人要学英语。
The Japanese have to learn English.	日本要学英语。
The Koreans have to learn English.	韩国人要学英语。
The French have to learn English.	法国人要学英语。
The Germans have to learn English.	德国人要学英语。
People all over the world are learning English now.	现在世界各地的人都在学英语。
We Chinese must learn English too.	我们中国人也必须学英语。
Because we need a common language to communicate!	因为我们需要一样共同语言与世界沟通。
We need English to show China to the rest of the world.	我们需要英语向世界展示中国。
We need English to absorb knowledge from all over the world.	我们需要英语来吸收全世界的知识。
I enjoy learning English!	我热爱学英语。
I enjoy speaking English!	我热爱说英语。
I enjoy yelling English!	我热爱喊英语。
I enjoy making mistakes!	我热爱犯错误。
I enjoy losing face!	我热爱丢脸。
Of course, I enjoy making progress most of all.	当然，最重要的是，我热爱取得进步。
I'm crazy about speaking English.	我热爱说英语。
I'm crazy about improving myself.	我热衷于提升自我。
I'm crazy about encouraging other people to speak English.	我热衷于鼓励别人说英语。

I practice speaking English every day.
I practice reading English every day.
I practice writing English every day.
I can speak excellent English!
I can communicate freely in the world's two most important languages—
Chinese and English!
I'm an international Chinese!

我每天都练习说英语。
我每天都练习读英语。
我每天都练习写英语。
我能讲一口流利的英语。
我可以用世界上最重要的两大语言——
中文和英文进行自由交流！
我是一个国际化的中国人。

I love the Chinese language, too.
It is a beautiful language.
It is a unique language.
It is a historical language.
It is spoken by billions of people in the world.
More and more foreigners are starting to learn Chinese every day.
I hope to teach the whole world Chinese someday.
So I must study Chinese well.
I must become an expert in my mother tongue.

我同样也喜欢中文。
它是一门美丽的语言。
它是独一无二的语言。
它是一门历史悠久的语言。
世界上有十几亿说中文。
每天都有越来越多的外国人开始学中文。
我希望有一天我能教全世界的人学中文。
所以我必须学好中文。
我一定要成为中文专家。

This is me.
A Chinese citizen!
An outstanding Chinese citizen!
A fantastic English speaker!
This is my dream:
To spread English throughout China and Chinese
throughout the world!
I want to share this dream with you, my dear friends!

这就是我。
一个中国公民！
一个出色的中国公民！
一个讲一口纯正英语的人！
这是我的梦想：
向全中国传播英语，向全世界
传播中文！
我想和你，我亲爱的朋友，一起分享我的梦想。

Let's conquer English together!
Let's make miracles together!
Let's just do it!
Let's speak English crazily!

让我们一起征服英语！
让我们共同创造奇迹！
让我们行动起来吧！
一起疯狂说英语！

文章学习举例

李岚清英文申奥陈述

Ladies and gentlemen, many people in the world have a dream, that one day they could come to China and visit Beijing. My countrymen have a very strong desire to stage an excellent Olympic Games in Beijing which is a great contribution to the Olympic movement and its history. I therefore hope from the bottom of my heart, that you distinguished IOC members, will help them realize their long-cherished aspirations. The Chinese sage Confucius says, "Isn't it a delight after all to have friends come from afar?" Indeed, it is our delight to welcome all guests with open arms in Beijing in the year 2008. I'm sure you will have a great game in Beijing! Thank you!

【经典释义】女士们，先生们，全世界很多人都有这样一个梦想，他们希望有朝一日能来到中国并访问北京。我的同胞也有在中国举办一次出色奥运会的强烈渴望，并将其看作是对奥林匹克及其历史的一个重大贡献，因此我衷心地希望尊敬的奥委会委员们能帮助他们实现这一期待已久的愿望。我国先圣孔子说过，“有朋自远方来，不亦乐乎？”2008年如能在北京热烈欢迎各位客人，这将是我们的最喜悦的盛事。我相信，届时你们将会在北京看到一次伟大的奥运会，谢谢！

【额外成就感】 Words and phrases

(1) dream/dri:m/n.梦，梦想；v.做梦；梦见；梦想；幻想；想到

I'm sure I can realize my dream of conquering English.

我确信我能实现攻克英语的梦想。

I certainly didn't promise you the money; you must have dreamt it.

我肯定没有答应过给你那笔钱，准是你在胡思乱想。

(2) countryman/n.同胞；同国人；同乡；乡下人；农民

(3) desire/ n.愿望，心愿；要求；v.想望，期望，希望；请求

He has a great desire for fame.

他有出人头地的强烈愿望。

(4) stage/ n.舞台；戏剧；活动场所；发展进程；阶段或时期；v.上演；筹备；举行

(5) contribution/n.捐献，贡献；捐款，捐助；投稿

He has made a great contribution to the company.

他为公司作出了巨大的贡献。

(6) movement/n.运动；动作；潮流；动向；运转

The trade union movement is concerned with working conditions.

工会发起的这次运动与工人的工作条件密切相关。

(7) from the bottom of one's heart 发自内心地，衷心地

From the bottom of my heart, I apologize for forgetting your birthday!

忘记了你的生日，我向你表示发自内心的歉意。

(8) distinguished [dis'tɪŋɡwɪʃ]/adj.卓著的；著名的；卓越的；杰出的；超群的；出众的；尊贵的

The Chinese nation is distinguished for its diligence and courage.

中华民族以勤劳勇敢著称。

He is distinguished for his knowledge of economics.

他在经济学知识方面出类拔萃。

(9) realize/v.认识到；了解；实现；实行

The Chinese people are sure to realize the modernization of their country.

中国人民必将实现国家现代化。

She realized her dream of becoming an actress.

她实现了当演员的梦想。

I finally realized my goal of speaking good English.

我终于实现了说一口流利英语的目标。

(10)long-cherished/adj.被长期渴望的，期待已久的

(11)aspiration/n.热望，渴望；志向

She has aspirations to become a great writer.

她胸怀大志，要成为一位伟大作家。

His true aspirations is to become the President of the United States.

他真正的抱负是想成为美国总统。

(12)sage/n.智者；贤人，圣人；年高望重的人；adj.贤明的，明智的；审慎的

Thank you for your sage advice.

谢谢你的高见。

He was a wise old sage, who knew everything about Chinese medicine.

他是一位精通中医的年长的智者。

(13)delight/di'lait/n.快乐，高兴，喜悦

(14)afar/adv.远；在远处；远远地，遥远地

Grammar and structure

Have a strong desire to do something.

I have a strong desire to quit smoking this year.

She is an amazing woman with a strong desire to succeed.

第一周

Just Do It!

If you put off things for too long, they can easily become uncontrollable. The longer you wait to tackle a problem, the more difficult it becomes. Don't waste time thinking about how difficult something is. Just take the advice in this passage. Many people put off until tomorrow what they can do today. They always look for excuses to postpone doing something. In the end, it never gets done. If we leave things undone, we will eventually worry. This will cause unnecessary stress. Therefore, if you have this bad habit, it's best to get rid of it and do things as soon as possible.

【经典释义】事情一旦被拖得太久就会变得难以控制。问题拖得越久，越难以解决。所以，不要把时间浪费在考虑某事到底有多难，这篇短文接受忠告吧！很多人把今天能做的事推到明日，他们总是找借口拖延做事。到头来，事情总是没做完。如果我们没有把事做完，我们心里会感到忐忑不安，从而造成不必要的压力。因此，如果你有这种坏习惯的话，最好是将它克服，尽快把事情做好。

周一

口语要素

1. It's up to you. (由你决定。)
2. I envy you. (我羡慕你。)
3. How can I get in touch with you? (我怎样才能与你取得联系?)
4. Where can I wash my hands? (请问洗手间在哪里?)

超级句型

举例: Do you like 你喜欢……

Do you like Chinese food/ study Chinese/he/movie/ our city/

你喜欢吃中国菜吗? / 学中文/他/电影/我们城市/

sports/watching sports/traveling/ cars/driving/chasing girls?

体育运动/体育比赛/旅游/汽车/开车/追女孩吗?

额外奉献 What makes you...? 是什么让你……?

What makes you change your mind? 是什么让你改变了主意?

超级句型1 I am... 我是……

I am an office worker. 我是上班族。

超级句型2 I work for... 我在……工作

I work for the government. 我在政府机关工作。

周二

口语要素

5. What's the weather like today? (今天天气如何?)
6. Where are you headed? (你要到哪里去?)
7. I wasn't born yesterday. (我又不是三岁小孩。)
8. What do you do for relaxation? (你做什么消遣?)

超级句型

超级句型3 I'm happy to... 我很高兴……; 我很荣幸……

I'm happy to meet you. 我很高兴见到你。

超级句型4 I like... 我喜欢……

I like your sense of humor. 我喜欢你的幽默感。

周三

口语要素

9. It's a small world. (世界真小!)
10. It's my treat this time. (这次我请客!)
11. The sooner the better. (越快越好。)
12. When is the most convenient time for you? (你什么时候最方便呢?)

超级句型

超级句型5 I'm glad to... 我很高兴……

I'm glad to see you again. 我很高兴再次见到你。

超级句型6 I'll... 我会……; 我将……

I'll call you. 我会打电话给你。

周四

口语要素

13. Take your time. (慢慢来/别着急。)

14. I'm mad about Bruce Lee. (我迷死李小龙了。)

15. How do I address you? (我怎么称呼你?)

16. What was your name again? (请再说一次名字好吗?)

超级句型

超级句型7 I feel like... 我想……

I feel like sleeping/taking a walk. 我想睡觉/散步。

超级句型8 I want... 我想要……

I want something to eat. 我想吃点东西。

周五

口语要素

17. Would you care for a cup of coffee? (要杯咖啡吗?)

18. She turns me off. (她使我厌烦。)

19. So far so good. (目前为止, 一切都好。)

20. It drives me crazy. (它把我逼疯了。)

超级句型

超级句型9 I need... 我需要……

I need your help. 我需要你的帮助。

超级句型10 I would like to... 我想……; 我愿意……

I would like to talk to you for a minute. 我想和你谈一下。

周末总复习

口语要素

1. It's up to you. (由你决定。)

2. I envy you. (我羡慕你。)

3. How can I get in touch with you? (我怎样才能与你取得联系?)

4. Where can I wash my hands? (请问洗手间在哪里?)

5. What's the weather like today? (今天天气如何?)

6. Where are you headed? (你要到哪里去?)

7. I wasn't born yesterday. (我又不是三岁小孩。)

8. What do you do for relaxation? (你做什么消遣?)

9. It's a small world. (世界真小!)

10. It's my treat this time. (这次我请客!)

11. The sooner the better. (越快越好。)

12. When is the most convenient time for you? (你什么时候最方便呢?)

13. Take your time. (慢慢来/别着急。)

14. I'm mad about Bruce Lee. (我迷死李小龙了。)
15. How do I address you? (我怎么称呼你?)
16. What was your name again? (请再说一次名字好吗?)
17. Would you care for a cup of coffee? (要杯咖啡吗?)
18. She turns me off. (她使我厌烦。)
19. So far so good. (目前为止, 一切都好。)
20. It drives me crazy. (它把我逼疯了。)

超级句型

超级句型1 I am... 我是……

I am an office worker. 我是上班族。

超级句型2 I work for... 我在……工作

I work for the government. 我在政府机关工作。

超级句型3 I'm happy to... 我很高兴……; 我很荣幸……。

I'm happy to meet you. 我很高兴见到你。

超级句型4 I like... 我喜欢……

I like your sense of humor. 我喜欢你的幽默感。

超级句型5 I'm glad to... 我很高兴……

I'm glad to see you again. 我很高兴再次见到你。

超级句型6 I'll... 我会……; 我将……

I'll call you. 我会打电话给你。

超级句型7 I feel like... 我想……

I feel like sleeping/taking a walk. 我想睡觉/散步。

超级句型8 I want...我想要……

I want something to eat. 我想吃点东西。

超级句型9 I need... 我需要……

I need your help. 我需要你的帮助。

超级句型10 I would like to... 我想……; 我愿意……

I would like to talk to you for a minute. 我想和你谈一下。

第二周

Just Ask! 想问就问

If you don't understand, don't hesitate to ask. Some Chinese seem to feel that it is impolite to ask questions even when they don't quite understand. However, it's much better to say that you don't understand than to pretend you understand and answer very vaguely. When you don't understand or haven't caught what was said, you may ask by saying any of the following: "I beg your pardon?" "I'm not clear on what you said." "I'm afraid I don't understand you. Would you mind saying it again?" "I'm sorry I don't follow you." "Could you repeat that?" "I didn't get it." "You'll improve your understanding and the speaker will be happy to make his point again!"

【经典释义】如果你不明白的话, 一定要毫不迟疑地发问。有些中国人以为提问题是不礼貌的, 即使在他们不是十分明白的时候。然而, 你直言不懂比假装而含糊地回答要来得好。当你不明白或弄不清对方说什么时, 你可以用以下方式来提问: "你能再说一遍吗?" "我没听清你说什么。" "恐怕我不明白你的意思。你

介意再说一次吗？""很抱歉我不明白你的意思。""你能重复一遍吗？""我没有听懂。"这样将能增进你的理解，而且说话者也乐意把他的要点再重复一遍。

周一

口语要素

- 21. She never showed up. (她一直没有出现。)
- 22. That's not like him. (那不像是他的风格。)
- 23. I couldn't get through. (电话打不通。)
- 24. I got sick and tired of hotels. (我讨厌旅馆。)

超级句型

超级句型11 I have... 我有……。

I have a lot of problems. 我有很多问题。

超级句型12 I hope... 我希望……。

I hope our dreams come true. 我希望我们的梦想成真。

周二

口语要素

- 25. Be my guest. (请便、别客气)
- 26. Can you keep an eye on my bag? (帮我看一下包好吗?)
- 27. Let's keep in touch. (让我们保持联系。)
- 28. Let's call it a day[决定或同意暂时或永久停止(进行某事)]。

超级句型

超级句型13 I'm looking forward to... 我期待……; 我期望……

I'm looking forward to seeing you. 我期望见到你。

超级句型14 I'm supposed to... 我应该……

I'm supposed to go on a diet/get a raise. 我应该节食/涨工资。

周三

口语要素

- 29. I couldn't help it. (我没办法。)
- 30. Something's come up. (有点事/出事了)
- 31. Let's get to the point. (让我们来谈要点。)
- 32. Keep that in mind. (记住那件事。)

超级句型

超级句型15 I heard... 我听说……

I heard that you're getting married. Congratulations! 我听说你要结婚了，恭喜恭喜！

超级句型16 I see... 我知道……

I see what you mean. 我了解你的意思。

周四

口语要素

- 33. That was a close call. (太危险了/千钧一发)
- 34. I'll be looking forward to it. (我将期待这一天。)
- 35. Chances are slim. (机会很小。)
- 36. Far from it. (一点也不。)

超级句型

超级句型17 I can't. 我不能……。

I can't do this. 我不能这么做。

超级句型18 Let me... 让我……。

Let me explain why I was late. 让我解释迟到的理由。

周五

口语要素

- 37. I'm behind in my work. (我工作进度落后了。)
- 38. It's a pain in the neck. (那真是件麻烦事)
- 39. We're in the same boat. (我们处境相同。)
- 40. My mouth is watering. (我在流口水了。)

超级句型

超级句型19 Let's... 让咱们……

Let's have a beer or something. 咱们喝点啤酒什么的。

超级句型20 Where is...? ……在哪里?

Where is your office? 你们的办公室在哪里?

周末总复习

口语要素

- 21. She never showed up. (她一直没有出现。)
- 22. That's not like him. (那不像是他的风格。)
- 23. I couldn't get through. 电话打不通。)
- 24. I got sick and tired of hotels. (我讨厌旅馆。)
- 25. Be my guest. (请便、别客气)
- 26. Can you keep an eye on my bag? (帮我看一下包好吗?)
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- 28. Let's call it a day[决定或同意暂时或永久停止(进行某事)].
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Let me explain why I was late. 让我解释迟到的理由。

超级句型19 Let's... 咱们……。

Let's have a beer or something. 咱们喝点啤酒什么的。

超级句型20 Where is...?在哪里?

Where is your office? 你们的办公室在哪里?

第三周

Speak Out! 大声说出来

Expressing opinions is one example of culture difference between east and west. Westerners express their opinions freely. They feel it is natural for people to have different ideas, and don't mind hearing views that differ from their own. You may express frankly what you think or feel. Of course, you shouldn't be rude in your manner or speech. Statements such as "You're wrong," "You're mistaken," "You don't know," etc. Aren't exactly bad, but it is preferable to soften the tone. You might say, "I don't think you're right," "I'm afraid you're mistaken," or "You don't seem to understand."

【经典释义】表达观点的不同是中西文化差异的一个典型例子。西方人自由地发表他们的意见。他们觉得人们有不同的思想那是当然的, 并且不介意听到与他们自己不同的意见。你可以率直地表达你的想法或感觉。当然你不应该用粗鲁的语气。像"你错了", "你弄错了", "你不明白"等等这样的表达, 并不一定是不好的, 但是语气应和缓。你可以说"我不认为你是对的", "恐怕你弄错了", 或"你好像不太明白"。

周一

口语要素

- 41. What do you recommend? (你推荐什么?)
- 42. I ache all over. (我浑身酸痛。)
- 43. I have a runny nose. (我流鼻涕。)
- 44. It's out of the question. (这是不可能的。)

超级句型

超级句型21 What is...?是什么?

What is your plan? 你的计划是什么?

超级句型22 When is...? 什么时候.....

When is the store closing? 这家店什么时候结束营业?

周二

口语要素

- 45. Do you have any openings? (你们有空缺吗?)
- 46. It doesn't make any differences. (没什么差别/无所谓。)
- 47. I'm fed up with him. (我受够他了。)
- 48. You can count on us. (你可以信赖我们。)

超级句型

超级句型23 Would you care to...? 你愿意.....吗?

Would you care to see it/sit down for a while? 你要不要看/坐一会儿吗?

超级句型24 Are you sure...? 你肯定.....吗?

Are you sure you can come by at nine? 你肯定你九点能来吗?

周三

口语要素

- 49. It doesn't work. (坏了; 不动了。)
- 50. It's better than nothing. (总比什么都没有好。)
- 51. Think nothing of it. (别放在心上。)
- 52. I'm not myself today. (我今天心神不宁。)

超级句型

超级句型25 Am I allowed to...? 我可以.....吗?

Am I allowed to stay out past 10? 我可以十点过后再回家吗?

超级句型26 be scheduled to... 排定时间或日期.....

The meeting was scheduled for two hours, but it is not over yet. 会议原定两个小时, 不过到现在还没有结束。

周四

口语要素

- 53. I have a sweet tooth. (我喜欢吃甜食。)
- 54. I can't express myself very well in English. (我不能很好地用英语表达自己。)
- 55. For the time being. (暂时; 暂且; 目前)

56. This milk has gone bad. (这牛奶变质了。)

超级句型

超级句型27 ...birthday is... 生日是……。

Tom's birthday is this week. 汤姆的生日就在这个星期。

超级句型28 Can you...? 能请你……?

Can you cover for me on Friday/help me/tell me how to get there?

星期五能不能请你替我值班/你能帮我吗? /你能告诉我到那里怎么走吗?

周五

口语要素

57. Don't beat around the bush. (别拐弯抹角了。)

58. It's up in the air. (尚未确定。)

59. Math is beyond me. (我对数学无能为力。)

60. It slipped my mind. (我忘了。)

超级句型

超级句型29 Could you...? 能否请你……?

Could you do me a big favor? 能否请你帮我个忙?

超级句型30 crazy about... 对……很着迷。

He is crazy about Crazy English. 他对英语很着迷。

周末总复习

口语要素

41. What do you recommend? (你推荐什么?)

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超级句型

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Could you do me a big favor? 能否请你帮我个忙?

超级句型30 crazy about... 对.....很着迷。

He is crazy about Crazy English. 他对英语很着迷。

第四周

Time Flies! 时间飞逝

Many people value their time more than anything else in the world. Once time is gone it can never be replaced. This makes time more valuable than money. Time is precious. Nobody can afford to waste time. Once time has gone by, it will never return. You can never turn the clock back. Time passes very quickly. People say time flies. Time and tide wait for no man. We should, therefore, make the best use of our time. If you can manage your time well, you will have a successful life. try using all your spare time to practice English crazily. Even a few minutes' practice while waiting for the bus can be valuable learning time. “最大声 is so important” You are yelling for these reasons: Yell away shyness! Yell away inferiority! Yell away low spirits! Yell away laziness! Yell away all the shackles of life!

【经典释义】很多人把时间视为世界上最宝贵的东西。时间一旦消逝, 没有什么东西可取代它。这使得时间比金钱更加宝贵。时间很宝贵, 谁都浪费不起。时间一旦消逝, 就永远不再来。你永远也无法让时光倒流。时间过得很快, 人们说光阴似箭, 岁月不待人。因此, 我们应该好好善用时间。如果能合理地支配时间, 你一定会有一个成功的人生。试把所有的零碎时间都应用于疯狂地操练英语上面, 哪怕是等车的一点点间隙也不要放过。“最大声是很重要的”你由于下列原因要大喊: 喊掉羞怯 喊掉自卑 喊掉沉闷 喊掉惰性 喊掉一切人生枷锁。

周一

口语要素

- 61. You can't please everyone. (你不可能讨好每一个人。)
- 62. I'm working on it. (我正在努力。)
- 63. You bet! (当然!)
- 64. Drop me a line. (写封信给我)

超级句型

超级句型31 Can you imagine...? 你能想像……吗?

Can you imagine how much he paid for that car? 你能想像他买那部车付了多少钱吗?

超级句型32 Can you believe...? 你相信……吗?

Can you believe that I bought a TV for \$25? 你相信我用25美元买了一台电视吗?

周二

口语要素

- 65. Are you pulling my leg? (你在开我玩笑吗?)
- 66. Sooner or later. (迟早会的。)
- 67. I'll keep my ears open. (我会留意的。)
- 68. It isn't much. (那是微不足道的。)

超级句型

超级句型33 Did you know...? 你知道……吗?

Did you know he was having an affair/cheating on his wife? 你知道他有外遇了吗/对妻子不忠吗?

超级句型34 Did you hear about...? 你听说……了吗? /你 知道……吗?

Did you hear about the new project? 你知道那个新项目吗?

周三

口语要素

- 69. Neck and neck. (不分上下。)
- 70. I'm feeling under the weather. (我觉得不舒服/精神不好/情绪低落。)
- 71. Don't get me wrong. (不要误会我。)
- 72. I'm under a lot of pressure. (我压力很大。)

超级句型

超级句型35 Do you realize...? 你知道……吗?

Do you realize that all of these shirts are half off? 你知道这些衬衫都卖半价吗?

超级句型36 Do you mind if...? 你介意……吗?

Do you mind if I take tomorrow off? 你介意我明天请假吗?

周四

口语要素

- 73. You're the boss. (听你的。)
- 74. It doesn't make any sense! (毫无意义!)
- 75. If I were in your shoes. (如果我是你的话。)
- 76. What's this regarding? (这是关于哪方面的?)

超级句型

超级句型37 enjoy...很喜欢……

I enjoy working with you very much.我很喜欢和你一起工作。

超级句型38 ended up... 最终是……。

Did you know that Stone ended up marrying his secretary?

你知道吗？斯通最后和他的秘书结婚了。

周五

口语要素

77. Over my dead body! (休想!)

78. Can you give me a hand? (你能帮个忙吗?)

79. We have thirty minutes to kill. (我们有三十分钟空闲时间。)

80. Whatever you say. (随便你。)

超级句型

超级句型39 get together... 聚在一起……。

Let's get together for lunch.我们一起吃午餐吧。

超级句型40 getting...for... 获得……以作为……。

I'm getting a new computer for a birthday present. 我获得一部新的电脑以作为生日礼物。

周末总复习

口语要素

61. You can't please everyone. (你不可能讨好每一个人。)

62. I'm working on it. (我正在努力。)

63. You bet! (当然!)

64. Drop me a line. (写封信给我)

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Let's get together for lunch. 我们一起吃午餐吧。

超级句型40 getting...for... 获得……以作为……。

I'm getting a new computer for a birthday present. 我获得一部新的电脑以作为生日礼物。

第五周

Informal Calls 非正式拜访

Some friends are just like family. There is no need to make formal arrangements for a visit. Except for these very close friends and relatives, making unexpected calls should be avoided as much as possible. The unexpected guest is welcomed, but whether that welcome is sincere or given out of kindness is another matter. Practically everyone has his own plans as to how to spend his time, and it is often perplexing, if not annoying, to be obliged to change one's plans by unexpected visitors. When someone invites you to drop by anytime, they really mean to call first to make sure the time is convenient!

【经典释义】一些朋友就像自家人一样，拜访之前没有必要进行正式的预约。除了这些特别亲近的朋友和亲戚之外，尽量不要突然登门造访。不速之客还是会受到欢迎，但这种欢迎是否发自内心或只是出于礼貌，就不好说了。事实上，每个人对于如何支配时间都有自己的计划，为接待一个不速之客而不得不改变自己的计划，即使不生气也会觉得为难。当有人邀请你可在任何时候去拜访时，他们是指去拜访之前你先给他们打电话，确定时间是否方便。

周一

口语要素

81. It'll come to me. (我会想起来的。)

82. You name it! (你说出来。)

83. Time will tell. (时间会证明的。)
84. I will play it by ear. (我会见机行事的; 到时候再说。)

超级句型

- 超级句型41 How did you do on...? 你……的表现如何?
How did you do on your test? 你这次考试考得怎样?
超级句型42 Do you think...? 你认为……?
Do you think you can come? 你认为你能来吗?

周二

口语要素

85. You should take advantage of it. (你应该好好利用这个机会。)
86. Let's talk over coffee. (我们边喝边谈。)
87. Take it easy. (轻松一点; 别紧张; 放松放松; 再见)
88. I'm easy to please. (我很容易取悦/相处。)

超级句型

- 超级句型43 How was...? ……怎么样?
How was your weekend? 你周末过得怎么样?
超级句型44 Here... ……在这里。/这是… …
Here is my card. 这是我的名片。

周三

口语要素

89. Let's give him a big hand. (让我们热烈鼓掌。)
90. As far as I'm concerned. (就我而言。)
91. I'm all mixed up. (我全搞混了。)
92. Let's get together one of these days. (找一天聚聚。)

超级句型

- 超级句型45 be used to... 习惯于……。
He is used to eating out all the time. 他已经习惯了总是在外面吃饭。
超级句型46 Have you ever...? 你有没有……?
Have you ever driven a BMW? 你有没有开过"宝马"?

周四

口语要素

93. He's behind the time. (他落伍了/跟不上时代了。)
94. I'm pressed for time. 我时间紧迫。)
95. I'm up to my ears in work. (我忙死了。)
96. You can't do this to me. (你不能这么对我。)

超级句型

超级句型47 How about...?怎么样?

How about if we go tomorrow instead? 我们改成明天去怎么样?

超级句型48 How do you like...? 你觉得.....怎么样?

How do you like Hong Kong? 你觉得香港怎么样?

周五

口语要素

97. Just to be on the safe side. (为了安全起见。)

98. I hope I didn't offend you. (希望没有冒犯你。)

99. It won't take much time. (不会花很长时间的。)

100. It's been a long time. (好久不见了。)

超级句型

超级句型49 How do you want...? 你要怎么样的.....?

How do you want your steak? 你的牛排要几分熟?

超级句型50 How did...do...? 如何做到.....?

How did Mary make all of her money? 玛丽所有的钱是怎么赚到的?

周末总复习

口语要素

81. It'll come to me. (我会想起来的。)

82. You name it! (你说出来。)

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How did you do on your test?你这次考试考得怎样?

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Do you think you can come?你认为你能来吗?

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How was your weekend? 你周末过得怎么样?

超级句型44 Here... ……在这里。/这是… …。

Here is my card.这是我的名片。

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How about if we go tomorrow instead? 我们改成明天去怎么样?

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How do you like Hong Kong?你觉得香港怎么样?

超级句型49 How do you want...? 你要怎么样的……?

How do you want your steak? 你的牛排要几分熟?

超级句型50 How did...do...? 如何做到……?

How did Mary make all of her money? 玛丽所有的钱是怎么赚到的?

第六周

Be Polite 讲礼貌

Good manners are so important in today's society. A little effort towards being polite to everyone you meet can have great rewards. Of course there are other reasons for being polite as well. Everyone should be polite. Polite people show good manners. Moreover, they are popular. On the other hand, rude people are looked down upon. Rudeness shows poor education. Therefore, why not be polite? A simple "Please", "Thank you", or "You're welcome" can make a big difference. If someone says dirty words all the time, it shows that something is wrong with his mouth. You'd better persuade him to "watch" his mouth!

【经典释义】在今天的社会，讲礼貌非常重要。如果你肯用点心礼貌地对待你所遇到的每一个人，你将获得巨大的回报。当然讲礼貌还有很多其它的原因每个人都应彬彬有礼。讲礼貌的人展现良好的风度，而且受人欢迎。另一方面，没有礼貌的人则被人瞧不起。粗鲁是没教养的表现。因此，何不有礼貌一点呢？"请"、"谢谢你"或"不客气"这几个词虽然简单，却会使情况大不相同。如果有的人总是骂骂咧咧，满口脏话，那就说明他的嘴出了问题。你最好建议他"注意"他的嘴巴。

周一

口语要素

101. It's nothing. (小事情；不足挂齿。)

102. It's a long story. (说来话长。)

103. It's about time. (时间差不多了。)

104. It's incredible. (难以置信!)

超级句型

超级句型51 How did...?进行得怎么样?

How did the game turn out?比赛结果怎么样?

超级句型52 How was...?.....怎么样?

How was your date?你的约会怎么样?

周二

口语要素

105. It's hard to say. (难说。)

106. I can't imagine why. (我想不通为什么。)

107. That can't be. (不可能。)

108. That's really something. (真了不起。)

超级句型

超级句型53 How are you doing with...?做得如何?

How are you doing with your new boss?你跟你的新上司相处得如何?

超级句型54 How should I...? 我该如何.....?

How should I tell him the bad news?我该如何告诉他这个坏消息?

周三

口语要素

109. Are you sure? (你确信吗?)

110. Are you crazy? (你疯了吗?)

111. Excuse me for a moment. (失陪一会儿。)

112. I mean it. I'm serious. I'm no kidding! (我是认真的。)

超级句型

超级句型55 How much...? 多少.....?

How much money did you make? 你赚了多少钱?

超级句型56 How much does it cost to...?要多少钱?

How much does it cost to go abroad?出国要多少钱?

周四

口语要素

113. I'll consider this matter. (我会考虑这件事的。)

114. I'll do something about it. (我会想办法的。)

115. What are you talking about? (你在说些什么?)

116. I'm afraid I can't. (恐怕我不行。)

超级句型

超级句型57 How long will it take to...?要多久?

How long will it take to get to your house? 到你家要多久?

超级句型58 How long have you...? 你.....多久了?

How long have you been here? 你在这里多久了?

周五

口语要素

117. I'm dying to see you. (我真想见你。)
118. I'm flattered. (过奖了。)
119. I'm not in the mood. (我没心情。)
120. I'm so scared. (我怕极了。)

超级句型

超级句型59 How...! 多么……! /真……!

How nice/pretty/cold/funny/stupid/boring/interesting!

真好! /真漂亮! /真冷! /真好玩! /真傻! /真无聊! /真有趣!

超级句型60 How about...? ……如何? /……怎么样?

How about going out for dinner? 出去吃晚餐如何?

周末总复习

口语要素

101. It's nothing. (小事情; 不足挂齿。)
102. It's a long story. (说来话长。)
103. It's about time. (时间差不多了。)
104. It's incredible. (难以置信!)
105. It's hard to say. (难说。)
106. I can't imagine why. (我想不通为什么。)
107. That can't be. (不可能。)
108. That's really something. (真了不起。)
109. Are you sure? (你确信吗?)
110. Are you crazy? (你疯了吗?)
111. Excuse me for a moment. (失陪一会儿。)
112. I mean it. I'm serious. I'm no kidding! (我是认真的。)
113. I'll consider this matter. (我会考虑这件事的。)
114. I'll do something about it. (我会想办法的。)
115. What are you talking about? (你在说些什么?)
116. I'm afraid I can't. (恐怕我不行。)
117. I'm dying to see you. (我真想见你。)
118. I'm flattered. (过奖了。)
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120. I'm so scared. (我怕极了。)

超级句型

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How did the game turn out? 比赛结果怎么样?

超级句型52 How was...? ……怎么样?

How was your date? 你的约会怎么样?

超级句型53 How are you doing with...? ……做得如何?

How are you doing with your new boss? 你跟你的新上司相处得如何?

超级句型54 How should I...?我该如何……?

How should I tell him the bad news? 我该如何告诉他这个坏消息?

超级句型55 How much...? 多少……?

How much money did you make? 你赚了多少钱?

超级句型56 How much does it cost to...? ……要多少钱?

How much does it cost to go abroad? 出国要多少钱?

超级句型57 How long will it take to...? ……要多久?

How long will it take to get to your house?到你家要多久?

超级句型58 How long have you...? 你……多久了?

How long have you been here? 你在这里多久了?

超级句型59 How...! 多么……! /真……!

How nice/pretty/cold/funny/stupid/boring/interesting!

真好! /真漂亮! /真冷! /真好玩! /真傻! /真无聊! /真有趣!

超级句型60 How about...? ……如何? /……怎么样?

How about going out for dinner? 出去吃晚餐如何?

第七周

Table Manners就餐礼节

There are many differences in table manners in different cultures. It is really worth your time to learn about how to behave while eating in other countries. Knowledge of table manners will show your international qualifications. Don't make; noises with your mouth. Close your mouth when eating. People make mouth noises because they eat without closing their mouths. When you drink your soup, don't sip it, but swallow it all in one mouth full. Don't talk with your mouth full. If someone talks to you, wait until your mouth is empty before answering.

【经典释义】不同的文化在饮食习惯方面存在许多差异。这的确值得你花时间学一学在国外就餐时应该注意的行为举止。通晓就餐礼节能展示你的国际素质。将不要咀嚼出声音，含着嘴吃东西。人们咀嚼出声音，是因为没有合起嘴来吃。喝汤时不要啜饮，而应一口吞下去。嘴里有食物时，不要说话。如果有人跟你讲话，要等你的嘴里没有食物了才回答。

周一

口语要素

121. I can't make it. (我去不了/我赶不上。)

122. You can never tell. (不知道/谁也没把握。)

123. I won't buy you story. (我不信你那一套。)

124. It hurts like hell! (疼死啦!)

超级句型

超级句型61 I'm sorry... 我对……很遗憾/感到难过。

I'm sorry that you didn't get the job.很遗憾，你没有得到那份工作。

超级句型62 I'm afraid... 我恐怕……

I'm afraid that it's not going to work out.我恐怕这事不会成的。

周二

口语要素

125. It can't be helped. (无能为力。)

126. Sorry to bother you. (抱歉打扰你。[事前]) Sorry to have bothered you. (抱歉打扰你。[事后])

127. I'm always punctual. (我总是很准时。)

128. You may leave it to me. (交给我来办。)

超级句型

超级句型63 I guess... 我想……

I guess I could come over. 我想我能来。

超级句型64 Is it okay to...? ……可以吗?

Is it okay to smoke in the office? 在办公室里抽烟可以吗?

周三

口语要素

129. I wish I could. (不行。)[委婉表达法]

130. What's the rush? (什么事那么匆忙?)

131. What's so funny? (有什么好笑的?)

132. I couldn't agree more. (我完全同意。)

超级句型

超级句型65 It was kind of... 有一点……

It was kind of exciting. 有一点刺激。

超级句型66 I know what... 我知道……是什么。

I know what you want. 我知道你想要什么。

周四

口语要素

133. Stay out of this matter, please. (请别管这事。)

134. Don't just shake you head. (别光摇头，想想办法!)

135. Don't jump to conclusions. (别仓促/过早下结论。)

136. That was a lousy movie. (那电影糟透了!)

超级句型

超级句型67 Is that why...? 就是这个缘故才导致……吗?

Is that why you doing want to go home? 就是这个缘故，你才不想回家的吗?

超级句型68 I'm sure...我很肯定……

I'm sure we can get you a great/good deal. 我很肯定我们可以帮你做成一笔好交易。

周五

口语要素

137. Have you thought about staying home? (是否考虑在家呆着?)

138. I'll come. I give you my word. (我会来的。我向你保证。)

139. I swear I'll never tell anyone. (我发誓不告诉任何人。)

140. I'll make it up to you. (我会赔偿的。)

超级句型

超级句型69 Help...with 帮忙做……

Would you help me with the report? 你愿意帮我写报告吗?

超级句型70 I didn't know... 我不知道……。

I didn't know he was the richest person in the world. 我不知道他是世界首富。

周末总复习

口语要素

121. I can't make it. (我去不了/我赶不上。)

122. You can never tell. (不知道/谁也没把握。)

123. I won't buy your story. (我不信你那一套。)

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超级句型70 I didn't know... 我不知道……。

I didn't know he was the richest person in the world. 我不知道他是世界首富。

第八周

Restaurant Does and Don'ts 餐馆里什么该做什么不该做

What is considered polite in one country is sometimes considered rude in another. In other words, sometimes you should slurp and sometimes you shouldn't. Learning about culture differences while you learn English is the fastest way to broaden your knowledge of the world and become more successful. When eating, the Japanese and some Chinese are in the habit of slurping their food. By doing so, they show their host how much they like the food. Westerners find eating soup this way most unpleasant. They also consider picking one's teeth and putting on makeup at the table no-nos. And when it comes to tipping, they just leave some money on the table. The amount is up to you, but it's usually 15 to 20 percent of the check.

【经典释义】有些事在一个国家被认为是礼貌的, 但到了另一个国家却变成了鲁莽。换句话说, 有时你应该吃出声音, 有时就不该吃出声音。在学英语的同时学习不同文化之间的差异, 是拓宽世界知识最快捷的途径, 而且你会变得更加成功。用餐时, 日本人和一些中国人有吃东西出声的习惯。这么做是向主人表示他们有多么喜欢那些菜肴。西方人觉得这种喝汤法有失大雅, 而且在餐桌上剔牙和上妆很要不得。而说到给小费, 他们通常留点钱在桌上, 给多少由你自己决定, 但通常都是菜单的百分之十五到百分之二十。

周一

口语要素

141. I'm very / really / terribly / awfully / extremely sorry. (十分抱歉!)

142. Forgive me for breaking my promise. (原谅我食言。)

143. Let's forgive and forget. (让我们摒弃前嫌。)

144. I've heard so much about you! (久仰大名!)

超级句型

超级句型71 I'll have to... 我必须……

I'll have to ask my boss/wife first. 我必须先问一下我的老板/老婆。

超级句型72 I take it... 这么说来, 我认定你是……

I take it you don't agree. 这么说来, 我认为你是不同意。

周二

口语要素

145. Don't underestimate me. (别小看我。)

146. She gives me a headache. (她让我头疼。)
147. It's very annoying. (真烦人。)
148. He often fails to keep his word. (他常常不遵守诺言。)

超级句型

超级句型73 I tried... 我试过……

I tried losing weight, but nothing worked. 我曾试着减肥, 但是毫无效果。

超级句型74 It makes no sense to... 做……没有任何意义。

It doesn't make any sense to get up so early. 那么早起来, 没有任何意义。

周三

口语要素

149. You made me feel ashamed of myself. (你让我感到羞愧。)
150. I hope it turns out all right. (我希望结果很好。)
151. I can't handle this alone. (我无法单独处理这事。)
152. How long will it take to have this radio fixed? (修理这收音机要多久?)

超级句型

超级句型75 It feels like... 感觉像是……

It feels like spring/I've been here before. 感觉好像春天到了。/ 感觉好像我以前来过这里。

超级句型76 It took + 表示时间的词不达意+ to... 做某事花了……(时间)。

It took years of hard work to speak good English/Chinese. 讲一口流利的英语/中文需要多年的刻苦操练。

周四

口语要素

153. Come to me if you're in any difficulty. (有困难来找我。)
154. Who do you think you are? (你以为你是谁?)
155. You're wasting your breath. (你在白费口舌。)
156. It doesn't seem like that. (似乎不象是那样。)

超级句型

超级句型77 I wonder if... 我在想是否……。

I wonder if they can make it. 我在想他们是不是能办得到。

超级句型78 It's not as...as... 它不像……一样。

It's not as cold/hot as it was yesterday. 今天的天气不像昨天的那么冷/热。

It's not as easy as you think. 它不像你想像的那么容易。

周五

口语要素

157. Don't get on my nerves! (不要搅得我心烦。)
158. Everything will be fine. (一切都会很好。)
159. I'll be ready in a few minutes. (再过几分钟就好了。)
160. I wonder what happened to him. (我不知道他出什么事了。)

超级句型

超级句型79 It's not...; it's... 不是……的问题, 而是……。

It's not his work that bothers me; it's his attitude. 困扰我的不是他的工作, 而是他的态度。

超级句型80 It sounds... 听起来……。

It sounds like you enjoyed it. 听起来你好像蛮喜欢的。

周末总复习

口语要素

141. I'm very / really / terribly / awfully / extremely sorry. (十分抱歉!)

142. Forgive me for breaking my promise. (原谅我食言。)

143. Let's forgive and forget. (让我们摒弃前嫌。)

144. I've heard so much about you! (久仰大名!)

145. Don't underestimate me. (别小看我。)

146. She gives me a headache. (她让我头疼。)

147. It's very annoying. (真烦人。)

148. He often fails to keep his word. (他常常不遵守诺言。)

149. You made me feel ashamed of myself. (你让我感到羞愧。)

150. I hope it turns out all right. (我希望结果很好。)

151. I can't handle this alone. (我无法单独处理这事。)

152. How long will it take to have this radio fixed? (修理这收音机要多久?)

153. Come to me if you're in any difficulty. (有困难来找我。)

154. Who do you think you are? (你以为你是谁?)

155. You're wasting your breath. (你在白费口舌。)

156. It doesn't seem like that. (似乎不象是那样。)

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158. Everything will be fine. (一切都会很好。)

159. I'll be ready in a few minutes. (再过几分钟就好了。)

160. I wonder what happened to him. (我不知道他出什么事了。)

超级句型

超级句型71 I'll have to... 我必须……

I'll have to ask my boss/wife first. 我必须先问一下我的老板/老婆。

超级句型72 I take it... 这么说来, 我认定你是……

I take it you don't agree. 这么说来, 我认为你是不同意。

超级句型73 I tried... 我试过……

I tried losing weight, but nothing worked. 我曾试着减肥, 但是毫无效果。

超级句型74 It makes no sense to... 做……没有任何意义。

It doesn't make any sense to get up so early. 那么早起来, 没有任何意义。

超级句型75 It feels like... 感觉像是……

It feels like spring/I've been here before. 感觉好像春天到了。/ 感觉好像我以前来过这里。

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超级句型79 It's not...; it's... 不是……的问题, 而是……。

It's not his work that bothers me; it's his attitude. 困扰我的不是他的工作,而是他的态度。

超级句型80 It sounds... 听起来……。

It sounds like you enjoyed it. 听起来你好像蛮喜欢的。

第九周

International Protocol 国际交往

Among the areas that need the most education for international understanding are how to say people's names, eat, dress, and talk. Get those four basics right and the rest is a piece of cake. The first transaction between even ordinary citizens and the first chance to make an impression for better or worse is, of course, an exchange of names. "What would you like me to call you?" is always a good opening line. It's better to ask several times than to get it wrong. Even then, err on the side of formality until asked to "Call me Joe".

【经典释义】在国际交往中,最迫切需要了解的是对人的称呼以及在饮食、穿着和谈吐方面的差异。只要你准确地把握这四个基本要素,剩下的都是小菜一碟。即使是两个普通的人,在第一次交往时,也要相互交换姓名,这是给彼此留下或好或坏印象的第一次机会。"你想让我怎么称呼你呢?"总是一个很好的开场白。与其叫错别人的名字,还不如多问几次。即使在那个时候,为稳妥起见,还是正式一点为好,直到对方跟你说"请叫我乔好了"。

周一

口语要素

161. You are just trying to save face. (你只是想挽回面子。)

162. His argument doesn't hold water. (他的论点站不住脚。)

163. Your face tells it all. (你的表情透露了一切。)

164. The days are getting longer. (白天越来越长了。)

超级句型

超级句型81 It seems... 好像……。

It seems to me that he would like to go back home. 我觉得他好像想要回家。

超级句型82 It looks... 看起来……

It looks very nice. 看起来很漂亮。

周二

口语要素

165. You've got to do something. (你一定要想办法。)

166. I hope this will teach you a lesson. (希望这会给你一个教训。)

167. I feel younger than ever. (我觉得比以前年轻。)

168. It's a hard job, but I hope he can make it. (这不是件容易的差事,但我希望他能做到。)

超级句型

超级句型83 Is everything...? 一切都……吗?

Is everything under control? 一切都在掌握之中吗?

超级句型84 I thought... 我以为……。

I thought you could do a better job. 我以为你能做得更好。

周三

口语要素

169. Don't look wise. (别自作聪明。)

170. I'm afraid all my efforts were in vain. (我担心我的努力全白费了。)

171. What happened to your memory? (你的记性是怎么搞的?)

172. You're going too far! (你太过分了!)

超级句型

超级句型85 It's time to... 是……的时候了。

It's time for us to say "No" to America. 是我们对美国说"不"的时候了。

超级句型86 (It's) supposed to... (那)应当是……

The show is supposed to be good. 这场表演应当是相当好的。

周四

口语要素

173. Don't bury your head in the sand. (不要逃避现实。)

174. I have no other choice. (我别无选择。)

175. I don't have the nerve to do it. (我没胆/勇气去做。)

176. It's a matter of life and death. (事关生死。)

超级句型

超级句型87 It really depends on... 那全看……情况而定。

It really depends on who is in charge. 那纯粹要看谁负责了。

超级句型88 It involves a lot of... 那要牵涉到很多……

It involves a lot of hard work. 那需要很多的辛勤工作。

周五

口语要素

177. Nothing works. (什么都不对劲儿。)

178. Money will come and go. (钱乃身外之物。)

179. He's been behind bars for almost 30 years. (他坐了将近30年牢。)

180. If I had known that, I could have helped you. (假如我早知道,我就能帮你了。)

超级句型

超级句型89 in...favor 对……有利。

That might be in your favor. 那可能对你有利。

超级句型90 I didn't realize... 我不知道……

I didn't realize how much this meant to you. 我不知道这个对你意义有多大。

周末总复习

口语要素

161. You are just trying to save face. (你只是想挽回面子。)
162. His argument doesn't hold water. (他的论点站不住脚。)
163. Your face tells it all. (你的表情透露了一切。)
164. The days are getting longer. (白天越来越长了。)
165. You've got to do something. (你一定要想办法。)
166. I hope this will teach you a lesson. (希望这会给你一个教训。)
167. I feel younger than ever. (我觉得比以前年轻。)
168. It's a hard job, but I hope he can make it. (这不是件容易的差事, 但我希望他能做到。)
169. Don't look wise. (别自作聪明。)
170. I'm afraid all my efforts were in vain. (我担心我的努力全白费了。)
171. What happened to your memory? (你的记性是怎么搞的?)
172. You're going too far! (你太过分了!)
173. Don't bury your head in the sand. (不要逃避现实。)
174. I have no other choice. (我别无选择。)
175. I don't have the nerve to do it. (我没胆/勇气去做。)
176. It's a matter of life and death. (事关生死。)
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180. If I had known that, I could have helped you. (假如我早知道, 我就能帮你了。)

超级句型

超级句型81 It seems... 好像……。

It seems to me that he would like to go back home. 我觉得他好像想要回家。

超级句型82 It looks... 看起来……

It looks very nice. 看起来很漂亮。

超级句型83 Is everything...? 一切都……吗?

Is everything under control? 一切都在掌握之中吗?

超级句型84 I thought... 我以为……。

I thought you could do a better job. 我以为你能做得更好。

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The show is supposed to be good. 这场表演应当是相当好的。

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It really depends on who is in charge. 那纯粹要看谁负责了。

超级句型88 It involves a lot of... 那要牵涉到很多……

It involves a lot of hard work. 那需要很多的辛勤工作。

超级句型89 in... favor 对……有利。

That might be in your favor. 那可能对你有利。

超级句型90 I didn't realize... 我不知道……

I didn't realize how much this meant to you. 我不知道这个对你意义有多大。

第十周

Misunderstanding 误解

Eating is always a learning experience in a new culture. Here are some differences between American and Chinese dining cultures. I must put in a few words about my experience here in China. If I have dinner with a Chinese host, he always presses more food onto my plate as soon as I have emptied it of the previous helping. That often makes me feel very awkward. I have to eat the food even if I don't feel like it, because it is considered bad manners in the west to leave one's food on the plate. I have also noticed that when a Chinese sits at an American party, he very often refuses the offer of food or drink though he is in fact still hungry or thirsty. This might be good manners in China, but it is definitely not in the west. In the United States, it is impolite to keep asking someone again and again or press something on him. Americans are very direct. If they want something, they will ask for it. If not, they will say, "No, thanks."

【经典释义】在一个陌生的文化中，吃饭往往是一种值得学习的经验。以下是中美饮食文化之间的一些差异。这里我得先讲一讲自己在中国的经验。倘若我与中国主人一起用餐，我刚吃完前一次夹给我的菜，他总是马上又在我的碟子里堆上更多的菜。这常常使我感到尴尬，即使是不愿吃的食物，我也得吃。因为在西方，碟子里剩下食物是不礼貌的。我注意到，当一位中国人坐在美国人举行的宴席上，他常常推辞递给他的食物和饮料，尽管事实上他还饿着或渴着。在中国，这样做可能是得体的举止，但在西方，这绝对不是。在美国，不停地问人家要不要食物，或强塞食物给某人是不礼貌的。美国人很直率，如果他们想要什么，他们会提出的。如果不想要，他们就会说：“不，谢谢！”

周一

口语要素

181. I couldn't care less. (我不在乎。)

182. You have my word. (我保证。)

183. He hit the ceiling at the news. (他听到那消息暴跳如雷/大发雷霆。)

184. I don't mind staying up late. (我不在乎熬夜。)

超级句型

超级句型91 I didn't mean to... 我不是故意……

I didn't mean to offend you. 我不是故意冒犯你的。

超级句型92 I was wondering if... 我想知道……

I was wondering if you were doing anything this weekend. 我想知道这个周末你有什么要做。

周二

口语要素

185. You're too outspoken. (你太直率了。)

186. I can't afford it. (我承担/买不起。)

187. I think it's a reasonable price. (我觉得这是个合理的价钱。)

188. I'd like to try on these hats. (我想试试这些帽子。)

超级句型

超级句型93 May I...? 我可以……吗?

May I have your attention, please? 请大家注意一下。

超级句型94 This is great...weather.这是个……的好天气。

This is great golfing/swimming/picnic weather.这是个打高尔夫球/游泳/野餐的好天气。

周三

口语要素

189. He puts me to shame. (他使我蒙羞。)

190. Every dog has his day. (凡人皆有得意时。)

191. Don't give me any excuses. (不要给我任何理由。)

192. Are you out of your mind? (你疯了吗?)

超级句型

超级句型95 Thanks for... 谢谢你……。

Thanks for taking me to the movie. 谢谢你带我去看电影。

超级句型96 too...to... 太……以致于不能……

I am too tired to speak. 我累得说不出话来。

周四

口语要素

193. He's been everywhere. (他到处都去过了。)

194. What's bothering you? (什么在困扰你?)

195. Who is to blame? (该怪谁?)

196. There're a lot of rumors going around. (很多流言流传着。)

超级句型

超级句型97 There is... 有……。

There is a TV show about AIDS on right now. 电视正播映一个有关爱滋病的节目。

超级句型98 Would you...? 你能……?

Would you tell me your phone number? 你能告诉我你的电话号码吗?

周五

口语要素

197. I don't feel up to that. (我觉得不能胜任那工作。)

198. I'm mad at myself. (我生自己的气。)

199. It's raining cats and dogs. (下着倾盆大雨。)

200. The sky is getting very cloudy. (天空的云越来越多了。)

超级句型

超级句型99 Where did you...? 你从哪里……呢?

Where did you learn to speak English? 你从哪里学会说英语的呢?

超级句型100 What do you think of...? 你认为……如何?

What do you think of his new job/this magazine? 你对他的新工作/这本杂志看法如何?

周末总复习

口语要素

181. I couldn't care less. (我不在乎。)
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超级句型100 What do you think of...? 你认为……如何?

What do you think of his new job/this magazine? 你对他的新工作/这本杂志看法如何?

口语要素篇

201. You won't get away with this. (你逃不掉惩罚的。)
202. I'm tired of going to school day after day. (我厌倦每天上学。)
203. Who am I supposed to see? (我应该去见谁?)
204. His idea is childish. (他的想法很幼稚。)
205. I need small change. (我需要零钱。)
206. Don't try to brainwash me. (别想给我洗脑。)
207. I don't seem to have any luck today. (我今天运气不好。)
208. That reminds me. (那提醒了我。)
209. What the hell are you doing? (你到底在做什么?)
210. I can't seem to get to sleep. (我好象睡不着。)
211. You look very serious about something. (你似乎有很严重的事。)
212. I hope I'm not in the way. (我希望没有造成妨碍。)
213. What are you so excited about? (什么事让你如此兴奋?)
214. Tell me about your trouble. (把你的烦恼告诉我。)
215. I feel much better now. (我感觉好多了。)
216. I hope you will get well soon. (希望你很快会恢复。)
217. She is sick in bed. (她卧病在床。)
218. I have a slight fever. (我轻微发烧。)
219. A fool never learns. (傻瓜永远学不会。)
220. This is the schedule for tomorrow. (这是明天的日程安排。)
221. How late are you open? (你们营业到多晚?)
222. I'm here on business. (我来这里出差。)
223. What's Hong Kong famous for? (香港以什么闻名?)
224. What brings you to Beijing? (什么风把你吹到北京来的?)
225. She looks blue. (她满面忧伤。)
226. I just don't know what to say. (我就是不知道说什么。)
227. Let's have fun tonight. (今晚让我们乐一乐。)
228. Thank you for coming to see me off. (谢谢你来为我送行。)