

## Book World: Bill Gates' five favorite books for 2019

1. "This year, " Gates says, "I picked up a bit more fiction than usual, " but only one novel makes his list: "An American Marriage" by Tayari Jones. The story is about a young married couple separated for years after the husband is falsely accused and convicted of sexual assault. Gates calls it "a deeply moving read" that reminds us "how **draconian** our criminal justice system can be — especially for black men."

draconian 残酷的

2. After so many books and countless articles, the **hysteria** over America's sleep deprivation feels awfully tired. But Gates says he was roused to **enlightenment** by Matthew Walker. The advice in "Why We Sleep: Unlocking the Power of Sleep and Dreams" is now well-known, and Gates admits that it took him a while to finish. "I kept following Walker's advice to put down the book I was reading a bit earlier than I was used to, so I could get a better night's sleep, " which, if nothing else, makes for a classic book blurb.

hysteria 歇斯底里

enlightenment 启迪; 教化

3. "Growth, " by Czech-Canadian scientist and professor Vaclav Smil, is not for everyone, Gates admits, but if you can **stomach** some heavy technical detail, you'll learn a lot about how civilizations grow — and reach their limits. This 664-page **tome** covers everything from agriculture to steel production to smartphone use, and Gates thinks it presents a crucial argument for the necessity of acting quickly to preserve Earth's fragile **biosphere**. "In my view, " Gates says, "Smil underestimates our accelerating ability to model the physical world using digital technologies equipped with artificial intelligence."

stomach 胃; 忍受

tome 巨著

biosphere 生物圈