

The Problem With Over-achievement

today's issue: Are you an over-achiever?

—>.

1. in other words 換句話說、也就是說

a. in other words (phr.) 換句話說、也就是說

-She is the best teacher, in other words, she is better than any other teachers in school.

b. that is to say (phr.) 就是、確切地說

-You have to finish your homework in three days, that is to say, you need to hand in your homework on Monday.

2. **psychological** 心理的、精神的

a. **psychological** [ˌsaɪkəˈlɒdʒɪk!] (adj.) 心理的、精神的

-Nowadays more and more people suffer from psychological problems.

b. physical [ˈfɪzɪk!] (adj.) 身體的、物理的、激烈的

*PE class: physical education class.

-I don't really enjoy physical activity.

-我並不喜歡運動。

-This basketball game is starting to get a little too physical.

3. material 物質的、有形的、重大的

a. material [məˈtɪriəl] (adj.) 物質的、有形的、重大的

-He is not interested in material wealth.

***materialistic** 拜金的.

-That **witness (目擊者) is material** in this case.

b. spiritual [ˈspɪrɪtʃuəl] (adj.) 心靈的

-In the relationship, the spiritual connection matters to me the most.

-在談戀愛時，心靈的交流是最重要的。

4. means 方法、財產

a. means [minz] (n.) 方法、財產

*單複數同型喔！

-We need to find other means of transportation.

***live beyond one's means** 入不敷出.

-She is living beyond her means.

b. by all means (phr.) 當然可以

-Can I borrow your pen? By all means!

In other words, over-achievements are trying to solve a range of psychological problems through material or worldly means.

也就是說，過度成功者正在嘗試經由各種苦難去解決一連串心理層面的難關。

