**读写15选十**

**Unit1 p12**

abundant superficial tedious absorbed functions distress presently efficiently adjusted beneficial curious obliged destinations

evidently bulk

The Internet has made English learning much easier. English learners used to be 1)\_\_\_\_obliged\_\_\_\_ to spend their time in libraries looking for the books that would help them in their language studies. It was very inconvenient because a lot of materials could only be found in 2)\_\_\_tedious\_\_\_\_\_ and uninteresting textbooks and readers. But today authentic

content on a variety of subjects is only a click away. This is especially 3)\_\_beneficial\_\_\_\_\_\_ for those who wants to learn English earnestly.

In order to achieve fluency in English, you need to be comfortable using at least 10,000 words. The 4)\_\_\_abundant\_\_\_\_\_ materials on the Internet make it possible for you to choose appropriate content to read and listen to. These materials can be 5)\_\_\_\_adjusted\_\_\_\_ to your level if you input some key words in the search engine. But how can you remember the 6)\_\_\_\_bulk\_\_\_\_ of unfamiliar words?

In this case, the Internet 7)\_\_\_\_evidently\_\_\_\_ makes it easier to learn vocabulary. You can use online dictionaries to instantly find out their grammatical 8)\_\_\_functions\_\_\_\_\_ and the specific meaning of these words. The Internet helps you to 9)\_\_\_\_\_efficiently\_\_\_ accumulate vocabulary based on lively and interesting language content, which greatly reduces your 10)\_\_\_distress\_\_\_\_\_ caused by inability to remember the new words. The efficiency of this vocabulary learning is one of the reasons why the Internet has become an ideal place to learn English.

互联网让学习英语更加容易。英语学习者过去常常obliged(必须)花费他们的时间在图书馆中浏览帮助他们学习语言的课本。这非常不便，因为许多素材只能在  
tedious (沉闷的，无趣的)工具书和阅读中找到。但如今不同学科的真正内容只需轻点鼠标。.这也对那些热切学习英语的人特别的beneficial (有益) 。

为了让英语更流利，你至少需要轻松的使用10000个单词。网络上abundant (丰富的)素材让你选择恰当的听读内容成为可能。如果你在搜索引擎上输入关键词时,这些素材可以adjusted (调整) 到你的水平。但你如何记住这些bulk (大量)体积的生单词呢?  
  
既然这样,互联网evidently (明显地)能让学习单词更容易。你可以利用在线词典来代替查找这个单词的语法，function (功能)和特殊含义。互联网也可以  
efficiently (有效的)在充满活力的、有趣的语言内容基础.上积累单词。这大大的减少了你难以记住新单词的distress (危机)。这种有效的学习单词的方法也是为何互联网变成一个学习英语的理想胜地的原因之一。

**Unit2 p41**

speculate prospect insight boost contest affected appreciation education spectacular mystery recovery promote

invest effected aspiration

Through exploration of the humanities, we learn how to think creatively and critically, to analyze, and to ask questions. Because these skills allow us to gain new 1)\_insight\_\_\_\_\_\_\_ into everything from poetry and paintings to business models and politics, humanistic subjects have been at the heart of a liberal arts 2)\_\_\_ education \_\_\_\_\_ since the ancient Greeks first used them to educate their citizens.

Research into the human experience helps to 3)\_\_boost\_\_\_\_\_\_ our knowledge about our world. Through the work of humanities scholars, we learn about the values of different cultures, about what goes into making a work of art, and about the 4)\_mystery\_\_\_\_\_\_\_ of how history is made. Their efforts depict the great accomplishments of the past, help us understand the world today, and give us tools to imagine the 5)\_\_prospect\_\_\_\_\_\_ of our future.

Today, humanistic knowledge continues to 6)\_\_promote\_\_\_\_\_\_ the ideal foundation for exploring and understanding the human experience. Learning another language might help to 7)\_\_invest\_\_\_ you with great insights as well as gain much 8)\_appreciation\_\_\_\_\_\_\_ of different cultures. Taking a close look at a sculpture might make you think about how an artist's life 9)\_\_\_affected\_\_\_\_\_ his creative decisions. Reading a book from another region of the world might help you 10)\_\_spectacular\_\_\_\_\_\_ about the meaning of democracy. Listening to history courses might give you a clearer picture of what the future will be like.

U2  
  
通过对人文学科的探索，我们学会了如何创造性和批判性地思考，如何分析，如何提出问题。因为这些技能让我们获得新的见解从诗歌、绘画到商业模式和政治，人文学科一直是自由艺术教育的核心，因为古希腊人第一次用它们来教育他们的公民。

对人类经历的研究有助于提高我们对世界的认识。通过人文学者的工作，我们了解了不同文化的价值，了解了艺术作品的构成，以及

历史是如何形成的。他们的努力描绘了过去的伟大成就，帮助我们了解今天的世界，并为我们提供了工具去想象展望我们的未来。

今天，人文知识继续推动着探索和理解人类经验的理想基础。学习另一种语言可能会帮助你获得伟大的洞察力，以及获得对不同文化的欣赏。仔细观察一个雕塑可能会让你想到一个艺术家的生活是如何影响他的创作决定的。读一本来自世界其他地区的书可能会让你对民主的意义有更深刻的认识。听历史课可能会让你对未来有更清晰的认识。

**Unit3 p70**

anxiety introduce acquaint acquisition saddled indicated resent reinforce expressed sensible transition equivalent regretting acceptable

shifting

There is a special life stage that our generation goes through. It is the 1)\_\_transition\_\_\_\_\_\_ period, during which we move from teenage to adolescence. We learn who we are and what we stand for and what inspires us. Also, in this period we are 2)\_saddled\_\_\_\_\_\_\_ with a lot of pressure from our parents who want us to make something out of ourselves.

My parents have already expressed feelings of 3)\_\_anxiety\_\_\_\_\_\_ over my future with academics and life. When I expressed to them recently that I would not mind graduating in five years instead of four in order to study abroad to 4)\_\_acquaint\_\_\_\_\_\_ myself with the world, they seemed so shocked. That idea sounded foreign and to them was 5)\_\_equivalent\_\_\_\_\_\_ to lack of ambition.

Apart from that, my mother has 6)\_\_\_expressed\_\_\_\_\_ to me that she is worried that I am not searching for a boyfriend. I 7)\_\_resent\_\_\_\_\_\_ this stupid idea of marrying out of college since it does not suit me one bit. Women today can get what they want out of life without a man, even children, as it becomes more 8)\_\_acceptable\_\_\_\_\_\_ for women to adopt children.

I personally want to stay in school as long as I can to 9)\_\_reinforce\_\_\_\_\_\_ my academic work, possibly complete a law degree and start a career, and then after, and only after, begin to think about 10)\_\_\_shifting\_\_\_\_\_ to marriage. If my math is correct, that means I will be more or less "ready" for marriage at the age of 29 or 30, the age when my mother had me.

UNIT 3译文  
  
我们这一代会度过一个十分特别的生命阶段。这是一个从青少年时期到青春期的(transition)转变周期。我们学习我们是谁，存在的意义，什么鼓舞我们。当然，这个阶段我们也saddled(承担了)想让我们做自己的东西的父母的很多压力。  
  
我的父母已经准备好了表达对我未来学业和生活的anxiety (焦虑)之感了。当我最近向他们吐露我可能无意从五年制而不是四年制的学校毕业.且未来在国外学习让我自己acquaint (熟悉)这个世界的时候，他们看起来十分震惊，这个想法在他们听来很奇怪。它equivalent (同样)的缺乏雄心。  
  
除此之外，我妈也向我expressed (表达)了我还不找男票的担心，我十分resent(怨恨)这种一点也不适合我的毕业就结婚的观念。如今没有男人的女人们可以得到她们需要的任何生活，甚至是孩子。因为收养孩子对女人来说更加的sensible (明智)acceptable (可接受的)  
  
我个人想尽可能的待在学校来reinforce (巩固)我的学业。尽可能得到一个法律学位在开始找工作,最后shifting (考虑到)这婚姻。如果我的估计正确，我会或多或少在29~30时结婚，这本.是我们给的最后期限了。

**Unit4 p98**

promising tempting local process proceed comment charm components allowing appealed weird display arrange commence magic

Traditional dating is a self-paced, general meeting of two people. The two usually 1)\_\_commence\_\_\_\_\_\_ with spending extra time together, getting to know one another and seeing how 2)\_\_\_tempting\_\_\_\_\_ they could be to each other. A good example is a man meeting a woman and sensing her 3)\_\_charm\_\_\_\_\_\_. He then extends a formal invitation for a date. With traditional dating, you get to go at a steady pace, 4)\_\_allowing\_\_\_\_\_\_ yourself and your date to get to know each other through extensive contact.

There are many 5)\_\_\_components\_\_\_\_\_ that can be expected from traditional dates. Men, who are supposed to 6)\_\_display\_\_\_\_\_\_ these traditional values, will open the door for the woman, stand up when she leaves the table, pay for everything, and 7)\_\_proceed\_\_\_\_\_\_ to the next move. In the 1950s, a man would usually ask a woman out several days ahead for a specific date and time. If she accepted, they would 8)\_\_\_arrange\_\_\_\_\_ for a time to pick her up. He would then take her to a dinner and a movie.

Today the rules of traditional dating are less clear. Twenty years ago, if a young lady asked a young man out on a date, it was thought to be 9)\_\_\_weird\_\_\_\_\_. Now, women are being encouraged to take the initiative and ask men out. A date may consist of a brief meeting at a café or a trip to the 10)\_local\_\_\_\_\_\_\_ art museum. Men often pay on the first date, but the woman may offer to go Dutch. The traditional dating style has been found much less common now.

传统的约会是两个人的自我节奏，一般的会面。两人通常会花更多的时间在一起，了解对方，看看他们对对方有多大的吸引力。一个很好的例子就是一个男人遇见一个女人，感觉到她的魅力。然后他就正式邀请我和他约会。在传统的约会中，你可以以一种稳定的节奏进行，允许你自己和你的约会对象通过广泛的接触来了解对方。

从传统的日期可以预期有许多组成部分。男人，应该表现这些传统价值观，会为女人开门，当她离开餐桌时站起来，付所有的钱，然后进行下一个动作。在20世纪50年代，男人通常会提前几天约女人出去，确定一个具体的日期和时间。如果她同意，他们会安排时间去接她。然后他会带她去吃晚餐和看电影。

如今，传统约会的规则不那么明确了。20年前，如果一位年轻女士邀请一位年轻男士出去约会，人们会觉得很奇怪。现在，女性被鼓励采取主动，约男性出去。约会可以包括在café上的一次简短的会面，或者去当地的艺术博物馆参观。男人通常在第一次约会时买单，但女人可能提出各付各的。传统的约会方式现在已经不常见了。

**Unit5 p126**

charmed dilemma appetite explicit retain derive withdraw urgent

manipulated obstacles option implicit hinder suspend perspectives

To spend or save is a question which many people have. There is always a(n) 1)\_\_dilemma\_\_\_\_\_\_ whether one should spend the money that he has earned or save that money for the future. Well, there is no 2)\_\_\_explicit\_\_\_\_\_ answer to the question as different people have different 3)\_\_\_perspectives\_\_\_\_\_ on their life, and that is the reason why some people tend to spend all the money earned while others 4)\_\_\_\_retain\_\_\_\_ control over their money.

People who spend all the money do not think much about the future. The only thing that they enjoy doing most is to 5)\_\_derive\_\_\_\_\_\_ pleasure from spending money. For example, if they like a particular car, mobile phone or laptop, they will buy it without giving it a thought. For them, the most important thing is to satisfy their material 6)\_appetite\_\_\_\_\_\_. People who have their first job or who haven't married often fall in this category.

In the long run, saving is a good 7)\_\_\_option\_\_\_\_\_ for one's life as saving helps an individual to plan for future 8)\_\_urgent\_\_\_\_\_\_ needs. That is also the reason why many people save money for a rainy day. Individuals who can 9)\_\_suspend\_\_\_\_\_\_ their spending save money successfully. Instead of buying on impulse, they delay their purchasing decision and won't be easily 10)\_\_manipulated\_\_\_\_\_\_ by commercial ads. Individuals who have responsibility for their family belong to this category.

Unit 5译文  
  
或花或省钱，这是一个众人皆有的问题。面对是否应该花掉我们为以后省下的，或是赚到的钱的时候总会dilemma (困境)进退两难。然而，不同的人有不同的  
perspectives (观点,视角)来explicit (明确)的回答这个问题，这也是在许多人在retain (保持) 控制他们的钱的同时，有许多人会花掉他们所赚的钱的原因。  
  
花掉所有积蓄的人不太会考虑未来。唯一能让他们开心的事derive (源于)花钱的愉悦。就像他们在迷上一辆特别的车时，手机或笔记本的时候，会不经思考的买下。对于他们来说最重要的事就是满足他们的物质appetite (嗜好)。这种分类常包括已经拥有第一份工作的人, 和没结婚的人。  
  
在很长的一段时间里，省钱对于个人来说是很好的option (选择)，也会帮助个人未.来的urgent (紧急)的需求。这也是为什么许多人愿为雨天备伞的原因之一。一个人能suspend (推迟)来成功的省钱。而不是冲动的消费,他们会推迟他们的采购计划也不会过早的被商业广告manipulated (操控)这就是有家庭责任的一类人。

**Unit6 p154**

modify involve obligations preserve deserve motivate evidence discarded implement revolve strengthens weakens profits investigations

corresponding

Simplifying is not necessarily about less. It can be about more: more time, more enjoyment, more accomplishment, and more of what 1)\_\_\_\_\_profits\_\_\_ you. If you do a lot of things that don't bring you joy or support your long-term plan, then doing less of that kind of things makes sense because you can't 2)\_\_\_preserve\_\_\_\_\_ everything. The purpose of simplifying is to remove what's not important.

To understand what should be 3)\_discarded\_\_\_\_\_\_\_, try to think of activities and things as either assets or obligations. An asset is something that is valuable. Some 4)\_\_\_corresponding

\_\_\_\_\_ examples are stocks, bonds, buildings, land, gold, etc., but a little more broadly, an asset is anything that can strengthen and 5)\_\_\_motivate\_\_\_\_\_ you, moving you closer to your goals. However, obligations are debts. An obligation is anything that 6)\_weakens\_\_\_\_\_\_\_ you, moves you farther from your goals, provides negative stress, creates anxiety, and decreases your health.

Then how can you 7)\_\_\_implement\_\_\_\_\_ the idea of simplifying? Think about your daily activities and start with just one area. For example, you may begin with 8)\_\_obligations\_\_\_\_\_\_ by making a long list of your daily activities. Your list may 9)\_\_revolve\_\_\_\_\_\_ around such routines as paying bills and planning a birthday party for a friend, etc. Do the activities get you closer to your goals? If not, 10)\_\_\_modify\_\_\_\_\_ the list. Remove what is unnecessary in order to concentrate more on something important in your life.

简化并不一定意味着更少。它可以是更多的东西:更多的时间，更多的享受，更多的成就，以及更多对你有益的东西。如果你做了很多不能给你带来快乐或支持你的长期计划的事情，那么少做这些事情是有意义的，因为你不能保留所有的事情。简化的目的是去除不重要的东西。

为了理解什么应该被丢弃，试着把活动和事物看作是资产或义务。资产是有价值的东西。一些相应的例子是股票，债券，建筑，土地，黄金等，但从更广泛的角度来说，资产是任何可以加强和激励你，让你更接近你的目标的东西。然而，债务就是债务。义务是任何削弱你的东西，使你远离你的目标，提供负面的压力，制造焦虑，并降低你的健康。

那么如何实现这种简化的想法呢?想想你的日常活动，从一个方面开始。例如，你可以先列出一长串日常活动的清单。你的清单可能围绕着诸如支付账单和为朋友计划生日聚会等日常事务。这些活动让你更接近你的目标了吗?如果不是，请修改列表。为了把精力更多地集中在生活中重要的事情上，去掉不必要的事情

**Unit7 p184**

comparison respectively bystanders flourishing accomplishing jealous

competition diplomatically valid expanded suspended dispute genuine

ridiculous administrative

It's obvious that women have come a long way as successful professionals. Women in the workplace are 1)\_\_\_flourishing\_\_ as an increased number of women have made their presence felt in many industries and professions. The sector of the female workforce has 2)\_\_\_expanded\_\_ with more and more strength and thus has its 3)\_genuine\_\_ importance in the professional world.

Whether they like it or not, men have to accept that women are marching up the management ladder confidently and 4)\_diplomatically\_\_. Women used to be much more "quiet and passive" due to the relatively small number of female employees in 5)\_\_comparison\_\_ to males. Women today, on the other hand, have begun seeking their 6)\_administrative\_\_ positions by using all their powers of intelligence.

Men are hierarchical and 7)\_\_jealous\_\_ of the "beauty power" that allows women to get certain things based on their physical assets. Even though there is a(n) 8)\_\_dispute\_\_ whether many professional females got into positions of power by using their appearance to their advantage, the 9)\_\_valid\_\_ fact is the majority of women have worked hard to achieve their desired success.

Women were considered as 10)\_\_bystanders\_ in the workplace for many years and it was believed that the only jobs that they could handle were those of teachers or secretaries, but today's women can not only hold their own positions in the workplace, but they also have the dual task of raising their families.

Unit 7译文  
  
女性已经在成为成功人士.上取得了很明显的进展，它在许多产业.上取得了一席之地，并在工作场所增长的女性工作者数量flourishing\_ (繁荣)。女性职工数也在大力expanded (扩 展)0并且成为这个专业世界genuine (真实的)重要点了。  
  
不管他们喜欢与否，男性们不得不接受女性在管理阶层自信而diplomatically. (圆滑地)逐步上升。女性们过去的很多安静与被动都源于comparison (相对于)男性来说量要少的女性从业者。另- -方面，如今的女性都在寻找能方便施展她们能力的administrative (行政位置)  
  
男性会在他们资产的基础.上行使允许女性去做理所应当的事这种美丽的权力面前分层且jealous (妒忌)。甚至会对女性是否会利用容貌的优势进入权力中心位置存有dispute(怀疑)。只是因为这是女性努力工作并成功的满足她们需求的valid (有效的)事实。  
  
女性长期被视为工作场上的bystanders (旁观者)并且也深深地相信她们只能从事教师和文秘等工作。但如今,女性不再被工作场地所掌控,也在支撑家庭的双重任务

**Unit8 p212**

post hence consists omitted evil consent afforded awarding criticism however insists lobby resent compass rewarding

The animal rights movement is a social movement which seeks an end to using animals in the research, food, clothing, and entertainment industries, 1)\_\_hence\_\_\_\_\_\_ being called animal liberation. It advocates the idea that the most basic interests of non-human creatures should be 2)\_\_afforded\_\_\_\_\_\_ the same consideration as those of human beings

Advocates 3)\_lobby\_\_\_\_\_\_\_ for animal rights from different aspects, ranging from the focus on animal suffering in laboratories to the argument that 4)\_insists\_\_\_\_\_\_\_ on not casting animals as properties of human beings. Despite the different approaches, advocates broadly 5)\_\_\_consent\_\_\_\_\_ to the opinion that animals should be viewed as non-human members of the moral community and should be 6)\_\_omitted\_\_\_\_\_\_ from being food, clothing, entertainment, or research subjects. The idea of 7)\_\_awarding\_\_\_\_\_\_ rights to animals wins the support of several prominent scholars.

However, some critics argue that animals are unable to enter into a social contract or moral 8)\_\_compass\_\_\_\_\_\_ and for that reason cannot be granted rights. Only humans have duties and, therefore, only humans have rights. There is nothing wrong or 9)\_\_evil\_\_\_\_\_\_ about using animals as resources so long as there is no unnecessary suffering. From within the animal rights movement itself, there has also been 10)\_\_criticism\_\_\_\_\_\_ of certain forms of animal rights activism, in particular the destruction of fur farms and animal laboratories.

动物权利运动是一个社会运动，它寻求结束使用动物在研究，食品，服装和娱乐行业，(因此)被称为动物解放。它主张，非人类生物的最基本利益应该与人类的利益得到同样的考虑。  
  
动物权利的提倡者从不同的方面进行游说，从关注动物在实验室遭受的痛苦到坚持不把动物视为人类的财产。尽管  
不同的方法，提倡者广泛同意这样一种观点，即动物应该被视为道德社会的非人类成员，不应该成为食物、衣服、娱乐或研究对象。授予动物权利的想法赢得了几位著名学者的支持。  
  
然而，一些评论家认为，动物无法进入社会契约或道德(指南针)，因此不能授予权利。只有人类才有义务，因此，只有人类才有权利。只要没有不必要的痛苦，利用动物作为资源并没有什么错或(邪恶)。从动物权利的角度  
运动本身，也有对某些形式的动物权利运动的批评，特别是对毛皮农场和动物实验室的破坏。