

2019 年 5 月 06 日  
梦真的和现实相反吗?  
卫报

'When we dream, we have the perfect chemical canvas for intense visions'

n. 画布

have visions of sth

幻觉, 幻象;  
事业上的误解

interviewee

Alice Robb is an American science journalist who has written for the Washington Post and the New Republic. Her new book, Why We Dream,

encourages us to rethink the importance of dreams and to become dream

interpret

v. 解释,  
翻译

/ɪn'tɜːprə'tər/  
interpreters

interpreters ourselves.

n. 译员; 演绎者

simultaneous interpreter

同声传译员

The Interpretation of Dreams

《梦的解析》

Recently there's been a massive interest in the science of sleep. Sleep

plays a role in maintaining our mental health. Are dreams part of that

process?

在 sth 当中起作用

the trauma of marriage breakdown  
婚姻破裂带来的创伤

Dreams play a big role in helping us cope with stress, grief and trauma.

/ˈtrɒzmo/  
trauma

n. 创伤

极度的悲伤 n. 心理创伤

Dreams are an opportunity to work through things that frighten us in real

逐步去解决一个困难的问题

life, to play out worst-case scenarios in an environment where they have

no consequences.

and

sth 逐渐进行/演化

最坏的可能, 最糟的情况

scenarios

让 sth. 进行到底  
(非现实环境下)

/sɪ'nɑːrɪəʊ/  
scenarios

n. 可能出现的场景/情况

e.g. You and I have to consider the worst case scenario here.

我们得做好最坏的打算。



梦里为什么会有超现实因素

eg. Driving through the total darkness was a slightly surreal experience.  
在一片漆黑中开车是一个离奇的体验

sur- 在...上

college n. 大学

Has anyone explained why dreams contain such surreal elements,

weird /ka'la:z/ collages of time, people, geography and so on?

a. 超现实的,  
离奇的,  
荒诞的

and n. (不同事物的)大杂烩; 拼贴画 地点

eg. The film is a shoddy collage of various special effects.  
这部电影是各种特技效果的随意拼凑

make a collage of postcards  
用明信片制作一张拼贴画

front a. 前面的;  
前部的

lobe n. 大脑、肺、肝等器官的叶

When we dream, the logic centres of our brain — the frontal lobes —

go dark, and chemicals associated with self-control, like serotonin and

进入休眠; 关闭

关联的

血清素

norepinephrine, drop. At the same time, the emotion centres light up: we

去肾上腺素

激活

have a perfect chemical canvas for dramatic, psychologically intense visions.  
激动人心的 强烈的

You say neglecting to consider our dreams is like "throwing away a gift

忽略做某事

from our brains without bothering to open it." What is the gift?

费心做某事。

When we're dreaming, we're thinking in a state we never have access

that 是从

有...机会/权力

to by day. Dreams offer the opportunity to think in a different way and

在白天

show new answers to problems. They show us blind spots, help us home in

盲点, 盲区/领域

集中注意力; 瞄准, 对准

on things we might be neglecting in our personal lives.

eg. The report homed in on the weaknesses in the management structure. 这篇报告聚焦在了管理体系的弱点。

eg. It can be very dangerous if there's a vehicle in your blind spot. 开车的时候, 如果有车子进入盲区, 是十分危险的。

eg. The missile homed in on the ship. 导弹瞄准了那艘船。

eg. He has a blind spot about personal finance. 他对理财一窍不通

