

真题预习

【1804】 The following passage is incomplete with one body paragraph missing. Study the passage carefully and write the missing paragraph in about 100 words. Make sure that your tone and diction are in unity with the passage provided.

Happiness

What makes a person happy? If people want to be happy, should they seek money and professional success? Many experts are trying to find out the obstacles to happiness and the ways to overcome them. The strategies they have offered are simple yet effective: to be true to oneself, avoid comparison with others financially, and welcome laws and rules that increase the general happiness of the population.

One of the chief obstacles to happiness is being untrue to one's real desire. Researchers have found that people who follow their authentic desires generally report being happier than those who do not. At its core, authenticity implies discovering and pursuing what people care about most. Take Linda's choice of career as an example. She found herself caught in the middle between her own dream of being a navigator and following her parents' advice of becoming a teacher. Her compromise to family expectations and social traditions has caused her lifelong regret. Therefore, people need to be true to themselves to increase the sense of personal happiness.

Finally, people often benefit from some laws and social rules, which may even cost money like paying taxes. People need to realize that some taxes can make the public happier, because they improve the overall quality of life. In one study of cigarette taxes, researchers conclude that “taxes may affect the happiness of former smokers (by making it easier to never start smoking).” This example demonstrates how social rules can lead to the general happiness of its population, even through the apparently negative practice of increased taxation. Taxes also contribute to the funds available for other social purposes. This further proves the need for taxation.

There are merely three ways that scholars of happiness studies have recommended to help enhance personal happiness. People should seek to live as their authentic selves in their personal and professional lives. They should avoid social comparison and live within their means. Furthermore, they should welcome any practice that increases the general happiness of the population.

【1710】 The following passage is incomplete with one body paragraph missing. Study the passage carefully and write the missing paragraph in about 100 words. Make sure that your tone and diction are in unity with the passage provided.

My Love of Living a Frugal Lifestyle

For some reason, it seems that frugality is often associated with deprivation and being cheap. In my opinion, true frugality is anything but this. Frugality is about having more experiences. It's about living more on a little less. Ever since discovering the world of personal finance about four years ago, I have become totally fascinated by the power of frugality. It' s a lifestyle I've learned to embrace. I love living a frugal lifestyle because my efforts have resulted in additional benefits that go beyond the immediate impact of cash savings. It has turned me into a more goal-oriented, resourceful and appreciative person.

Frugality leads me to focus on my priorities. My commitment to being frugal started with identifying my motivation for embracing the lifestyle. Why am I willing to give up a shopping trip to the mall? What makes me unwilling to eat out for birthday celebrations these few years? Evidently, I need to place the top priority on paying off my student loans by next year! Frugality inspires me to constantly evaluate the choices I 'm making in order of importance.

One other reward is that frugality has helped me to appreciate what I have, which has nothing to do with money. When I choose to live with less, I begin to respect what I already have. I take attitude extends to appreciating the beauty of life itself. I often experience this enhanced level of thankfulness for the wonders of nature and the items I value, thanks to my frugal mindset(思维方式) . It sounds cliché , yet the more grateful I feel, the less I want.

To sum up, I take great pride in my present frugal living. Cutting back unnecessary purchases and throwing away the non-value stuff makes room for what's really important. I have learned to handle budget-related problems more resourcefully, repairing and reusing old items for a more sustainable, greener way of living. Spending less but appreciating what I have encourages me to live a richer life. In many cases, one doesn't need to spend money to be happy.

【1704】 The following passage is incomplete with one body paragraph missing. Study the passage carefully and write the missing paragraph in about 100 words. Make sure that your tone and diction are in unity with the passage provided.

The Benefits of Regular Exercise

In recent years, many people have become increasingly aware of the need for physical fitness. Almost everywhere people turn, whether to a news stall or television, advice for improving health bombards them. Although much of this advice is for commercial purposes, some of it, especially that advocating a regular exercise program, deserves serious attention. Such a program, if consisting of exercise at least thirty minutes three times a week, provides numerous benefits. Regular exercise releases tension, improves appearance, and increases stamina (耐力).

The first of these benefits, the release of tension, is immediate. Tension builds in the body because of stress, anxiety, or fear. Doctors agree that participating in an active sport such as tennis or volleyball for thirty minutes eases tension. If a person swims, jogs or rides a bicycle for half that time, he would sleep better at night and have a better mood the next day. In addition, after the relief of tension, minor irritations and frustrations should be less troubling. For example, if one is upset by the day's work or by a traffic jam, he may rush home, argue with the family, and eat excessively. Taking about thirty minutes to release frustrations through physical exercise could help him to avoid this behavior. Planned physical exercise, therefore, can eliminate or at least

control tension.

In addition to an improved appearance, increased physical strength produces stamina. A stronger, healthier body is obviously more capable of working harder and, in fact, of withstanding normal fatigue. A worker who exercises should be able to complete a forty-hour week and still retain enough energy for shopping and housework. Similarly, a student who goes to school, keeps house and perhaps works part-time should accomplish tasks more efficiently– Equally important, this stamina helps to keep off illnesses such as colds and influenza. Altogether, improving endurance is one of the most important benefits of a regular exercise program.

Although easy solutions to weight-losing and body-shaping flood the media, actually acquiring these benefits is not easy. The rewards, however, are fully worth the effort. An established exercise program makes a person feel relaxed, look good, and have adequate strength for strenuous as well as routine activities.