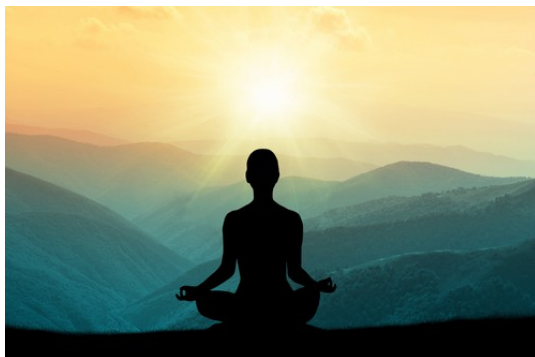


## 第 176 弹



\*全盘语法划分：

The ways of relieving stress (主语) can vary (谓语) [from one person to another] (状语) : [crying out loud, eating like mad, and engaging in a shopping spree, <to name a few> (插入语)] (同位语)

\*分析：

1. 人们缓解压力的方式千差万别,

The ways of relieving stress can vary from one person to another

1) 转化成：“缓解压力的方式，人跟人都不同”，套用句型：...can vary from one person to another (亦可用 individually 来替换 from one

person to another)

2) “缓解压力的方式” : the ways of relieving stress

2. 有人痛哭、有人狂吃、有人购物，不一而足。

...: crying out loud, eating like mad, and engaging in a shopping spree, to name a few.

1) 这个部分跟前面的 ways 构成同位语，故全部要用动名词

2) 痛苦 : cry out loud (大声哭出来)

3) 狂吃 : eat like mad (do sth. like mad ;这里的 like mad=madly 或 crazily)

4) 购物 :为了跟前面对应, engaging in (参与、从事) ;a shopping spree (疯狂购物的活动)

5) 不一而足 : to name a few (一般作为插入语，置于句末)

\*再总体复习一遍：

原文：人们缓解压力的方式千差万别，有人痛哭、有人狂吃、有人购物，不一而足。

翻译：The ways of relieving stress can vary from one person to another: crying out loud, eating like mad, and engaging in a shopping spree, to name a few.

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重点收获：

1) the ways of doing sh. : 做某事的方式

2) ...can vary from one person to another : ...每个人都不一样

- 3) cry out loud : 大声哭
- 4) do sth. like mad : 疯狂地做某事
- 5) engage in : 从事、参与、做...
- 6) a shopping spree : 疯狂购物的活动
- 7) to name a few : 不一而足