

Unit 1

很多人只是嘴上说他们想要什么东西，但并不真正地付出大量努力去实现。很多人因为害怕失败而不敢全心尝试。而成功的秘诀在于内心燃烧的欲望，从而激发行动的决心，即使疲惫，即使失败，也会继续准备，继续前进。专注于汲取更多的知识，争取持之以恒地渐进，保持永不言退的坚强意志。只要刻苦努力，意志坚决，专心投入，准备充分，你就能跨越一切障碍，达成所有壮举，取得成功！

Many people simply say that they want something, but they do not **expend the substantial effort** required to achieve it. Many people let the threat of failure stop them from **trying with all of their heart**. The secret of success is based upon a **burning inward desire** that **fuels the determination** to act, to keep preparing, to keep going even when we are tired and fail. **Focus on** becoming more knowledgeable. Focus on **gradual, consistent progress**. Maintain the strong will to keep going. With hard work, determination, dedication and preparation, you can **transcend any handicap, accomplish any feat**, and achieve success!

Unit 2

在一次法国旅行当中，我见到了地中海，但是其可怕的裂流让我**不寒而栗**。这让我想起了去年夏天的那场经历，使得我对水极为恐惧，从

那时起，这个恐惧就没有消退过。当我看到一个男孩淹没在海浪中，我就处在了是否应该救他的思想和情感斗争之中，因为，我怕极了水。经过激烈的斗争后，我做了一个很大的决定：纵身跃入水中。我最终赶到了男孩的身边，并且控制住了他，但是当我朝岸边游去的时候，裂流强行把我们拽往大海深处。我试着回忆起如何从裂流中逃生，按照这个方法，我慢慢地达到安全水域，同时也战胜了内心对水的恐惧。在胜利和自我拯救的那个时刻，我感到很放松、很高兴。

On a tour of France, I saw the Mediterranean Sea, but the terrible rip currents shivered me. And it reminded me that I developed a fear of water due to the experience of last summer and since then, the fear wouldn't recede. When I saw a boy drowning amid the waves, I was in a mental and emotional struggle whether I should save him because I was extremely terrified of water. After my fierce struggle, I made the single big decision: to throw myself into the water. I finally reached the boy and had him under control; but when I swam back toward shore, the rip current was forcibly dragging us out to sea. I tried to remember how to escape from a rip current, and with that, I slowly made

my way to safety, thus conquering my inner fear of water as well.
I was relaxed and happy in a moment of triumph and salvation.

Unit 3

奥黛丽·赫本是国际知名影星。在幼年时期，她经受了战争残酷现实的折磨。但她并没有因此而放弃希望，而是克服种种挑战，最终成长为一名受世人喜爱的演员。尽管名利双收，奥黛丽始终保持慷慨、纯朴、富有同情心、向需要帮助的人伸出援助之手。1988年，她被任命为联合国儿童基金会亲善大使，将所有激情投入到人道主义工作中。她的足迹遍布非洲、亚洲和拉丁美洲，为地球上最困难的村落带去希望，也唤起世界人民对战争和旱灾的关注。1993年，奥黛丽因患癌症离世，但她将永远活在人们的心中——一位真正的人间天使。

Audrey Hepburn was an internationally famous movie star. In her childhood, she was afflicted by the desperate reality of war. But she never gave up hope and instead transcended all the challenges to grow into a most beloved actress in the world. Despite her fame and wealth, Audrey always remained generous, simple and compassionate, lending a helping hand to those in need. In 1988, she was appointed a Goodwill Ambassador for UNICEF and devoted all her passion to humanitarian work. She travelled to Africa, Asia and Latin America to take hope to the most difficult villages on earth and raise world awareness of wars and droughts.

In 1993, Audrey died of cancer, but she will always live in people' s heart, a true angel in the world.

Unit 4

旅游不但麻烦多多,有时甚至产生不快。那么,何为我们出去旅游的**驱动力**呢?到一个新的地方去旅游可以使我们放松禁锢我们**认知的链条**。对于经验丰富的旅行者来说,多元文化对比意味着他们会**接受对**事务的多样性解读,他们欣然认识到对这个世界可以有截然不同的方式进行解释,从而扩大了他们“**认知输入**”的范围。

当然,这种思维的灵活性是差异所带来的**副产品**,了解了过去不曾知道的事情,因此我们变得更为**心胸开阔不再那么视野狭隘**。我们旅行是因为我们需要旅行,因为距离与差异是**创造力的秘密基石**。旅游在某种程度上会改变我们的思维,进而**影响到**我们生活中的所有。

Travel is troublesome and sometimes even unpleasant; then what is the driving force behind our travel? Travelling to a new place can help us **loosen cognitive chains** that **imprison** us. To **seasoned travelers**, multicultural contrast means that they **are open to ambiguity** and willing to see the world in different ways, thus to **expand the circumferences of their “cognitive inputs”**. Of course, that mental flexibility is **a side effect of** difference and we know what we did not know in the past, by which we **become**

more open-minded and less insular. We travel because we need to, because distance and difference are the secret cornerstones of creativity. Travel will change our mind to some extent, which in turn can have effects on everything in our life.

Unit 5

如果人们的工作对自己有负面影响，但为了遵从社会的期望或者谋生而被迫必须继续工作，那么他们就被认为是劳役者。如果人们的个人兴趣跟社会付酬让他们做的工作相吻合，他们就被称为工作者。一份活到底应定为工作还是劳役并不取决于其本身，而是承担这份活的个人感受。工作者和劳役者的区别在于他们对工作的态度、从工作中获得的个人满足感以及度过闲暇时间的方式。不管你选择什么工作，都必须面对这个根本问题：“你想做一名劳役者还是工作者？”

People are considered laborers if their job has an adverse effect on them, yet they feel compelled to continue working by the necessity of conforming to societal expectations and earning a living. People are labeled as workers if their personal interests coincide with the jobs society pays them to do. Whether a job is to be designated as labor or work depends, not on the job itself, but on the tastes of the individual who undertakes it. Workers and laborers differ in their attitude toward their work, the amount of personal satisfaction they derive from their jobs and the way they spend their leisure time. Whatever job you

choose, you must **contend with** this **essential question**: Will you be a laborer or a worker?

Unit 6

我们像囚犯一样连夜逃跑撤离这个城市，去哪，不知道，只知道只有逃跑才能活命。人们徒劳地四处逃窜，实在累了，就躺下来睡一会，然后重新开始他们漫无目的的旅程。遇到空袭时，所有人都躲到了壕沟里，只有我瘫痪的祖父留在没人的马路上，看着飞机猛地俯冲瞄准，听着轰鸣的引擎从他的头上飞过。在人类的战争中，他是那样无助，孱弱无力。人的生命在此时一文不值。随之而来的是，是恶劣天气对我们的生死考验。冬天，对穷人来说，是一个灾难，一个无处不在，持续不断的威胁。无论我如何努力，我还是不清楚当初到底我们做了什么，要让我们承受战争不可避免带来的所有伤害。

We have to **evacuate the city** and run away in the night like convicts. Where to, I don' t know. But I do understand that flight is the only way to save our lives. We **run in circles**, fall from fatigue, sleep for a moment, then **begin anew** our aimless journey. When an **air raid** begins, the entire group dives into ditches; only my grandfather remains **on the deserted road**. He sees the airplanes flying at him, sees them violently dip and aim, and hears **the roar of the engines** passing over his head. In this human war, he is helpless and defenseless. Under such

circumstances, human life is now **worth next to nothing**. Along with the war, came the cold weather — the **severe element** with which we must confront. For the poor, winter is a disaster, **a pervasive and constant threat**. Try as I might, I still can't understand what we could have done to justify **all the suffering** war inevitably inflicts.

Unit 7

当**经济萧条**在全国范围内爆发之后，许多普通工薪阶层的人们几个月来都在苦苦挣扎，正如苏·约翰逊一样。苏是**失业群体**的一份子，因为无钱支付房租，她不得不**打包收拾**自己的东西，离城而去。她即将面临**流浪的生活**，这在以前是很难想象的，而她在不久前还有着**体面的工作**，不错的收入，并在商学院攻读研究生。

失业保险救济金可以使失业人员不至于形貌落魄，无**立锥之地**。可一旦收不到失业救济支票，哪怕是像苏这样曾经过着体面富足生活的人，也会日益**跌入**经济窘迫的深渊。苏一直在不断地努力以摆脱困境，但她还不得不面临失去自己所拥有的一切的**残酷事实**。尽管困难重重，她仍继续苦苦挣扎着，寻求**一缕希望**。

Many ordinary working-class people, like Sue Johnson, experienced long months of struggles when the **economic slump** swept across the nation. Sue was part of **a group of jobless people** and she had to **pack up** her belongings and drove out of town for

not having money to pay the rent. She faced **life of migrant**, a previously unimaginable situation for a woman who, not that long before, had had a **decent job** and a respectable income and been a student in a graduate business school.

Unemployment insurance benefits enabled jobless people to maintain/keep at least an appearance of normalcy, keeping **a roof over their heads**. But without the checks, people like Sue, who once lived a decent and rich life, began to **tumble over** the economic cliff. Sue was making great efforts to fight obstacles, but she had to face the **harsh reality** of losing everything she possessed before. She continued to struggle for a living and to look for **a ray of hope**, despite her hardship.

Unit 8

很多西方父母**想知道**,为什么中国父母能养育出那么多天分极佳的孩子。事实是,中国父母的做法,对**固执己见**的西方人来说,**令人愤慨**,难以想象,甚至是违法的。中西方的父母之间存在三种**意识形态上的差异**。

首先,西方父母呵护子女的**自尊**,使他们免受一切批评。其次,中国父母认为孩子**亏欠**他们一切。第三,中国父母相信他们知道什么最适合自己的孩子,因此对子女的愿望和喜好有着**至高无上的权威**。事实

上，普天下称职的父母都想为孩子做最好的安排，只是方式方法不同而已。

A lot of Western parents are **baffled** that Chinese parents produce so many children with an abundance of talent. The fact is that Chinese parents do things that seem **provocative**, unimaginable, even illegal, to **opinionated** Westerners. There are three **ideological** differences between Chinese and Western parents. First, Western parents cradle their children' s **self-esteem** to insulate them from criticism. Second, Chinese parents believe their kids **owe** them everything. Third, Chinese parents believe they know what' s best for their children and therefore **have ultimate authority over** their children' s desires and preferences. In fact, all decent parents want to do what' s best for their children. It' s the methodology that' s different.