重视短文复习，在文章中加深对单词短语的印象。

重视熟悉短语和意群，不要一味地只背单词，只背单词并不能直接提高理解能力。短语和意群是提高理解能力的必经之路。

**20190703 Unit 1B 课文注释**

**The Language of Confidence**

The language we use 我们所使用的语言

programs our brains. 训练了我们的大脑

Mastering our language 掌握我们的语言

gives us 给我们

a great degree of mastery 很大程度上的掌控

over our lives and our destinies. 对我们自己的生活和命运

It is important 是重要的

to use the language 使用语言

in the best way possible 以最好的方式

in order to 为了

dramatically improve our quality of life. 显著提高我们的生活质量

Even the smallest of words 即使是最小的词语

can have the deepest effect 也能有最深远的影响

on our subconscious mind, 对我们的潜意识

which is like a child, 就像是一个孩子

and it doesn't really understand 它并不真正理解

the difference 区别

between what really happens 真正发生的事

and what you imagine. 和你所想象的事

It is eager to please 它渴望取悦

and willing to carry out any commands 并且乐意执行任何命令

that you give it 你给它的

-- whether you do this knowingly or not 无论你有意还是无意这样做

is entirely up to you. 完全取决于你

**"Try"**

It is a small word 它是一个小词

yet it has an amazing impact upon us. 但是它对我们却具有惊人的影响

If someone says, "I'll try to do that", 如果有人说“我会试着去做的”

you know that 你知道

they are not going to be putting their whole heart into it, 他们是不会全身心地投入的

and may not even do it at all. 甚至根本就不做

How often do you use the word try 你经常使用“试”这个词吗

when talking about 当谈论

the things that matter to you? 对你重要的事

Do you say "I'll try to be more confident" 你会说“我会试着更自信”

or "I'll try to do that" 或者“我会试着去做”

or "I'll try to call"? 或者“我会试着去打电话”

Think about something 想一想某件事

that you would like to achieve, 你想实现的

and say it to yourself 然后对自己说

in two different ways. 以两种不同的方式

Firstly say, "I'll try to… " 首先说“我会试着…”

and notice how you feel. 然后注意下你的感受

Next say, "I will do…" 接下来说“我将会…”

and see how you feel. 然后看看你的感受

The latter makes you feel better than the first one, doesn't it? 后者比前者会让你感觉更好，是不是？

It gives you a sense of determination, 它给你一种决心

a feeling that it will be done. 感觉这件事必须完成

Listen to the people around you 听一听你周围的人

and when they say they will try, 当他们说他们会“试”的时候

notice if it gets done or not. 注意事情是否真的得到完成

Eliminate the word try from your dictionary 把“试”这个词从你的词典中淘汰掉

and see how your life improves. 然后看一看你的生活会如何得到改善

**"Can't"**

This is another small word with a big impact. 这是另外一个有着很大影响的小词

It disempowers us, 它剥夺了我们的力量

makes us feel weak and helpless, 让我们感觉虚弱无助

and damages our self-esteem. 并且伤害了我们的自尊

It limits our infinite abilities 它限制了我们无限的能力

and stifles creativity. 扼杀了我们的创造力

Rub it out from your internal dictionary 把这个词语从你的内心的词典中擦掉

and replace it 替换它

with something that makes you feel great. 用一些让你感觉很好的词语

Instead of saying you can't, 不要说你“不能”

why not say something like "I choose…" or "I choose not to…". 为什么不说“我选择做……”或者“我选择不做……”

Using words like this 像这样使用词语

allows you 允许你

to take back your power 夺回力量

and to be in control of your life. 掌控自己的生活

Words may appear small and insignificant, 词语看似小且无关紧要

yet they can have a deep and lasting effect on us. 但它们对我们有深远而持久的影响

Mastering your language 掌握你自己的语言

gives you the power 给你能力

to live whatever life you desire. 去过你想要的任何生活

What words do you use a lot 什么词语你经常使用

that disempower you? 剥夺了你的力量

Make a list of words you commonly use 列出你经常使用的词语

and then write next to them 然后再旁边写

some alternatives you can use. 一些你可以用作的替换的词

Make these alternatives words 让这些替换词成为那些词

that make you feel fabulous, 你感觉很好

not only about yourself, 不仅对自己

but about life 也对生活

and what you are doing! 和你所做的事