20190710阅读训练

不必试图弄懂每个单词。锻炼找关键句来答题的能力。

我们的目的不是要看懂每句话,而是要答题:找出正确选项。适应在一些单词不懂的情况下解题。

可以用查个别词。但不要全文翻译。

课前要完成练习,直播课上讲解。

**Make Yourself More Attractive**

(11) As individuals个人,个体, we judge just about everything on appearance外表,外貌. But we do not just see, we also feel. We have feeling that run deep. Sometimes our emotions情绪,情感 run hot, at other times cold. Though, often, we do not feel until we see.

When we see someone who looks good, our heart beats fast. When we see an attractive meal, we feel hungry. (12) When we see a picture of a loved one who has passed on去世, we may begin to feel sad or lonely. Our eyes are more than不仅仅 just a visual perception （视觉感知）. They are the reflection反映 of who we are.

There are many ways to improve our appearance外貌. Smiling more is one of them. It will make less attractive people more pleasant. (13) At the same time, smiling will make beautiful people appear to be more approachable平易近人的,可接近的. In addition to除…之外 smiling, the less attractive should also work in achieving获得 a more confident自信的 walk走路姿态,步态. People will be drawn吸引 to you because of the confidence that you show.

Do not take on （接受，采用）the perceptions（看法） of others. Do not force逼迫 yourself to become a product of how they see you. (14) If you are extremely极其,非常 beautiful, do not be too proud. Be pleasant to all of those you come in contact with接触. Speak positive（积极的） words to others. If you are less attractive, do not have any feelings of low self-esteem（自信）.

(15) Someone once said “it is beauty which captures（抓住）your attention, personality个性,性格 which captures your heart.” Keep this in mind记住这一点 as you continue to perfect（完善）your outside. And remember that if you do not change your inside, all of your hard work will be in vain（徒然）.

11. Paragraph 1 mainly talks about \_\_\_. 注意段落里的转折but, however

A. the role 角色，作用of seeing

B. the importance of feeling

C. features特征 of good appearance

D. various各种各样的 types of emotions

12. The words “passed on” (Line 3, Para. 2) probably means \_\_\_\_\_\_\_.

A. died B. suffered遭受 C. walked past D. missed a chance

13. Smiling will make beautiful people \_\_\_\_\_\_.

A. have more achievements成就

B. improve their work

C. become easier to approach

D. do better in their shows

14. The author advises the extremely beautiful people to \_\_\_\_\_\_.

A. keep their pride自尊, 骄傲

B. get to know more people

C. get rid of摆脱 low self-esteem 自尊，自信

D. be modest 谦虚

15. The last paragraph suggests that \_\_\_\_\_\_.

A. hard work makes perfect personality

B. beauty is in the eyes of the loved one 情人眼里出西施

C. personality is more important than appearance

D. it’s easier to improve the inside than the outside

**让自己更有吸引力**

作为个体，我们通过外表来判断一切。但我们不仅看到，我们也感觉到。我们有很深的感情。有时我们的情绪很激动，有时又很冷。虽然，我们常常直到看见才感觉到。

当我们看到一个貌美的人，我们的心跳得很快。当我们看到一顿美餐时，我们会感到饥饿。当我们看到爱人去世的照片时，我们可能会开始感到悲伤或孤独。我们的眼睛不仅仅是一种视觉感知。它们反映了我们是谁。

有很多方法可以改善我们的外表。微笑是其中之一。这会让不太有吸引力的人变得更讨人喜欢。同时，微笑会让漂亮的人看起来更平易近人。除了微笑，不太有吸引力的人也应该努力让自己走得更自信。人们会被你的自信所吸引。

不要接受别人的看法。不要强迫自己成为别人如何看待你的产物。如果你非常漂亮，不要太骄傲。对所有与你接触的人都要友好。对别人说积极的话。如果你不那么有吸引力，不要有任何自卑的感觉。

有人曾经说过:“吸引你注意力的是美，吸引你心灵的是性格。”当你继续完善你的外表时，请记住这一点。记住，如果你不改变你的内心，你所有的努力都将是徒劳的。