Book 1 Unit 7

Reading 1

**Read and practice**

**Word translation**

1. resentful 2. fortune 3. clenched

4. insecurity 5. shortlisted 6. vulnerable

**Word building**

1. self-esteem 2. self-sufficient 3. self-conscious

4. self-made 5. self-confident 6. self-evident

**Collocations**

1. with 2. to 3. from

4. on/upon 5. Between 6. to

**Banked cloze**

1. position 2. self-esteem 3. envious 4. fortune
2. unrealistic 6. disturbing 7. loving 8. worthlessness
3. unreal 10. well-being

**Read and translate**

1. He expressed how delighted he was to get this job opportunity.
2. Westerners tend to express their emotions and feelings, while many Chinese people are shy of expressing themselves, especially when facing their family members.
3. What has made these smart girls vulnerable? They could have been the most confident kids at school.
4. You should be alert to your feelings, whether that be happiness, anger, or depression, and pay close attention to how these feelings influence your well-being.
5. Some bad habits, such as staying at home for a long time and not having meals on time, may make your anxiety even worse.
6. Whatever happens, you could choose getting angry or staying calm, feeling resentful or being tolerant. It is all up to you.

Reading 2

**Read and practice**

**Part of speech**

1. A. programmed B. program
2. A. associate B. associates
3. A. captives B. captive
4. A. disciplines B. disciplining
5. A. mind B. mind
6. A. current B. currently

**Meaning in context**

1. rage 2. Reinforces 3. sensation 4. implication

5. favorable 6. Delivered 7. contagious 8. induced

**Sentence structure**

1. The more social activities you participate in, the more social skills you will develop.
2. The larger the number of models in your research was, the more reliable the prediction would be.
3. The closer two individuals are living, the more likely they will be to see each other.
4. It’s widely accepted that the more education we get, the more job options we will have.
5. The more frequently your bank balance earns interest, the more quickly your savings grow.
6. The more time you spend on social media, the more likely you are to feel socially isolated.

**Read and translate**

1. 从任何意义上说，这对我们都是一种挑战，但我们准备一起面对它。
2. 很多中国人将幸福感与有相亲相爱的家庭关系及稳定的工作联系在一起。
3. 研究发现，通常来说，好好睡一觉后，人们醒来时会心情愉快。
4. 他很苦恼，作为一名艺术家，他在自己的国家并不出名，因此也不那么受人尊敬。
5. 你是自己幸福的主人。换句话说，你对自己的幸福负责。
6. 如果你的忧郁是个持续性问题，我建议你找医生检查一下，以防万一。