1. West ground the bush	差数如
1. West Bround the Sun	SOZ YW
7 chrystly = easily	招别的
3. Creations = works	/en the
4 Super-realist	过强议
5. Jeure	题。
6 Sew C-	山水珠
7. external part	り部
8. such that Lift. IL.	
S. Jultural product	Zer Zn
to sweet the Unternet	厚老网络
1. Toupled With	水水。
12. Shine a Clight	规定
3-luc - msyring = astonishing	没人影响的

4 constantly	Zone
5 shifting sand	·Valt
6 revolve	就较
Lerminate = sease	Vil
18: out smark	也一种到
19. outline	\$\f\s\\\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \
26. Autout	Alle van
V entrane	VII.
2. outlook	篇任,程到

NTEGRATED TASKS

Section Complete the translation from Chinese into English Use the words in the box.

make sure anxiety vital focus on worth

对我们大多数人来说压力是不可避免的。失业或者财政问题甚至像生日这种值得庆祝的事情都会产生压力。压力与体重增加、心脏病的发作以及焦虑有关。然而,如果生活中没有压力——良性压力,我们就会感到毫无目标并且不快乐。事实上,良性压力形式多样,在我们健康生活中起着至关重要的作用。

所幸的是,我们可以为自己的生活增添良性压力!确保专注于一些 值得去做的活动,设定一些让我们感到快乐和兴奋的目标。

总之,为了在生活中保持健康的平衡,要尽力让自己拥有更多良性的压力,尽可能减少不良的慢性(chronic)压力。

	For most of us, there is no avoiding stress. Unlup till Out, Miles
	For most of us, there is no avoiding stress. Twinty the control of
	Frence and bon booker and and the flower - related to
	issues and birthelay gruy ause stress. There is related to
1.0	-11 all born of all all and
we	The add, heart attack and buriety, Buz without "good
	stress" variety, we'd feel aimless and unhappy. My flut, The
	soul stress warus a (lot end Derhorm & witch
	your your willy, a food our program to where
	fire in our life.
	11/0/
	The good news is that we can add good stress to our life! Walk
	was al class a way a first 1 11 of
	sure (to forms on some entirity bouth to elu,
	set up some um to, make the cheppy and excited
	All in Ell 1 1/2 analy le bellened in
	our life (Dry you best to Nelle more
	gover mesure, and reluce some choire pres
	The partie of the parties of the parties
	Pressure.
	현기 회사 전에 보고 있는 사람들이 되었다. 그는 그 사람들은 사람들이 되었다면 되었다면 보다 되었다. 그는 그는 그는 그는 그는 그는 그는 그는 그를 하는 것을 하셨다는 것이 없는 것이 없어 없는 것이 없어 없는 것이 없어 없는 것이 없어

Notes