

图书基本信息

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内容概要

本试卷全面、透彻解析八套真题，精挑.细选设计两套预测。
向时给出两套真实机考试卷，让考生优化组合、高效备考。

作者简介

王长喜，中国人民大学知名教授，著名英语测试学专家，全国四、六级考试考试研究与辅导顶尖权威，授课风格立意高远，深入浅出、富于激情，各地讲座所到之处，万人空巷。

书籍目录

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章节摘录

Unlike physical energy, which is finite and diminishes with age, emotional energy is unlimited and has nothing to do with genes or upbringing. So how do you get it?

You can't simply tell yourself to be positive. You must take action. Here are six practical strategies that work. 1. Do something new. Very little that's new occurs in our lives. The impact of this sameness on our emotional energy is gradual, but huge: It's like a tire with a slow leak. You don't notice it at first, but eventually you'll get a flat. It's up to you to plug the leak — even though there are always a dozen reasons to stay stuck in your dull routines of life. That's where Maura, 36, a waitress, found herself a year ago. Fortunately, Maura had a lifeline — a group of women friends who meet regularly to discuss their lives. Their lively discussions spurred Maura to make small but nevertheless life-altering changes. She joined a gym in the next town. She changed her look with a short haircut and new black T-shirts. Eventually, Maura gathered the courage to quit her job and start her own business. Here's a challenge: If it's something you wouldn't ordinarily do, do it. Try a dish you've never eaten. Listen to music you'd ordinarily tune out. You'll discover these small things add to your emotional energy. 2. Reclaim life's meaning. So many of my patients tell me that their lives used to have meaning, but that somewhere along the line things went stale. The first step in solving this meaning shortage is to figure out what you really care about, and then do something about it. A case in point is Ivy, 57, a pioneer in investment banking. "I mistakenly believed that all the money I made would mean something," she says. "But I feel lost, like a 22-year-old wondering what to do with her life." Ivy's solution?

She started a program that shows Wall Streeters how to donate time and money to poor children. In the process, Ivy filled her life with meaning.

编辑推荐

《长喜英语·2011年大学英语4级考试过级高手（8真题+2预测+2机考）（听力作文加强版）》机考尝鲜，亲身体会，随盘附送，无须下载。

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十二月份，给出三套考前最新 命制试卷，让你模拟实考热身 另赠 3套标准听力 20篇预测作文 准备纸考时也准备机考最真实界面最真实体验

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