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As the pace of life continues to increase ,we are fast losing the art of relaxation. Once you are in the habit of rushing through lift,being on the go from morning till night, it is hard to slow down. But relaxation is essential for a healthy mind and body.Stress is an natural part of everyday lift and there is no way to avoid it. In fact ,it is not the bad thing it is often supposed to be .A certain amount of stress is vital to provide motivation adn give purpose to life. It is only when the stress gets out of control that it can lead to poor performance and ill health.The amount of stress a person can withstand depends very much on the individual. Some people are not afraid of stress,and such characters are obviously prime material for managerial responsibilities. Others lose heart at the first signs of unusual difficulties. When exposed to stress,in whatever form,we react both chemically and physically. In fact we make choice between "fight" or "flight" and in more primitive days the choice made the difference between life or death. The crises we meet today are unlikely to be so extreme,but however little the stress,it involves the same response. It is when such a reaction lasts long,through continued exposure to stress,that health becomes endangered.Such serious conditions as high blood pressure and heart disease have established links with stress.Since we cannot remove stress from our lives(it would be unwise to do so even if we could),we need to find ways to deal with it. 1.People are finding less

and less time for relaxing themselves because _____.a.they do not know how to enjoy themselvesb.they do not believe that relaxation is important for healthc.they are travelling fast all the time d.they are becoming busier with their work 2.According to the writer ,the most important character for a good manager is his _____.a.not fearing stressb.knowing the art of relaxationc.high sense of responsibilityd.having control over performance 3.Which of the following statements is true?a.We can find some ways to avoid stressb.Stress is always harmful to peoplec.It is easy to change the habit of keeping oneself busy with work.d.Different people can withstand different amounts of stress 4.In Paragraph 3, "such a reaction" refers back to _____.a."making a choice between flight or fight"b."reaction to stress both chemically and physically"c."responding to crises quickly"d."losing heart at the signs of difficulties" 5.In the last sentence of the passage,"do so " refers to _____.a."expose ourselves to stress"b."find ways to deal with stress"c."remove stress from our lives"d."established links between diseases and stress" 答案：dadbc 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com