

范文：工作之余用何种方式放松自己 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/162/2021_2022__E8_8C_83_E6_96_87_EF_BC_9A_E5_c81_162369.htm [题目] 人们逃避现代生活的压力和紧张方式不同. Some read. some exercise. others work in their gardens. What do you think are the best ways of reducing stress? During the past decades great difference to salary and other material things led the same weight of pression to modern people. It ' s too hard to bear it that many people even chose killing themselves. In this article I am going to introduce some effective relax ways to readers. In the first place the reading is chosen to free our minds. A good book will do a pretty well job to some people especially the clerisy. People suffered from the pression which is caused by boss ,taxes and such bores may feel himself released when they are reading a chefdoeuvre. There are also other kinds of methods that can do this work,such as exercise, gardening and tour.As it comes to me,wild adventure is also a good function to release myself. Sometimes i will go to some famous mountains and interesting places. As you can see,it is not difficult to find such places in China. In the last National Day vocation I went to the Thaibaishan Mountain, a well-known mountain which is located miles of Xi ' an city in Western Shaanxi Province . It is famous not only for its height (about 4,000metres) but also because of great scenes that can be seen from the top of the mountain and the history that it was once a volcano thousands of years ago. I think i was entirely struck by magnificent scene near the great lake on the top(in fact it is a crater) !

Even now I could remember the moment the sun jumped out from the horizon! Feeling like standing on the top of the world I felt so comfortable that as if I have got rid of all the pressures of my courses. In a word, I prefer choosing the reading and wild adventure as my favorite ways to reduce stress on me. I do recommend these two ways to other guys who are sad and has lost his confidence on his work because I think both of them did play effectively. 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