

2006.12四级考试快速阅读及精读答案 PDF转换可能丢失图片或格式，建议阅读原文

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5. Make up your mind. Say you've been thinking about cutting your hair short, Will it look stylish--or too extreme? You endlessly think it over. Having the decision hanging over your head is a huge energy drain. Every time you can't decide you burden yourself with alternatives. Quit thinking that you have to make the right decision. Instead, make a choice and don't look back.

6. Give to get. Emotional energy has a kind of magical quality: The more you give, the more you get back. This is the difference between emotional and physical energy. With the latter, you have to get it to be able to give it, With the former, however, you get it by giving it. Start by asking everyone you meet, "How are you?" as if you really want to know, then listen to the reply. Be the one who hears. Most of us also need to smile more often. If you don't smile at the person you love first thing in the morning, you're sucking energy out of your relationship. Finally, help another person--and make the help real. Give a massage (按摩) to someone you love, or cook her dinner. Then expand the circle to work. Try asking yourself what you'd do if your goal were to be helpful rather than efficient. After all, if it's true that what goes around comes around, why not make sure that what's circulating around you is the good stuff?

1. The energy crisis in America discussed here mainly refers to a shortage of fossil fuels. 2. People these days tend to lack physical energy. 3. Laura Hillenbrand is an example cited to show how emotional energy can

contribute to one's success in life. 4. The author believes emotional energy is inherited and genetically determined. 5. Even small changes people make in their lives can help increase their emotional energy. 6. They filled her life with meaning by launching a program to help poor children. 7. The real-estate broker the author knows is talented in home redecoration. 8. People holding on to sad memories of the past will find it difficult to _____. 9. When it comes to decision-making, one should make a quick choice without _____. 10. Emotional energy is in a way different from physical energy in that the more you give, _____.

快速阅读答案：1 N 2 N 3 Y 4 N 5 Y 6 Y 7 NG 8 move forward 9 looking back 10 the more you get back 15选10答案：47 H

primarily 48 N voluntary 49 O situation 50 A gap 51 L generate 52 C purchase 53 K insulted 54 G potential 55 D really 56 F extreme

精读答案：57 A removing people's bad living habits. 58 B good health is more than not being ill. 59 C is free from any kind of disease. 60 D to keep a proper balance between work and leisure. 61 D people who try to be as healthy as possible, regardless of their limitations. 62 B It is a kind of bottled water. 63 C bottled water is clearly superior to tap water. 64 D expensive bottled water with impressive 65 D Bottled water brings in huge profits. 66 A It is considered healthier. 100Test

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