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https://www.100test.com/kao_ti2020/166/2021_2022__E8_B5_96_E4_B8_96_E9_9B_84_E5_c96_166409.htm Society is changing

rapidly. As a result , more and more people are suffering from stress.

Those who are stressed out are often nervous , angry or ill. People must , therefore , learn to deal with this "new" kind of problem.

Regular exercise is one way. The best way , however , is to keep a good sense of humor. 社会正快速地变化 社会正快速地变化。

因此，越来越乡的人正遭受压力之苦。 凡是压力过大的人经带会紧张、生气或生病。因此，人们必须学会处理这种“新”

”问题。规律的运动是一种方法。不过，最好的方法就是保持良好的幽默感。 100Test 下载频道开通，各类考试题目直接

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