

Version 108写作参考 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/179/2021_2022_Version_10_c7_179680.htm 强烈建议：我们刊登网友提供的写作范文目的是为了让大家了解作文的写法，考生切不可背范文，否则有可能考到非常低的分数，甚至可能是零分，切记！！发信人：

synyan(孤单一吻) 【来源：交大兵马俑BBS站】 V108: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?

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 pressure to modern people. Its 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 pressure 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 Xian city in Western Shaanxi Province . It is famous not only for its height (about 4,000 metres) 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. = = = = =

= = = = = 发信人:
LittleSpirit (今夕或可忘红妆), 信区: EnglishWorld 标题: Re: How to write essays like these? 发信站: 交大兵马俑BBS站 (2002年11月11日12:15:17 星期一), 站内信件 5、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? My ideas, may be useful to you! Good luck! Watching a horror movie One English expert suggests that people feel the stress in work because they have a sense of responsibility. What they need is the encouragements. Id rather drive myself go facing the suition full of pressure than relax. watching a horror movie: to show that we can, that we are not afraid, that we can ride the roller coaster. Which is not to say that a really good horror movie may not surprise a scream out

of us at some point, the way we scream when the roller coaster twists through a complete 360 or plows through a lake at the bottom of the 0 drop. And horror movies, like roller coasters, have always been the special province of the young. By the time one turns 40 or 50, one's appetite for double twists or 360-degree loops may be considerably depleted. We also go to reestablish our feelings of essential normality. The horror movie is innately conservative, even reactionary. And we go to have fun. It is where the ground starts to slope away. It's a very peculiar sort of fun, indeed. The fun comes from seeing others menaced--sometimes killed. One critic has suggested that if pro football has become the voyeurs version of combat, then the horror film has become the modern version of the public lynching.

----- 思乡驿路梅花香芬芳独我赏自在开落寞伴我日月长
来源:【100test社区】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