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[https://www.100test.com/kao\\_ti2020/204/2021\\_2022\\_2008\\_E6\\_AF\\_95\\_E9\\_87\\_91\\_c73\\_204433.htm](https://www.100test.com/kao_ti2020/204/2021_2022_2008_E6_AF_95_E9_87_91_c73_204433.htm) Unit1Part ADirections:Read the

following four texts. Answer the questions below each text by choosing A, B, C or D. Mark your answers on ANSWER SHEET 1.

（40 points）Text 1 Its plain common sense - the more happiness you feel, the less unhappiness you experience. Its plain common sense, but its not true. Recent research reveals that happiness and unhappiness are not really two sides of the same emotion. They are two distinct feelings that, coexisting, rise and fall independently. People might think that the higher a persons level of unhappiness, the lower their level of happiness and vice versa. But when researchers measure peoples average levels of happiness and unhappiness, they often find little relationship between the two. The recognition that feelings of happiness and unhappiness can co-exist much like love and hate in a close relationship may offer valuable clues on how to lead a happier life. It suggests, for example, that changing or avoiding things that make you miserable may well make you less miserable, but probably wont make you any happier. That advice is backed up by an extraordinary series of studies which indicate that a genetic predisposition for unhappiness may run in certain families. On the other hand, researchers have found happiness doesnt appear to be anyones heritage. The capacity for joy is a talent you develop largely for yourself. Psychologists have settled on a working definition of the feeling - happiness is a sense of

subjective well-being. They have also begun to find out whos happy, who isnt and why. To date, the research hasnt found a simple formula for a happy life, but it has discovered some of the actions and attitudes that seem to bring people closer to that most desired of feelings. Why is unhappiness less influenced by environment? When we are happy, we are more responsive to people and keep up connections better than when we are feeling sad. This doesnt mean, however, that some people are born to be sad and thats that. Genes may predispose one to unhappiness, but disposition can be influenced by personal choice. You can increase your happiness through your own actions. Notes: vice versa 反之亦然

predisposition 倾向, 禀性1. According to the text, it is true that [ A ] unhappiness is more inherited than affected by environment. [ B ] happiness and unhappiness are mutually conditional. [ C ] unhappiness is subject to external more than internal factors. [ D ] happiness is an uncontrollable subjective feeling.2. The author argues that one can achieve happiness by [ A ] maintaining it at an average level. [ B ] escaping miserable occurrences in life. [ C ] pursuing it with ones painstaking effort. [ D ] realizing its coexistence with unhappiness.3. The phrase "To date" (Par.4) can be best replaced by [ A ] As a result. [ B ] In addition. [ C ] At present. [ D ] Until now.4. What do you think the author believes about happiness and unhappiness? [ A ] One feels unhappy owing to his miserable origin. [ B ] They are independent but existing concurrently. [ C ] One feels happy by participating in more activities. [ D ] They are actions and attitudes taken by human beings.5. The sentence "and

thats that" (Par. 5) probably means: Some people are born to be sad [ A ] and the situation cannot be altered. [ B ] and happiness remains inaccessible. [ C ] but they dont think much about it. [ D ] but they remain unconscious of it.案：A C D B A译文 你越觉得幸福，说明你经历的不幸就越少，这绝对是常识。这是常识，但并不正确。最近有研究显示幸福感和不幸福感并非同一情感的两面。它们是截然不同的两种情感，二者共存，各自增减。人们会觉得，如果一个人不幸福感的程度越高，他幸福感的程度就越低；反之亦然。但研究者测量人的平均幸福感和不幸福感程度时，往往发现两者之间并没有什么关联。福感和不幸福感好像爱和恨一样可以亲密共处，这种认识可能对如何过一种更幸福的生活提供有益的启示。比如，它说明，改变或规避那些让你痛苦的事完全可以让你少感受一些痛苦，但可能并不会让你更快乐。这种看法得到了一系列独特研究的佐证，研究表明不幸福感的遗传禀性可能存在于某些家庭。另外，研究者发现幸福感似乎与遗传无关。获得快乐的能力主要靠自己培养。心理学家给了这种情感一个暂时的定义--幸福是一种主观感受。他们也开始发现谁幸福谁不幸及其原因。迄今为止，研究尚未找到幸福生活的简单定律，但已发现某些行动和态度似乎会使人们更接近最渴望的那种感受。为何不幸比较不受环境影响？我们感到幸福时比感到悲伤时对他人更热情并保持更好的关系。但这不意味着有些人天生来悲伤，难以改变。虽然基因可能让人更容易悲伤，但人也可以用自己的选择来影响自己的性情。你可以通过自己的行动增加幸福感。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](http://www.100test.com)