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Keep in mind that forgiveness does not necessarily mean reconciliation with the person who upset you or condoning of his or her action. Take the control away from your offender. Mentally replaying your hurt gives power to the person who caused you pain. 与其关注自己受到的伤害，不如学着去寻找你身边的真善美。 单词提示：reconciliation n. 和解； condone v. 宽恕； offender n. 冒犯者 答案：Instead of focusing on your wounded feelings, learn to look for the love, beauty and kindness around you. 本句节选自《The art of forgiveness》 总结：1. 本期关于真善美在CRI的网站上有这样的解释真善美 the true, the good and the beautiful. truth, good and beauty 在这里要特别感谢 雾花仙娜 对原答案的纠错。原文作者的说法有点引申意义了，大家认为呢？2. “关注”怎么表达呢？除了focus on，还可以用concern(or care) about ,pay attention to 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