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https://www.100test.com/kao_ti2020/454/2021_2022__E7_AC_94_E8_AF_91_E4_B8_AD_E7_c95_454777.htm Everybody has blue

days. These are miserable days when you feel lousy, grumpy, lonely, and utterly exhausted. Days when you feel small and

insignificant, when everything seems just out of reach. You can't rise

to the occasion. Just getting started seems impossible. 其实一点小事就使你郁闷一天,情况并不总是那么糟。 单词提示：lousy

adj. 很糟糕的； grumpy adj. 脾气坏的 答案：It doesn't take

much to bring on a blue day, It's not always such a bad thing. 本句

节选自《心情忧郁时 别在悲伤的海里沉浮》 总结：1. 下面这种翻译大家可以借鉴一下 In fact, it is not always lousy that only

trivial things depress you all day. 2. 关于频度副词像翻译时用到的 usually, always 一般是放在句子中间的。 100Test 下载频道开

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