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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。 - - 由百考试题外语站编辑 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