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https://www.100test.com/kao_ti2020/578/2021_2022__E9_9B_85_E 6_80_9D_E5_8F_A3_E8_c8_578103.htm "When was the last time you spent a quiet moment just doing nothing - just sitting and looking at the sea, or watching the wind blowing the tree limbs, or waves rippling on a pond, a flickering candle or children playing in the park?" Ralph Marston "Have a variety of interests. These interests relax the mind and lessen tension on the nervous system. People with many interests live, not only longest, but happiest." George Matthew Allen "If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it." Herodotus "No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, youd be more productive." Dr. Joyce Brothers "Take rest. a field that has rested gives a bountiful crop." Ovid "Listen to soothing music. Pick some relaxing music devoid of lyrics. It could be sounds of ocean waves, or birds singing. Relaxation tapes or CDs can be found at most drug stores or big box consumer stores." Byron Pulsifer "If you were to take one week and calculate your percentage for: Time spent relaxing. what would your ratio be? Would you say you had a balanced life? Catherine Pulsifer "Put duties aside at least an hour before bed and perform soothing, quiet activities that will help you relax." Dianne Hales 相关链接:1月雅 思考试网友机经汇总月刊 百考试题特别推荐雅思新手入门指 导 2009年4月雅思考试最新信息整理 100Test 下载频道开通,