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https://www.100test.com/kao_ti2020/587/2021_2022__E5_85_A8_E5_9B_BD_E5_85_AC_E5_c88_587115.htm Meditation has little to do with escaping problems or thinking about nothing. Instead, the breathing techniques help you calm down and think more clearly about your feelings. The issues on your mind unfold clearly, as if they were in slow motion. 冥想并不是逃避问题或什么都不想。相反的，掌握呼吸的技巧能帮助你平静下来，让你更清楚地思考自己的感觉。你的心结就像是慢动作似的在你的面前清晰地展开。 编辑推荐：名师指导公共英语阅读考试技巧 公共英语pets三级全真模拟试卷 公共英语pets二级语法讲解汇总
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