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https://www.100test.com/kao_ti2020/643/2021_2022__E5_85_A8_E5_9B_BD_E5_85_AC_E5_c88_643856.htm "didadi"> This clarity is called "mindfulness". Being mindful means that you are aware of what you are thinking without becoming caught up in your thoughts. It takes practice, but with time, that big test will not scare you anymore. You will realize through meditation that fear is just a product of not being mindful. 这种清晰就叫领悟。领悟的意思是你知道你心里所想但不为杂念缠绕。冥想需要练习，不过随着时间的推移，你就不会再畏惧考试了。学会了冥想，你会了解恐惧只是没有集中精神的结果。 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 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