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https://www.100test.com/kao_ti2020/643/2021_2022__E5_85_A8_E5_9B_BD_E5_85_AC_E5_c88_643858.htm "uimnals"> To start meditating, find a place where you can sit or stand comfortably for a little while and concentrate. Close your eyes and start taking slow breaths. Focus on the air moving in and out of your body. If your mind starts to wander and you begin to think about something else, refocus your attention on your breathing. 开始冥想前，找个你可以暂时站着或坐着舒服的地方然后集中精神。闭上你的眼睛并缓慢呼吸。集中注意在空气进出你的身体。如果你开始胡思乱想了，就把注意力重新集中在你的呼吸上。 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