

2011.12英语四级阅读：开心生活 停止抱怨 PDF转换可能丢失
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https://www.100test.com/kao_ti2020/647/2021_2022_201112_E8_8B_B1_c83_647115.htm If we really want to be happy, why do we act like such babies? 如果我们想要变得高兴，为什么要像小孩子那样呢？ We can claim to be proactive in our life by settings goals and going after what we want. But if we 're always whining and complaining all the time, are we really living effectively? 我们可以积极主动的在我们生活中设定目标，然后向着目标进发。但是如果我们整天牢骚满腹，怨天尤人的话，我们还会活的有效率吗？ If you don 't believe me, count how many times you complain about something or other in one day. Whether it be being stuck in traffic, being bothered by the weather, not enough mustard on your sandwich, or whatever it is, there are endless instances where you can find a reason to complain.转载自:百考试题 - [100test] 如果你不相信我，仔细想想你一天要抱怨几次。不管是因为糟糕的交通困住，被天气所困扰，还是三明治上芥末放的不够，总之生活中有无数的烦心事可以让我们抱怨。 But it 's not just outside circumstances that we complain about. We complain about about ourselves too. We complain that we don 't have enough time, we don 't have enough money (this one is huge because it 's often " true "), that we 're not smart enough, cool enough, or just enough. 不仅仅外部的环境让我们抱怨，我们还不断的抱怨我们自己。比如时间不够啊，钱不够花啊，不够聪明不够冷静啊，反正什么看上去都不够好。 I know I 've experienced plenty of unpleasantness due to complaining about

things I can ' t control. I never really thought about it much until I found this website about “ living in a complain free world. ” 很多时候，不愉快都是因为抱怨自己不能控制的事情。我没有仔细的思考过这个问题，直到有一天我发现一个叫“ 活在没有抱怨的世界中 ” 的网站。 Imagine how much happier you would be if you simply stopped complaining? Much of what you complain about is outside of your control anyway. What ' s the point of brooding about something you have no power to change? Not very intelligent, if you ask me. 想想吧，如果你停止抱怨的话你会变的多么的快乐。反正那些事情又无力改变，整天想着那些你无力改变的事情有什么意义呢？如果你来问我，我会说那样很愚蠢。 Simply becoming conscious of how much you complain is the first step to stopping. When you recognize that you ' re complaining, stop and take notice of it. Ask yourself if you would rather complain, or be happy. 停止抱怨要做的第一步就是想清楚你在抱怨什么。当你意识到自己在抱怨的时候，停下来，问问自己是要变的快乐还是继续这样抱怨下去。 编辑推荐 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