day 11 sleep

Explain a trend for two minutes, backing your reasons with evidence and an angle; retell an explainer about a midday nap and read a reflective passage aloud without pinyin.

The trend question comes back with the tools that make an answer sound informed: 据调查 for evidence and 从……来看 for the angle you look from.

words to say

word	pinyin	meaning	example
熬夜	áoyè	to stay up late	我昨天熬夜工作，今天特别累。 I stayed up late working yesterday and I'm shattered today.
睡眠	shuìmián	sleep (noun)	良好的睡眠对身体很重要。 Good sleep is important for your health.
失眠	shīmián	to be unable to sleep	压力太大的时候，我常常失眠。 When I'm under a lot of stress, I often can't sleep.
疲劳	píláo	tired, fatigued	长时间开车容易疲劳。 Driving for hours makes you tired.
规律	guīlǜ	pattern, law; regular	他的生活很有规律，每天十点睡觉。 He lives a very regular life and goes to bed at ten every night.
调节	tiáojié	to regulate, adjust	运动可以帮助调节心情。 Exercise helps balance your mood.
清醒	qīngxǐng	clear-headed; awake	喝了一杯咖啡以后，我清醒多了。 After a cup of coffee I'm much more awake.
深夜	shēnyè	late at night	他经常工作到深夜。 He often works late into the night.
凌晨	língchén	the small hours, before dawn	我凌晨三点才睡。 I didn't get to sleep till three in the morning.
状态	zhuàngtài	state, condition	考试前，你要保持好的状态。 Before an exam, keep yourself in good shape.

pattern 据调查 · 从……来看: back a reason with evidence and an angle

原因主要有两个。 | 据调查，…… | evidence | 从……来看，…… | 由于……，因此…… | 总之，……

据 means "according to": 据调查 (according to surveys) and 据说 (they say) bring in evidence. 从……来看 (seen from…, judging by…) names the angle you look from: 从健康的角度来看. Add them to day 7's trend frame, and your causes sound informed rather than guessed.

据调查，十个年轻人里，有六个常常熬夜。 **jù diàochá shí gè niánqīng rén lǐ yǒu liù gè chángcháng áoyè** According to surveys, six out of ten young people often stay up late.

从健康的角度来看，熬夜的坏处很明显。 **cóng jiànkāng de jiǎodù lái kàn áoyè de huàichù hěn míngxiǎn** From a health point of view, the harm of staying up late is obvious.

从工作时间来看，很多人下班太晚，只能晚睡。 **cóng gōngzuò shíjiān lái kàn hěn duō rén xiàbān tài wǎn zhǐ néng wǎn shuì** Judging by working hours, many people finish so late that they can only go to bed late.

dialogue one in the morning

anna 你昨天又是凌晨一点才给我发消息，怎么还不睡？
nǐ zuótiān yòu shì língchén yī diǎn cái gěi wǒ fā xiāoxi zěnme hái bú shuì · You sent me a message at one in the morning again yesterday. Why weren't you asleep?

xiaoming 白天都在公司，只有深夜的时间才是我自己的。
báitiān dōu zài gōngsī zhǐyǒu shēnyè de shíjiān cái shì wǒ zìjǐ de · I'm at work all day. Only the late night is my own time.

anna 我明白。可是从你的状态来看，你这几天特别疲劳。
wǒ míngbai kěshì cóng nǐ de zhuàngtài lái kàn nǐ zhè jǐ tiān tèbié píláo · I understand. But judging by the state of you, you've been really worn out these last few days.

xiaoming 也没那么严重。目前公司项目多，同事们都这样，大家下班都很晚。
yě méi nàme yánzhòng mùqián gōngsī xiàngmù duō tóngshìmen dōu zhèyàng dàjiā xiàbān dōu hěn wǎn · It's not that bad. We've got a lot of projects at the moment, and everyone at my company is the same: we all finish late.

anna 我觉得不完全是因为工作忙。很多人睡前一看手机，就停不下来了。
wǒ juéde bù wánquán shì yīnwèi gōngzuò máng hěn duō rén shuì qián yí kàn shǒujī jiù tíng bu xialai le · I don't think it's only because work is busy. Lots of people pick up their phone before bed and just can't stop.

xiaoming 这倒也是，有时候我刷视频刷到两点。可是我不觉得这是什么坏习惯。
zhè dào yě shì yǒu shíhou wǒ shuā shìpín shuā dào liǎng diǎn kěshì wǒ bù juéde zhè shì shénme huài xíguàn · That's true: sometimes I watch videos until two. But I don't think it's a bad habit.

anna 就算不算坏习惯，长期这样也会影响身体。你试试十一点放下手机，调节一下吧，不然身体会受不了。
jiùsuàn bú suàn huài xíguàn chángqī zhèyàng yě huì yǐngxiǎng shēntǐ nǐ shì shi shíyī diǎn fàng xià shǒujī tiáojié yíxià ba bùrán shēntǐ huì shòubuliǎo · Even if it isn't a bad habit, doing it for a long time will affect your health. Try putting your phone down at eleven and adjusting a bit, or your body won't take it.

xiaoming 好吧，我试一个星期，看看白天是不是更清醒。
hǎo ba wǒ shì yí gè xīngqī kàn kan báitiān shì bu shì gèng qīngxǐng · All right, I'll try it for a week and see whether I'm more alert in the daytime.

repeat listen, then say it back

据调查，十个年轻人里面，差不多有六个人经常熬夜。 **jù diàochá shí gè niánqīng rén lǐmiàn chàbuduō yǒu liù gè rén jīngcháng áoyè** According to surveys, nearly six out of ten young people often stay up late.

从健康的角度来看，长期熬夜对身体的坏处非常明显。 **cóng jiànkāng de jiǎodù lái kàn chángqī áoyè duì shēntǐ de huàichù fēicháng míngxiǎn** From a health point of view, the harm long-term late nights do to the body is very clear.

睡觉和起床的时间有规律，白天的精神状态才会好。 **shuìjiào hé qǐchuáng de shíjiān yǒu guīlǜ báitiān de jīngshén zhuàngtài cái huì hǎo** Only with regular times for bed and getting up will you be in good shape during the day.

他最近总是失眠，到了凌晨还很清醒，白天却特别疲劳。 **tā zuìjìn zǒngshì shīmián dào le língchén hái hěn qīngxǐng báitiān què tèbié píláo** He has had insomnia lately: still wide awake in the small hours, then exhausted during the day.

reply answer out loud

如果明天考试，你会熬夜复习吗？ rúguǒ míngtiān kǎoshì nǐ huì áoyè fùxí ma If you had an exam tomorrow, would you stay up late revising?

→ 我不会熬夜。 wǒ bú huì áoyè

→ 考试前一天，好好睡觉比多看两个小时书更有用。 kǎoshì qián yì tiān hǎohǎo shuìjiào bǐ duō kàn liǎng gè xiǎoshí shū gèng yǒuyòng

→ 我以前试过熬夜复习，结果第二天在考场上什么都想不起来。 wǒ yǐqián shì guo áoyè fùxí jiéguǒ dì èr tiān zài kǎo chǎng shàng shénme dōu xiǎng bu qǐlai

为什么压力大的时候容易失眠？ wèi shénme yālì dà de shíhou róngyì shīmián Why do people sleep badly when they're under pressure?

→ 我觉得是因为脑子停不下来。 wǒ juéde shì yīnwèi nǎozi tíng bu xialai

→ 躺在床上的时候，白天的事一件一件都会冒出来。 tǎng zài chuáng shàng de shíhou báitiān de shì yí jiàn yí jiàn dōu huì mào chulai

→ 比如第二天有个重要的面试，前一天晚上就难以入睡。 bǐrú dì èr tiān yǒu gè zhòngyào de miànshì qián yì tiān wǎnshang jiù nányǐ rù shuì

你怎么看睡前看手机？ nǐ zěnme kàn shuì qián kàn shǒujī What do you think of using your phone before bed?

→ 我觉得这个习惯不太好。 wǒ juéde zhège xíguàn bú tài hǎo

→ 手机上的内容太吸引人，一看就是一两个小时。 shǒujī shàng de nèiróng tài xīyǐn rén yí kàn jiùshì yìliǎng gè xiǎoshí

→ 我现在睡前半小时就不看手机了，睡眠明显好多了。 wǒ xiànzài shuì qián bàn xiǎoshí jiù bú kàn shǒujī le shuìmián míngxiǎn hǎo duō le

read aloud 95 seconds

我们常常抱怨时间不够用。早上匆匆忙忙地出门，中午随便吃几口饭，晚上回到家，已经累得什么都不想做。可是，这样过完的一天，我们往往什么也记不住。其实，生活就像音乐一样，需要节奏，有快也有慢。累了，就停下来，喝一杯茶，看一眼窗外的天空；到了该睡觉的时候，就放下手机，让自己好好休息。学会调节生活的节奏，我们才能真正感受到每一天的酸甜苦辣。 wǒmen chángcháng bàoyuàn shíjiān búgòu yòng zǎoshang cōngcōng máng máng de chūmén zhōngwǔ suíbiàn chī jǐ kǒu fàn wǎnshang huí dào jiā yǐjīng lèi de shénme dōu bù xiǎng zuò kěshì zhèyàng guò wán de yì tiān wǒmen wǎngwǎng shénme yě jì bu zhù qíshí shēnghuó jiù xiàng yīnyuè yíyàng xūyào jiézòu yǒu kuài yě yǒu màn lèi le jiù tíng xialai hē yì bēi chá kàn yì yǎn chuāng wài de tiānkōng dào le gāi shuìjiào de shíhou jiù fàng xià shǒujī ràng zìjǐ hǎohǎo xiūxi xuéhuì tiáojié shēnghuó de jiézòu wǒmen cáinéng zhēnzhèng gǎnshòu dào měi yì tiān de suān tián kǔ là

words to watch

睡觉 shuìjiào · 调节 tiáojié · 累得 lèi de · 一天 yì tiān

talk 120 seconds

Why are more and more young people in the habit of staying up late? Give two reasons with evidence and examples, and a conclusion. Talk for two minutes.

为什么越来越多的年轻人习惯熬夜？ wèi shénme yuè lái yuè duō de niánqīng rén xíguàn áoyè

原因主要有两个。 yuányīn zhǔyào yǒu liǎng gè

据调查，…… jù diàochá

从……来看，…… cóng lái kàn

由于……，因此…… yóuyú yīncǐ

model answer

我觉得年轻人越来越习惯熬夜，原因主要有两个。 wǒ juéde niánqīng rén yuè lái yuè xíguàn áoyè yuányīn zhǔyào yǒu liǎng gè

据调查，现在十个年轻人里面，差不多有六个常常凌晨以后才睡觉，而且这个数字还在上升，这种现象已经十分普遍。 jù diàochá xiànzài shí gè niánqīng rén lǐmiàn chàbuduō yǒu liù gè chángcháng língchén yǐhòu cái shuìjiào érqiě zhège shùzì hái zài shàngshēng zhè zhǒng xiànxiàng yǐjīng shífēn pǔbiàn

第一，从工作时间来看，很多年轻人下班很晚，回到家已经九点、十点了。 dì yī cóng gōngzuò shíjiān lái kàn hěn duō niánqīng rén xiàbān hěn wǎn huí dào jiā yǐjīng jiǔ diǎn shí diǎn le

对他们来说，只有深夜的几个小时才真正属于自己，所以舍不得早睡。 duì tāmen lái shuō zhǐyǒu shēnyè de jǐ gè xiǎoshí cái zhēnzhèng shǔyú zìjǐ suǒyǐ shěbude zǎo shuì

举例来说，我的朋友小明在电脑公司上班，经常加班，他说晚上玩一会儿手机，是一天里最放松的时候。 jǔlì lái shuō wǒ de péngyou Xiǎomíng zài diànnǎo gōngsī shàngbān jīngcháng jiābān tā shuō wǎnshang wán yíhuìr shǒujī shì yì tiān lǐ zuì fàngsōng de shíhou

第二，由于手机和网络越来越发达，因此睡前能做的事情也越来越多。 dì èr yóuyú shǒujī hé wǎngluò yuè lái yuè fādá yīncǐ shuì qián néng zuò de shìqing yě yuè lái yuè duō

睡前的娱乐包括短视频、游戏、聊天，一个接一个，人很容易就停不下来。 shuì qián de yúlè bāokuò duǎn shìpín yóuxì liáotiān yí gè jiē yí gè rén hěn róngyì jiù tíng bu xialai

然而，长期熬夜会导致疲劳，还可能引起别的健康问题，白天的状态也会受到影响。 ránér chángqī áoyè huì dǎozhì píláo hái kěnéng yǐnqǐ biéde jiànkāng wèntí báitiān de zhuàngtài yě huì shòudào yǐngxiǎng

我自己的习惯是十一点放下手机，这样第二天上课和实习的时候都比较清醒。 wǒ zìjǐ de xíguàn shì shíyī diǎn fàng xià shǒujī zhèyàng dì èr tiān shàngkè hé shíxí de shíhou dōu bǐjiào qīngxǐng

总之，熬夜的原因既有工作的压力，也有手机的影响，要改变这个习惯，需要我们主动调节。 zǒngzhī áoyè de yuányīn jì yǒu gōngzuò de yālì yě yǒu shǒujī de yǐngxiǎng yào gǎibiàn zhège xíguàn xūyào wǒmen zhǔdòng tiáojié

I think there are two main reasons why young people are more and more used to staying up late. According to surveys, nearly six out of ten young people now often go to bed after midnight, and the number is still rising; it has become very common. First, judging by working hours, many young people finish work late and get home at nine or ten. For them, only the few hours late at night really belong to them, so they can't bear to go to bed early. My friend Xiaoming, for example, works at a computer company and often does overtime; he says playing on his phone at night is the most relaxing part of his day. Second, because phones and the internet are so developed, there is more and more to do before bed. Bedtime entertainment includes short videos, games and chats, one after another: it's very easy to keep going. However, staying up late for a long time leads to exhaustion, may cause other health problems, and affects how you feel during the day. My own habit is to put my phone down at eleven, so I'm fairly alert in class and at my internship the next day. In short, people stay up late both because of work pressure and because of their phones, and changing the habit takes a deliberate effort.

good to know · 睡觉 is shuìjiào, but 觉得 is juéde: the same character 觉, two readings. Both come up today. Explainers end with advice. Here it is the number: an alarm for twenty minutes. Numbers are key points. The read-aloud now hides pinyin. Read it silently first and mark the words you are unsure of; open the pinyin only for those.

Two minutes on a trend, with evidence and an angle. Your answers now sound like someone who has read about the subject.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 12 moving more

Weigh two views for two minutes: question one with 未必, keep two ideas apart with X归X，Y归Y and come down on a side; retell a story about a slow marathon and read a short argument aloud.

The two-views question comes back with sharper tools. 未必 (not necessarily) lets you doubt a view politely, and X归X，Y归Y shows two things can both be true.

words to say

word	pinyin	meaning	example
强度	qiángdù	intensity, strength	这份工作的强度太大了。 This job is far too demanding.
适度	shìdù	moderate	适度运动对身体有好处。 Moderate exercise is good for you.
过度	guòdù	excessive, over-	过度工作对身体不好。 Overwork is bad for your health.
剧烈	jùliè	intense, violent (pain, exercise)	吃饭以后不要做剧烈运动。 Don't do hard exercise right after a meal.
肌肉	jīròu	muscle	跑完步以后，腿上的肌肉很疼。 After the run, my leg muscles ache.
训练	xùnliàn	to train; training	运动员们每天训练六个小时。 The athletes train six hours a day.
姿势	zīshì	posture, position	你看书的姿势不对，对眼睛不好。 You're reading in the wrong position. It's bad for your eyes.
结实	jiēshi	sturdy, solid; strong (body)	这张桌子很结实。 This table is very sturdy.
动力	dònglì	motivation, driving force	家人的支持是我最大的动力。 My family's support is what drives me most.
健身	jiànshēn	to work out, keep fit	我每周健身三次。 I work out three times a week.

pattern 未必 · x归x，y归y: doubt a view, keep two things apart

这种看法未必…… | 因为…… | ……归……，……归…… | 我比较同意…… | 所以我认为……

未必 means “not necessarily”. It is softer than 不: 这种看法未必对 doubts a view without calling it wrong. X归X，Y归Y (“X is X, Y is Y”) keeps two things apart: 坚持归坚持，开心归开心 says they are separate questions, so you can grant one and still argue for the other.

运动时间长，效果未必好。 **yùndòng shíjiān cháng xiàoguǒ wèibì hǎo** Exercising for longer doesn’t necessarily work better.

这种看法未必对，因为每个人的身体情况不一样。 **zhè zhǒng kànfǎ wèibì duì yīnwèi měi gè rén de shēntǐ qíngkuàng bù yíyàng** That view isn’t necessarily right, because everyone’s body is different.

坚持归坚持，开心归开心，两件事并不矛盾。 **jiānchí guī jiānchí kāixīn guī kāixīn liǎng jiàn shì bìng bù máodùn** Sticking with it is one thing and enjoying it is another; the two don’t clash.

工作归工作，休息归休息，周末我一定去游泳。 **gōngzuò guī gōngzuò xiūxi guī xiūxi zhōumò wǒ yídìng qù yóuyǒng** Work is work and rest is rest: at the weekend I always go swimming.

dialogue dancing or the gym?

xiaoming 奶奶，您天天来公园跳舞，强度太低了，算不上真正的锻炼。
nǎinai nín tiān tiān lái gōngyuán tiào wǔ qiángdù tài dī le suàn bu shàng zhēnzhèng de duànliàn · Grandma, you dance in the park every day, but it’s far too gentle. It doesn’t really count as exercise.

grandma 谁说的？我跳了十几年，身体比很多年轻人还结实，这就是证据。
shéi shuō de wǒ tiào le shí jǐ nián shēntǐ bǐ hěn duō niánqīng rén hái jiēshi zhè jiùshì zhèngjù · Says who? I’ve been dancing for more than ten years, and I’m fitter than lots of young people. That’s the proof.

xiaoming 可是健身的书上都强调，运动要出汗、要有强度，才能达到效果。
kěshì jiànshēn de shū shàng dōu qiángdiào yùndòng yào chū hàn yào yǒu qiángdù cáinéng dádào xiàoguǒ · But the fitness books all stress that exercise has to make you sweat and be intense to get results.

grandma 书上说的未必适合每个人。我这个年纪，运动到稍微出一点儿汗的程度就够了，开心最重要。
shū shàng shuō de wèibì shìhé měi gè rén wǒ zhège niánjì yùndòng dào shāowēi chū yìdiǎnr hàn de chéngdù jiù gòu le kāixīn zuì zhòngyào · What books say doesn’t necessarily suit everyone. At my age, exercising until I sweat a little is enough; enjoying it is what matters most.

xiaoming 开心归开心，效果归效果。我去健身房，就是为了练肌肉。
kāixīn guī kāixīn xiàoguǒ guī xiàoguǒ wǒ qù jiànshēnfáng jiùshì wèile liàn jīròu · Enjoying it is one thing, results are another. I go to the gym to build muscle.

grandma 那你说说，你这个月去了几次？
nà nǐ shuō shuo nǐ zhège yuè qù le jǐ cì · So tell me: how many times have you been this month?

xiaoming ……三次。工作太忙了，实在没有动力。
sān cì gōngzuò tài máng le shízài méiyǒu dònglì · …Three. Work’s too busy; I just can’t get motivated.

grandma 你看，不开心的运动，你根本坚持不下去。
nǐ kàn bù kāixīn de yùndòng nǐ gēnběn jiānchí bu xiaqu · See? Exercise you don’t enjoy, you just can’t keep up.

repeat listen, then say it back

运动的强度越大，效果未必越好，适度才是最重要的。 yùndòng de qiángdù yuè dà xiàoguǒ wèibì yuè hǎo shìdù cái shì zuì zhòngyào de Harder exercise doesn't necessarily work better: moderation is what matters most.

坚持归坚持，开心归开心，这两件事其实并不矛盾。 jiānchí guī jiānchí kāixīn guī kāixīn zhè liǎng jiàn shì qíshí bìng bù máodùn Sticking with it is one thing and enjoying it another; the two don't really clash.

过度训练不但没有什么好处，反而容易让肌肉受伤。 guòdù xùnliàn búdàn méiyǒu shénme hǎochù fǎnér róngyì ràng jīròu shòushāng Overtraining does no good at all; it actually makes muscle injuries more likely.

我每周至少游泳两次，游完以后整个人都特别有精神。 wǒ měi zhōu zhìshǎo yóuyǒng liǎng cì yóu wán yǐhòu zhěnggè rén dōu tèbié yǒu jīngshen I swim at least twice a week, and afterwards I feel full of energy.

reply answer out loud

学校该不该每天都有体育课？ xuéxiào gāi bu gāi měi tiān dōu yǒu tǐyù kè Should schools have PE every day?

→ 我认为应该。 wǒ rènwéi yīnggāi

→ 学生每天坐七八个小时，总体来说运动太少了。 xuéshēng měi tiān zuò qībā gè xiǎoshí zǒngtǐ lái shuō yùndòng tài shǎo le

→ 而且运动以后，上课的注意力也会更集中。 érqiě yùndòng yǐhòu shàngkè de zhùyì lì yě huì gèng jízhōng

你喜欢一个人运动，还是跟别人一起？ nǐ xǐhuan yí gè rén yùndòng háishi gēn biérén yìqǐ Do you prefer exercising alone or with other people?

→ 我更喜欢一个人运动，比如游泳。 wǒ gèng xǐhuan yí gè rén yùndòng bǐrú yóuyǒng

→ 游泳的时候只有水的声音，我可以安静地想很多事情。 yóuyǒng de shíhou zhǐyǒu shuǐ de shēngyīn wǒ kěyǐ ānjìng de xiǎng hěn duō shìqing

→ 不过偶尔参加集体活动，比如跟朋友一起去爬山，也格外开心。 búguò ǒuěr cānjiā jítǐ huódòng bǐrú gēn péngyou yìqǐ qù pá shān yě géwài kāixīn

如果工作太忙，没时间运动，怎么办？ rúguǒ gōngzuò tài máng méi shíjiān yùndòng zěnme bàn If you're too busy at work to exercise, what can you do?

→ 那就把运动放进生活里。 nà jiù bǎ yùndòng fàng jìn shēnghuó lǐ

→ 比如少坐一站地铁，走路回家；或者不坐电梯，走楼梯。 bǐrú shǎo zuò yí zhàn dìtiě zǒulù huí jiā huòzhě bú zuò diàntī zǒu lóutī

→ 哪怕每天只有十几分钟，也绝对比完全不动好。 nǎpà měi tiān zhǐyǒu shí jǐ fēnzhōng yě juéduì bǐ wánquán bu dòng hǎo

read aloud 95 seconds

很多人一说到运动，就想到办健身卡、买运动服、制订一个大计划，可是往往坚持不到一个月就放弃了。其实，运动的效果不在于一次练得多累，而在于能不能坚持。高强度的训练如果一个月只做一次，未必比每天散步半小时更有益。适度的运动，比如爬几层楼梯、骑车上班，看起来很普通，时间久了，身体却会变得越来越结实。人们常说，生命在于运动。与其把运动当成任务，不如把它变成生活的一部分。 hěn duō rén yì shuō dào yùndòng jiù xiǎng dào bàn jiànshēn kǎ mǎi yùndòng fú zhìdìng yí gè dà jìhuà kěshì wǎngwǎng jiānchí bu dào yí gè yuè jiù fàngqì le qíshí yùndòng de xiàoguǒ bú zàiyú yí cì liàn de duō lèi ér zàiyú néng bu néng jiānchí gāo qiángdù de xùnliàn rúguǒ yí gè yuè zhǐ zuò yí cì wèibì bǐ měi tiān sànbù bàn xiǎoshí gèng yǒuyì shìdù de yùndòng bǐrú pá jǐ céng lóutī qí chē shàngbān kàn qǐlai hěn pǔtōng shíjiān jiǔ le shēntǐ què huì biàn de yuè lái yuè jiēshi rénmen cháng shuō shēngmìng zàiyú yùndòng yǔqí bǎ yùndòng dàngchéng rènwu bùrú bǎ tā biànchéng shēnghuó de yí bùfen

words to watch

结实 jiēshi · 强度 qiángdù · 一部分 yí bùfen · 当成 dàngchéng

talk 120 seconds

Some say the key to exercise is sticking with it; others say it is enjoying it. What do you think? Weigh both views and give yours. Talk for two minutes.

有人认为运动最重要的是坚持，也有人认为最重要的是让自己开心。你怎么看？ yǒu rén rènwéi yùndòng zuì zhòngyào de shì jiānchí yě yǒu rén rènwéi zuì zhòngyào de shì ràng zìjǐ kāixīn nǐ zěnme kàn

这种看法未必…… zhè zhǒng kànfǎ wèibì

……归……，……归…… guī guī

我比较同意…… wǒ bǐjiào tóngyì

所以我认为…… suǒyǐ wǒ rènwéi

model answer

关于运动，有人认为最重要的是坚持，也有人认为最重要的是让自己开心。 guānyú yùndòng yǒu rén rènwéi zuì zhòngyào de shì jiānchí yě yǒu rén rènwéi zuì zhòngyào de shì ràng zìjǐ kāixīn

在我看来，这两种看法都有道理，不过我比较同意第二种。 zài wǒ kànlái zhè liǎng zhǒng kànfǎ dōu yǒu dàolǐ búguò wǒ bǐjiào tóngyì dì èr zhǒng

第一种看法强调坚持，这当然没错，因为运动的效果需要时间才能看到。 dì yī zhǒng kànfǎ qiángdiào jiānchí zhè dāngrán méi cuò yīnwèi yùndòng de xiàoguǒ xūyào shíjiān cáinéng kàn dào

但是只靠逼自己，未必能坚持得下去。 dànshì zhǐ kào bī zìjǐ wèibì néng jiānchí de xiaqu

很多人办了健身卡，每天逼自己进行过于剧烈的训练，结果不到一个月就放弃了，因为他们根本不喜欢那种运动。 hěn duō rén bàn le jiànshēn kǎ měi tiān bī zìjǐ jìnxíng guòyú jùliè de xùnliàn jiéguǒ bú dào yí gè yuè jiù fàngqì le yīnwèi tāmen gēnběn bù xǐhuan nà zhǒng yùndòng

相反，如果一项运动让你开心，你就会主动想去，坚持也就不难了。 xiāngfǎn rúguǒ yí xiàng yùndòng ràng nǐ kāixīn nǐ jiù huì zhǔdòng xiǎng qù jiānchí yě jiù bù nán le

拿我自己来说，我每周至少游泳两次，从来不觉得是负担，反而觉得是一种放松。 ná wǒ zìjǐ lái shuō wǒ měi zhōu zhìshǎo yóuyǒng liǎng cì cónglái bù juéde shì fùdān fǎnér juéde shì yì zhǒng fàngsōng

当然，开心归开心，坚持归坚持，两者并不矛盾。 dāngrán kāixīn guī kāixīn jiānchí guī jiānchí liǎng zhě bìng bù máodùn

只有选择自己喜欢的运动，才更容易养成习惯。 zhǐyǒu xuǎnzé zìjǐ xǐhuan de yùndòng cái gèng róngyì yǎngchéng xíguàn

所以我认为，开心是坚持的前提，找到一项自己喜欢的运动，比什么都重要。 suǒyǐ wǒ rènwéi kāixīn shì jiānchí de qiántí zhǎo dào yí xiàng zìjǐ xǐhuan de yùndòng bǐ shénme dōu zhòngyào

When it comes to exercise, some say what matters most is sticking with it, and others say it's enjoying it. In my view both have a point, but I lean towards the second. The first view stresses persistence, which is fair enough, because exercise takes time to show results. But forcing yourself doesn't necessarily keep you going. Lots of people buy a gym card and force themselves through overly hard training every day, then give up within a month, because they simply don't like that kind of exercise. On the other hand, if a sport makes you happy, you want to go, and keeping it up stops being hard. Take me: I swim at least twice a week, and it never feels like a burden; it feels like relaxing. Of course, enjoying it and sticking with it are separate things, and they don't clash. But only when you choose exercise you like is it easy to make it a habit. So I think enjoyment is what makes persistence possible: finding a sport you love matters more than anything.

good to know · 结实 is jiēshi, with a light second syllable: not jiéshí. It is today's trickiest word to read aloud. 未必 doubts; 不 denies. 这种看法未必对 sounds fair-minded; 这种看法不对 sounds like a fight. In the story retell, the ending is the volunteers waiting. If you drop it, the point disappears.

You doubted a view without dismissing it and kept two ideas apart. That is the voice of a careful speaker, and examiners hear it.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 13 what we eat

Weigh the good and bad sides of a habit with 好处是……坏处在于……, turn a point around with 不但不……反而……, draw a result with ……因而……, and retell a short anecdote with a punchline.

"What are the pros and cons of …?" is one of the commonest part-3 questions, and 不但不……反而…… is the neatest way to show that a "good" habit can backfire.

words to say

word	pinyin	meaning	example
营养	yíngyǎng	nutrition	牛奶和鸡蛋都很有营养。 Milk and eggs are both very nutritious.
饮食	yǐnshí	food and drink, diet	医生说他得{dei3}注意饮食，少吃油的。 The doctor says he must watch his diet and eat less greasy food.
热量	rèliàng	calories; heat	这种点心很好吃，可是热量太高了。 These snacks are tasty, but they're far too high in calories.
便利	biànlì	convenient	小区旁边就有地铁站，交通非常便利。 There's a metro station right by the estate, so getting around is very easy.
依赖	yīlài	to depend on	现在很多人太依赖手机了。 These days lots of people depend too much on their phones.
包装	bāozhuāng	packaging; to package	这个礼物的包装太漂亮了，我都不想打开。 The wrapping on this present is so pretty I don't want to open it.
一次性	yīcìxìng	disposable; one-off	为了保护环境，我很少用一次性的筷子。 To protect the environment, I rarely use disposable chopsticks.
节省	jiéshěng	to save, economise	自己做饭可以节省很多钱。 Cooking for yourself saves a lot of money.
消费	xiāofèi	to consume, spend; spending	年轻人的消费习惯和老人很不一样。 Young people's spending habits are very different from older people's.
口味	kǒuwèi	taste, flavour; personal taste	这家{=(measure word)}店的菜很适合我的口味。 The food here is just to my taste.

pattern 不但不……，反而…… (not only not…, but instead) and ……，因而…… (and therefore)

A **不但不** **expected result** **，反而** **the opposite** **·cause，** **因而** **result**

不但不 X，反而 Y says the opposite of what you'd expect happened: you hoped for X, you got Y. 因而 ("and therefore") joins a cause to its result in the same sentence, a little more formal than 所以. Both make a pros-and-cons answer sound thought through.

点外卖不但不省钱，反而花得更多。 **diǎn wàimài búdàn bù shěng qián fǎnér huā de gèng duō** Ordering takeaway doesn't save money; you actually spend more.

少放一点儿盐不但不影响口味，反而让菜更香。 **shǎo fàng yìdiǎnr yán búdàn bù yǐngxiǎng kǒuwèi fǎnér ràng cài gèng xiāng** Using a bit less salt doesn't spoil the taste; it makes the dish smell even better.

很多外卖油多、盐多，因而热量很高。 **hěn duō wàimài yóu duō yán duō yīnér rèliàng hěn gāo** A lot of takeaway food is oily and salty, and therefore high in calories.

他每天都很忙，因而越来越依赖外卖。 **tā měi tiān dōu hěn máng yīnér yuè lái yuè yīlài wàimài** He is busy every day, and so he relies more and more on takeaway.

dialogue takeaway again

anna 你又在吃外卖？这个星期已经是第五次了吧？
nǐ yòu zài chī wàimài zhège xīngqī yǐjīng shì dì wǔ cì le ba · Takeaway again? That's the fifth time this week, isn't it?

xiaoming 外卖多便利啊！手机上点一下，半个小时就送到了。
wàimài duō biànlì a shǒujī shàng diǎn yíxià bàn gè xiǎoshí jiù sòng dào le · Takeaway is so convenient! One tap on the phone and it's here in half an hour.

anna 便利是便利，可是油那么多，营养根本不够。
biànlì shì biànlì kěshì yóu nàme duō yíngyǎng gēnběn búgòu · Convenient, sure, but it's so oily: it's nowhere near nutritious enough.

xiaoming 我每天加班到八九点，哪有时间自己做饭？
wǒ měi tiān jiābān dào bājiǔ diǎn nǎ yǒu shíjiān zìjǐ zuòfàn · I work until eight or nine every night. When would I have time to cook?

anna 做饭不一定要花很长时间。我周末做好几个菜放在冰箱里，一个星期都够吃。
zuòfàn bù yídìng yào huā hěn cháng shíjiān wǒ zhōumò zuò hǎo jǐ gè cài fàng zài bīngxiāng lǐ yí gè xīngqī dōu gòu chī · Cooking doesn't have to take long. At the weekend I make a few dishes and put them in the fridge: enough for the whole week.

xiaoming 可是外卖的口味多，每天都能换。你做的菜一吃就是一个星期，不会觉得没意思吗？
kěshì wàimài de kǒuwèi duō měi tiān dōu néng huàn nǐ zuò de cài yì chī jiùshì yí gè xīngqī bú huì juéde méi yìsi ma · But takeaway has every flavour, and you can change every day. Don't you get bored eating the same cooking all week?

anna 不会。而且我算过，这样不但不浪费时间，反而省了不少钱。
bú huì érqiě wǒ suàn guo zhèyàng búdàn bú làngfèi shíjiān fǎnér shěng le bù shǎo qián · No. And I've worked it out: it doesn't waste time, and it actually saves me a lot of money.

xiaoming 好吧，那你这个周末教我做两个简单的菜，我试试。
hǎo ba nà nǐ zhège zhōumò jiāo wǒ zuò liǎng gè jiǎndān de cài wǒ shì shi · All right, teach me two simple dishes this weekend and I'll give it a go.

repeat listen, then say it back

外卖虽然又快又便利，但是天天吃对身体不一定好。 wàimài suīrán yòu kuài yòu biànlì dànshì tiān tiān chī duì shēntǐ bù yídìng hǎo Takeaway may be quick and convenient, but eating it every day isn't necessarily good for you.

很多外卖油多盐多，热量很高，营养却往往不够平衡。 hěn duō wàimài yóu duō yán duō rèliàng hěn gāo yíngyǎng què wǎngwǎng búgòu pínghéng A lot of takeaway is oily and salty: high in calories, but often not nutritionally balanced.

吃饭吃得太快不但不节省时间，反而让人吃得更多。 chī fàn chī de tài kuài búdàn bù jiéshěng shíjiān fǎnér ràng rén chī de gèng duō Eating too fast doesn't save time; it actually makes people eat more.

自己做饭可以选择口味，也可以少用一次性包装。 zìjǐ zuòfàn kěyǐ xuǎnzé kǒuwèi yě kěyǐ shǎo yòng yícìxìng bāozhuāng Cooking for yourself lets you choose the flavours, and you use less disposable packaging.

reply answer out loud

为什么很多人特别喜欢吃甜的东西？ wèi shénme hěn duō rén tèbié xǐhuan chī tián de dōngxi Why do so many people love sweet things?

→ 我觉得主要是因为甜的东西让人心情好。 wǒ juéde zhǔyào shì yīnwèi tián de dōngxi ràng rén xīnqíng hǎo

→ 比如我考试压力大的时候，吃一块巧克力就会觉得轻松一点儿。 bǐrú wǒ kǎoshì yālì dà de shíhou chī yí kuài qiǎokèlì jiù huì juéde qīngsōng yìdiǎnr

→ 不过，吃多了热量太高，对身体不好。 búguò chī duō le rèliàng tài gāo duì shēntǐ bù hǎo

你怎么看一次性包装？ nǐ zěnme kàn yícìxìng bāozhuāng What do you think of disposable packaging?

→ 我觉得一次性包装虽然方便，但是太浪费了。 wǒ juéde yícìxìng bāozhuāng suīrán fāngbiàn dànshì tài làngfèi le

→ 一份外卖常常有三四个盒子，吃完就全扔了。 yí fèn wàimài chángcháng yǒu sānsì gè hézi chī wán jiù quán rēng le

→ 我觉得应该提倡大家自己带袋子、带饭盒。 wǒ juéde yīnggāi tíchàng dàjiā zìjǐ dài dàizi dài fàn hé

学校食堂该不该少放盐和油？ xuéxiào shítáng gāi bu gāi shǎo fàng yán hé yóu Should school canteens use less salt and oil?

→ 我认为应该。 wǒ rènwéi yīnggāi

→ 学生正在长身体，饮食健康特别重要。 xuéshēng zhèngzài zhǎng shēntǐ yǐnshí jiànkāng tèbié zhòngyào

→ 而且口味稍微清淡一点儿，吃习惯了也会觉得很好吃。 érqiě kǒuwèi shāowēi qīngdàn yìdiǎnr chī xíguàn le yě huì juéde hěn hǎochī

read aloud 95 seconds

众所周知，吃饭太快对身体不好，可是很多人还是做不到慢慢吃。为什么吃得快就容易吃多呢？原因在于，大脑大约需要二十分钟，才能收到“已经吃饱了”的信号。如果十分钟就吃完一顿饭，大脑还来不及反应，我们就觉得自己没吃饱。因此，外卖再便利，也最好放下手机，每一口都慢一点儿，好好感受食物的口味。这样不但不浪费时间，反而让人吃得更少、更舒服。 zhòngsuǒzhōuzhī chī fàn tài kuài duì shēntǐ bù hǎo kěshì hěn duō rén háishi zuò bu dào màn màn chī wèi shénme chī de kuài jiù róngyì chī duō ne yuányīn zàiyú dànǎo dàyuē xūyào èrshí fēnzhōng cáinéng shōudào yǐjīng chī bǎo le de xìnhào rúguǒ shí fēnzhōng jiù chī wán yí dùn fàn dànǎo hái láibují fǎnyìng wǒmen jiù juéde zìjǐ méi chī bǎo yīncǐ wàimài zài biànlì yě zuìhǎo fàng xià shǒujī měi yì kǒu dōu màn yìdiǎnr hǎohǎo gǎnshòu shíwù de kǒuwèi zhèyàng búdàn bú làngfèi shíjiān fǎnér ràng rén chī de gèng shǎo gèng shūfu

words to watch

便利 biànlì · 一顿 yí dùn · 不但 búdàn · 觉得 juéde

talk 120 seconds

What are the advantages and disadvantages of often ordering takeaway food? Talk for two minutes.

经常点外卖有什么好处和坏处？ jīngcháng diǎn wàimài yǒu shénme hǎochù hé huàichù

好处是……，坏处在于…… hǎochù shì huàichù zàiyú

不但不……，反而…… búdàn bù fǎnér

……，因而…… yīnér

总的来说，…… zǒng de lái shuō

model answer

我觉得经常点外卖有好处，也有不少坏处。 wǒ juéde jīngcháng diǎn wàimài yǒu hǎochù yě yǒu bù shǎo huàichù

好处是非常便利，能节省很多时间。 hǎochù shì fēicháng biànlì néng jiéshěng hěn duō shíjiān

比如我去公司实习的那三天，下班回到家已经八点多了，用手机点个外卖，半个小时就送到了。 bǐrú wǒ qù gōngsī shíxí de nà sān tiān xiàbān huí dào jiā yǐjīng bā diǎn duō le yòng shǒujī diǎn gè wàimài bàn gè xiǎoshí jiù sòng dào le

另外，外卖的选择特别多，各种口味都有，一个人住也能吃得很丰富。 lìngwài wàimài de xuǎnzé tèbié duō gèzhǒng kǒuwèi dōu yǒu yí gè rén zhù yě néng chī de hěn fēngfù

坏处在于营养往往不够平衡，只有少数外卖做得比较健康。 huàichù zàiyú yíngyǎng wǎngwǎng búgòu pínghéng zhǐyǒu shǎoshù wàimài zuò de bǐjiào jiànkāng

很多外卖油多、盐多，热量也高，要是天天吃，身体肯定受不了。 hěn duō wàimài yóu duō yán duō rèliàng yě gāo yàoshi tiān tiān chī shēntǐ kěndìng shòubuliǎo

还有，每份外卖都用一次性包装，一顿饭就要扔掉好几个盒子，因而产生了大量的垃圾。 hái yǒu měi fèn wàimài dōu yòng yícìxìng bāozhuāng yí dùn fàn jiù yào rēng diào hǎo jǐ gè hézi yīnér chǎnshēng le dàliàng de lājī

而且，人越点越依赖外卖，慢慢地就不想自己做饭了。 érqiě rén yuè diǎn yuè yīlài wàimài màn màn de jiù bù xiǎng zìjǐ zuòfàn le

我以前一个星期点五六次，后来才发现，跟自己做饭相比，这样不但不省钱，反而让我的消费高了很多。 wǒ yǐqián yí gè xīngqī diǎn wǔliù cì hòulái cái fāxiàn gēn zìjǐ zuòfàn xiāngbǐ zhèyàng búdàn bù shěng qián fǎnér ràng wǒ de xiāofèi gāo le hěn duō

现在我周末自己做几个菜，带到公司中午吃。 xiànzài wǒ zhōumò zìjǐ zuò jǐ gè cài dài dào gōngsī zhōngwǔ chī

总的来说，外卖可以偶尔吃，但最好不要让它代替自己做饭。 zǒng de lái shuō wàimài kěyǐ ǒuěr chī dàn zuìhǎo búyào ràng tā dàitì zìjǐ zuòfàn

I think ordering takeaway often has advantages, but quite a few disadvantages too. The advantage is that it's very convenient and saves a lot of time. On the three days I'm at my internship, for example, I get home after eight, order on my phone, and the food arrives in half an hour. Also, there's a huge choice, every flavour you like, so even living alone you can eat a varied diet. The disadvantage is that it often isn't nutritionally balanced; only a few takeaways are fairly healthy. A lot of takeaway is oily and salty and high in calories: eat it every day and your body won't cope. What's more, every order comes in disposable packaging, so one meal means throwing away several boxes, and that creates a lot of rubbish. And the more you order, the more you rely on it, until you don't feel like cooking at all. I used to order five or six times a week, and then I realised that, compared with cooking, it didn't save money: it actually made me spend a lot more. Now I cook a few dishes at the weekend and take them to the office for lunch. Overall, takeaway is fine now and then, but it's best not to let it replace cooking for yourself.

good to know · A pros-and-cons answer is easy to organise: one sentence of view, then 好处是…… with an example, 坏处在于…… with an example, and 总的来说…… to close. 不但不 needs a negative idea in the first half: 不但不省钱，反而花得更多. With a positive first half, use 不但……而且…… instead. 便利 is biànlì, but 便宜 is piányi: the same character, two readings.

That's a two-sided answer done: a view, both sides with examples, and a conclusion. Same time tomorrow.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 14 under pressure

Argue whether you should do something with 我认为应该……, set a condition with 除非……，否则……, insist with 哪怕……也……, and retell a short explainer about worry and sleep.

Should-or-shouldn't questions want a clear yes or no and the conditions around it: 除非……否则…… and 哪怕……也…… are exactly those conditions.

words to say

word	pinyin	meaning	example
情绪	qíngxù	mood, emotions	他最近情绪不太好。 He's been in a low mood lately.
心理	xīnlǐ	psychology; the mind	运动对心理健康也有好处。 Exercise is good for your mental health too.
承受	chéngshòu	to bear, endure	他承受了很大的压力。 He's been under enormous pressure.
消极	xiāojí	negative, passive	别总是这么消极，事情没那么糟。 Don't be so negative. Things aren't that bad.
乐观	lèguān	optimistic	她是一个很乐观的人。 She's a very optimistic person.
不安	bùān	uneasy, worried	他一直没回消息，我心里{==有点==}不安。 He still hasn't replied, and I feel a bit uneasy.
调整	tiáozhěng	to adjust	我们需要调整一下时间。 We need to adjust the timing a bit.
焦虑	jiāolǜ	anxious	考试前，很多学生都会感到焦虑。 Lots of students feel anxious before exams.
缓解	huǎnjiě	to ease, relieve	散步可以缓解压力。 Going for a walk can relieve stress.
担忧	dānyōu	to worry, be concerned	父母总是担忧孩子的健康。 Parents always worry about their children's health.

pattern 除非……，否则…… (unless…, otherwise…) and 哪怕……也…… (even if)

除非 the only condition ，否则 what happens if not ·哪怕 even this ，也 still true

除非 X，否则 Y: only X can stop Y from happening (“unless X, Y”). 哪怕 X，也 Y: even if X, Y is still true, and X is usually something small or extreme. In a should-or-shouldn’t answer, 除非 gives the exception and 哪怕 shows how strongly you mean it.

除非你按时睡觉，否则身体迟早会出问题。 **chúfēi nǐ ànshí shuìjiào fǒuzé shēntǐ chí zǎo huì chū wèntí** Unless you go to bed on time, sooner or later your health will suffer.

除非项目做完，否则他晚上根本睡不着。 **chúfēi xiàngmù zuò wán fǒuzé tā wǎnshang gēnběn shuì bu zháo** Until the project is finished, he can’t sleep at all at night.

哪怕工作再忙，也要留一点儿时间给自己。 **nǎpà gōngzuò zài máng yě yào liú yìdiǎnr shíjiān gěi zìjǐ** However busy work gets, keep a little time for yourself.

哪怕只出去走二十分钟，也能缓解不少压力。 **nǎpà zhǐ chūqù zǒu èrshí fēnzhōng yě néng huǎnjiě bù shǎo yālì** Even a twenty-minute walk outside can take off a lot of pressure.

dialogue take a break?

xiaoming 这个项目下个月就要交了，我每天晚上都睡不好。
zhège xiàngmù xià gè yuè jiù yào jiāo le wǒ měi tiān wǎnshang dōu shuì bu hǎo · This project is due next month, and I’m not sleeping well any night.

anna 你的脸色真的很差。要不请两天假，彻底休息一下？
nǐ de liǎnsè zhēn de hěn chà yàobù qǐng liǎng tiān jià chèdǐ xiūxi yíxià · You really don’t look well. Why not take a couple of days off and have a complete rest?

xiaoming 现在请假？除非项目做完，否则我根本不敢休息。
xiànzài qǐngjià chúfēi xiàngmù zuò wán fǒuzé wǒ gēnběn bù gǎn xiūxi · Take time off now? Until the project’s done I wouldn’t dare rest.

anna 可是你这样下去，身体和心理都会承受不了的。
kěshì nǐ zhèyàng xiàqù shēntǐ hé xīnlǐ dōu huì chéngshòu bu liǎo de · But if you carry on like this, neither your body nor your mind will be able to take it.

xiaoming 大家都这么忙，就我一个人休息，同事会怎么想？
dàjiā dōu zhème máng jiù wǒ yí gè rén xiūxi tóngshì huì zěnme xiǎng · Everyone’s this busy. If I’m the only one who takes a break, what will my colleagues think?

anna 哪怕只休息一个周末，也比一直这样累着强。
nǎpà zhǐ xiūxi yí gè zhōumò yě bǐ yìzhí zhèyàng lèi zhe qiáng · Even one weekend off is better than staying this exhausted.

xiaoming 我还是觉得，把工作做完，焦虑自然就没了。
wǒ háishi juéde bǎ gōngzuò zuò wán jiāolǜ zìrán jiù méi le · I still think that once the work is finished, the anxiety will just go away.

anna 那至少每天晚上出去走二十分钟，好不好？
nà zhìshǎo měi tiān wǎnshang chūqù zǒu èrshí fēnzhōng hǎobù hǎo · Then at least go out for a twenty-minute walk every evening, all right?

repeat listen, then say it back

工作压力太大的时候，人的情绪很容易变得消极。 gōngzuò yālì tài dà de shíhou rén de qíngxù hěn róngyì biàn de xiāojí When work pressure is too high, people's mood easily turns negative.

哪怕每天只运动二十分钟，也能缓解心里的焦虑和不安。 nǎpà měi tiān zhǐ yùndòng èrshí fēnzhōng yě néng huǎnjiě xīnlǐ de jiāolǜ hé bùān Even twenty minutes of exercise a day can ease the anxiety and unease inside you.

除非你学会及时调整自己，否则压力只会越来越大。 chúfēi nǐ xuéhuì jíshí tiáozhěng zìjǐ fǒuzé yālì zhǐ huì yuè lái yuè dà Unless you learn to adjust in time, the pressure will only keep growing.

乐观的人也会担忧，只是他们不让担忧影响生活。 lèguān de rén yě huì dānyōu zhǐshì tāmen bú ràng dānyōu yǐngxiǎng shēnghuó Optimistic people worry too; they just don't let worry run their lives.

reply answer out loud

压力大的时候，你更想运动还是听音乐？ yālì dà de shíhou nǐ gèng xiǎng yùndòng háishi tīng yīnyuè When you're under pressure, would you rather exercise or listen to music?

→ 我更想去运动，特别是游泳。 wǒ gèng xiǎng qù yùndòng tèbié shì yóuyǒng

→ 在水里游上半个小时，脑子里就安静了。 zài shuǐ lǐ yóu shàng bàn gè xiǎoshí nǎozi lǐ jiù ānjìng le

→ 上次考试前我紧张得睡不着，游完泳那天晚上睡得特别好。 shàng cì kǎoshì qián wǒ jǐnzhāng de shuì bu zháo yóu wán yǒng nà tiān wǎnshang shuì de tèbié hǎo

如果你的朋友总是很焦虑，你会怎么做？ rúguǒ nǐ de péngyou zǒngshì hěn jiāolǜ nǐ huì zěnme zuò If a friend of yours was always anxious, what would you do?

→ 我会先听他说，不急着给建议。 wǒ huì xiān tīng tā shuō bù jí zhe gěi jiànyì

→ 很多时候，有人愿意听，焦虑就能缓解一半。 hěn duō shíhou yǒu rén yuànyì tīng jiāolǜ jiù néng huǎnjiě yíbàn

→ 然后我会约他周末一起出去走走。 ránhòu wǒ huì yuē tā zhōumò yìqǐ chūqù zǒu zou

为什么现在的年轻人压力这么大？ wèi shénme xiànzài de niánqīng rén yālì zhème dà Why are young people under so much pressure these days?

→ 我觉得主要是因为竞争太激烈了。 wǒ juéde zhǔyào shì yīnwèi jìngzhēng tài jīliè le

→ 找工作、买房子，每一件事都不容易。 zhǎo gōngzuò mǎi fángzi měi yí jiàn shì dōu bù róngyì

→ 而且大家总在网上跟别人比，心里就更不安了。 érqiě dàjiā zǒng zài wǎngshang gēn biérén bǐ xīnlǐ jiù gèng bùān le

read aloud 95 seconds

有人说，开始是人养成习惯，后来是习惯改变人。这个说法很有道理。一个人每天早起半小时，一年下来，就多出了一百多个小时；一个人遇到困难的时候总是先往好处想，慢慢地就会变得乐观起来。相反，如果总是熬夜、总是抱怨，这些小事也会一点一点地改变我们。所以，与其羡慕别人生活得好，不如从今天开始，调整一个小小的习惯。好习惯不会一下子改变生活，但它会让每一天都比昨天好一点儿。 yǒu rén shuō kāishǐ shì rén yǎngchéng xíguàn hòulái shì xíguàn gǎibiàn rén zhège shuōfǎ hěn yǒu dàolǐ yí gè rén měi tiān zǎo qǐ bàn xiǎoshí yì nián xiàlái jiù duō chū le yìbǎi duō gè xiǎoshí yí gè rén yùdào kùnnan de shíhou zǒngshì xiān wǎng hǎochù xiǎng màn màn de jiù huì biàn de lèguān qǐlai xiāngfǎn rúguǒ zǒngshì áoyè zǒngshì bàoyuàn zhèxiē xiǎo shì yě huì yìdiǎn yìdiǎn de gǎibiàn wǒmen suǒyǐ yǔqí xiànmù biérén shēnghuó de hǎo bùrú cóng jīntiān kāishǐ tiáozhěng yí gè xiǎo xiǎo de xíguàn hǎo xíguàn bú huì yíxià zi gǎibiàn shēnghuó dàn tā huì ràng měi yì tiān dōu bǐ zuótiān hǎo yìdiǎnr

words to watch

乐观 lèguān · 调整 tiáozhěng · 一下子 yíxià zi · 不会 bú huì

talk 120 seconds

When work pressure is very high, should you take time off to rest? Why? Talk for two minutes.

工作压力特别大的时候，该不该请假休息一段时间？为什么？ gōngzuò yālì tèbié dà de shíhou gāi bu gāi qǐngjià xiūxi yí duàn shíjiān wèi shénme

我认为应该……，因为…… wǒ rènwéi yīnggāi yīnwèi

就算……，也…… jiùsuàn yě

除非……，否则…… chúfēi fǒuzé

哪怕……，也…… nǎpà yě

model answer

我认为，工作压力特别大的时候，应该请假休息一段时间。 wǒ rènwéi gōngzuò yālì tèbié dà de shíhou yīnggāi qǐngjià xiūxi yí duàn shíjiān

首先，压力太大，人的情绪会变得很消极，工作效率反而会下降。 shǒuxiān yālì tài dà rén de qíngxù huì biàn de hěn xiāojí gōngzuò xiàolǜ fǎnér huì xiàjiàng

比如上个月，我一边写毕业论文，一边在公司实习，每天都睡不好，做什么都容易出错。 bǐrú shàng gè yuè wǒ yìbiān xiě bìyè lùnwén yìbiān zài gōngsī shíxí měi tiān dōu shuì bu hǎo zuò shénme dōu róngyì chū cuò

后来我请了两天假，去郊区拍了一天照片，心里顿时轻松了很多，回来以后工作也顺利了。 hòulái wǒ qǐng le liǎng tiān jià qù jiāoqū pāi le yì tiān zhàopiàn xīnlǐ dùnshí qīngsōng le hěn duō huílái yǐhòu gōngzuò yě shùnlì le

刘经理后来也说，我休息回来以后，做事又快又仔细。 Liújīnglǐ hòulái yě shuō wǒ xiūxi huilai yǐhòu zuò shì yòu kuài yòu zǐxì

其次，每个人的身体和心理能承受的压力都是有限的。 qícì měi gè rén de shēntǐ hé xīnlǐ néng chéngshòu de yālì dōu shì yǒuxiàn de

如果一直硬撑，就算现在不生病，以后也可能出大问题。 rúguǒ yìzhí yìng chēng jiùsuàn xiànzài bù shēngbìng yǐhòu yě kěnéng chū dà wèntí

当然，请假以前要把手上的工作安排好，不能给同事添麻烦。 dāngrán qǐngjià yǐqián yào bǎ shǒu shàng de gōngzuò ānpái hǎo bù néng gěi tóngshì tiān máfan

除非事情特别紧急，否则休息几天并不会带来任何问题。 chúfēi shìqing tèbié jǐnjí fǒuzé xiūxi jǐ tiān bìng bu huì dài lái rènhé wèntí

哪怕只休息一个周末，也能让人重新找回好的状态。 nǎpà zhǐ xiūxi yí gè zhōumò yě néng ràng rén chóngxīn zhǎo huí hǎo de zhuàngtài

总之，休息不是浪费时间，而是为了以后更好地应对压力，走得更远。 zǒngzhī xiūxi bú shì làngfèi shíjiān ér shì wèile yǐhòu gèng hǎo de yìngduì yālì zǒu de gèng yuǎn

I think that when work pressure is very high, you should take some time off. First, under too much pressure your mood turns negative, and you actually work less efficiently. Last month, for example, I was writing my dissertation and doing my internship at the same time; I slept badly every night and kept making mistakes. Then I took two days off, spent a day in the suburbs taking photos, and at once I felt much lighter; when I came back, work went smoothly again. Ms Liu, my manager, even said afterwards that I was quicker and more careful once I was back. Second, the pressure anyone's body and mind can take is limited. If you just keep forcing yourself on, even if you don't fall ill now, something serious could go wrong later. Of course, before taking leave you should sort out the work in hand so you don't make trouble for your colleagues. Unless something is really urgent, a few days off won't cause any problems. Even a single weekend off can get you back into good shape. In short, rest is not a waste of time: it's how you cope better with pressure and go further later.

good to know · In a should-or-shouldn't answer, a condition makes you sound balanced without sitting on the fence: 我认为应该……，除非…… still gives a clear yes. 哪怕 usually goes with something small or extreme: 哪怕只休息一天, 哪怕再忙. Never leave out the 也 in the second half. 乐观 is lèguān: 乐 is lè here, as in 快乐, not yuè as in 音乐.

Yes or no, the condition and how strongly you mean it: that's a complete should-or-shouldn't answer. Rest well tonight.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 15 mission: xiaoming slows down

Retell a story and an anecdote about health, read an argument aloud, then answer two questions back to back: an experience with its lesson, and your idea of real rest.

The real test asks for two long answers in a row. Doing two today, after two retells and a reading, builds the stamina the test needs.

chapter 1 midnight

ms zhang 都十二点了，你怎么才回来？又加班了？
dōu shíèr diǎn le nǐ zěnme cái huílái yòu jiābān le · It's midnight! Why are you only back now? Overtime again?

xiaoming 项目下个星期就要交了，大家都在加班。
xiàngmù xià gè xīngqī jiù yào jiāo le dàjiā dōu zài jiābān · The project is due next week; everyone's working late.

ms zhang 你这个月天天熬夜，脸色越来越差，还一直咳嗽。
nǐ zhège yuè tiān tiān áoyè liǎnsè yuè lái yuè chà hái yìzhí késou · You've stayed up late every night this month. You look worse and worse, and you keep coughing.

xiaoming 没事，就是有点儿疲劳，早一点儿睡就好了。
méishì jiùshì yǒudiǎnr píláo zǎo yìdiǎnr shuì jiù hǎo le · It's fine, I'm just a bit tired. An early night will sort it out.

ms zhang 你上次也这么说。明天让你爸爸给你看看。
nǐ shàng cì yě zhème shuō míngtiān ràng nǐ bàba gěi nǐ kàn kan · That's what you said last time. Tomorrow your dad is going to take a look at you.

xiaoming 好吧好吧，我明天早上去找他。
hǎo ba hǎo ba wǒ míngtiān zǎoshang qù zhǎo tā · All right, all right. I'll go and see him tomorrow morning.

chapter 2 dr li's diagnosis

dr li 说说你的症状吧。哪儿不舒服?
shuō shuo nǐ de zhèngzhuàng ba nǎr bù shūfu · Tell me your symptoms. Where does it hurt?

xiaoming 头疼，嗓子疼，晚上睡不着，早上又起不来。昨天晚上还有点儿发烧。
tóu téng sǎngzi téng wǎnshang shuì bu zháo zǎoshang yòu qǐ bu lái zuótiān wǎnshang hái yǒudiǎnr fāshāo · Headache, sore throat, I can't sleep at night and can't get up in the morning. Last night I had a bit of a temperature too.

dr li 从这些症状来看，不是什么大病。我的诊断是：太累了，身体的抵抗能力下降了。
cóng zhèxiē zhèngzhuàng lái kàn bú shì shénme dà bìng wǒ de zhěnduàn shì tài lèi le shēntǐ de dǐkàng nénglì xiàjiàng le · Judging by these symptoms, it's nothing serious. My diagnosis: you're worn out, and your body's resistance is down.

xiaoming 那要怎么治疗？吃一点儿药就行了吧?
nà yào zěnme zhìliáo chī yìdiǎnr yào jiù xíng le ba · So how do we treat it? Some medicine will do, right?

dr li 药只能帮你恢复，预防疾病还得靠你自己。两个星期不许加班，十一点以前睡觉。
yào zhǐ néng bāng nǐ huīfù yùfáng jíbìng hái děi kào nǐ zìjǐ liǎng gè xīngqī bùxǔ jiābān shíyī diǎn yǐqián shuìjiào · Medicine only helps you recover; preventing illness is up to you. No overtime for two weeks, and in bed before eleven.

xiaoming 两个星期？项目怎么办?
liǎng gè xīngqī xiàngmù zěnme bàn · Two weeks? What about the project?

dr li 身体要是出了问题，项目也做不好。还有，每个星期至少运动两次。
shēntǐ yàoshi chū le wèntí xiàngmù yě zuò bu hǎo hái yǒu měi gè xīngqī zhìshǎo yùndòng liǎng cì · If your health breaks down, the project won't go well either. And exercise at least twice a week.

chapter 3 three weeks later

anna 今天你游了四十分钟，比第一次多了一倍!
jīntiān nǐ yóu le sìshí fēnzhōng bǐ dì yī cì duō le yí bèi · You swam for forty minutes today: twice as long as the first time!

xiaoming 要不是你每个星期拉我来两次，我早就放弃了。现在我晚上一躺下就睡着了。
yàobúshì nǐ měi gè xīngqī lā wǒ lái liǎng cì wǒ zǎo jiù fàngqì le xiànzài wǒ wǎnshang yì tǎng xià jiù shuì zháo le · If you hadn't dragged me here twice a week, I'd have given up long ago. Now I fall asleep as soon as I lie down.

anna 看你的脸色就知道，身体已经恢复了。项目怎么样了?
kàn nǐ de liǎnsè jiù zhīdào shēntǐ yǐjīng huīfù le xiàngmù zěnmeyàng le · I can tell from your face that you've recovered. How's the project?

xiaoming 说起来很奇怪，我加班少了，想法反而多了。上个星期我提了两个新办法，大家都说好。
shuō qǐlai hěn qíguài wǒ jiābān shǎo le xiǎngfǎ fǎnér duō le shàng gè xīngqī wǒ tí le liǎng gè xīn bànfǎ dàjiā dōu shuō hǎo · It's strange: I work less overtime, but I have more ideas. Last week I suggested two new approaches, and everyone liked them.

anna 这就叫休息好了，脑子才转得快。
zhè jiù jiào xiūxi hǎo le nǎozi cái zhuǎn de kuài · That's what happens: once you're rested, your brain works faster.

xiaoming 下个星期六还来游泳吗？这次我请你喝咖啡。
xià gè xīngqīliù hái lái yóuyǒng ma zhè cì wǒ qǐng nǐ hē kāfēi · Swimming again next Saturday? This time the coffee's on me.

read aloud 95 seconds

很多人年轻的时候用健康换钱，年纪大了又用钱换健康。这其实是一笔很不值得的买卖。预防疾病往往比治疗疾病容易得多，花的钱也少得多。每天睡够七个小时，每个星期运动三次，少吃油，少吃盐，这些事一点儿都不难，却常常被我们忽视。等到身体出了问题再想恢复，就需要很长的时间了。所以说，健康才是一个人最重要的财富。一切都可以重新开始，身体却只有一个。 hěn duō rén niánqīng de shíhou yòng jiànkāng huàn qián niánjì dà le yòu yòng qián huàn jiànkāng zhè qíshí shì yì bǐ hěn bù zhídé de mǎimai yùfáng jíbìng wǎngwǎng bǐ zhìliáo jíbìng róngyì de duō huā de qián yě shǎo de duō měi tiān shuì gòu qī gè xiǎoshí měi gè xīngqī yùndòng sān cì shǎo chī yóu shǎo chī yán zhèxiē shì yìdiǎnr dōu bù nán què chángcháng bèi wǒmen hūshì děngdào shēntǐ chū le wèntí zài xiǎng huīfù jiù xūyào hěn cháng de shíjiān le suǒyǐ shuō jiànkāng cái shì yí gè rén zuì zhòngyào de cáifù yíqiè dōu kěyǐ chóngxīn kāishǐ shēntǐ què zhǐyǒu yí gè

words to watch

重要 zhòngyào · 往往 wǎngwǎng · 一切 yíqiè · 重新 chóngxīn

talk 120 seconds

Tell us about a time you were exhausted or ill. What did you learn from it? Talk for two minutes.

说说一次你特别累或者生病的经历。你从中学到了什么？ shuō shuo yí cì nǐ tèbié lèi huòzhě shēngbìng de jīnglì nǐ cóngzhōng xué dào le shénme

那是……的时候 nà shì de shíhou

后来……，结果…… hòulái jiéguǒ

这件事让我明白了…… zhè jiàn shì ràng wǒ míngbai le

model answer

那是去年十二月的时候，我同时要准备期末考试和一个口语考试。 nà shì qùnián shíèr yuè de shíhou wǒ tóngshí yào zhǔnbèi qīmò kǎoshì hé yí gè kǒuyǔ kǎoshì

为了多复习一会儿，我每天都熬夜到凌晨一两点，早上七点又起床去上课。 wèile duō fùxí yíhuìr wǒ měi tiān dōu áoyè dào língchén yìliǎng diǎn zǎoshang qī diǎn yòu qǐchuáng qù shàngkè

我以为年轻人少睡几个小时没关系，可是一个星期以后，我不但特别疲劳，还开始头疼、嗓子疼，后来还发烧了。 wǒ yǐwéi niánqīng rén shǎo shuì jǐ gè xiǎoshí méi guānxi kěshì yí gè xīngqī yǐhòu wǒ búdàn tèbié píláo hái kāishǐ tóu téng sǎngzi téng hòulái hái fāshāo le

我平时很少生病，所以那次特别焦虑。 wǒ píngshí hěn shǎo shēngbìng suǒyǐ nà cì tèbié jiāolǜ

后来我去医院看病，医生说我的身体状况不算严重，主要是太累了，抵抗力下降了。 hòulái wǒ qù yīyuàn kànbìng yīshēng shuō wǒ de shēntǐ zhuàngkuàng bú suàn yánzhòng zhǔyào shì tài lèi le dǐkàng lì xiàjiàng le

他让我在家休息三天，按时吃药，每天至少睡八个小时。 tā ràng wǒ zài jiā xiūxi sān tiān ànshí chī yào měi tiān zhìshǎo shuì bā gè xiǎoshí

结果，三天以后我就恢复了，精神状态也好了，复习的效率反而比以前高。 jiéguǒ sān tiān yǐhòu wǒ jiù huīfù le jīngshén zhuàngtài yě hǎo le fùxí de xiàolǜ fǎnér bǐ yǐqián gāo

由于休息得好，那两场考试我最后都通过了。 yóuyú xiūxi de hǎo nà liǎng chǎng kǎoshì wǒ zuìhòu dōu tōngguò le

这件事让我明白了一个道理：身体是一切的基础，休息不是浪费时间。 zhè jiàn shì ràng wǒ míngbai le yí gè dàolǐ shēntǐ shì yíqiè de jīchǔ xiūxi bú shì làngfèi shíjiān

自从那次以后，我再忙也尽量让睡眠有规律，十二点以前就睡觉。 zìcóng nà cì yǐhòu wǒ zài máng yě jǐnliàng ràng shuìmián yǒu guīlǜ shíèr diǎn yǐqián jiù shuìjiào

It was last December, when I had to prepare for my end-of-term exams and a speaking test at the same time. To revise a bit longer, I stayed up until one or two in the morning every night and got up at seven for class. I thought a young person could get by on a few hours less sleep, but a week later I was not only exhausted but started getting headaches and a sore throat, and then a temperature. I'm hardly ever ill, so I was really anxious that time. I went to hospital, and the doctor said my condition wasn't serious: mainly I was too tired and my resistance was down. He told me to rest at home for three days, take my medicine on time and sleep at least eight hours a night. As a result I was better in three days, in much better shape, and I actually revised more efficiently than before. Because I'd rested properly, I passed both exams in the end. It taught me something: your body is the basis of everything, and rest is not a waste of time. Ever since then, however busy I am, I try to keep my sleep regular and be asleep before midnight.

talk 120 seconds

In your view, what is real rest? Talk for two minutes.

在你看来，什么是真正的休息？ zài nǐ kànlái shénme shì zhēnzhèng de xiūxi

在我看来，…… zài wǒ kànlái

一方面……，另一方面…… yì fāngmiàn lìng yì fāngmiàn

总之，…… zǒngzhī

model answer

在我看来，真正的休息不是躺在床上什么都不做，而是让身体和心理都放松下来。 zài wǒ kànlái zhēnzhèng de xiūxi bú shì tǎng zài chuáng shàng shénme dōu bú zuò ér shì ràng shēntǐ hé xīnlǐ dōu fàngsōng xialai

一方面，休息要让身体恢复。 yì fāngmiàn xiūxi yào ràng shēntǐ huīfù

比如每天睡够七八个小时，比熬夜以后在床上躺一整天有用得多。 bǐrú měi tiān shuì gòu qībā gè xiǎoshí bǐ áoyè yǐhòu zài chuáng shàng tǎng yì zhěng tiān yǒuyòng de duō

另一方面，休息也要让脑子换一换。 lìng yì fāngmiàn xiūxi yě yào ràng nǎozi huàn yi huan

对我来说，最好的休息是游泳，或者拿着相机出去拍照。 duì wǒ lái shuō zuìhǎo de xiūxi shì yóuyǒng huòzhě ná zhe xiàngjī chūqù pāizhào

游泳的时候，我什么都不用想，只要注意呼吸和姿势就行了。 yóuyǒng de shíhou wǒ shénme dōu búyòng xiǎng zhǐyào zhùyì hūxī hé zīshì jiù xíng le

拍照的时候，我会发现很多平时没注意到的小东西，心情一下子就好了，压力也缓解了不少。 pāizhào de shíhou wǒ huì fāxiàn hěn duō píngshí méi zhùyì dào de xiǎo dōngxi xīnqíng yíxià zi jiù hǎo le yālì yě huǎnjiě le bù shǎo

很多人觉得周末在家看一天手机就是休息，可是这样的休息未必有用，眼睛反而更累，脑子也没那么清醒了。 hěn duō rén juéde zhōumò zài jiā kàn yì tiān shǒujī jiùshì xiūxi kěshì zhèyàng de xiūxi wèibì yǒuyòng yǎnjing fǎnér gèng lèi nǎozi yě méi nàme qīngxǐng le

当然，每个人适合的休息方式不一样，有人喜欢适度的运动，有人喜欢安静地看书，关键是做让自己真正放松的事。 dāngrán měi gè rén shìhé de xiūxi fāngshì bù yíyàng yǒu rén xǐhuan shìdù de yùndòng yǒu rén xǐhuan ānjìng de kàn shū guānjiàn shì zuò ràng zìjǐ zhēnzhèng fàngsōng de shì

总之，真正的休息，就是休息完以后，你又有力气重新开始。 zǒngzhī zhēnzhèng de xiūxi jiùshì xiūxi wán yǐhòu nǐ yòu yǒu lìqi chóngxīn kāishǐ

In my view, real rest isn't lying in bed doing nothing: it's letting both your body and your mind relax. On the one hand, rest should let your body recover. Sleeping seven or eight hours a night, for example, is far more useful than lying in bed all day after a late night. On the other hand, rest should also give your brain a change. For me, the best rest is swimming, or going out with my camera to take photos. When I swim I don't have to think about anything; I just pay attention to my breathing and my form. When I take photos I notice lots of little things I usually miss, and my mood lifts straight away; the pressure eases a lot too. Many people think a weekend at home on their phone is rest, but that kind of rest doesn't necessarily help: your eyes end up more tired and your head less clear. Of course, the right way to rest is different for everyone: some like moderate exercise, some like reading quietly; the key is to do what really relaxes you. In short, real rest is when, afterwards, you have the energy to start again.

Two retells, a reading and two answers back to back: unit 3 done. Rest well tonight: you've earned it. Do this day interactively, with audio and games, free at **wishyou.today/learning**