

# Contents

<b>Unit 1</b>	<b>Love</b>	<b>1</b>
	<b>Passage 1</b> How Feeling Unloved as a Child Relates to Adult Depression	<b>1</b>
	<b>Passage 2</b> A Brother like That	<b>5</b>
	<b>Passage 3</b> Paper Cranes	<b>7</b>
	<b>Passage 4</b> Five Great Honeymoon Ideas	<b>9</b>
	<b>Passage 5</b> Five Ways to Heal from a Broken Heart	<b>12</b>
<b>Unit 2</b>	<b>Pets</b>	<b>17</b>
	<b>Passage 1</b> Why We Spend More and More on Pets	<b>17</b>
	<b>Passage 2</b> The Secret Life of Pets: What Goes On Inside Their Heads?	<b>21</b>
	<b>Passage 3</b> Seven Ways to Save Money at the Vet’s Office	<b>23</b>
	<b>Passage 4</b> Happiness Really Is a Warm Puppy	<b>26</b>
	<b>Passage 5</b> Dog Aids Disabled Owner by Doing Household Chores	<b>29</b>
<b>Unit 3</b>	<b>Lifestyle</b>	<b>33</b>
	<b>Passage 1</b> “Go Greener” for a More Spiritual, Low-Carbon Lifestyle	<b>33</b>
	<b>Passage 2</b> Western Diet Bad for Human Health and Environment	<b>38</b>
	<b>Passage 3</b> Lose Weight by Learning Your Body’s Hunger Cues	<b>40</b>
	<b>Passage 4</b> Tiny House, Happy Life?	<b>42</b>
	<b>Passage 5</b> Weekend in America	<b>45</b>
<b>Unit 4</b>	<b>Internet</b>	<b>49</b>
	<b>Passage 1</b> Parents, Adolescents, and the Internet	<b>49</b>
	<b>Passage 2</b> Mobile Office	<b>54</b>
	<b>Passage 3</b> Cyberbullying: A Growing Problem	<b>56</b>
	<b>Passage 4</b> Internet Band	<b>58</b>
	<b>Passage 5</b> How Can You Protect Privacy Online?	<b>61</b>
<b>Mid-Test</b>		<b>65</b>

<b>Unit 5</b>	<b>Travel</b>	<b>75</b>
<b>Passage 1</b>	The Most Beautiful Highway in Xinjiang Uygur Autonomous Region	<b>75</b>
<b>Passage 2</b>	Five Best Places to Stay for Families	<b>80</b>
<b>Passage 3</b>	Tanzania, a Wonderland in Africa	<b>82</b>
<b>Passage 4</b>	Slow Motion Makes You Appreciate It	<b>84</b>
<b>Passage 5</b>	How to Stop Age from Getting in the Way of Travel	<b>87</b>
<b>Unit 6</b>	<b>Health</b>	<b>91</b>
<b>Passage 1</b>	Eight Ways to Motivate Yourself to Be Healthy	<b>91</b>
<b>Passage 2</b>	Natural Defenses	<b>95</b>
<b>Passage 3</b>	Water, the Nutrient of Life	<b>97</b>
<b>Passage 4</b>	In Heart Disease, the Focus Shifts to Women	<b>99</b>
<b>Passage 5</b>	Is Second-Hand Smoke Child Abuse?	<b>102</b>
<b>Unit 7</b>	<b>Sports</b>	<b>107</b>
<b>Passage 1</b>	Six Stretches to Do First Thing in the Morning	<b>107</b>
<b>Passage 2</b>	How Much You Need to Walk Every Day to Cut Your Risk of Heart Disease	<b>111</b>
<b>Passage 3</b>	Who Invented Ice Hockey?	<b>113</b>
<b>Passage 4</b>	What Makes People Do Extreme Sports?	<b>115</b>
<b>Passage 5</b>	The Meaning of Olympic Rings	<b>117</b>
<b>Unit 8</b>	<b>Future World</b>	<b>121</b>
<b>Passage 1</b>	Are Self-Driving Cars Around the Corner?	<b>121</b>
<b>Passage 2</b>	Where Is Comedy Going?	<b>125</b>
<b>Passage 3</b>	Global Mindset, Shared Future	<b>127</b>
<b>Passage 4</b>	The Future World Is a Crowded Place	<b>129</b>
<b>Passage 5</b>	The Megatrends of the Future World	<b>132</b>
	<b>Final-Test</b>	<b>137</b>
	<b>Key to the Exercises</b>	<b>147</b>



# Love

## Passage 1 »»

### How Feeling Unloved as a Child Relates to Adult Depression

**Directions:** In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Please answer the questions by marking the corresponding letter.

#### How Feeling Unloved as a Child Relates to Adult Depression

- [A] A close and affectionate relationship with parents or caregivers is key to child development and adult mental health. People who were neglected or abused as children are more likely to experience negative outcomes later in life. New research shows adults who recall many instances of feeling unwanted or unloved during childhood have higher odds of lifetime depression.
- [B] This post discusses new findings on the link between feeling not wanted or loved by one's parents and the lifetime risk of depression. The research, by Ahuja and collaborators, is published online ahead of print in *Psychological Reports*.

- [C] Many people who frequently feel unloved and unwanted have a history of childhood abuse and neglect, and of not having had their basic needs met – for example, the need to feel safe, secure, cared for, valued, understood, and accepted by parents/caregivers. Childhood abuse and neglect are associated with numerous negative outcomes – from physical illness to lack of purpose in life.
- [D] Many adult victims of childhood maltreatment and violence feel lonely, disconnected from friends and intimate partners, and unable to trust others enough to open up to them or rely on them. These individuals fear rejection and abandonment – fear being not only unloved but also unlovable and unworthy of love. Victims of childhood abuse see themselves as defective and irreparably damaged, which is why they feel ashamed of who they are (or have become) and tend to engage in self-blame.
- [E] But what about memories of abuse or neglect – memories of having been frequently rejected as a(n) child/adolescent by a parent? Might people who recall repeated rejection and abandonment also be more likely to experience negative mental health outcomes, such as depression, as adults? The study by Ahuja and colleagues examined this possibility.
- [F] The data came from Wave IV of the National Longitudinal Study of Adolescent Health (Add Health), a longitudinal survey of adolescents in the U.S. The main outcome was lifetime occurrence of depression. Participants were asked, “Has a doctor, nurse, or other health care provider ever told you that you have or had depression?” And the main independent variable was feeling not loved/wanted. Participants were asked, “Before your 18th birthday, how often did a parent or other adult caregiver say things that really hurt your feelings or made you feel like you were not wanted or loved?” The responses were categorized as never (zero times), sometimes (one to five times), or often (at least six times). Covariates included age, sex, race/ethnicity, income, education, and various psychiatric variables and risk factors for depression.
- [G] Analysis of data showed that feeling unloved and unwanted often was linked with higher odds of lifetime depression. There was also an association between depression and regular smoking, childhood sexual abuse, and low income.
- [H] In terms of gender differences, a larger proportion of women than men

experienced lifetime depression. Yet, feeling unwanted or unloved correlated with depression in both women and men.

- [I] Let me try to answer a question that might have occurred to some readers: Is it possible that some participants' perception or memory of how their parents treated them was inaccurate?
- [J] In short, yes. The parents' actual behavior (as observed by a third party) could have been different – either more affectionate or more hard-hearted – than reported. Nevertheless, compared to objective evidence, subjective experience of maltreatment is more strongly associated with mental health issues.
- [K] For instance, a child may not feel rejected or unloved even when objective observers notice that a parent is clearly neglecting the child or behaving aggressively toward him/her. In contrast, another child may feel rejected even when witnesses fail to observe any blatant behavior that could have caused such feelings. A barely audible sigh or even silence (when speech would have been expected) may have been all it took, so, as important as it is to look at behaviors from an objective point of view, we also need to examine whether and how these behaviors are perceived or what they mean to the child.
- [L] Doing so may require learning a lot more about child-parent interactions – from unique family dynamics to cultural factors that affect how family members express/perceive acceptance and rejection. Finally, it appears mental health is affected not just by perceptions of parental behavior then, but by how they are remembered later. For example, a review study found adult individuals' remembrances of parental rejection in childhood are likely to be associated with the same form of psychological maladjustment as tends to be found among children who perceive themselves to be rejected by their parents.
- [M] If you often experienced rejection or abandonment as a child and have been struggling with depression as an adult, it is understandable why you may have been unable to get help in the past. Perhaps you could not trust authority figures, including therapists. Or maybe you have felt damaged and ashamed of needing help. Or there could be many other reasons.
- [N] But there are as many reasons, if not more, for seeking help and getting better. The most important of them is that you deserve to feel good about yourself and

be happy, so do not suffer in silence. Effective treatments, both medications and psychotherapy modalities, are available and can improve your life.

(869 words)

1. Because of the ill-treated experiences in childhood, many people find it hard to connect with, trust or depend on others.
2. In order to abate depression for a better life, you may try some effective medications and psychological treatments.
3. Females are more likely to be affected by lifetime depression than males, according to the longitudinal survey.
4. The possibility has been tested of the connection between the memories of being repeatedly rejected or abandoned and the negative impact on adults' mental health.
5. A recent research indicates that people who got unwanted or unloved experiences in their early life are apt to suffer depression when they grow up.
6. It is more likely for people to suffer lifelong depression if they often feel unloved and unwanted.
7. Adults' memories of childhood rejection by their parents are likely to be related to the same form of psychological disorder, as do children who believe they are rejected by their parents.
8. Subjects were asked a few questions around whether they were unwanted and unloved before adulthood.
9. Children's mental health status may be more relevant to their own arbitrary feelings than their actual experiences.
10. Physical diseases or a sense of aimlessness may occur to one who has ever had childhood abuse and neglect.

## Passage 2 »»

### A Brother like That

**Directions:** In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item. You may not use any of the words in the bank more than once.

### A Brother like That

A friend of mine named Paul received an automobile from his brother one year as a Christmas present. On Christmas Eve when Paul came out of his office, a street urchin (流浪儿) was walking around the   1   new car,   2   it. "Is this your car, mister?" he asked.

Paul nodded, "My brother gave it to me for Christmas." The boy was astounded (震惊的). "You mean your brother gave it to you and it didn't   3   you anything? Boy, I wish ..." he hesitated.

Of course, Paul knew what he was going to wish for. He was going to wish he had a brother like that. But what the lad said jarred on Paul all the way down to his heels.

"I wish," the boy went on, "that I could be a brother like that."

Paul looked at the boy in   4  .   5   he asked, "Would you like to take a ride in my automobile?"

"Oh yes, I'd love that."

After a short ride, the boy turned his head and with his eyes aglow, said, "Mister, would you mind   6   in front of my place?"

Paul smiled a little. He thought he knew what the lad wanted. He wanted to show his   7   that he could ride home in a big automobile. But Paul was wrong

again. “Will you stop where the two steps are?” the boy asked.

He ran up the steps. Then in a little 8 Paul heard him coming back, but he was not coming fast. He was carrying his little crippled brother. He sat him down on the bottom step, then 9 of squeezed up (挤紧) against him and pointed to the car.

“There she is, buddy, just like I told you upstairs. His brother gave it to him for Christmas and it didn’t cost him a cent. And some day I’m gonna give you one just like it ... then you can see for yourself all the pretty things in the Christmas windows that I’ve been trying to tell you about.”

Paul got out and lifted the lad to the front seat of his car. The shining-eyed older brother climbed in beside him and the three of them began a(n) 10 holiday ride.

(358 words)

A. admiring	B. memorable	C. neighbors	D. astonishment
E. Intensively	F. driving	G. cherish	H. while
I. Impulsively	J. diving	K. shiny	L. sisters
M. cost	N. amusement	O. sort	



## Passage 3 >>>

### Paper Cranes

**Directions:** In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item. You may not use any of the words in the bank more than once.

### Paper Cranes

There was once a guy who was very much in love with his girlfriend. This 1 guy folded 1,000 pieces of paper cranes as a gift to her. Although at that time he was just a small fry (小人物) in his company, and his future didn't seem too 2, they were very happy together. Until one day, his girlfriend told him she was going to Paris and would never come back.

She also told him that she could not 3 any future for both of them, so they went their own ways. Heartbroken, the guy agreed. When he 4 his confidence, he worked hard day and night, slogging (努力苦干) his body and mind just to make something out of himself.

Finally, with all the hard work and the help of friends, he set up his own company.

One rainy day, while he was driving, he saw an elderly couple 5 an umbrella in the rain walking to some destination. Even with the umbrella, they were still drenched (湿透的). It didn't take him long to 6 they were his ex-girlfriend's parents. He drove slowly beside the couple, hoping that they may 7 him in his luxury sedan (大轿车). He wanted them to know that he wasn't the same any more and he had his own company, car, condo (公寓), etc. He made it! However, what he saw next 8 him: The couple was walking toward a(n) 9. He then got out of his car and followed. Then he saw

his ex-girlfriend, a photograph of her smiling sweetly as ever at him from her tombstone and he saw his paper cranes right beside her.

Her parents saw him. He asked them what had happened. They explained to him that she did not leave for France at all. She was ill with cancer. She believed that he would make it someday, but she did not want her illness to be his roadblock. Therefore, she chose to leave him. She asked her parents to put his paper cranes beside her. If the day comes when 10 brings him to her again, he can take some of those back with him.

The guy just wept.

(348 words)

A. realize	B. sharing	C. confused	D. spot
E. romantic	F. bright	G. fate	H. cemetery
I. regained	J. amazed	K. visualize	L. future
M. hoping	N. category	O. renowned	

## Passage 4 >>>

### Five Great Honeymoon Ideas

**Directions:** In this section, there is a passage followed by some questions or unfinished statements. For each of them there are four choices marked A, B, C and D. You should decide on the best choice and mark the corresponding letter.

### Five Great Honeymoon Ideas

Congratulations on your wedding date being fixed! Now, you must be planning your honeymoon. Oh wait, confused, are you? Let this article guide you and offer some ideas on how to plan your honeymoon and places you can go to.

#### **An exotic (异国情调的) locale (地点)**

This is obviously the first idea that is likely to pop into anyone's mind. It may be only once in your life that you visit a really beautiful location, so why not let it be on the special occasion called your honeymoon. If you have been saving and have the budget, try Hawaii or Tahiti. Or you can try a Caribbean getaway, with a host of islands to choose from – Virgin Islands, Barbados, Jamaica or Aruba. Pristine (原始的) waters, fantastic beaches, and options for outdoor activities make these places worth considering.

#### **The adventure trail**

You are marrying your sweetheart whom you share your common interest of adventure, sports and thrills with. That's great, because you can plan a honeymoon both of you can enjoy thoroughly. How about river-rafting? If you are going to get married at the end of winter or around the beginning of winter, rafting in the Ganges might be a fun thing to do. If you intend to head to Europe, try skiing. If you plan to travel across the Pacific waters, Australia is also a hotspot for scuba diving (水肺潜泳) and snorkelling (用呼吸管潜水). If you plan to travel closer to your home, you can plan a trip to Goa, Lakshadweep or Mauritius (毛里求斯) for these activities.

### **Hiking trip**

If you and your wife-to-be are nature lovers and think it's worth exploring the true beauty on foot, go hiking on your honeymoon. You could travel to Mcleodganj and hike to Chamba, or the Lahaul and Spiti Valley. You can also take a trekking (徒步长途旅行) tour from Nainital, Rishikesh or Manali. A trip worth remembering would be one to the Valley of Flowers. However, plan carefully so that your honeymoon won't make you completely exhausted!

### **Countries worth visiting**

If you do not wish to tax or tire yourself during your honeymoon, and would rather spend it enjoying the freshness of a new country, you could consider a trip to Venice, Italy, one of the most artistic and romantic cities of the world. You could even plan a trip to Paris, France. For history buffs (爱好者), the Château de Versailles, Notre-Dame Cathedral and the Pantheon are must-visits in this city! Make your lady swoon (心醉神迷) as you show her around. Make sure you learn a bit of French before you visit! For a dash of adventure and a hint of the sea, you may consider visiting Australia. Great food, superb beaches and some beautiful sights are the promises that the country offers honeymooners.

### **Family trip**

Love your family? Well, you may not want to plan a holiday without your parents and siblings (兄弟姊妹). Why not plan a family trip to a great location? Your parents as well as hers (if they get along with one another) can be part of this and you may land up having a real good time together. What's more, this may be the first and last time you get the entire family together for a holiday.

Wherever you plan to go for your honeymoon, make sure it is a place that is likely to interest both of you equally. That way, you can ensure a getaway you will always remember.

(565 words)

1. Why is it worth visiting Virgin Islands, Barbados, Jamaica or Aruba?
  - A. Because these places may not cost you too much money.
  - B. Because these places may offer you beautiful places and broaden your horizons.



## Passage 5 »»

### Five Ways to Heal from a Broken Heart

**Directions:** In this section, there is a passage followed by some questions or unfinished statements. For each of them there are four choices marked A, B, C and D. You should decide on the best choice and mark the corresponding letter.

#### Five Ways to Heal from a Broken Heart

When you suffer from a broken heart, it feels like your world is coming to an end. The pain can be unbearable. It is hard to sleep, eat or concentrate. You wonder if you will be able to feel good or happy ever again.

It can be especially devastating (毁灭性的) when a relationship you really care about ends unexpectedly. You can't help remembering all the love you shared and your dream of sharing a life together. It is devastating to think that someone you loved was able to leave it all behind so easily while you are left wondering what happened. How could he/she just walk away like that?

This can really take a toll (造成损失), especially if the one you love ended up with someone else. It is hard not to wonder if you lost your chance for love. You may worry that you won't find someone else you love that much again. And you want to find love, but you are not sure you can open yourself up to that kind of hurt ever again!

The good news is, you can and will heal from this broken heart. And as a result of this healing, you will find a love better than you could imagine in your wildest dreams.

Then how do you recover from this kind of heartbreak? How do you trust again?

Some people have suffered crushing heartbreak at least one time in their life. Some people are able to recover and move on to find love while others get stuck in their pain and seem unable to get over it.

Here are the five ways to let go of heartbreak.

**Mourn your loss completely.** Allow yourself to cry, feel sad and experience your loss. Most people who are stuck in heartache deny their feelings of loss and sadness and never properly grieve.

**Be nice to yourself.** Comfort yourself during this time of loss. You have been through a difficult time and need loving care. Thinking negatively and demeaning (降低身份的) thoughts about yourself will only add to your hurt and pain.

**Take inventory.** After you have done your grieving, take a good hard look at the relationship.

Assess what things in the relationship worked and what did not work for you.

**Forgive.** Write a list of all the things you feel your ex did to you and all the things you are angry about. Then write down any things you may be angry at yourself about. Burn the paper with the intention to let go of past resentments (愤恨), so you can move on.

**Write to your true love.** Write a love letter to your true love. Picture yourself happily loved and fulfilled in the relationship. Imagine yourself giving it to him/her. Keep the letter by your side and remind yourself that true love is coming.

If you find yourself stuck in any of these steps, unable to grieve, forgive or recover, seek the assistance of a dating coach or therapist.

Healing from heartbreak will help you open your heart, so you can love again! Heartbreak can be tough, but you can and will recover to find love again! And next time it will be true love, which lasts forever!

(538 words)

1. According to the passage, those who suffer from a broken heart may \_\_\_\_\_.
  - A. fail to sleep well
  - B. have trouble concentrating
  - C. experience pain
  - D. All of the above
2. Which of the following statements is NOT true according to the passage?
  - A. Some people may recover from the crushing heartbreak.
  - B. Some people may move on to find their new love.
  - C. Some may seem unable to get over it.
  - D. Everyone has suffered a broken heart in life.

3. When you experience heartbreak, which of the following should you NOT do according to the passage?
  - A. Think negatively about yourself.
  - B. Cry, or feel sad.
  - C. Assess your previous relationship.
  - D. Write a love letter to your true love.
4. What should you do to your ex according to the passage?
  - A. Keep the past resentments in mind.
  - B. Tell all the past resentments to friends.
  - C. Write down things about the ex and keep it forever.
  - D. Write down the past resentments, burn it and forgive the ex forever.
5. What should you do if you find that you are stuck in heartbreak and cannot move on?
  - A. Turn to one of your intimate friends for help.
  - B. Turn to a dating coach or therapist for help.
  - C. Turn to your parents for help.
  - D. Turn to your teacher for help.



# Understanding China

## Enhance commitment to patriotism, collectivism, and socialism

### 深化爱国主义、集体主义、社会主义教育

The core socialist values have immense power to rally the people's support and pool their strength. We will carry forward the long line of inspiring principles for the Chinese Communists that originated with the great founding spirit of the Party; put resources related to the Party's heritage to great use; conduct extensive public awareness activities to promote the core socialist values; enhance commitment to patriotism, collectivism, and socialism; and foster a new generation of young people to shoulder the mission of realizing national rejuvenation.

