

<<大学英语四级点评历年真题>>

图书基本信息

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内容概要

风靡全国，畅销十年，8000万读者的选择。
真题都一样，优劣看解析，统计12年考频，揭示命题规律。

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章节摘录

1. Do something new. Very little that's new occurs in our lives. The impact of this sameness on our emotional energy is gradual, but huge: It's like a tire with a slow leak. You don't notice it at first, but eventually you'll get a flat. It's up to you to plug the leak—even though there are always a dozen reasons to stay stuck in your dull routines of life. That's where Maura, 36, a waitress, found herself a year ago. Fortunately, Maura had a lifeline—a group of women friends who meet regularly to discuss their lives. Their lively discussions spurred Maura to make small but nevertheless life-altering changes. She joined a gym in the next town. She changed her look with a short haircut and new black T-shirts. Eventually, Maura gathered the courage to quit her job and start her own business. Here's a challenge. If it's something you wouldn't ordinarily do, do it. Try a dish you've never eaten. Listen to music you'd ordinarily tune out. You'll discover these small things add to your emotional energy.

2. Reclaim life's meaning. So many of my patients tell me that their lives used to have meaning, but that somewhere along the line things went stale. The first step in solving this meaning shortage is to figure out what you really care about, and then do something about it. A case in point is Ivy, 57, a pioneer in investment banking. "I mistakenly believed that all the money I made would mean something," she says. "But I feel lost, like a 22-year-old wondering what to do with her life". Ivy's solution?

She started a program that shows Wall Streeters how to donate time and money to poor children. In the process, Ivy filled her life with meaning. 3. Put yourself in the fun zone. Most of us grown-ups are seriously fun-deprived. High-energy people have the same day-to-day work as the rest of us, but they manage to find something enjoyable in every situation. A real-estate broker I know keeps herself amused on the job by mentally redecorating the houses she shows to clients. "I love imagining what even the most run-down house could look like with a little tender loving care," she says. "It's a challenge—and the least desirable properties are usually the most fun." We all define fun differently, of course, but I can guarantee this: If you put just a bit of it into your day, your energy will increase quickly.

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