

《夸克英语笔记》使用声明：

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课程介绍

学习指南

欢迎来到《新概念英语》第三册的学习，本册为英语技能提升篇 (Developing Skills)，属于中级教程，同时它也是整个新概念教材系列中最为经典的一本。新概念英语第三册一共有60篇课文，课文长度也从最开始的250词过渡到最后的500词左右，文章总体难度与大学四、六级考试相当（熟悉掌握后远超此等级的水平）。

在学习《新概念英语》第三册之前，请尝试将《新二》默写出来，正确率超过了80%才能学习本册（我知道你做不到，但也不影响学习本册😂，但我希望你按下面的参考方式去学习，或者自己总结一套更好的、更适合学习方式）。

『学习方法参考：』

1. 温习单词然后熟读课文。
2. 把课文中不理解的翻译或者搭配、语法结构记下来并尝试自己总结语法。
3. 内容中如果有熟悉的结构、重点单词，可以尝试回忆一下出现在那些课文中。
4. 带着上面总结出来的疑问去学习，仔细理解并熟记扩展知识。
5. 完整阅读笔记内容，通过笔记回忆老师在课堂里的讲解。
6. 定期重复的阅读笔记以加深并巩固知识点。
7. 默读课文，测试是否已消化所有知识后，尝试使用课文里的结构、重点单词等自己仿写课文或者句子。
8. 背诵并尽量把课文默写下来。

※ 《新概念英英语》体系

单元	课时	可达词汇量 [Ⓛ]	国内教育	对应雅思成绩	笔记掌握后 [Ⓛ]
第一册	144(主课72)	1800+	初中	3.5	5

第二册	96	3300+	高中	4.5	6
第三册	60	6000+	大学四级	6.5	7
第四册	48	10000+	考研	7.5	8

『学习完成本册后要求完整的默写下来，不是背诵!』

本册可掌握6000以上词汇量，能撰写文法正确的英语短文，阅读理解能力得到提升，能较为流畅地进行口语交流，水平高于高考，超过大学英语四、六级水平。

凡学英语必学整句，不觉中将其句法音调整个吸入。每日造二三句，回环熟诵，此数句读音必正，出口必熟。如此半年，操英语能力必大胜。 -- 林语堂

※ 测试你的真实英语水平

涵盖从A1（入门）到C2（精通）的不同等级。请尝试大声朗读这些句子，并理解它们的意思。知道了你所在的英语水平，就可以有针对性的选择阅读、听力练习的语料。

『A1 (入门, 新概念英语第一册99课) 这些句子简单直接，主要考察基本词汇和语法。』

- This is my friend. His name is Tom.
- I usually get up at seven o'clock and go to school.
- "My name is John. I am a student. I like to eat apples."
- "Where is the train station? It's on the right, next to the bank."
- "I have a brother and a sister. We live in a big house."

『A2 (初级, 新概念一册学完) 句式开始变得稍微复杂，引入了更多时态和描述性词汇。』

- Could you tell me how to get to the nearest bus stop?
- I didn't buy the book because it was too expensive.
- "Last weekend, I went to the park and met some friends. We had a great time."
- "I'm going to visit my grandparents this summer. I think it will be a fun trip."
- "He doesn't like coffee, so he always drinks tea in the morning."

『B1 (中级, 新概念第二册72课) 句子长度增加，包含了更复杂的从句和抽象概念。』

- I have been learning English for three years, but I still find it difficult to understand movies without subtitles.
- If it rains tomorrow, we'll have to cancel the picnic.
- "Although it was raining, they decided to go for a walk, which was a good idea because it stopped shortly after."

- "It's important to have a good work-life balance so that you don't feel too stressed."
- "Could you tell me what time the movie starts and if there are any tickets left?"

『 **B2 (中高级, 新概念第二册学完)** 句式更加灵活, 包含了一些习语或更正式的词汇, 表达观点和假设。 』

- Despite facing many difficulties, she managed to finish the project on time.
- The film was so boring that I almost fell asleep in the cinema.
- "In retrospect, I should have paid more attention to the details of the contract, which would have saved us a lot of trouble."
- "The company's new policy has been met with mixed reactions, with some employees expressing concerns about its potential impact."
- "I would have finished the project on time, had it not been for the unexpected power outage."

『 **C1 (高级, 新概念第三册学完)** 句子结构复杂, 用词精准且正式, 通常用于学术或专业领域。 』

- The company is seeking candidates who not only possess strong analytical skills but also demonstrate the ability to work independently under pressure.
- Had I known about the traffic jam, I would have left home earlier.
- "The ubiquity of technology has fundamentally altered the way we communicate, leading to both unprecedented connectivity and a subtle erosion of face-to-face interaction."
- "Despite the intermittent setbacks, the research team persevered, culminating in a groundbreaking discovery that is poised to revolutionize the field of quantum physics."
- "It is imperative that we mitigate the escalating environmental degradation by adopting sustainable practices, thereby ensuring the long-term viability of our planet."

『 **C2 (精通, 新概念第四册学完)** 这些句子包含了非常高级和不常用的词汇、复杂的句法结构以及抽象的、哲学性的概念。它们通常难以用简单的语言复述。 』

- The theory, albeit complex and often misunderstood, has profoundly influenced contemporary approaches to cognitive linguistics.
- Rarely had the world witnessed such a rapid transformation in technology, reshaping societies at a pace that left even the most visionary leaders struggling to adapt.
- "The inherent paradox of modernity is that as we seek to exert greater control over our environment, we simultaneously become more susceptible to its unpredictable whims."
- "His perfunctory response, bereft of any genuine emotion, belied the profound cognitive dissonance he was experiencing."
- "The anachronistic jurisprudence, a vestige of a bygone era, has been rendered obsolete by the exigencies of a rapidly evolving global society."

CEFR 等级	词汇量	能力描述
A1 (Beginner)	500–1,000	会打招呼、问候、简单名词 (apple, cat), 基本语法还没形成 (3–5 岁儿童)。
A2 (Elementary)	1,000–2,000	能说日常短语 (购物、点餐), 能理解简单句子, 但复杂语法完全不行。 6–7 岁儿童 / 小学低年级, A1→A2 约 200 小时。
B1 (Intermediate)	2,000–4,000	能表达个人观点、应对旅行场景; 语法有错误, 但基本能交流。 8–10 岁儿童 / 小学高年级, A2→B1 约 300 小时。
B2 (Upper-Intermediate)	4,000–8,000	能流利交流, 理解大部分文章、看懂电影字幕, 能写简单议论文。 11–13 岁青少年 / 初中生, B1→B2 约 400 小时。
C1 (Advanced)	8,000–12,000	能阅读复杂学术文本、写正式报告, 理解 TED 演讲, 学术 & 职场交流无障碍。 16–18 岁 / 高中毕业、大学生, B2→C1 约 600–800 小时 (因为难度陡增, 主要是学术词汇和表达)。
C2 (Proficient)	12,000–20,000+	接近母语人士, 能灵活应对任何场合, 掌握大量习语、文学表达。 受过良好教育的母语人士 (大学毕业及以上)

本文档更新地址: <https://www.ncego.com/lessons/172>

完整版不规则动词表 难度: 5 级

『 本页提供英文中全部的不规则动词表 』

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Abide	Abode	Abode/Abided	Abides	Abiding
Alight	Alit	Alit/Alighted	Alights	Alighting
Arise	Arose	Arisen	Arises	Arising

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Awake	Awoke	Awoken	Awakes	Awaking
Be	Was/Were	Been	Is	Being
Bear	Bore	Born/Borne	Bears	Bearing
Beat	Beat	Beaten	Beats	Beating
Become	Became	Become	Becomes	Becoming
Begin	Began	Begun	Begins	Beginning
Behold	Beheld	Beheld	Beholds	Beholding
Bend	Bent	Bent	Bends	Bending
Bet	Bet	Bet	Bets	Betting
Bid	Bid	Bid	Bids	Bidding
Bind	Bound	Bound	Binds	Binding
Bite	Bit	Bitten	Bites	Biting
Bleed	Bled	Bled	Bleeds	Bleeding
Blow	Blew	Blown	Blows	Blowing
Break	Broke	Broken	Breaks	Breaking
Breed	Bred	Bred	Breeds	Breeding
Bring	Brought	Brought	Brings	Bringing
Broadcast	Broadcast/Broadcasted	Broadcast/Broadcasted	Broadcasts	Broadcasting
Build	Built	Built	Builds	Building

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Burn	Burnt/Burned	Burnt/Burned	Burns	Burning
Burst	Burst	Burst	Bursts	Bursting
Bust	Bust	Bust	Busts	Busting
Buy	Bought	Bought	Buys	Buying
Cast	Cast	Cast	Casts	Casting
Catch	Caught	Caught	Catches	Catching
Choose	Chose	Chosen	Chooses	Choosing
Clap	Clapped/Clapt	Clapped/Clapt	Claps	Clapping
Cling	Clung	Clung	Clings	Clinging
Clothe	Clad/Clothed	Clad/Clothed	Clothes	Clothing
Come	Came	Come	Comes	Coming
Cost	Cost	Cost	Costs	Costing
Countersink	Countersank	Countersunk	Countersinks	Countersinking
Creep	Crept	Crept	Creeps	Creeping
Cut	Cut	Cut	Cuts	Cutting
Dare	Dared/Durst	Dared	Dares	Daring
Deal	Dealt	Dealt	Deals	Dealing
Dig	Dug	Dug	Digs	Digging
Dive	Dived/Dove	Dived	Dives	Diving

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Do	Did	Done	Does	Doing
Draw	Drew	Drawn	Draws	Drawing
Dream	Dreamt/Dreamed	Dreamt/Dreamed	Dreams	Dreaming
Drink	Drank	Drunk	Drinks	Drinking
Drive	Drove	Driven	Drives	Driving
Dwell	Dwelt	Dwelt	Dwells	Dwelling
Eat	Ate	Eaten	Eats	Eating
Fall	Fell	Fallen	Falls	Falling
Feed	Fed	Fed	Feeds	Feeding
Feel	Felt	Felt	Feels	Feeling
Fight	Fought	Fought	Fights	Fighting
Find	Found	Found	Finds	Finding
Fit	Fit/Fitted	Fit/Fitted	Fits	Fitting
Flee	Fled	Fled	Flees	Fleeing
Fling	Flung	Flung	Flings	Flinging
Fly	Flew	Flown	Flies	Flying
Forbid	Forbade/Forbidden	Forbidden	Forbids	Forbidding
Forecast	Forecast/Forecasted	Forecast/Forecasted	Forecasts	Forecasting

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Foresee	Foresaw	Foreseen	Foresees	Foreseeing
Foretell	Foretold	Foretold	Foretells	Foretelling
Forget	Forgot	Forgotten	Forgets	Forgetting
Forgive	Forgave	Forgiven	Forgives	Forgiving
Forsake	Forsook	Forsaken	Forsakes	Forsaking
Freeze	Froze	Frozen	Freezes	Freezing
Frostbite	Frostbit	Frostbitten	Frostbites	Frostbiting
Get	Got	Got/Gotten	Gets	Getting
Give	Gave	Given	Gives	Giving
Go	Went	Gone/Been	Goes	Going
Grind	Ground	Ground	Grinds	Grinding
Grow	Grew	Grown	Grows	Growing
Handwrite	Handwrote	Handwritten	Handwrites	Handwriting
Hang	Hung/Hanged	Hung/Hanged	Hangs	Hanging
Have	Had	Had	Has	Having
Hear	Heard	Heard	Hears	Hearing
Hide	Hid	Hidden	Hides	Hiding
Hit	Hit	Hit	Hits	Hitting
Hold	Held	Held	Holds	Holding

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Hurt	Hurt	Hurt	Hurts	Hurting
Inlay	Inlaid	Inlaid	Inlays	Inlaying
Input	Input/Inputted	Input/Inputted	Inputs	Inputting
Interlay	Interlaid	Interlaid	Interlays	Interlaying
Keep	Kept	Kept	Keeps	Keeping
Kneel	Knelt/Kneeled	Knelt/Kneeled	Kneels	Kneeling
Knit	Knit/Knitted	Knit/Knitted	Knits	Knitting
Know	Knew	Known	Knows	Knowing
Lay	Laid	Laid	Lays	Laying
Lead	Led	Led	Leads	Leading
Lean	Leant/Leaned	Leant/Leaned	Leans	Leaning
Leap	Leapt/Leaped	Leapt/Leaped	Leaps	Leaping
Learn	Learnt/Learned	Learnt/Learned	Learns	Learning
Leave	Left	Left	Leaves	Leaving
Lend	Lent	Lent	Lends	Lending
Let	Let	Let	Lets	Letting
Lie	Lay	Lain	Lies	Lying
Light	Lit	Lit	Lights	Lighting
Lose	Lost	Lost	Loses	Losing

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Make	Made	Made	Makes	Making
Mean	Meant	Meant	Means	Meaning
Meet	Met	Met	Meets	Meeting
Melt	Melted	Molten/Melted	Melts	Melting
Mislead	Misled	Misled	Misleads	Misleading
Mistake	Mistook	Mistaken	Mistakes	Mistaking
Misunderstand	Misunderstood	Misunderstood	Misunderstands	Misunderstanding
Miswed	Miswed/Miswedded	Miswed/Miswedded	Misweds	Miswedding
Mow	Mowed	Mown	Mows	Mowing
Overdraw	Overdrew	Overdrawn	Overdraws	Overdrawing
Overhear	Overheard	Overheard	Overhears	Overhearing
Overtake	Overtook	Overtaken	Overtakes	Overtaking
Pay	Paid	Paid	Pays	Paying
Preset	Preset	Preset	Presets	Presetting
Prove	Proved	Proven/Proved	Proves	Proving
Put	Put	Put	Puts	Putting
Quit	Quit	Quit	Quits	Quitting
Read	Read	Read	Reads	Reading

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Re-prove	Re-proved	Re-proven/Re-proved	Re-proves	Re-proving
Rid	Rid/Ridded	Rid/Ridded	Rids	Ridding
Ride	Rode	Ridden	Rides	Riding
Ring	Rang	Rung	Rings	Ringling
Rise	Rose	Risen	Rises	Rising
Rive	Rived	Riven/Rived	Rives	Riving
Run	Ran	Run	Runs	Running
Saw	Sawed	Sawn/Sawed	Saws	Sawing
Say	Said	Said	Says	Saying
See	Saw	Seen	Sees	Seeing
Seek	Sought	Sought	Seeks	Seeking
Sell	Sold	Sold	Sells	Selling
Send	Sent	Sent	Sends	Sending
Set	Set	Set	Sets	Setting
Sew	Sewed	Sewn/Sewed	Sews	Sewing
Shake	Shook	Shaken	Shakes	Shaking
Shave	Shaved	Shaven/Shaved	Shaves	Shaving
Shear	Shore/Sheared	Shorn/Sheared	Shears	Shearing

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Shed	Shed	Shed	Sheds	Shedding
Shine	Shone	Shone	Shines	Shining
Shoe	Shod	Shod	Shoes	Shoeing
Shoot	Shot	Shot	Shoots	Shooting
Show	Showed	Shown	Shows	Showing
Shrink	Shrank	Shrunk	Shrinks	Shrinking
Shut	Shut	Shut	Shuts	Shutting
Sing	Sang	Sung	Sings	Singing
Sink	Sank	Sunk	Sinks	Sinking
Sit	Sat	Sat	Sits	Sitting
Slay	Slew	Slain	Slays	Slaying
Sleep	Slept	Slept	Sleeps	Sleeping
Slide	Slid	Slid/Slidden	Slides	Sliding
Sling	Slung	Slung	Slings	Slinging
Slink	Slunk	Slunk	Slinks	Slinking
Slit	Slit	Slit	Slits	Slitting
Smell	Smelt/Smelled	Smelt/Smelled	Smells	Smelling
Sneak	Sneaked/Snuck	Sneaked/Snuck	Sneaks	Sneaking
Soothsay	Soothsaid	Soothsaid	Soothsays	Soothsaying

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Sow	Sowed	Sown	Sows	Sowing
Speak	Spoke	Spoken	Speaks	Speaking
Speed	Sped/Speeded	Sped/Speeded	Speeds	Speeding
Spell	Spelt/Spelled	Spelt/Spelled	Spells	Spelling
Spend	Spent	Spent	Spends	Spending
Spill	Spilt/Spilled	Spilt/Spilled	Spills	Spilling
Spin	Span/Spun	Spun	Spins	Spinning
Spit	Spat/Spit	Spat/Spit	Spits	Spitting
Split	Split	Split	Splits	Splitting
Spoil	Spoilt/Spoiled	Spoilt/Spoiled	Spoils	Spoiling
Spread	Spread	Spread	Spreads	Spreading
Spring	Sprang	Sprung	Springs	Springing
Stand	Stood	Stood	Stands	Standing
Steal	Stole	Stolen	Steals	Stealing
Stick	Stuck	Stuck	Sticks	Sticking
Sting	Stung	Stung	Stings	Stinging
Stink	Stank	Stunk	Stinks	Stinking
Stride	Strode/Strided	Stridden	Strides	Striding
Strike	Struck	Struck/Stricken	Strikes	Striking

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
String	Strung	Strung	Strings	Stringing
Strip	Stript/Stripped	Stript/Stripped	Strips	Stripping
Strive	Strove	Striven	Strives	Striving
Sublet	Sublet	Sublet	Sublets	Subletting
Sunburn	Sunburned/Sunburnt	Sunburned/Sunburnt	Sunburns	Sunburning
Swear	Swore	Sworn	Swears	Swearing
Sweat	Sweat/Sweated	Sweat/Sweated	Sweats	Sweating
Sweep	Swept/Swepted	Swept/Swepted	Sweeps	Sweeping
Swell	Swelled	Swollen	Swells	Swelling
Swim	Swam	Swum	Swims	Swimming
Swing	Swung	Swung	Swings	Swinging
Take	Took	Taken	Takes	Taking
Teach	Taught	Taught	Teaches	Teaching
Tear	Tore	Torn	Tears	Tearing
Tell	Told	Told	Tells	Telling
Think	Thought	Thought	Thinks	Thinking
Thrive	Throve/Thrived	Thriven/Thrived	Thrives	Thriving

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Throw	Threw	Thrown	Throws	Throwing
Thrust	Thrust	Thrust	Thrusts	Thrusting
Tread	Trod	Trodden	Treads	Treading
Undergo	Underwent	Undergone	Undergoes	Undergoing
Understand	Understood	Understood	Understands	Understanding
Undertake	Undertook	Undertaken	Undertakes	Undertaking
Upsell	Upsold	Upsold	Upsells	Upselling
Upset	Upset	Upset	Upsets	Upsetting
Vex	Vext/Vexed	Vext/Vexed	Vexes	Vexing
Wake	Woke	Woken	Wakes	Waking
Wear	Wore	Worn	Wears	Wearing
Weave	Wove	Woven	Weaves	Weaving
Wed	Wed/Wedded	Wed/Wedded	Weds	Wedding
Weep	Wept	Wept	Weeps	Weeping
Wend	Wended/Went	Wended/Went	Wends	Wending
Wet	Wet/Wetted	Wet/Wetted	Wets	Wetting
Win	Won	Won	Wins	Winning
Wind	Wound	Wound	Winds	Winding
Withdraw	Withdrew	Withdrawn	Withdraws	Withdrawing

Infinitive	Past Simple	Past Participle	3rd Person Singular	Present Participle/Gerund
Withhold	Withheld	Withheld	Withholds	Withholding
Withstand	Withstood	Withstood	Withstands	Withstanding
Wring	Wrung	Wrung	Wrings	Wringing
Write	Wrote	Written	Writes	Writing
Zinc	Zinced/Zincked	Zinced/Zincked	Zincs/Zincks	Zincking

英文字母的来历 难度：5级

序	字母	来源	例词
1	A	“牛头” 源于希腊字母 Alpha (A, α)	Apple (苹果)、Animal (动物)、Art (艺术)、Airplane (飞机)、Always (总是)、Amazing (令人惊奇的)、Adventure (冒险)、Alone (独自)、Above (在上方)、Away (离开)、After (之后)、Alive (活着的)、All (所有的)、Around (周围)、Any (任何的)
2	B	“屋”源 于希腊字母 β (Beta) 形状表示一 种房屋	Book (书)、Ball (球)、Blue (蓝色)、Beautiful (美丽的)、Big (大的)、Busy (忙碌的)、Brave (勇敢的)、Butterfly (蝴蝶)、Bicycle (自行车)、Box (盒子)、Breakfast (早餐)、Build (建造)、Business (业务, 生意)、Behind (在...后面)、Beneath (在...下面)
3	C、G	“矛”源 于希腊字母 Gamma α (Γ, γ)	Cat (猫)、Car (汽车)、Coffee (咖啡)、Cloud (云)、Circle (圆)、Cake (蛋糕)、Computer (电脑)、City (城市)、Color (颜色)、Candle (蜡烛)、Garden (花园)、Green (绿色)、Guitar (吉他)、Game (游戏)、Glass (玻璃)、Grape (葡萄)、Goal (目标)、Gold (金色)、Giant (巨人)、Galaxy (星系)
4	D	“门”/ “鱼”源于希	Dog (狗)、Day (日, 天)、Dance (舞蹈)、Dream (梦想)、Door (门)、Dark (黑暗)、Delicious (美味的)、

		<p>腊字母</p> <p>Delta (Δ, δ)</p> <p>三角形在演变中被旋转</p>	<p>Diamond (钻石)、Doctor (医生)、Drive (驾驶)、Desk (书桌)、Dollar (美元)、Dinner (晚餐)、Duck (鸭子)、Dragon (龙)</p>
5	E	<p>“窗” / “欢呼”源于希腊字母</p> <p>Epsilon (E, ϵ)</p>	<p>Elephant (大象)、Energy (能量)、Eagle (鹰)、Earth (地球)、Eat (吃)、Enjoy (享受)、Education (教育)、Easy (容易的)、Eyes (眼睛)、Explore (探索)、Elegant (优雅的)、Exciting (令人兴奋的)、Empathy (同情心)、Endless (无尽的)、Excellent (优秀的)</p>
6	F、U、V(W)、Y	<p>“钩”源于希腊字母</p> <p>Digamma (F, F)</p> <p>Upsilon (Y, u)</p> <p>W = double U</p>	<p>Fast (快速的)、Flower (花)、Friend (朋友)、Future (未来)、Fun (有趣的)、Family (家庭)、Food (食物)、Funny (滑稽的)、Finish (完成)、Fire (火)</p> <p>Universe (宇宙)、Understand (理解)、Umbrella (雨伞)、Unique (独特的)、Urgent (紧急的)、Usual (通常的)、Ultimate (最终的)、Upward (向上的)、Useful (有用的)、Upgrade (升级)、Utmost (极度的)、Utter (彻底的)、Uniform (制服)、Urban (城市的)、Utopia (乌托邦)</p> <p>Victory (胜利)、Vacation (假期)、Value (价值)、Visit (访问)、Vehicle (车辆)、Voice (声音)、Vision (视觉)、Vintage (老式的)、Volunteer (志愿者)、View (视图)</p> <p>Water (水)、World (世界)、Wonder (奇迹)、Wind (风)、Winter (冬季)、Wine (葡萄酒)、Watch (手表)、Write (写)、Wood (木材)、Work (工作)、Wander (漫游)、Wise (聪明的)、Wet (湿的)、Worth (值得的)、Wave (波浪)</p> <p>Yellow (黄色)、Year (年)、Yesterday (昨天)、Youth (青春)、Yoga (瑜伽)、Yes (是的)、Yummy (美味的)、Yield (屈服)、Yearn (渴望)、Yacht (游艇)</p>
7	Z	<p>“武器” / “手铐”源于希腊字母</p>	<p>Zebra (斑马)、Zoom (缩放)、Zero (零)、Zone (区域)、Zoo (动物园)、Zenith (顶点)、Zesty (充满活力的)、Zinc (锌)、Zodiac (黄道带)、Zombie (僵尸)</p>

		Zeta (Z, ζ)	
8	H	“线” / “栅栏”源于 希腊字母 Eta (H, η)	Happy (快乐的)、Hope (希望)、Heart (心)、Home (家)、High (高的)、Health (健康)、Happiness (幸福)、Help (帮助)、History (历史)、Honor (荣誉)、Hug (拥抱)、Harmony (和谐)、Hobby (爱好)、Honest (诚实的)、Holiday (假期)
9	I, J	“手臂” 来源于希腊 字母 Iota (I, ι)	Ice (冰)、Island (岛)、Ink (墨水)、Idea (思想)、Important (重要的)、Interesting (有趣的)、Imagine (想象)、Iron (铁)、Intelligent (聪明的)、Inspire (激励)、Invent (发明)、Involve (涉及)、Increase (增加)、Information (信息)、Innovate (创新)
10	K	“手”源 于希腊字母 Kappa (K, κ)	Kind (善良的)、Key (钥匙)、King (国王)、Knowledge (知识)、Kick (踢)、Keep (保持)、Kitchen (厨房)、Kangaroo (袋鼠)、Kid (孩子)、Kite (风筝)、Kiss (吻)、Knight (骑士)、Kindergarten (幼儿园)、Kernel (核心)、Karate (空手道)
11	L	“刺棒” 源于希腊字 母 Lambda a (Λ, λ)	Love (爱)、Light (光)、Life (生命)、Laugh (笑)、Learn (学习)、Lion (狮子)、Lake (湖)、Language (语言)、Laptop (笔记本电脑)、Library (图书馆)、Lemon (柠檬)、Letter (信)、Lively (活泼的)、Luxury (奢侈)、Landscape (风景)
12	M	“水”源 于希腊字母 Mu (M, μ)	Moon (月亮)、Mountain (山)、Music (音乐)、Mother (母亲)、Mind (思想)、Mango (芒果)、Museum (博物馆)、Machine (机器)、Morning (早晨)、Magic (魔法)、Mystery (神秘)、Movie (电影)、Modern (现代的)、Mirror (镜子)、Map (地图)

1 3	N	<p>“蛇” / “鱼” 源于希腊字母</p> <p>Nu (N, ν)</p>	<p>Nature (自然)、Night (夜晚)、Notebook (笔记本)、Name (名字)、Number (数字)、North (北方)、November (十一月)、Navigate (导航)、Nest (巢)、Nutrition (营养)、Noise (噪音)、New (新的)、Noodle (面条)、Network (网络)、Noble (高尚的)</p>
1 4	X	<p>“支撑” / “鱼” 源于希腊字母</p> <p>Xi (Ξ, ξ)</p>	<p>真正X开始的单词极少: X-ray (X射线)、X-factor (特殊因素)、X-axis (X轴)、Xenon (氙)、Xenophile (热爱外国文化的人)、Xylophone (木琴)</p>
1 5	O	<p>“眼”源于希腊字母</p> <p>Omicron (O, ο)</p>	<p>Ocean (海洋)、Orange (橙色)、Oxygen (氧气)、Open (打开)、Office (办公室)、Option (选项)、Opportunity (机会)、Order (订单)、Original (原始的)、Oval (椭圆形)、Organize (组织)、Outstanding (杰出的)、Olive (橄榄)、Observe (观察)、Overture (序曲)</p>
1 6	P	<p>“口” / “角落”源于希腊字母</p> <p>Pi (Π, π)</p>	<p>Peace (和平)、Power (力量)、People (人们)、Planet (行星)、Play (玩耍)、Purpose (目的)、Progress (进步)、Penguin (企鹅)、Piano (钢琴)、Parent (父母)、Protein (蛋白质)、Positive (积极的)、Patience (耐心)、Photograph (照片)、Pleasure (快乐)</p>
7	Q	<p>“线”源于希腊字母</p> <p>Qoppa (Q, ϙ)</p> <p>Koppa (Ϡ, ϡ)</p>	<p>Queen (女王)、Quest (探索)、Quick (快速的)、Quiet (安静的)、Quality (质量)、Quarantine (隔离)、Quilt (被子)、Quote (引用)、Question (问题)、Quantity (数量)、Qualified (合格的)、Quarry (采石场)、Quarter (四分之一)、Quench (熄灭, 解渴)、Quasar (类星体)</p>

17	R	“头”源于希腊字母 Rho (P, ρ)	Rain (雨)、River (河流)、Radiant (光辉的)、Rapid (迅速的)、Rose (玫瑰)、Rock (岩石)、Read (阅读)、Run (奔跑)、Rhythm (节奏)、Relax (放松)、Reflect (反思)、Respect (尊重)、Reveal (揭示)、Royal (皇家的)、Recipe (食谱)
18	S	“牙”、“日神沙马什”源于希腊字母 Sigma (Σ, σ/ς)	Shamash → Sun (太阳)、Sea (海)、Sky (天空)、Star (星星)、Smile (微笑)、Silence (沉默)、Swim (游泳)、Song (歌曲)、Sleep (睡眠)、Spring (春天)、Serenade (小夜曲)、Shadow (影子)、Sparkle (闪烁)、Sculpture (雕塑)、Science (科学)
19	T	“标记”源于希腊字母 Tau (T, τ)	Time (时间)、Tree (树)、Travel (旅行)、Technology (技术)、Team (团队)、Talk (谈话)、Tiger (老虎)、True (真实的)、Taste (味道)、Touch (触摸)、Trust (信任)、Tomorrow (明天)、Top (顶部)、Twist (扭曲)、Transition (过渡)

Welcome here. Let Me Ask You a Question. 难度：4级

How many times have you told yourself:

“This time I’ll change. This time I’ll wake up early. This time I’ll stop wasting time. This time I’ll become the person I dream of.”

And yet, months pass... you’re still the same. Same laziness. Same fear. Same excuses.

Don’t lie to me. Don’t lie to yourself—because deep down, you know I’m right.

You say you want change. But if I looked at your routine, your habits, your thoughts, I’d say:

“No, you don’t. You just want the idea of change. You want the result, not the process.”

And that is exactly why your life is stuck in the same cycle, year after year.

Listen to me —if you don’t change your thinking, your surroundings, your actions, you will wake up 10 years from now in the same bed, the same job, the same pain. Only older, more tired, and full of regret. And no one is coming to save you. Not your parents. Not your friends. Not God. It’s on **you**.

This is a wake-up call—a slap from your future self saying:

“Change now or cry later.”

『 You're Addicted to Comfort 』

Let's begin with the first brutal truth: You're not lazy. You're addicted to comfort.

Yes, I said it.

You're not weak. You're not stupid. You're not incapable. You're just comfortable—and that's the most dangerous place to be.

Think about it:

- You know waking up early would help—but your bed is warm.
- You know learning English would change your life—but scrolling Instagram feels easier.
- You know building discipline would make you powerful—but Netflix feels better than discomfort.



cook the book

篡改账目

受限于个人水平，笔记若有疏漏之处，恳请发送邮件至 hibenba@gmail.com 批评指正。

同时可通过网址(ncego.com)页面底部“举报”错误 (更新于:2026-03-02)。

一场孤独的修行，需要相信积累的力量。专注当下、珍惜时间、心怀感恩、顶峰相见。