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# Lesson 19 The stuff of dreams

话说梦的本质 强调句 虚拟语气

与课文关联的 14 个单词(点击每个单词可查看详细介绍)



**speculation** /ˌspekjuˈleɪʃ(ə)n/

n. 推测

**literally** /ˈlɪtərəli/ adv. 确实

**odd** \* /ɒd/ adj. 奇特的

**tissue** /ˈtɪʃuː/ n. 组织

**plausible** /ˈpləʊzəb(ə)l/

adj. 似乎有理的

**hypothesis** /haɪˈpɒθəsɪs/ n. 假说

**electroencephalograph** /ɪ

ˌlektərəʊnˈsef(ə)ləgrɑːf/ n. 脑电图仪

**electrode** /ɪˈlektroʊd/ n. 电极

**scalp** /skælp/ n. 头皮

**psychiatrist** /saɪˈkaɪətrɪst/

n. 精神病学家

**punctuate** /ˈpʌŋktʃueɪt/

v. 不时介入

**jerky** /ˈdʒɜːki/ adj. 急动的

**disorder** /dɪsˈɔːdə(r)/ n. 失调

**implication** /ˌɪmplɪˈkeɪʃn/ n. 表明

## 引子 难度：7 级

### ※ The stuff of dreams

『 **stuff** n. fundamental material 基础材料，本质 』

- the **stuff of** greatness
- Real life is the **stuff of** all good novels. 是所有优秀小说的本质
- We must find out what **stuff** he is made of. 他是什么样的人/由什么构成

※ **It is** fairly clear that the sleeping period **must have** some function, **and** because there **is** so much of **it** the function **would seem** to be important.

『 **it is fairly clear that ...** 很明显... 』

- **It is clear that** the primary duty of parents is to provide protection for our children. 很明显，父母的首要职责就是为孩子提供保护。
- **It is clear that** the U.S. will meet its emission goals. 很明显，美国将会达到其排放目标。
- **It is clear that** having green spaces in a city is very beneficial for residents and visitors. 很明显，在城市中拥有绿色空间对居民和游客都是非常有益的。

<b>it is as clear as daylight that</b> ... 像白天一样明显	<b>It was as clear as daylight then that burglars had forced an entry</b> during her absence.
<b>it is obvious that ...</b> 显然...	The rope had been cut, so <b>it was obvious that the lamb had been stolen.</b>
<b>it becomes apparent that ...</b> 明显看出...	<b>It later became apparent that rabbits were developing a degree of resistance</b> to this disease.

『 **would seem / appear** 想必，似乎 』

- It **would seem** more sensible to apply standards flexibly rather than rigidly.
- It **would appear** that the legal profession is the nearest thing to a recession-proof industry.
- Time **would appear** to be the significant factor in this whole drama.
- A more plausible explanation **would seem / appear** to be that people are fed up with the administration. 一个更合理的解释似乎是人们对行政机关感到厌倦。

『 **would** 表“推测” 』

- That **would** be his mother.
- Who is the man you want to speak to? —You **wouldn't** know him.
- He **would** have reached New York.

※ **Speculations about its nature have been going on for literally thousands of years, and one odd finding that makes** the problem puzzling **is** that it **looks** very much as if sleeping **is** not simply a matter of giving the body a rest.

『speculations about ... have been going on for literally thousands of years. 关于... 的推测已经延续数千年了』

- **Speculations about** the origins of the universe **have been going on for literally thousands of years.** 对于宇宙起源的猜测已经持续长达数千年了
- The custom of letting off firecrackers on Lunar New Year's Eve **has been going on for literally thousands of years.** 除夕放鞭炮的习俗已经持续长达数千年了

『finding n.information that is discovered as the result of research 研究结果』

- These **findings suggest** that there is no direct link between unemployment and crime.
- One of the main **findings** of the survey was the confusion about the facilities already in place. 该调查的主要发现之一是对已安装到位的设备的混淆。

『It looks very much as if ... 看上去很可能...』

- **It looked very much as if** teeth, and not an axe, had cut down that tree. 看上去很可能是牙齿而不是斧头砍倒了那棵树
- **It looks very much as if** the 19-year-old Chinese player will regain the title she first won at sixteen.

『be simply a matter of doing 不过是...的事儿/问题』

- Success in business **is simply a matter of** knowing when to take a chance. 商业上的成功不过是知道何时抓住机会的问题。
- **It's a matter of** the greatest importance to me. 这对我来说是最重要的事情。
- **It's not just a matter of** principle. 这不仅仅是个原则问题。
- **It was largely a matter of** trial and error. 这主要是个反复实验的问题。

<p><b>be not simply a matter of doing ...</b> 不仅仅是.....的事/问题</p>	<p>Reducing the number of road deaths <b>is not simply a matter of</b> improving roads; it involves driver education too. 减少道路死亡人数不仅仅是改善道路的问题，它还涉及到驾驶员教育。</p>
<p><b>a/the matter/question of ...</b> .....的事/问题 (复习)</p>	<ul style="list-style-type: none"> <li>• <b>The disagreement became serious as soon as the question of prestige arose.</b> 一旦名誉问题出现，分歧就变得严重了。</li> <li>• <b>... It is a question of pride as much as anything else.</b></li> </ul>
<p><b>a question of pride</b> 一个关于自尊的问题</p>	<p>For him, winning the championship is <b>a question of pride</b> as much as anything else. 对他来说，赢得冠军在很大程度上是一个关于自尊的问题。</p>

<p><b>a matter of monetary means</b> 一个关于金钱手段的问题</p>	<p>Education in the wilderness <b>is not a matter of monetary means</b>, but of determination.</p>
<p><b>a matter of personal circumstances</b> 一个关于个人情况的问题</p>	<p>These are partly <b>a matter of</b> personal circumstances, partly <b>a matter of</b> psychology.</p>

※ 'Rest', in terms of muscle relaxation and so on, can be achieved by a brief period lying, or even sitting down.

『 in terms of ... 就...而言 』

- What are the advantages **in terms of cost**?
- What does this mean **in terms of cost**? 这在成本上意味着什么?
- **In terms of** extra staff—how many will we need? 就额外的员工来说, 我们需要多少人?

※ The body's tissues are self-repairing and self-restoring to a degree, and **function best when more or less continuously active**.

『 **self-repairing / self-restoring** 自动修复的 / 自我恢复的 (self- prefix by yourself or by itself 自己、自我、自动) 』

- a **self-propelled** vehicle
- **self-closing** doors
- a **self-cleaning** oven
- a **self-winding** watch

『 **to a (certain) degree / extent = partly** 部分的、某种程度上 』

- **To a degree**, it is possible to educate oneself.
- We're all willing to support him **to a certain degree**.
- **Disillusionment with the parents, however good and adequate they may be both as parents and as individuals, is to some degree inevitable.**

<p><b>to some extent</b> 某种程度上</p>	<ul style="list-style-type: none"> <li>• We all <b>to some extent</b> remember the good times and forget the bad.</li> <li>• I do agree with him <b>to an extent</b>.</li> <li>• I agree with you <b>to a certain extent</b>, but ... 我在某种程度上同意你, 但是....</li> <li>• This will relieve pressure on the trains <b>to some extent</b>. 在某种程度上减轻火车的压力</li> </ul>
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『 **function best** 功能最佳(最高级修饰动词时可省定冠词the) 』

- One of the things that **fascinates us most** about cats is the popular belief that they have **nine lives**.
- Those who work **(the) most** often get paid **(the) least**.
- The old machine still **functions best** after a good oiling.

『 **more or less** 几乎; 差不多 』

- a place where the ground was **more or less** flat
- They've settled here **more or less** permanently.
- He **more or less** admitted he'd done it.
- ... the first group began to show some personality disorders while the others seemed **more or less** unaffected. 本课

<p><b>continually</b> 不断地; 频繁地 (含贬义)</p>	<ul style="list-style-type: none"> <li>• He is <b>continually</b> being late.</li> <li>• He is <b>continually</b> asking me for money.</li> <li>• They're <b>continually</b> arguing.</li> <li>• <b>Everything around him was full of her presence, continually reopening the wound.</b></li> <li>• <b>Almost immediately he began to complain about the weather, for even though it was still summer, it rained continually and it was often bitterly cold.</b></li> </ul>
<p><b>continuously</b> 连续不断地 (强调一刻不停)</p>	<ul style="list-style-type: none"> <li>• He has lived and worked in France almost <b>continuously</b> since 1961. 自1961年以来几乎连续不断地生活和工作在法国</li> <li>• <b>These lights flickered continuously like traffic lights which have gone mad.</b></li> </ul>
<p><b>be continually doing ...</b> 老是/持续不断地做某事</p>	<p>He <b>is continually complaining</b> about the small details of the project. 他老是抱怨项目中的小细节。</p>

<b>be always doing ...</b> 总是/老是做某事 (强调重复或习惯)	She <b>is always arriving</b> late for our meetings, which is very frustrating. 她老是开会迟到, 这很令人沮丧。
<b>be constantly doing ...</b> 不断地/时常做某事	The children <b>are constantly asking</b> questions about how things work. 孩子们不断地问事物是如何运作的问题。
<b>be forever doing ...</b> 老是/总是做某事 (带有强调或夸张)	My phone <b>is forever running out</b> of battery when I need it most. 我的手机总是在我最需要它的时候没电。

✧ **In fact a basic amount of movement occurs during sleep which is specifically concerned with preventing muscle inactivity.**

『 **specifically** adv. relating to or intended for one particular type of person or thing only 特定地, 专门地 』

- liquid vitamins **specifically** designed for children. 专门为儿童设计的
- a magazine aimed **specifically** at working women. 专门针对职业女性的

<b>(be) specifically designed for ...</b> 对...专门设计的	The new software <b>is specifically designed for</b> graphic designers. 这款新软件是专门为平面设计师设计的。
<b>(be) aimed specifically at ...</b> 专门针对...	The advertising campaign <b>is aimed specifically at</b> young professionals in urban areas. 这项广告活动专门针对城市里的年轻专业人士。
<b>(be) specifically concerned with ...</b> 专门关于...	Her doctoral research <b>is specifically concerned with</b> the history of climate policy. 她的博士研究专门关于气候政策的历史。

『 **concern / be concerned with / about ...** 与...有关 / 担忧 』

- The book **concerns** music.
- The book **is concerned with** music.
- a book **concerning** music
- a book **concerned with** music concern ...

<b>concern ...</b> 与...有关 (v.)	The book primarily <b>concerns</b> music of the early 20th century. 这本书主要与20世纪初的音乐有关。
<b>be concerned with ...</b> 与...有关 (phr.)	The book <b>is concerned with</b> music theory and practice. 这本书与音乐理论和实践有关。

<b>a book concerning music</b> 一本关于音乐的书 (现在分词作定语)	I borrowed <b>a book concerning music</b> education from the library. 我从图书馆借了一本关于音乐教育的书。
<b>a book concerned with music</b> 一本与音乐有关的书 (过去分词作定语)	She owns <b>a book concerned with music</b> history in Europe. 她拥有一本与欧洲音乐史有关的书。
<b>concern sb.</b> 令某人担忧 (v. 人作宾语)	What <b>concerns</b> me is our lack of preparation for the change. 令我担忧的是我们对这次变化缺乏准备。
<b>be concerned about ...</b> 为某事担忧 (phr.)	The police said they <b>were</b> very <b>concerned about</b> the boy's safety. 警方说他们非常担心这个男孩的安全。

『 **inactivity** 不活动；不工作 the state of not doing anything, not moving, or not working 』

- Don't suddenly take up violent exercise after years of **inactivity**.
- The truth is, your body was not designed for **inactivity**. 事实上，你的身体不是生来就静止的。
- Our waistlines are expanding for one major reason: increasing **inactivity**. 身体活动的日益减少是我们腰围见长的一个主要原因。

**推测** 难度：8 级

※ **If it is not a question of resting the body, then perhaps it is the brain that needs resting?**

『 **rest** v.to not use a part of your body that is tired or injured so that it can get better 使（身体或身体某部分）休息 』

- **Rest** your eyes every half an hour.
- I need to sit down and **rest** my legs.

『 **need / require / want + doing | to be done** 需要被... 』

- The watch **needs / requires / wants mending | to be mended**.
- ... then perhaps it is the brain that **needs to be rested?** 替换写法
- "The strap **needs mending,**" said Mrs. Sterling later, "but they did not steal anything."

If it is not a question of replacing trading partners, then perhaps **it is** trading standards **that** need replacing. 如果不是更换贸易伙伴的问题，那可能需要更换的就是贸易标准了。

※ **This might be a plausible hypothesis were it not for two factors.**

『 plausible hypothesis 貌似合理的假设 』

- The police found his story barely **plausible**.
- Plausible hypothesis This might be a plausible hypothesis were it not for two factors. 若不是下面两点，这种假设似乎是有道理的。
- This is a controversial hypothesis, but it is certainly plausible. 这种假设很具争议，但的确有可能。

『 were it not for ... 要不是；如果没有... (虚拟语气倒装) 』

- This might be a plausible hypothesis **if it were** not for two factors. 替换写法 (不倒装)
- **Insects would make it impossible for us to live in the world; they would devour all our crops and kill our flocks and herds, if it were not for the protection we get from insect-eating animals.**
- This might be a plausible hypothesis **but for / except for** two factors. 要不是，要没有

※ First the electroencephalograph (which is simply a device for recording the electrical activity of the brain by attaching electrodes to the scalp) shows that while there is a change in the pattern of activity during sleep, there is no evidence that the total amount of activity is any less.

『 electroencephalograph 脑电图仪；脑电描记器 』

"electr" = electron + "encephalo" = brain + "graph(y)" = to write bovine

- The medical team used an **electroencephalograph** to monitor the patient's brain waves.
- For instance, **electrocardiograph** can detect heart's condition. **Electroencephalograph** can detect brain's condition. 心电图仪可查抄人的心脏状态，脑电图仪可查抄人的前脑状态。
- A graphic record of the electrical activity of the brain as recorded by an **electroencephalograph**. 大脑电子活动的图形记录；脑电图仪产生的。

『 bovine spongiform encephalopathy (BSE) 』

photograph	telegraph	autograph
geography	biography	autobiography
demography	bibliography	calligraphy

『 device for doing sth. / to do sth. 做某事的设备 』

- a **device for** measuring humidity in the air.
- a **device to** detect carbon monoxide.

『 **attach ... to ...** 连上、贴上、系上... 』

- Lined up against the wall, there were long thin wires **attached to** metal spheres.
- The sides of the dish were so smooth that it was almost impossible to **attach** hawsers and chains **to** the rim without damaging it.
- 

**be sentimentally attached to ...** 在感情相连

She **was sentimentally attached to** this house, for even though it was far too big for her needs, she persisted in living there long after her husband's death.

『 **evidence + 同位语从句** 有证据表明... 』

- There is some **evidence that** the economy is improving.
- Is there any scientific **evidence that** a person's character is reflected in their handwriting? 是  
否有科学证据表明一个人的性格反映在他们的笔迹中
- There is now clear **evidence that** these chemicals are damaging the environment.

『 **any + 比较级** adv. used before the comparative form of an adjective or adverb to mean 'even a small amount' 一点儿, 丝毫 』

- I can't run **any** faster.
- Are you feeling **any** better?
- Don't you have **any less** expensive shirts? 你们没有便宜点儿的衬衣?
- But that does not mean it will be **any less** interesting. 但是这并不意味着它会失去丝毫的趣味。

※ The second factor **is** more interesting and more fundamental.

『 **more adj. and more** adj. 更... 且更... 』

- I want to get **more interesting and more challenging** job. 我想得到更有趣和更具挑战性的工作。
- The following two days will help you to learn it **more easily and with more fun!** 接下来的两天将帮助你更轻松、更有趣地学习它!
- I should be compared you to summer, you are **more beautiful and more gentle.** 我是否应把你比作夏日, 你是更美丽, 更温柔。

※ Some years ago an American psychiatrist **named William Dement**

**published experiments dealing with the recording of eye-movements** during

sleep.

『 **deal with** 关于（书、演讲等） if a book, speech etc. deals with a particular subject, it is about that subject 』

- The story **deals with** the psychological conflicts between mother and son.
- I prefer to **deal with** him direct. 我更愿意直接跟他打交道。
- He's happy that I **deal with** it myself. 他对我自己处理这件事感到很满意。
- Have you been hatching up a **deal with** her? 你是不是在和她密谋什么交易？
- We did a **deal with** the management on overtime. 我们与资方在加班问题上达成了一项协议。

<b>concern / be concerned with ...</b> 与...有关；关于	<ul style="list-style-type: none"><li>• Much of the material in her early letters <b>concerns events</b> which happened some years before.</li><li>• Elton's books are often <b>concerned with</b> environmental issues.</li><li>• In fact a basic amount of movement occurs during sleep which <b>is</b> specifically <b>concerned with</b> preventing muscle inactivity. 本课</li><li>• One case <b>concerns</b> an eleven-year-old schoolgirl, Vera Petrova, who has normal vision but who can also perceive things with different parts of her skin, and through solid walls.</li><li>• A recent case <b>concerns</b> Jane Butlin whose fiancé, John, runs a successful furniture business.</li></ul>
<b>be about ...</b> 是关于...的	Have you ever read 'Hideous Kinky'? It's about an English woman and her daughter travelling in Morocco.
<b>focus on ...</b> 主要关于	<ul style="list-style-type: none"><li>• The next chapter will <b>focus on this problem</b> in greater detail.</li><li>• a weekly magazine mainly <b>focusing on</b> business-related issues</li></ul>

※ He **showed** that the average individual's sleep cycle is punctuated with peculiar bursts of eye-movements, some (being) drifting and slow, others (being) jerky and rapid. 独立主格(省略了being)

『 **be punctuated with** 充满了；带有...的特征;穿插...;被...所点缀 』

- His speech **was punctuated with** warm applause. 他的讲话不时被热烈的掌声打断。
- His speech **was punctuated with** laughter from the opposition. 他的演讲不时地被反对派的嘲笑声打断。

- The football game **was punctuated with** the cheers of each team's supporters. 足球赛伴随着两队支持者们阵阵的欢呼声进行。

『 **burst** n.a short period of a particular activity or strong emotion that often starts suddenly 一阵 (突然发生的活动或强烈情感) 』

- a sudden **burst of activity / energy / anger / enthusiasm** 一阵活动/能量
- spontaneous **bursts of applause** 一阵自发的掌声
- A **burst** of activity associated with the laying of submarine cables soon confirmed the challenger's observation that many parts of the ocean were two to three miles deep, and the existence of underwater features of considerable magnitude.

『 **drift** v. to move, change, or do sth. without any plan or purpose 漫无目标地移动、改变等 』

- The crowds **drifted away** from the stadium.
- Jenni spent the year **drifting around Europe**.
- This is a moving spectacle, for crowds of people stand on the shore watching the lanterns **drifting away** until they can be seen no more.

『 **jerky** adj.making sudden starts and stops and not moving smoothly 忽动忽停的, 颠簸不稳的 』

- The disease causes sudden **jerky movements** of the hands and legs.
- The old bus ride was quite **jerky**.

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※ People woken during these periods of eye-movements generally **reported that they had been dreaming.**

『 **be woken during ...** 在...期间被叫醒 』

- She was **woken during** the night by a loud noise.
- **One night, however, our vicar woke up with a start...** 惊醒

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※ **When (they were) woken at other times they reported no dreams.** 状语从句  
主谓与主句一致时可省略

- 1、从句的主语 (Subject of the Adverbial Clause) 必须和主句的主语 (Subject of the Main Clause) 相同。
- 2、从句的谓语动词 (Verb Phrase) 包含一个系动词 be (如 is,are,was,were ) 或一个助动词 be 。

## 『状语从句的简化 (Reduction of Adverbial Clauses) 专业叫法“悬垂分词 (Dangling Participle)”』

含有过去分词 (V-ed) - 通常是被动语态的简化

- When **it is viewed** from a distance, the painting looks realistic. ⇒ When **viewed** from a distance, the painting looks realistic. 时间 (When/While)
- **As she was inspired** by her teacher, she decided to study science. ⇒ **Inspired** by her teacher, she decided to study science. 原因 (Because/As)
- If **it is heated** too quickly, the substance will explode. ⇒ If **heated** too quickly, the substance will explode. 条件 (If)

含有现在分词 (V-ing) - 通常是主动语态或进行时的简化

- While **I was walking** down the street, I saw an old friend. ⇒ While **walking** down the street, I saw an old friend. 时间 (While/As)
- **Because they were feeling** tired, the hikers stopped to rest. ⇒ **Feeling** tired, the hikers stopped to rest. 原因 (Because/As)
- Though **he is earning** a high salary, he is not happy. ⇒ Though **earning** a high salary, he is not happy. 让步 (Though)

含有形容词 (Adjective) 或介词短语 (Prepositional Phrase)

- When **they are ready**, the documents will be sent out. ⇒ When **ready**, the documents will be sent out. 时间 (When)
- **As she was certain** of her facts, she spoke confidently. ⇒ **Certain** of her facts, she spoke confidently. 原因 (As)
- If **it is necessary**, we can reschedule the meeting. ⇒ If **necessary**, we can reschedule the meeting. 条件 (If)
- Before **he was on stage**, the singer felt nervous. ⇒ Before **on stage**, the singer felt nervous. 时间 (Before)

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※ **If one group of people were disturbed from their eye-movement sleep for several nights on end, and another group were disturbed for an equal period of time but when they were not exhibiting eye-movements, the first group began to show some personality disorders while the others seemed more or less unaffected.**

『 **on end** 连续的 』

- Some plays are so successful that they run for years **on end**.
- He is a wonderful companion and we can talk for hours **on end**. 他是个极好的伙伴，我们可以连续谈上几个小时。
- He would disappear for weeks **on end**. 他常常是连续几周不见人影。

<b>in a row</b> 连续的	She's been voted Best Actress three years <b>in a row</b> .
<b>successively</b> 连续地	The company won the award three years <b>successively</b> .

『 **exhibit** v. (fml.) to show a particular feeling, quality, ability, or form of behavior 表现，显示，显出 』

- The islanders **exhibit** a constant happiness with life. 这些岛民表现出一种对生活的持久的幸福感。
- She's beginning to **exhibit symptoms of stress**. 开始表现出压力的症状
- The patient **exhibited signs of fatigue** and memory loss.

『 **disorder** n. an illness of the mind or body 疾病，不适，障碍 』

- He had treated her for a stomach **disorder**.
- He's suffering from severe mental **disorder**. 严重的精神障碍
- One forensic psychiatrist described him as having an incurable antisocial personality **disorder**. 一位法庭精神病医生将他描述为患有不可治愈反社会人格障碍。
- This makes it too common to be considered a mental **disorder**. 这使得它太常见，所以不被认为是一种精神疾病。

『 **unaffected (by ...)** adj. 英文解释：not changed or influenced by sth 未改变的，未受影响的 』

- People's rights are **unaffected by the new law**. 未受新法律影响
- The children seem **unaffected** emotionally **by** their parents' divorce.
- She seemed totally **unaffected by** what she'd drunk. 她似乎完全没有受到所喝的东西的影响。

※ The implications of all this **were** that it was **not** the disturbance of sleep that **mattered**, **but** the disturbance of dreaming.

『 **it is not ... that ..., but ...** 不是...重要；而是... (强调句型) 』

- If there is one—which I take leave to doubt—then **it is** older people **who** create it, **not** the young themselves.
- If this facilitates forgery, **it is** the bank which will lose, **not** the customer.
- **But the significant thing is not** the behaviour of the players **but** the attitude of the spectators...

## 『写作替换』

- ... **it was** the disturbance of dreaming **that / which mattered**, **not** the disturbance of sleep.  
肯定前者、否定后者
- ... **the significant thing was not** the disturbance of sleep **but** the disturbance of dreaming.

## 『Lesson 6 The sporting spirit 写作替换』

... **the significant thing is not** the behaviour of the players **but** the attitude of the spectators ...

- ... **it is not** the behaviour of the player **that matters**, **but** the attitude of the spectators ... 本课句型
- ... **it is** the attitude of the spectators **that matters**, **not** the behaviour of the players ... §

## 『是...而不是... 写作替换』

<b>it is not ... that matters, but ...</b> 不 是...重要, 而是... (强调重要性对比)	<b>It is not</b> the quantity of work <b>that matters, but</b> the quality. 重要的不是工作量, 而是质量。
<b>it is ... that/who/which ..., not ...</b> 是...而不是... (强调句型)	<b>It is</b> the way you make people feel <b>that</b> they will remember, <b>not</b> the things you said. 人们会记住的是你让他们感受到的方式, 而不是你所说的话。
<b>the significant thing is not ... but ...</b> 重要的不是...而是...	<b>The significant thing is not</b> the mistakes you make, <b>but</b> how you recover from them. 重要的不是你犯了什么错误, 而是你如何从错误中恢复过来。



Laugh off

一笑置之

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](mailto:hibenba@gmail.com) 批评指正。

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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。