

### 1. 阅读理解

Most of us feel very tired after working for eight hours a day, five days a week. When we get home, we watch at least one film because it's well-deserved and the only time we get to "relax" before going to sleep. Wake up and repeat. No wonder you feel tired. So how do you get out of this vicious circle? How do you restart your life?

#### 1. YOUR MINDSET

"Oh man, another one of these self-improvement things. I hope I can do it, but I've tried these things before, and I just never stick to it."

This was something I used to say to myself every time I try to start something new for myself. There's a fear-driven side of your brain which tells you, "You can't do this."

What can you do? Well, the tip here is to talk to yourself like you're talking to a friend, or a coworker. So the next time you try something new, be kind to yourself like you would be kind to others. You are your own worst critic. But you can also be your firm defender.

#### 2. YOUR DIET

If you are looking at what you eat for the reason to feel energized, then the general rules are:

- 1) Eat when you're hungry. Don't eat when you're not.
- 2) Be mindful when you eat. Chew at least 20 times. Let yourself taste and digest your food.
- 3) Don't do three things at once when you're eating. Your body wasn't made for that.
- 4) Preferably, eat "real" food. Eat what your great-grandmother would recognize as food.

Don't let your days pass by in a boring way. Start by re-examining these key habits in your life to build a body that can start doing things you want.

#### 3. YOUR SLEEP

Without enough sleep, we're basically going through the day drunk. This means tiredness, difficulty to respond quickly and smartly to anything that comes up. The sleeping hours needed for an average adult ranges from 7 to 9 hours.

【1】What does the underlined word "vicious" most probably mean?

- A. Strange. B. Awful.  
C. Friendly. D. Worthy.

【2】When the author starts something new, he .

- A. often feels he can't stick to it B. puts everything else aside  
C. always keeps on doing it D. believes he can complete it

【3】What should one do if he thinks he can't do something new?

- A. He should persuade himself to have a try.  
B. He should defend himself from being hurt.  
C. He should think about it and give it up.  
D. He should force himself to do it.

【4】What will most likely be discussed after the last paragraph?

- A. Why is sleep important? B. How long should we sleep?  
C. How can we sleep properly? D. Why do people dream when sleeping?

### 2. 阅读理解

Growing up, I was an extremely reserved(腼腆的) boy. I didn't have many friends in primary and middle school and rarely opened up to anyone. I didn't even ask my teacher questions in class. I was scared of the world and the people around.

As a child, I was scared to do anything without my parents mainly because I was afraid that I would do it badly. I was getting good grades and was well-behaved, but I wasn't happy. It was my belief that I was, for some reason, unable to do the things the others kids could do. I felt inadequate.

While in my second semester of college, I ran into some information on the Internet about something called social anxiety. I didn't really know much of the disorder. Thus I began to read about some of the symptoms and realized that social anxiety was the thing that hurt me so much.

It is common knowledge that people with social anxiety experience nervousness in social situations. What a lot of people don't know is that one of the main causes of social anxiety is negative thinking. People having a negative idea of themselves often think that they are ugly or stupid.

I realized what I was truly afraid of: not being good enough. I was afraid that people would look at me and would not like what they saw; I was scared of rejection. To help deal with these problems, I began to practice meditation(沉思) and other mindfulness exercises. My mind slowly began to change.

I realized that everyone, from star athletes to noble prize winners, experiences fear in their lives. Whether people are afraid of heights, planes, spiders, or talking to girls, we all experience anxiety and fear. There is no reason for anyone to feel excluded(排除在外的) because something scares them. People with anxiety disorders might have "problems", but there is nothing wrong with them as people. They are just as humans as everyone else.

【1】What do we know about the author from the first two paragraphs?

- A. He was poor at his subjects.  
B. He grew up in an awful environment.  
C. He was shy and lacked confidence.  
D. He did not show respect for his teachers.

【2】What are the characteristics of people with social anxiety?

- A. They want to have high social status in society.  
B. They desire to get more with less effort.  
C. They talk a lot about themselves in public.  
D. They often believe that others are better than them.

【3】How did the author recover from his social anxiety?

- A. He did a lot of exercise.  
B. He adjusted his way of thinking.  
C. He sought help from his professors.  
D. He surrounded himself with something positive.

【4】What is the writer's attitude towards people with anxiety?

- A. He believes that they should overcome it together.  
B. He argues that people treat them equally.  
C. He insists that they be given some help.  
D. He thinks people should sympathize with them.