

图书基本信息

书名：<<高一下-快捷英语周周练-阅读理解(活页卷)>>

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## 内容概要

**名师主笔 专家审稿** 本套丛书由海淀教师进修学校教研员领衔，海淀十余所名校名师联合编写，由中外教育专家审定把关。

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既有利于教师课堂定时检测，又适合学生同步自测，操作灵活方便、节时高效。

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## 章节摘录

Most people feel lonely sometimes , but it usually only lasts between a few minutes or a few hours. This kind of loneliness is not serious. In fact , it is quite normal. For some people , though , loneliness can last for years. Now researchers say there are three different types of loneliness. The first kind of loneliness is temporary ( 暂时的 ) . This is the most common type. It usually disappears quickly and does not require any special attention. The second kind , situational loneliness , is a natural result of a particular situation for example , a family problem , the death of a loved one , or moving to a new place. Although this kind of loneliness can cause physical problems , such as headaches and sleeplessness , it usually does not last for more than a year. The third kind of loneliness is the most severe. Unlike the second type , chronic ( 长期的 ) loneliness usually lasts more than two years and has no specific cause. People who experience habitual loneliness have problems socializing and becoming close to others. Unfortunately , many chronically lonely people think there is little or nothing they can do to improve their condition. Psychologists agree that one important factor in loneliness is a person's social contacts , e.g. friends , family members , co-workers , etc. We depend on various people for different reasons. For instance , our families give us emotional support , our parents and teachers give us guidance , and our friends share similar interests and activities. However , psychologists have found that , though lonely people may have many social contacts , they sometimes feel they should have more. They question their own popularity. Psychologists are trying to find ways to help habitually lonely people for two reasons : they are unhappy and unable to socialize and there is a connection between chronic loneliness and serious illness such as heart disease. While temporary and situational loneliness can be a normal , healthy part of life , chronic loneliness can be a very sad , and sometimes dangerous condition.

### 编辑推荐

《快捷英语·快捷英语周周练：阅读理解（高1下）》是海滨教师进修学校领衔，海滨十余所名校名师编写。

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