

<<洒满阳光的海湾>>

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内容概要

这套书共十本，包括奋斗、爱情、创业、经历、幸福、梦想等十个大学生关心的话题。所选的英语原文词汇量和难度与大学生的英语阅读水平相适应，每篇文章前有导读，文中的疑难词语配有注释，并附有赏析和阅读思考题，每本书前主编还写了一首诗歌作为主编寄语，这一切，希望广大读者能够喜欢。

在编写这套书时，我们给读者提供的文章不仅是地道的英语表达，而且读来耐人寻味，从而使这套书更具有语言性和知识性、阅读性和思考性相结合的特点。

在这套书出版之前，我们曾将部分书稿交给学生阅读，请他们谈谈阅读感想。

有的说：“好像喝了杯热咖啡，有点苦，也有点甜。”

有的说：“好像嚼槟榔，爽！”

一个美丽的女孩悄悄地说：“我的爱情彩球飞得太高了，无法着陆。”

”

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书籍目录

愉悦与痛苦论老之将至关于年龄心碎的美德用幽默去解决问题逗号之赞人生的节奏责任荣誉国家理查德·尼克松：宣布辞去合众国总统职务的决定十月午后漫步第三天一个水手的圣诞礼物杜格·埃厄生命的奇迹老萨姆和橡子归乡路迢迢吾爱唯一被我抛至脑后的生活我的朋友爱因斯坦简·爱人生物语麦琪的礼物生命的法则《草叶集》序英格兰乡村生活寂寞圆

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章节摘录

Doug said he wasn't interested, but the teacher persisted. Finally Doug agreed to enter a race. On the day of the meet, as he sat at the starting line in his heavy, everyday wheelchair, Doug noticed that the other competitors had fancy, light racing chairs. Then the starter's gun went off, and Doug barreled down the course, pushing his wheels faster and faster. As the unwieldy chair gained speed, Doug lost control. His chair careened into an opponent, sending them both tumbling to the ground. Doug was disqualified. But as friends helped him right his chair, his heart pounded with excitement, and a grin spread over his face. Discouraged? He was elated!

At the next meet, Doug concentrated on field events: His shot put was good enough to qualify him for the annual National Wheelchair Games, to be held on Fathers Day 1979. Doug won a bronze medal in shot put that day. But more important, he met the world-champion wheelchair athlete, whose muscular chest and arms and powerful throws astonished Doug.¹⁴ "I'm going to beat that guy one day," he vowed. After that, his training began in earnest. Every day at 7 a.m., Leonard, Brian and Doug gathered in their backyard. First Brian and his father helped Doug stretch and warm up his arms. Then, while his father held the wheelchair and Brian coached, Doug put the shot and threw the discus and javelin. Afterward, he swam half a mile and worked out for two hours on a weight-training machine in his bedroom.

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