

1、英语真的有这么难，需要人们投入大量的时间和精力才能掌握吗？

Is English such a difficult language that it really demands people to invest a large amount of time and energy before it is mastered?

2、从我个人经验来看，英语学习不仅仅是指学习英语发音和语法规则等

From my personal experience, I think learning English means far more than learning its pronunciation, grammatical rules, etc

3、社会风俗习惯增加了学习外语的难度

Social customs and habits contribute to the difficulty in learning a foreign language

4、中国人在英语学习中，只有克服文化障碍才能很好地掌握英语

A Chinese English learner cannot have a good command of English unless he overcomes the cultural barriers in learning English

5、这是我来美国后第一次回家探亲

It was the first time I'd gone back home since coming to the United States

6、在过去的六年和美国人交往中，我渐渐学会了他们的一些做法

Through my association with Americans during the past six years, I had gradually adopted some of their ways

7、我不再将香港视作我的故乡，感到无家可归

I no longer consider Hong Kong my home and feel homeless

8、香港发生了巨大的变化，有些地方都认不出来了

Things had changed so much in Hong Kong that I didn't recognize parts of it

9、他们对我渐渐疏远起来，不像开始时那么友好

They gradually became less warm and friendly toward me

10、我母亲特意为我准备了一顿饭

My mother prepared a special dinner in my honor

11、在讨论中，他们不会做一个沉默的旁观者

They don't take a silent back seat during a discussion

12、回来之后我的困惑和苦恼并没有减轻

Coming back here didn't lessen my confusion and pain

13、我曾经住的那条街上的房子被拆掉了，代之而起的是办公大楼

The houses on the street where I used to live had been torn down and replaced by office buildings

14、不要在朋友困难的时候抛弃他

Never desert him when your friend is in trouble

15、发展国民经济是政府的一贯政策

To improve national economy is the government's consistent policy

16、中国在这些问题上表明了立场

China took a stand on these issues

17、不理睬他们的建议是不对的

It is wrong to ignore their suggestions

18、我总是先开始工作，而不愿把事情留到最后才做

I always prefer starting early, rather than leaving everything to the last minute

19、请务必在我外出的时候照顾好我的孩子

Please see(to it) that my children are taken good care of when I am away

20、警察的教育使这个罪犯走上了正路

The instruction of the policeman set the convict on the right path

21、当前，有许多人打着科学的旗号干一些犯法的事情

Nowadays, many people commit illegal acts in the name of science

22、这种车票仅在发售当天有效

These tickets are available on (the) day of issue only

23、你们没有任何权利进入这所房子，这是私宅

You don't have any authority for entering this house. It's private

24、我希望你对我的建议做出肯定的表示

I hope you will give favorable consideration to my suggestion

25、在你怒火爆发之前，深吸一口气，记住：怒气伤身

Before you lose your temper ,take a deep breath and remember this:Anger hurts

26、释放或抑制怒气，其后果没什么两样，两者对你健康造成的影响是一样的

It doesn't matter whether you release the anger or hold it in . The effects on your health are the same.

27、我们应该尝试着去理解那些曾对自己不公正的人，试想这些问题是由环境造成的，而非人为因素

We should practice understanding people who have done us minor wrongs, and think of the problems as having been caused by the situations , not the people

28、许多发火的人都不承认他们在生气

Many people who are angry don't recognize themselves as angry

29、乐观的消息是，怒气是有办法来控制的

The good news is that it is possible to control your anger

30、你越能接受它们，也就越不会动不动发脾气

The better able you are to accept them ,the less angry you'll be

31、你知道食品杂货店到周末往往挤满了人，那就索性平时下班后去购物

As you know that the grocery store is crowded on weekends, you can shop after work

32、你可以问自己如下几个问题来判断发怒的程度

You can ask yourself the following questions to measure your anger quotient

33、当你开始觉得怒火中烧快要爆发了，采取“ 改变它 ”或是“ 接受它 ” 的策略

When you feel anger welling up ,take a change-it or accept-it approach

34、如果你对一次已经过去很久的小挫折依然耿耿于怀，是时候释怀了

If you still remember a minor infraction long after it happened, it's time to let go

35、我感到有人朝我走来，以为是妈妈，就伸出了手

I felt approaching footsteps .I thought it was my mother and stretched out my hand

36、在这个黑暗、寂静的世界中，我对任何东西都没有太深的感情

In the dark ,still world,I had no strong sentiment for anything

37、回家的路上，我触摸到的一切都充满了生命的活力

On my way home ,every object which I touched seemed to be full of life

38、有生以来，我第一次向往新的黎明的到来

For the first time I longed for a new day to come

39、除了很少的几句外，我对法语一无所知

Apart from a few words ,I do not know any French at all

40、许多妇女对其丈夫有影响

Many a woman has had an influence upon her husband

41、我们应该把注意力放在提高学生的英语水平上面

We should concentrate our attention on improving the students' English level

42、幼儿园教师经常带领孩子们去看飞机起飞或降落

The nursery teacher often leads her children to watch aircrafts take off or land

43、所有的饮料是免费的

All the drinks are free of charge

44、最后他决定买一束玫瑰花送给那个生病的小女孩

In the end, he decided on buying a bunch of roses for the sick girl

45、政府给了我们一笔补助，用来盖另外一间教室

The government gave us a grant to build another classroom

46、总的来说，这次演出是受欢迎的

Overall, the performance is enjoyed

47、申请这个工作你所具有的条件是什么

What qualifications have you got to have for this job?

48、他把他的成功归功于他以前所受的良好教育

He referred his success to the good education he had had

49、在当前强烈竞争的社会，我们应该具有全面的能力

In a highly competitive society ,we should have overall abilities

50、电影票价为五美元 The admission to the movie was five dollars

51、冬天是个让人害怕的时节，天变短了，变冷了，太阳好像有全部消失的危险
The approach of the winter time, as the days grew shorter and colder and the sun seemed to threaten to disappear entirely, was a time of fear

52、他们祝愿朋友“ 圣诞快乐 ” “ 新年快乐 ”
They wish their friend "A Merry Christmas"and "A Happy New Year"

53、他们用一串串的彩灯装饰圣诞树
They trim their Christmas trees with strings of colored lights

54、他们把白纸片撒在书上和周围，用白纸包住圣诞树的底部，仿佛树上白雪皑皑
They throw little pieces of white paper over the trees and put white paper or a white sheet around the feet of the trees, so that they seem to be covered with snow

55、小孩在圣诞夜把长筒袜挂在床边，他们相信睡着的时候，圣诞老人就会来看他们
Little children hang up their stockings on Christmas Eve near their beds, and they believe that when they are asleep. Santa Claus will come to visit them

56、许多城镇都在公园内竖起很大的圣诞树
Many towns have very large Christmas trees set up outdoors in the parks

57、普通群众创造了关于圣诞老人的各种传说，以表达对孩子深深的爱意
The common people have created legends of Santa Claus as a symbol of their deep love for the children

58、主要街道两旁的商人和广告公司把圣诞老人当作了冰冷的商业诱惑
The businessmen and the advertising companies on the main roads have turned Santa Claus into a cold commercial attraction

59、小杨昨天是在动物园碰到你妹妹的
It was in the zoo that xiao yang met your sister yesterday

60、我在他口袋里找到的是一把钥匙
It was a key that I found in his pocket

61、他们追求的是利润
What they are after is profit

62、我自己独立完成了这项工作
I finished the work myself

63、我的确想得到那本英语书
I do want to get that English book

64、王玲比杨丽稍微高一点
Wang ling is a little taller than Yang Li

65、只有老李才能完成这件事
Only Lao Li can complete the work

66、无论你去了哪儿，都不能忘记你的祖国
Wherever you go, you shouldn't forget your motherland

67、我们是通过他们才了解到真相的
It's through them that we learn the truth

68、在任何情况下，战士不应背叛自己的祖国
Under no circumstances do the soldiers betray their country

69、你务必于下午两点半来参加会议
Be sure to attend the meeting at half past two in the afternoon

70、假定明天没有课，我们将去爬长城
Suppose that we had no classes, we would go to the Great Wall

71、一位好的领导，应该时刻和人民群众保持密切的联系
As a good leader, one should keep close contact with the masses now and then

72、如果你处在他的位置上，你就会同情他了
If you put yourself into his shoes, you will be sympathetic with him

73、老人已经九十岁了，手术后能活下来真是幸运。
The old man was 90 years old and lucky to come through his operation

74、当别人讲话时，不要插嘴

Please don't cut in when someone is speaking

75、只要你找出你的弱点，并加以克服，你一定会成为一名优秀生

As long as you find out your shortcoming and overcome it, you are sure to become one excellent student

76、上课集中注意力听老师讲解意味着课后少花力气

Listening to the teacher carefully in class means little work after class

77、在重要的场合，要穿着得体大方

When you are in the important occasion, you must wear in good taste

78、这些数学题我解答不了

These mathematics questions are over my head

79、如果你想解决这个问题，你最好先找出基本的矛盾

If you want to solve the problem, you had better find out the principal contradiction

80、这些规章仍然有效

These regulations continue in effect

81、政府应该在洪水过后为老百姓提供足够的资金用来重建

After the flood, the government should put up enough funds for the masses to rebuild their hometown

82、去年我们获得了棉花丰收

Last year we brought in a good cotton harvest

83、理论的基础是实践，又转过来为实践服务

Theory is based on practice and in turn serves practice

84、不要在上班期间来访

Don't call in anybody on work

85、新来的秘书是个敏捷的、效率高的工作人员，老板对她很满意

The new secretary is a quick, efficient worker, and the boss is quite satisfied with her

86、你能从它的上下文说出这个词的意思吗？

Can you tell the meaning of this word from its context?

87、真正的权力属于人民

The real power resides in the people

88、科幻小说不能简单地看成是供消遣的，而实际上它给读者展示更深刻的内容

A science fiction cannot be regarded as a mere entertainment, but in fact it tells the reader much more

注：第十章从课本上背

89、一名有自己风格的演员不应该效仿别人

As an actor with one's own unique style, one should not follow in other's footsteps

90、没有什么东西能确保永久的幸福

Nothing can assure permanent happiness

91、我父亲坚持认为我应该嫁给一个有名的艺术家

My father insisted that I should marry into a famous artist

92、据说，后来那个丑姑娘爱上了一个潇洒的王子

It was said that later the ugly girl fell in love with a handsome prince

93、她看起来更像她父亲，而不是她母亲

She looks like her father rather than her mother

94、多亏了你的帮助，否则我们是不能按时完成这项工作的

Thanks to your help, or we couldn't have finished the work on time

95、那名学生对恐惧的观看检查室的四周

The student looked around the examination room with apprehension

96、新来的邮递员在雾中仔细张望，设法寻找到他要找的那一家

The new postman peered through the mist, trying to find the right house

97、充分考虑后，他决定接受那份工作

After due consideration, he decided to accept the position

98、她认为她的天职就是帮助老人和病人

She believed that her mission in life was helping the old and the sick

99、相信你的直觉，按你自己认为对的去做

Trust your instincts and do what you think is right

100、很多重要的事情有助于实现我们的总目标，使生活更丰富更有意义

Many important things contribute to our overall objectives and give meaning to life

101、如果忽视这些事情，我们就会终日忙碌地喘不过气来，生活乱做一团

If we ignore these things, we become buried alive

102、紧迫给人制造重要的假象

Urgency creates the illusion of importance

103、很多重要的事情由于耽误、计划不周或者事前预防不力而变得紧迫

Many important activities become urgent through delay, or because we don't do enough prevention and planning

104、计划、准备和预防能够避免许多事情变得紧迫

Planning, preparation, and prevention keep many things from becoming urgent

注：第十三章从课本上背

105、我正骑着自行车向前走，车胎突然爆了

When I was riding the bike, the tire suddenly blew up

106、她和我说话的神情，好像她早就认识我似的

She spoke to me as though she knew me

107、他们的观点和我们的冲突

Their viewpoints are in conflict with ours

108、由于粗心大意，他的试验注定要失败

His experiment will be doomed to failure because of carelessness

109、请提醒我九点前给她打个电话

Please remind me that I must call her up before nine

110、物以稀为贵

The rarer it is, the more it is worth

111、在现代社会中，受教育不应该被看成是一种特权

Education should not be considered to be a privilege in a modern society

112、友谊增进欢乐，分担忧愁

Friendships multiply joys and divide griefs

113、海堤能抵挡海浪的冲击

The sea wall sustains the shock of the waves

114、高失业率并不是技术发展的结果，而是消极公共政策的后果

High unemployment is not the result of the pace of technological change but the consequence of passive public policy

注：第十五章从课本背