

Obsessions and Panic Attacks

全民英檢秘笈

一、題目

A: I cannot control my (1)重複的 (2)行為!

They are so (3)令人疲憊的 and (4)擾人

的! Am I crazy?

B: (5)別緊張! Your (6)狀況 isn' t (7)嚴重.

Besides, there' s always a doctor!

A: What do you mean by " not severe" ?

B: I know a person who (8)囤積

newspapers and even (9)一堆堆的 (10)垃

圾、廢物.

A: I also (11)因...而痛苦 (12)不由自主地煩

惱.

B: I know. Even a most (13)世俗的 (14)瑣

事 can (15)妨礙 your (16)專心 on work?

A: Exactly! (17)我該怎麼辦?

B: First (18)放慢 your (19)生活步調, then

try to (20)發現 (21)世界之美.

A : The beauty of the world?

B : Yes. For example, Louis Armstrong' s

” What A Wonderful World” (22)展現

(23)許多的 beauty of life. It makes me

smile by listening to it!

A : I see what you mean. (24)快樂(n.)

(25)存在於 (26)每個小東西和小事情,

(27)取決於 (28)是否 we choose to

laugh or (29)愁眉不展 (30)我們的一生.

B : (31)你終於想通了! Those who frown a

lot can never be real (32)贏家!

二、答案

(1)repetitive (2)behaviors (3)tiring (4)intrusive

(5)Take it easy! (6)situation (7)severe

(8)hoards (第三人稱單數需加” s”) (9)piles

and piles of (10)junks (11)suffer from

(12)uncontrollable worry (13)mundane

(14)chore (15)interfere with

(16)concentration(後接介係詞" on")

(17)What should I do (18)slow down

(19)tempo of life (20)discover (21)the beauty

of the world (22)displays (23)lots of

(24)Happiness (25)lies in (26)every tiny thing

(27)depending on (28)if (29)frown (30)our

lives through (31>Welcome to the party

(32)winners

三、中文（請看著以下中文，練習做簡單口譯）

A:我無法停止做些重複的動作，好累喔，也

好煩惱喔！我是不是瘋了？

B:別緊張！你的情況也不算嚴重。何況，大

不了看醫生嘛！

A:怎麼說不算嚴重？

B:我認識一個人，他還囤積一大堆報紙和廢

物呢！

A:我還會不由自主地愛煩惱。

B:我知道，就算最小的俗事也讓你煩地無法
專心工作，對不對？

A:是啊！我該怎麼辦？

B:先要放慢生活的步伐，然後在試著找出世
界之美！

A:世界之美？

B:對。例如路易阿姆斯壯的” What A
Wonderful World” 就展現了許多生命之
美，我每次聽了都會笑呢！

A:我懂你的意思了。快樂其實存在於每個小
事情和小東西當中，取決於我們是瀟灑笑
看人生？還是愛煩惱一輩子？

B:你終於想通了！愁眉不展的人絕不可能成
為生命中真正的贏家！