

2017年6月·第3套 英语四级长篇阅读（信息匹配） 第1篇·36-45 题 答案与解析

STATEMENTS & ANALYSIS • 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2017年6月·第3套 英语四级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 15 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第3套(2017-06)·四级

Part III Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

From Accountant to Yogi: Making a Radical Career Change

A) At some point, almost all of us will experience a period of radical professional change. Some of us will seek it out; for others it will feel like an unwelcome intrusion into otherwise stable careers. Either way, we have choices about how we respond to it when it comes.

在人生的某个阶段,几乎我们所有人都会经历一段职业上的重大变革时期。我们中的一些人会主动寻求这种变革;而对另一些人来说,它就像是对原本稳定职业生涯的一种不受欢迎的侵扰。无论如何,当变革来临时,我们可以选择如何应对。

B) We recently caught up with yoga entrepreneur Leah Zaccaria, who put herself through the fire of change to completely reinvent herself. In her search to live a life of purpose, Leah left her high-paying accounting job, her husband, and her home. In the process, she built a radically new life and career. Since then, she has founded two yoga studios, met a new life partner, and formed a new community of people. Even if your personal reinvention is less drastic, we think there are lessons from her experience that apply.

我们最近采访了瑜伽企业家Leah Zaccaria,她让自己经历了变革的洗礼,彻底重塑了自我。在寻求有意义人生的过程中,Leah离开了她高薪的会计工作、她的丈夫和她的家。在这个过程中,她建立了一种全新的生活和事业。从那以后,她创办了两家瑜伽馆,遇到了新的人生伴侣,并形成了一个新的人际圈。即使你的个人重塑没有那么激进,我们认为她的经历中也有值得借鉴的地方。

C) Where do the seeds of change come from? The Native American Indians have a saying: "Pay attention to the whispers so you won't have to hear the screams." Often the best ideas for big changes come from unexpected places—it's just a matter of tuning in. Great leaders recognize the

weak signals or slight signs that point to big changes to come. Leah reflects on a time she listened to the whispers: "About the time my daughter was five years old. I started having a sense that 'this isn't right.'" She then realized that her life no longer matched her vision for it.

变革的种子从何而来?美洲原住民印第安人有句谚语:"留意低语,这样你就不必听到尖叫。"通常,重大变革的最佳想法来自意想不到的地方——这只是一个调谐频率的问题。伟大的领导者能识别出预示重大变革即将到来的微弱信号或细微迹象。Leah回忆起她曾倾听低语的一段时光:"在我女儿五岁左右的时候,我开始有一种'这不对劲'的感觉。"然后她意识到,她的生活不再符合她对生活的憧憬。

- D) Up until that point, Leah had followed traditional measures of success. After graduating with a degree in business and accounting, she joined a public accounting firm, married, bought a house, put lots of stuff in it, and had a baby. "I did what everybody else thought looked successful," she says. Leah easily could have fallen into a trap of feeling content; instead, her energy sparked a period of experimentation and renewal.

在那之前,Leah一直遵循着传统的成功标准。在获得商业和会计学位毕业后,她加入了一家公共会计师事务所,结婚,买房,在房子里装满各种东西,生了一个孩子。"我做了所有其他人认为看起来成功的事情,"她说。Leah本可以轻易陷入满足现状的陷阱;相反,她的能量激发了一段实验和更新的时期。

- E) Feeling the need to change, Leah started playing with future possibilities by exploring her interests and developing new capabilities. First trying physical exercise and dieting, she lost some weight and discovered an inner strength. "I felt powerful because I broke through my own limitations," she recalls.

感到需要改变,Leah开始通过探索自己的兴趣和发展新能力来尝试未来的各种可能性。首先尝试体育锻炼和节食,她减掉了一些体重,并发现了内在的力量。"我感到强大,因为我突破了自己的局限,"她回忆道。

- F) However, it was another interest that led Leah to radically reinvent herself. "I remember sitting on a bench with my aunt at a yoga studio," she said, "and having a moment of clarity right then and there: Yoga is saving my life. Yoga is waking me up. I'm not happy and I want to change and I'm done with this." In that moment of clarity Leah made an important leap, conquering her inner resistance to change and making a firm commitment to take bigger steps.

然而,正是另一个兴趣促使Leah彻底重塑了自己。"我记得和我阿姨坐在瑜伽馆的长凳上,"她说,"就在那时那一刻我突然清醒了:瑜伽在拯救我的生命。瑜伽在唤醒我。我不快乐,我想要改变,我受够了这一切。"在那个清醒的时刻,Leah实现了重要的飞跃,克服了内心对变革的抵触,并做出了迈出更大步伐的坚定承诺。

- G) Creating the future you want is a lot easier if you are ready to exploit the opportunities that come your way. When Leah made the commitment to change, she primed herself to new opportunities she may otherwise have overlooked. She recalls:

如果你准备好利用出现的机会,创造你想要的未来就会容易得多。当Leah做出改变的承诺时,她让自己做好准备去接受那些原本可能被忽视的新机会。她回忆道:

- H) One day a man I worked with, Ryan, who had his office next to mine, said, "Leah, let's go look at this space on Queen Anne." He knew my love for yoga and had seen a space close to where he lived that he thought might be good to serve as a yoga studio. As soon as I saw the location, I

knew this was it. Of course I was scared, yet I had this strong sense of "I have to do this." Only a few months later Leah opened her first yoga studio, but success was not instant.

有一天,和我一起工作的一个人Ryan,他的办公室在我隔壁,说:"Leah,我们去看看Queen Anne的这个地方吧。"他知道我对瑜伽的热爱,看到了一个离他住处很近的空间,他认为可能适合做瑜伽馆。我一看到那个位置,就知道就是它了。当然我很害怕,但我有一种强烈的感觉"我必须这样做"。仅仅几个月后,Leah开设了她的第一家瑜伽馆,但成功并非一蹴而就。

- I) Creating the future takes time. That's why leaders continue to manage the present while building toward the big changes of the future. When it's time to make the leap, they take action and immediately drop what's no longer serving their purpose. Initially Leah stayed with her accounting job while starting up the yoga studio to make it all work.

创造未来需要时间。这就是为什么领导者在构建未来的重大变革的同时,继续管理当下。当需要实现飞跃时,他们采取行动并立即放弃不再服务于其目标的东西。最初,Leah在创办瑜伽馆的同时保留了她的会计工作,以维持一切运转。

- J) Soon after, she knew she had to make a bold move to fully commit to her new future. Within two years, Leah shed the safety of her accounting job and made the switch complete. Such drastic change is not easy.

不久之后,她知道自己必须采取大胆行动,全身心投入到新的未来中。两年内,Leah放弃了会计工作的安全保障,完成了彻底转变。如此剧烈的变化并不容易。

- K) Steering through change and facing obstacles brings us face to face with our fears. Leah reflects on one incident that triggered her fears, when her investors threatened to shut her down: "I was probably up against the most fear I've ever had" she says. "I had spent two years cultivating this community, and it had become successful very fast, but within six months I was facing the prospect of losing it all."

驾驭变革和面对障碍使我们直面自己的恐惧。Leah回忆起一件引发她恐惧的事件,当时她的投资者威胁要关闭她的生意:"我可能面临着有生以来最大的恐惧,"她说。"我花了两年时间培养这个社群,它很快就取得了成功,但在六个月内,我面临着失去一切的前景。

- L) She connected with her sense of purpose and dug deep, cultivating a tremendous sense of strength. "I was feeling so intentional and strong that I wasn't going to let fear just take over. I was thinking, 'OK, guys, if you want to try to shut me down, shut me down.' And I knew it was a negotiation scheme, so I was able to say to myself, 'This is not real.'" By naming her fears and facing them head-on, Leah gained confidence. For most of us, letting go of the safety and security of the past gives us great fear. Calling out our fears explicitly, as Leah did, can help us act decisively.

她与自己的使命感相连,深入挖掘,培养出强大的力量感。"我感到如此坚定和强大,以至于我不会让恐惧占据上风。我在想,'好吧,伙计们,如果你们想关闭我,就关闭吧。'而且我知道这是一种谈判策略,所以我能够对自己说,'这不是真的。'"通过说出自己的恐惧并直面它们,Leah获得了信心。对我们大多数人来说,放弃过去的安全和保障会让我们非常恐惧。像Leah那样明确说出我们的恐惧,可以帮助我们果断行动。

- M) The cycle of renewal never ends. Leah's growth spurred her to open her second studio—and it wasn't for the money.

更新的循环永不结束。Leah的成长促使她开设了第二家瑜伽馆——而这不是为了钱。

N) I have no desire to make millions of dollars. It's not about that; it's about growth for me. Honestly, I didn't need to open a second studio. I was making as much money as I was as an accountant. But I know if you don't grow, you stand still, and that doesn't work for me.

我没有赚数百万美元的欲望。不是为了钱;对我来说是为了成长。老实说,我不需要开第二家瑜伽馆。我赚的钱和我做会计时一样多。但我知道如果你不成长,你就会停滞不前,而那对我不起作用。

O) Consider the current moment in your own life, your team or your organization. Where are you in the cycle of renewal: Are you actively preserving the present, or selectively forgetting the past, or boldly creating the future? What advice would Leah give you to move you ahead on your journey? Once we're on the path of growth, we can continually move through the seasons of transformation and renewal.

想想你自己生活、你的团队或你的组织中的当前时刻。你处于更新循环的哪个阶段:你是在积极保持现状,还是在选择性地忘记过去,还是在大胆创造未来?Leah会给你什么建议来推动你在旅程中前进?一旦我们走上成长之路,我们就可以不断穿越转变和更新的季节。

陈述句与逐句解析

36. Readiness to take advantage of new opportunities will make it easier to create one's desired future.

准备好利用新机会将使创造自己期望的未来变得更容易。

【答案】 G 段 (强锚点)

【锚点】 抓住新机会、创造想要的未来

【定位】 Creating the future you want is a lot easier if you are ready to exploit the opportunities that come your way.

如果你已准备好利用迎面而来的机会,那么创造你想要的未来会容易得多。

【改写】 Readiness to take advantage of new opportunities ↔

ready to exploit the opportunities that come your way

同义替换 + 名词化转动词

will make it easier to create one's desired future ↔ **Creating the future you want is a lot easier**

句式重构 + 同义短语替换

【辨邻】 I I 段开头给的是 Creating the future takes time (创造未来需要时间), 与题干 Readiness to take advantage of new opportunities 主张的'机会准备度'不是一回事, 只是同样在谈 creating the future.

Creating the future takes time. That's why leaders continue to manage the present while building toward the big changes of the future.

37. By conventional standards, Leah was a typical successful woman before she changed her career.

按照传统标准,Leah在转行之前是一位典型的成功女性。

【答案】 D 段 (强锚点)

【锚点】 按传统标准是典型成功女性

【定位】 Up until that point, Leah had followed traditional measures of success. After graduating with a degree in business and accounting, she joined a public accounting firm, married, bought a house, put lots of stuff in it, and had a baby. "I did what everybody else thought looked successful," she says.

在那之前，Leah 一直遵循着传统意义上的成功标准。她拿到商科会计学位后，进了一家会计师事务所，结了婚，买了房，往里添置了很多东西，并生了孩子。她说：'我做了别人眼里看起来成功的所有事。'

【改写】 By conventional standards ↔ **traditional measures of success**

同义形容词替换

Leah was a typical successful woman before she changed her career ↔

I did what everybody else thought looked successful

自述印证：'做了大众眼里成功的事'即'典型的成功人士'

【辨邻】 **B** B 段提到 she has founded two yoga studios, met a new life partner, and formed a new community of people（她创办了两家瑜伽馆、遇见了新伴侣、建立了新社区），这是改变之后的成功，与题干 before she changed her career 的时间正相反。

Since then, she has founded two yoga studios, met a new life partner, and formed a new community of people.

38. Leah gained confidence by laying out her fears and confronting them directly.

Leah通过列出自己的恐惧并直接面对它们而获得了信心。

【答案】 **L** 段（强锚点）

【锚点】 说出并直面恐惧、由此获得自信

【定位】 By naming her fears and facing them head-on, Leah gained confidence.

通过为恐惧命名、并正面直对它们，Leah 获得了自信。

【改写】 laying out her fears ↔ **naming her fears**

同义动词替换：摊开 ↔ 命名

confronting them directly ↔ **facing them head-on**

同义短语替换：直接对峙 ↔ 正面直面

Leah gained confidence ↔ **Leah gained confidence**

完全一致

【辨邻】 **K** K 段讲的是 I was probably up against the most fear I've ever had（我大概面对过最大的恐惧），只在描述恐惧的处境与来源，并没有题干所要求的 laying out + confronting + gained confidence 这一动作链条。

I was probably up against the most fear I've ever had

39. In search of a meaningful life, Leah gave up what she had and set up her own yoga studios.

为了寻找有意义的生活,Leah放弃了她所拥有的一切并创办了自己的瑜伽工作室。

【答案】 **B** 段 (强锚点)

【锚点】 为追求有意义生活、放弃所有并开瑜伽馆

【定位】 In her search to live a life of purpose, Leah left her high-paying accounting job, her husband, and her home. In the process, she built a radically new life and career. Since then, she has founded two yoga studios, met a new life partner, and formed a new community of people.

为了追求一种有意义的生活, Leah 离开了她高薪的会计工作、丈夫和家。在这个过程中, 她建立了一种焕然一新的生活与事业。从那以后, 她创办了两家瑜伽馆、遇见了新伴侣、并建立了新的社区。

【改写】 In search of a meaningful life ↔ **In her search to live a life of purpose**

同义替换: meaningful ↔ of purpose

gave up what she had ↔ **left her high-paying accounting job, her husband, and her home**

概括上位 ↔ 具体清单

set up her own yoga studios ↔ **she has founded two yoga studios**

同义替换: set up ↔ founded

【辨邻】 **F** F 段讲的是 conquering her inner resistance to change and making a firm commitment to take bigger steps (克服内心抵抗、坚定承诺迈更大步), 是过程中的某个细节时刻, 与题干要的'放弃所有并开瑜伽馆'这一总览不匹配。

conquering her inner resistance to change and making a firm commitment to take bigger steps

J J 段虽提到 Leah shed the safety of her accounting job and made the switch complete (舍弃会计工作、完成切换), 但只覆盖题干的'放弃'一半, 没有 set up yoga studios, 更没有 in search of a meaningful life 的总览。

Within two years, Leah shed the safety of her accounting job and made the switch complete.

40. Leah's interest in yoga prompted her to make a firm decision to reshape her life.

Leah对瑜伽的兴趣促使她做出了重塑人生的坚定决定。

【答案】 **F** 段 (强锚点)

【锚点】 对瑜伽的兴趣促成下定决心重塑生活

【定位】 However, it was another interest that led Leah to radically reinvent herself. "I remember sitting on a bench with my aunt at a yoga studio," she said, "and having a moment of clarity right then and there: Yoga is saving my life. Yoga is waking me up. I'm not happy and I want to change and I'm done with this." In that moment of clarity Leah made an important leap, conquering her inner resistance to change and making a firm commitment to take bigger steps.

然而，真正促使 Leah 彻底重新塑造自我的，是另一种兴趣。她说：'我记得当时和姨妈坐在一家瑜伽馆的长凳上，那一刻我顿悟：瑜伽在救我的命。瑜伽在唤醒我。我不开心，我想改变，我受够了。'在那一刻，Leah 做出了重要的跨越，克服了内心对改变的抵抗，并下定决心迈出更大的步子。

【改写】 Leah's interest in yoga ↔ **it was another interest that led Leah to radically reinvent herself**
代词指代 + 同义替换

prompted her to make a firm decision ↔ **making a firm commitment to take bigger steps**

同义替换：firm decision ↔ firm commitment

to reshape her life ↔ **radically reinvent herself**

同义替换：reshape ↔ reinvent

【辨邻】 E E 段讲 First trying physical exercise and dieting, she lost some weight and discovered an inner strength (先尝试运动节食，瘦了下来并发现了内在力量)，这里的兴趣是运动节食、结果是发现内在力量，不是题干要的 firm decision to reshape life.

First trying physical exercise and dieting, she lost some weight and discovered an inner strength.

B B 段虽然提到 she has founded two yoga studios (开了两家瑜伽馆)，但属于总览式呈现'已发生的结果'，没有写明'兴趣触发下定决心'这一因果链条。

Since then, she has founded two yoga studios, met a new life partner, and formed a new community of people.

41. Small signs may indicate great changes to come and therefore merit attention.

微小的迹象可能预示着即将到来的巨大变化,因此值得关注。

【答案】 C 段 (强锚点)

【锚点】 微小迹象预示大变化、值得关注

【定位】 Great leaders recognize the weak signals or slight signs that point to big changes to come.
出色的领导者会留意那些预示着即将到来的重大变化的微弱信号或细小迹象。

【改写】 Small signs may indicate great changes to come ↔

the weak signals or slight signs that point to big changes to come

形容词同义替换 + 动词同义替换

therefore merit attention ↔

Pay attention to the whispers so you won't have to hear the screams

merit attention ↔ pay attention

42. Leah's first yoga studio was by no means an immediate success.

Leah的第一家瑜伽工作室绝非一帆风顺的成功。

【答案】 **H** 段（强锚点）

【锚点】 第一家瑜伽馆绝非立竿见影地成功

【定位】 Only a few months later Leah opened her first yoga studio, but success was not instant.

仅仅几个月之后，Leah 就开了她的第一家瑜伽馆，但成功并非立竿见影。

【改写】 Leah's first yoga studio ↔ **Leah opened her first yoga studio**

完全一致

was by no means an immediate success ↔ **success was not instant**

强否定 + 同义形容词替换

【辨邻】 **M** M 段讲 Leah's growth spurred her to open her second studio（成长推动她开了第二家瑜伽馆），是第二家、且没有 by no means immediate success 的描述。

Leah's growth spurred her to open her second studio—and it wasn't for the money.

43. Some people regard professional change as an unpleasant experience that disturbs their stable careers.

有些人把职业转变视为一种令人不快的经历，它扰乱了他们稳定的职业生涯。

【答案】 **A** 段（强锚点）

【锚点】 有人把职业变化视为打扰稳定职业的不愉快经历

【定位】 Some of us will seek it out; for others it will feel like an unwelcome intrusion into otherwise stable careers.

我们中有一些人会主动追求它；而对另一些人来说，它就像是一种闯入，打扰了原本稳定的职业生涯，并不受欢迎。

【改写】 Some people regard professional change as an unpleasant experience ↔

for others it will feel like an unwelcome intrusion

态度动词同义：regard as ↔ feel like；形容词同义：unpleasant ↔ unwelcome

that disturbs their stable careers ↔ **intrusion into otherwise stable careers**

动词 ↔ 名词化的转换

44. The worst fear Leah ever had was the prospect of losing her yoga business.

Leah曾有过的最大恐惧是失去她的瑜伽事业的前景。

【答案】 **K** 段（强锚点）

【锚点】 她有过的最大恐惧是可能失去瑜伽事业

【定位】 Leah reflects on one incident that triggered her fears, when her investors threatened to shut her down: "I was probably up against the most fear I've ever had" she says. "I had spent two years cultivating this community, and it had become successful very fast, but within six months I was facing the prospect of losing it all."

Leah 回忆起一次触发她恐惧的事件——当时她的投资人威胁要把她关掉：'我大概面对过这一生中最大的恐惧'，她说，'我花了两年时间培育起这个社群，它很快就大获成功，但六个月内我就面临着失去这一切的前景。'

【改写】 The worst fear Leah ever had ↔ **I was probably up against the most fear I've ever had**

最高级同义：worst ↔ most

the prospect of losing her yoga business ↔

within six months I was facing the prospect of losing it all

代词指代还原 + 关键词 prospect 完全一致

【辨邻】 **L** L 段讲的是 By naming her fears and facing them head-on, Leah gained confidence（通过命名和直面恐惧而获得自信），是处理层面，而题干问的是'最大恐惧是什么'——前者是后者的下文，不能反过来当源头段。

By naming her fears and facing them head-on, Leah gained confidence.

45. As she explored new interests and developed new potentials, Leah felt powerful internally.

随着她探索新兴趣并开发新潜能,Leah感到内心充满力量。

【答案】 **E** 段（强锚点）

【锚点】 探索新兴趣、开发新潜能时感到内在强大

【定位】 Feeling the need to change, Leah started playing with future possibilities by exploring her interests and developing new capabilities. First trying physical exercise and dieting, she lost some weight and discovered an inner strength. "I felt powerful because I broke through my own limitations," she recalls.

感到需要改变，Leah 开始通过探索自己的兴趣、开发新的能力，去尝试未来的各种可能。她先是尝试运动和节食，瘦了一些，并发现了一种内在的力量。她回忆道：'我感觉很强大，因为我突破了自己的极限。'

【改写】 she explored new interests ↔ **exploring her interests**

完全同义动词

and developed new potentials ↔ **developing new capabilities**

同义名词替换: potentials ↔ capabilities

Leah felt powerful internally ↔ **I felt powerful because I broke through my own limitations**

副词补足语 internally ↔ 突破内在极限的因果

【辨邻】 **F** F 段虽然也涉及兴趣（瑜伽），但聚焦于 having a moment of clarity right then and there（顿悟）与下定决心，没有 felt powerful 这一情绪表述。

having a moment of clarity right then and there

PARAGRAPH MAP • 段落主旨图

15 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」，是逐句回扫定位的工作台。

A 总起段：几乎每个人都会经历一段剧烈的职业变化，有人主动追求，有人把它当作对稳定职业生涯的不受欢迎的闯入，但我们都可以选择如何回应。

信息指纹 总起：剧烈职业变化与人的两种态度

B 引出本文主人公 Leah：她为追寻有意义的生活，放弃高薪会计工作、丈夫与家，重新建造了新生活与事业，开了两家瑜伽馆。

信息指纹 Leah 整体改造的全景概括

C 讲改变的种子从哪来：要留意微弱信号，借印第安谚语‘听见低语就不必听见尖叫’引出，Leah 在女儿五岁时听见了‘这不对’的低语。

信息指纹 微弱信号预示大变化

D 回顾 Leah 改变前的传统成功轨迹：商科会计学位、进会计师事务所、结婚、买房、添置家当、生孩子——做了所有别人眼里看起来成功的事。

信息指纹 Leah 改变前的传统成功清单

E Leah 开始通过运动和节食探索新可能，瘦了下来并发现内在力量：因为突破了自己的极限而感到强大。

信息指纹 运动节食后突破极限、感到强大

F 真正让 Leah 彻底改造的是瑜伽：她在瑜伽馆的长凳上瞬间清醒——‘瑜伽在救我的命’，由此战胜内心抵抗、下定决心迈更大的步子。

信息指纹 瑜伽顿悟促成下定决心

G 讲做好准备抓住机会更易创造未来：Leah 一旦下定决心改变，就让自己处于能发现新机会的状态。

信息指纹 做好准备抓住新机会才好创造未来

H 同事 Ryan 带 Leah 去看一处空间，Leah 一见钟情、几个月后开了第一家瑜伽馆，但成功并非立竿见影。

信息指纹 第一家瑜伽馆开张但并非立刻成功

I 讲创造未来需要时间：领导者一边经营现在、一边为未来做准备；Leah 起初一边干会计、一边把瑜伽馆做起来。

信息指纹 创造未来需要时间、边管现在边建未来

J 随后 Leah 知道必须做出更大胆的转换：两年内她舍弃了会计这份安稳工作，彻底切换；这种剧烈变化并不容易。

信息指纹 两年内彻底辞去会计、完成切换

K 穿越变化要直面恐惧：投资人威胁要让她关门时，Leah 经历了一生中最大的恐惧——担心半年内失去两年苦心经营的事业。

信息指纹 投资人威胁触发她最大的恐惧

L Leah 接通自己的使命感、直面恐惧、显化恐惧之名，由此获得自信；指出公开说出恐惧能帮我们果断行动。

信息指纹 点名直面恐惧、获得自信

M 更新的循环永不停止：Leah 的成长推动她开了第二家馆，而且不是为了钱。

信息指纹 成长推动开第二家馆、不是为了钱

N Leah 自述：她无意赚百万，只在乎成长；开第二家馆并非财务必要，而是因为'不成长就停滞'。

信息指纹 Leah 自述不为钱、只为成长

0 把镜头转给读者：你自己在更新循环的哪个位置？Leah 会给你什么建议？一旦走上成长之路，我们就能在转化与更新的四季中持续前行。

信息指纹 把问题抛给读者的收束段

SENTENCE INSIGHTS • 句子精讲

17 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

Either way, we have choices about how we respond to it when it comes.

A段，第3句

"主句 + 宾语从句 + 状语从句嵌套" 是四六级和考研阅读中非常常见的句式,how 引导的间接疑问句作宾语从句也是高频考点,when 引导的时间状语从句更是基础必考结构。这种多层从句组合具有很强的代表性,掌握后可应用于大量类似句子。

We recently caught up with yoga entrepreneur Leah Zaccaria, who put herself through the fire of change to completely reinvent herself.

B段，第1句

非限制性定语从句在四六级和考研阅读中频繁出现，且本句的定语从句还包含不定式目的状语，这种嵌套结构在真题中很常见。主句的短语动词 catch up with 也是高频表达。掌握本句的分析方法可以迁移到大量类似句式。

The Native American Indians have a saying: "Pay attention to the whispers so you won't have to hear the screams."

C段，第2句

本句覆盖了主谓宾结构、同位语、祈使句主干、目的状语从句、介词短语作状语等多种成分。同位语由完整引语充当这一点有一定训练价值；祈使句与状语从句的组合也值得练习。但各成分位置较常规，缺少易错的特殊结构。

Leah reflects on a time she listened to the whispers: "About the time my daughter was five years old. I started having a sense that 'this isn't right.'"

C段，第5句

本句涵盖主谓宾、主系表、定语从句、同位语从句等多种成分类型，且存在省略关系词的定语从句、动名词作宾语、同位语从句解释抽象名词等典型考点，成分丰富且有练习价值。

After graduating with a degree in business and accounting, she joined a public accounting firm, married, bought a house, put lots of stuff in it, and had a baby.

D段，第2句

多个谓语并列(由逗号和and连接)是四六级和考研阅读中常见的叙事句式，且句首时间状语前置也是典型的书面表达模式。这种结构在真题中频繁出现，掌握后可直接迁移到大量相似句子。但该句没有从句嵌套，复杂度不及最典型的考试长难句。

"I did what everybody else thought looked successful," she says.

D段，第3句

本句成分丰富且具有典型训练价值：涵盖主谓宾、主系表两种基本句型，包含直接引语宾语从句、what 引导的宾语从句、省略 that 的宾语从句等多种从句类型，同时 what 在从句中既作引导词又充当主语，以及插入结构 everybody else thought 的识别，都是容易混淆的考点

Leah easily could have fallen into a trap of feeling content; instead, her energy sparked a period of experimentation and renewal.

D段，第4句

本句的结构在四六级和考研真题中较为典型：分号连接并列主句、情态动词加完成式表达虚拟或假设、后置定语修饰名词、并列名词短语("experimentation and renewal")等都是常见考点。转折逻辑("instead")也是阅读理解的考生内容。掌握本句的分析方法可复用于大量类似句式，具有较高的代表性。

However, it was another interest that led Leah to radically reinvent herself.

F段，第1句

强调句"It is/was...that..."是四六级和考研阅读、写作中的高频句式，用于突出信息重点。本句结构完整、标准，掌握后可直接迁移到大量类似句子的理解和写作中，具有很强的代表性和实用性。

When Leah made the commitment to change, she primed herself to new opportunities she may otherwise have overlooked.

G段，第2句

本句结构高度典型：时间状语从句引导主句是常考句式，省略关系代词的限制性定语从句在阅读理解中频繁出现，情态动词加完成式表推测也是语法重点。这种“状语从句 + 主句 + 嵌套定语从句”的组合在四六级和考研真题中极为常见，学习迁移价值高。

Of course I was scared, yet I had this strong sense of "I have to do this."

H段，第4句

覆盖了主谓宾、系表结构、同位语从句三种成分类型，同位语从句的识别对基础较弱的学生有一定练习价值。但成分种类相对单一，缺少定语从句、状语从句、宾语补足语等更复杂的结构，整体练习收益中等。

That's why leaders continue to manage the present while building toward the big changes of the future.

I段，第2句

That's why 引导表语从句是四六级和考研阅读中的高频句式，用于解释原因或结论。表语从句结合不定式和分词短语的组合也很常见。掌握本句结构后，学生可迁移到大量类似的因果说明句，典型性较高。

Initially Leah stayed with her accounting job while starting up the yoga studio to make it all work.

I段，第4句

句子成分丰富且具有实战价值。主句包含主语、谓语、多个状语（时间、方式、时间从句、目的），从句包含省略主语、谓语、宾语。特别是状语从句的省略形式、不定式作目的状语、介词短语作方式状语等，都是考试中的常见考点和易错点，适合作为成分划分的训练材料。

Leah reflects on one incident that triggered her fears, when her investors threatened to shut her down: "I was probably up against the most fear I've ever had" she says.

K段，第2句

本句结构在真题中高度典型:主句+多个定语从句的组合、直接引语的引用、插入语的使用,都是四六级和考研阅读中的常见句式。尤其是定语从句层层修饰名词、通过引语呈现人物观点这种写法,在叙事性和论述性文章中频繁出现。掌握本句的分析方法可以直接迁移到大量类似长难句,复用性强。

I was feeling so intentional and strong that I wasn't going to let fear just take over.

L段，第2句

so ... that 引导结果状语从句是四六级和考研阅读中的高频句式,表达程度与结果的因果关系,实用性强。使役动词 let 的用法(let + 宾语 + 动词原形)也是常考点。整体结构具有较强的代表性,掌握后可迁移到大量类似句型的理解和翻译中。

In search of a meaningful life, Leah gave up what she had and set up her own yoga studios.

第39题题干

并列谓语结构和 what 引导的宾语从句都是四六级和考研阅读中高频出现的句式;句首介词短语作目的状语也是常见修饰手法;整体结构具有较强的代表性,掌握后可复用到大量类似句子的分析中

Small signs may indicate great changes to come and therefore merit attention.

第41题题干

本句覆盖并列谓语、前置定语、后置定语(不定式)、结果状语等多种成分,且包含情态动词结构,适合训练学生识别并列谓语与状语的区别、不定式作后置定语的用法。唯一不足是缺少从句、复杂修饰语等更高阶结构。

The worst fear Leah ever had was the prospect of losing her yoga business.

第44题题干

"名词 + 省略关系代词的定语从句"和"主系表结构"都是四六级和考研阅读中的高频句式。定语从句省略关系代词的现象尤其常见,掌握后可在大量长难句中快速识别,迁移价值较高。

本篇出现的 89 个英语四级真题高频词

下列单词既在本篇真题中出现，又是 **英语四级** 历年真题的高频词（在该考试真题中出现的句子数均不少于 8）。每个词标注本篇 出现次数与该考试真题句频，点击可查看该词的释义、音标、词形与真题例句。

yoga B1

n. 瑜伽

本篇13 次 · 真题 16 句

studio B1

n. 工作室

本篇9 次 · 真题 18 句

career B1

n. 职业

本篇5 次 · 真题 119 句

opportunity B1

n. 机会

本篇3 次 · 真题 89 句

growth B1

n. 增长

本篇3 次 · 真题 77 句

firm B1

adj. 坚固的

本篇3 次 · 真题 43 句

community B1

n. 社区

本篇2 次 · 真题 81 句

sign A1

n. 标志

本篇2 次 · 真题 78 句

professional B1

adj. 专业的

本篇2 次 · 真题 67 句

gain B1

v. 获得;赢得

本篇2 次 · 真题 64 句

explore B1

v. 探索

本篇2 次 · 真题 40 句

reflect B1

v. 反映, 显示

本篇2 次 · 真题 39 句

cultivate B2

v. 培养, 发展 (技能、态度、关系等)

本篇2 次 · 真题 31 句

powerful B1

adj. 强大的

本篇2 次 · 真题 30 句

confidence B1

n. 信心

本篇2次 · 真题 23 句

cycle B1

n. 循环

本篇2次 · 真题 23 句

strength B1

n. 力量

本篇2次 · 真题 20 句

commitment B2

n. 承诺

本篇2次 · 真题 18 句

prospect B2

n. 可能性

本篇2次 · 真题 16 句

stable B1

adj. 稳定的

本篇2次 · 真题 16 句

inner B1

adj. 内部的, 里面的

本篇2次 · 真题 12 句

otherwise B2

adv. 否则, 不然

本篇2次 · 真题 11 句

radical B2

adj. 根本的

本篇2次 · 真题 11 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次 · 真题 466 句

less A1

det. 较少的

本篇1次 · 真题 224 句

million A2

num. 一百万

本篇1次 · 真题 119 句

process B1

n. 过程

本篇1次 · 真题 108 句

physical B1

adj. 身体的

本篇1次 · 真题 98 句

traditional B1

adj. 传统的

本篇1次 · 真题 79 句

organization B1

n. 组织

本篇1次 · 真题 76 句

later A1

adv. 以后, later

本篇1次·真题70句

measure B1

v. 测量

本篇1次·真题68句

current B1

adj. 现在的

本篇1次·真题64句

potential B2

adj. 潜在的

本篇1次·真题63句

security B1

n. 安全

本篇1次·真题62句

apply A2

v. 申请

本篇1次·真题58句

seek B1

v. 寻找

本篇1次·真题56句

desire B2

n. 愿望

本篇1次·真题52句

realize B1

v. 意识到, 认识到

本篇1次·真题50句

recently A2

adv. 最近

本篇1次·真题48句

easily A2

adv. 容易地

本篇1次·真题47句

partner B1

n. 伴侣

本篇1次·真题44句

indicate B2

v. 表明

本篇1次·真题35句

respond B1

v. 回答, 答复

本篇1次·真题35句

completely B1

adv. 完全地

本篇1次·真题34句

graduate B1

n. 毕业生

本篇1次·真题34句

recognize B1

v. 认出

本篇1次·真题 34 句

ahead A2

adv. 在前面

本篇1次·真题 32 句

entrepreneur C1

n. 企业家;创业者

本篇1次·真题 31 句

means A2

n. 方法

本篇1次·真题 30 句

vision B2

n. 视力

本篇1次·真题 28 句

fully B1

adv. 完全地

本篇1次·真题 26 句

content B1

n. 内容

本篇1次·真题 25 句

meaningful B2

adj. 有意义的

本篇1次·真题 24 句

possibility B1

n. 可能性

本篇1次·真题 24 句

trap B1

n. 陷阱

本篇1次·真题 24 句

directly B1

adv. 直接地

本篇1次·真题 22 句

location B1

n. 地点, 位置

本篇1次·真题 22 句

native B1

adj. 本国的

本篇1次·真题 22 句

stuff A2

n. 东西

本篇1次·真题 22 句

journey A2

n. 旅行, 旅程

本篇1次·真题 20 句

preserve B2

v. 保护

本篇1次·真题 20 句

signal B1

n. 信号

本篇1次·真题 20 句

conventional B2

adj. 传统的

本篇1次·真题 18 句

incident B2

n. (尤指不寻常或令人不快的) 事件, 事情

本篇1次·真题 18 句

recall B2

v. 回忆起, 记起

本篇1次·真题 18 句

commit B2

v. 承诺、保证做某事

本篇1次·真题 17 句

immediate B2

adj. 立即的, 即刻的

本篇1次·真题 16 句

switch A2

v. 转换

本篇1次·真题 16 句

therefore B1

adv. 因此, 所以

本篇1次·真题 16 句

typical B1

adj. 典型的

本篇1次·真题 15 句

actively B1

adv. 积极主动地

本篇1次·真题 13 句

guy A2

n. 男人

本篇1次·真题 13 句

found A1

v. find 的过去式和过去分词

本篇1次·真题 12 句

instant B1

n. 瞬间, 刹那

本篇1次·真题 12 句

investor B2

n. 投资者

本篇1次·真题 12 句

overlook B2

v. 忽略, 没注意到

本篇1次·真题 12 句

prompt B2

v. 促使

本篇1次·真题 12 句

threaten

B1

v. 威胁; 恐吓

本篇1次 · 真题 12 句

negotiation

B2

n. 谈判

本篇1次 · 真题 11 句

obstacle

B2

n. 障碍物

本篇1次 · 真题 11 句

unexpected

B1

adj. 意外的

本篇1次 · 真题 11 句

saying

B1

n. 谚语

本篇1次 · 真题 10 句

spark

B1

n. 火花

本篇1次 · 真题 10 句

capability

B2

n. 能力

本篇1次 · 真题 9 句

trigger

B2

v. 引发

本篇1次 · 真题 9 句

bold

B1

adj. 勇敢的, 大胆的

本篇1次 · 真题 8 句

honestly

B1

adv. 诚实地

本篇1次 · 真题 8 句

tremendous

B2

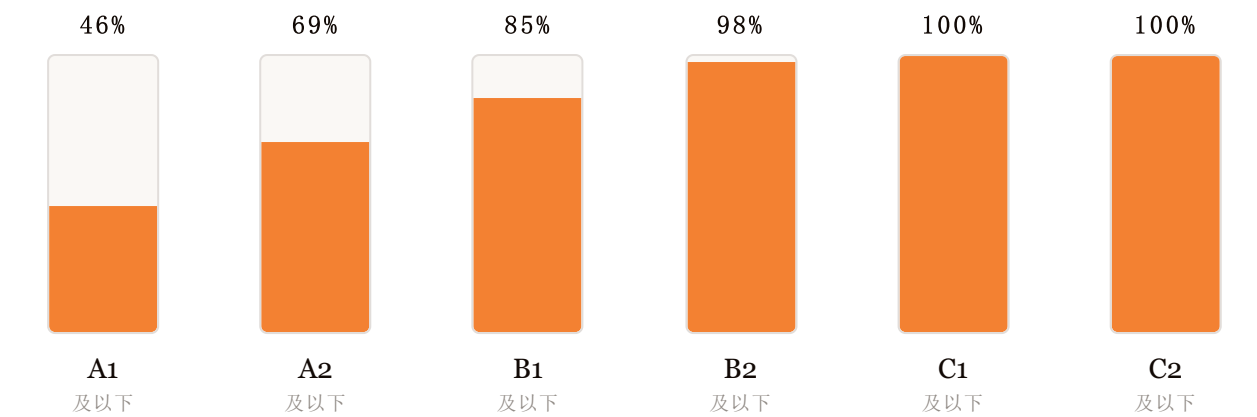
adj. 巨大的

本篇1次 · 真题 8 句

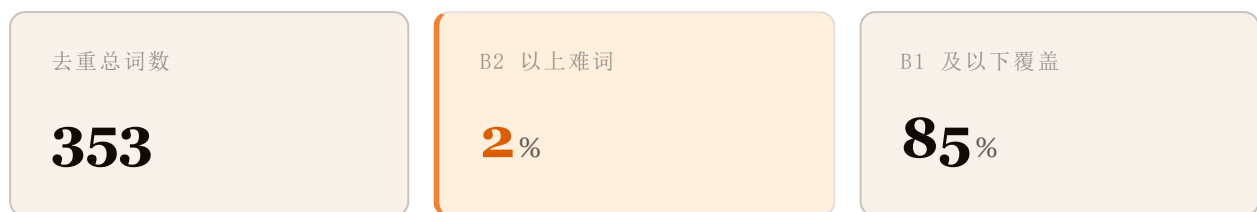
VOCABULARY • 词汇难度分布

全文 353 词按 CEFR 难度累积覆盖

全文去重后共 353 个单词, 按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比 (CDF), 最右一柱为 100%。B2 以上 (C1/C2) 为高阶词, 本篇共 8 个 · 约 2%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 353 个 · 末柱为 100%



英语四级 2017年6月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2017年6月第1套共用 · 题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	本题
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →