

- 請注意：中文文字內容只提供簡體版

*Vocabulary: self-help 词汇: 自助的, 自救的*

I need help! I have to fix a leaking pipe in my bathroom but I'm not sure where to begin. I know I lack the necessary **DIY** skills, but luckily there are numerous books and online videos that will hopefully give me the information I need. **Publications** that help us to help ourselves are nothing new, but the range of them is increasing with advice being given far beyond **practical** tasks around the house.

Bookshops these days are full of **titles** which claim to boost your **self-confidence**, your wealth, your love life or your career. Some claim to improve your life within seven days! It's **big business** and it's thought that the self-help industry is worth \$10bn in the US alone.

The first self-help book called 'How to Win Friends and Influence People' was published in 1936, and has since sold 30 million copies and is still popular now. It includes **guidance** on how to make people like you and how to make your life happier. It might seem strange to think that we need a book to tell us how to live our lives but self-help books remain a go to **remedy** for those of us looking for **enlightenment**.

There are, of course, **trends** in what we need help with. Emma Marshall, who works at British bookshop Waterstones, says "at the moment we're in the tidying up, getting rid of things trend... I think the trend right now is about slowing down in your life." It seems there is always something we need help with, and reading about it can be very **therapeutic** – it makes us feel good, even if we don't do anything about it.

Of course, the internet has become the place to go to for **salvation**. We've got used to searching for solutions online, and now these solutions even include how to fix or improve our lives. Interestingly, **psychologist** Caroline Beaton, says people called '**millennials**' are **self-critical** – they are aware of their own faults – which also means they're more likely to spend time and money on self-help. There's also a theory that the self-help industry does well during a **recession** – people are perhaps even more likely to reach for self-help to improve their situation.

Whatever the reason for the continued interest in self-help, it's good to know **help is at hand** when we need it. The alternative to finding a happier life is just to come to terms with yourself as you are – I know, I read about it in a book! Do you believe in self-help books?

## 词汇表

|                        |            |
|------------------------|------------|
| <b>DIY</b>             | 自己动手       |
| <b>publication</b>     | 出版物        |
| <b>practical</b>       | 实用的        |
| <b>title</b>           | 标题, 名称     |
| <b>self-confidence</b> | 自信         |
| <b>big business</b>    | 赚钱的行当      |
| <b>guidance</b>        | 指导, 引导     |
| <b>remedy</b>          | 解决办法, 疗法   |
| <b>enlightenment</b>   | 开导, 启发     |
| <b>trend</b>           | 动向, 趋势     |
| <b>therapeutic</b>     | 有益健康的      |
| <b>salvation</b>       | 解救, 救助     |
| <b>psychologist</b>    | 心理学家       |
| <b>millennial</b>      | 千禧一代       |
| <b>self-critical</b>   | 自我批评的, 自律的 |
| <b>recession</b>       | (经济) 衰退期   |
| <b>help is at hand</b> | 帮助、援助就在眼前  |

## 测验与练习

### 1. 阅读课文并回答问题。

1. Other than books, where else can you get self-help advice from?
2. Name something mentioned in the article than a self-help book can help you improve.
3. True or false: *The current trend in self-help books is about not rushing around and taking things easier.*
4. What is thought to be the reason why millennials spend more money on self-help books?
5. What word used in the article means 'one or more ideas that explain how or why something happens'?

### 2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Live streaming is becoming \_\_\_\_\_, with millions of people around the world broadcasting the minutiae of their daily lives in real time to adoring fans

|                |              |             |               |
|----------------|--------------|-------------|---------------|
| self-confident | big business | therapeutic | self-critical |
|----------------|--------------|-------------|---------------|

2. The automated baggage system has been fixed and the airport is now working to \_\_\_\_\_ the disruption caused by a backlog of luggage.

|     |          |        |           |
|-----|----------|--------|-----------|
| DIY | guidance | remedy | self-help |
|-----|----------|--------|-----------|

3. Teachers feel that students need more \_\_\_\_\_ about which course they should take at university.

|          |        |           |          |
|----------|--------|-----------|----------|
| guidance | trends | salvation | remedies |
|----------|--------|-----------|----------|

4. If you dread the thought of being parted from your cat for a long time, \_\_\_\_\_. Your feline friend can now scratch your hand from thousands of miles away via the internet!

|              |               |                    |                 |
|--------------|---------------|--------------------|-----------------|
| helping hand | help is handy | help in your hands | help is at hand |
|--------------|---------------|--------------------|-----------------|

5. After a busy day in the office I find going home and taking the dog for a walk, very \_\_\_\_\_.

|             |               |           |           |
|-------------|---------------|-----------|-----------|
| therapeutic | enlightenment | recession | self-help |
|-------------|---------------|-----------|-----------|

## 答案

### 1. 阅读课文并回答问题。

1. Other than books, where else can you get self-help advice from?  
**Online; on the world wide web.**
2. Name something mentioned in the article than a self-help book can help you improve.  
**Bookshops these days are full of titles which claim to boost your self-confidence, your wealth, your love life or your career.**
3. True or false: *The current trend in self-help books is about not rushing around and taking things easier.*  
**True. Emma Marshall, who works at British bookshop Waterstones, says "I think the trend right now is about slowing down in your life."**
4. What is thought to be the reason why millennials spend more money on self-help books?  
**They are self-critical – they are aware of their own faults.**
5. What word used in the article means 'one or more ideas that explain how or why something happens'?  
**Theory.**

### 2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Live streaming is becoming **big business**, with millions of people around the world broadcasting the minutiae of their daily lives in real time to adoring fans.
2. The automated baggage system has been fixed and the airport is now working to **remedy** the disruption caused by a backlog of luggage.
3. Teachers feel that students need more **guidance** about which course they should take at university.
4. If you dread the thought of being parted from your cat for a long time, **help is at hand**. Your feline friend can now scratch your hand from thousands of miles away via the internet!
5. After a busy day in the office I find going home and taking the dog for a walk, very **therapeutic**.