
詞彙：*reading* 閱讀

Picture yourself sitting at home in a quiet **reading nook**, ignoring the world around you, **engrossed** in a **tale**. You read the **blurb**, instantly became intrigued and now you're in the middle of an absolute **page-turner**. But, there's a hot debate – physical books vs. **e-books** vs. **audiobooks**. Does the device you're using to read affect your reaction to the book?

Generally, reading uses several areas of the brain. There's **attention span**, reasoning, reading **fluency**, memory and language comprehension. Reading is known to strengthen communicative ability, vocabulary and increase **emotional intelligence** and **social perception**. So, whichever way you're reading, there are definitely benefits.

But, let's look at the pros to reading with your eyes – that's physical books and e-books. They can help to **retain** information better. This is because when you can actually see the words, your **attention is held** more closely. Add to this the fact that with physical books you can go back and find any part you missed, especially if your mind **wanders**, which it likely will at some point or other.

On the other hand, there's the audiobook. Headphones in, you're switched off from life and the story really **comes alive**, almost like watching a film – in your head. From a scientific perspective, listening to an audiobook is likely to help you develop a greater sense of empathy as you hear the emotion of the **narrator**. We can more easily understand **inflection** and **intonation**. Hearing the story engages different parts of the brain, heightening the intensity and **imagery**, making you enjoy it more. Yet, going back to attention span, with an audiobook it's true that it's much harder to go back and listen again.

All in all, it seems that there are advantages to both physical books and audiobooks. Perhaps, next time you find yourself **browsing bookshop shelves**, also consider the format. It may just change your whole **literary** experience.

詞彙表

reading nook	讀書角落
engrossed	全神貫注的，專心致志的
tale	故事
blurb	簡介
page-turner	令人愛不釋手的書
e-book	電子書籍
audiobook	有聲讀物
attention span	注意力的持續時間，注意廣度
fluency	流暢度
emotional intelligence	情商
social perception	社會感知
retain	記住
attention is held	注意力集中
wander	走神，開小差
come alive	變得有趣，顯得逼真
narrator	講述者
inflection	音調變化
intonation	語調
imagery	意象，比喻
browse	隨意看，瀏覽
bookshop shelves	書店的書架
literary	文學的

測驗與練習

1. 閱讀課文並回答問題。

1. What benefits are mentioned in relation to reading in general?
2. Why does reading a physical book help to retain information better?
3. True or false? *You feel more empathy towards a character if you read a physical book.*
4. Why is it easier to lose focus in an audiobook?
5. Why can listening to a book help you enjoy it more?

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. He was so _____ by the film, that he didn't hear me shout.

engrossed	held	wanders	emotional
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2. My sister really _____ when she danced on stage.

browsed	retained	came alive	engaged
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3. I always read the _____ before choosing a book.

nook	narrator	blurb	shelves
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4. Children have shorter _____ than adults.

attention spans	fluency	social perception	imagery
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5. When you speak, your _____ will help people understand what you mean.

literary	intonation	intelligence	attention span
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答案

1. 閱讀課文並回答問題。

1. What benefits are mentioned in relation to reading in general?

It strengthens communicative ability, vocabulary, and increases emotional intelligence and perception.

2. Why does reading a physical book help to retain information better?

Because when you can see the words, your attention is held more closely.

3. True or false? *You feel more empathy towards a character if you read a physical book.*

False. You feel more empathy towards a character if you listen to an audiobook.

4. Why is it easier to lose focus in an audiobook?

Because it isn't as easy to go back and listen again, unlike with a physical book.

5. Why can listening to a book help you enjoy it more?

It heightens the intensity and imagery of the story.

2. 選擇意思恰當的單字或片語來完成下列句子。

1. He was so **engrossed** by the film, that he didn't hear me shout.

2. My sister really **came alive** when she danced on stage.

3. I always read the **blurb** before choosing a book.

4. Children have shorter **attention spans** than adults.

5. When you speak, your **intonation** will help people understand what you mean.