

<<轻松搞定大学英语六级考试>>

图书基本信息

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内容概要

《王迈迈英语：轻松搞定大学英语6级考试·仔细阅读（升级版）》按试卷测试项分8个类别编撰，能让学生针对自己的弱项自由选择其中一项或几项，在短时间内进行强化训练，达到预期效果。将试卷复杂内容分解编撰成短小的单行本，符合考生心理需求，能让考生以轻松心情应对，在轻松之中将四六级备考之繁重任务各个击破。

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章节摘录

(Except in a panic disorder , when the response is very immediate and severe) .Anxiety alerts US to a problem , and motivates US to try to resolve the problem , because we want the anxiety to go away.If we never felt anxious about anything , we would have little motivation to respond to problems , until we were faced with a genuine crisis.Normal anxiety is not a sign of a psychological disturbance , because we all experience it , and it helps US manage our lives by alerting US to problems requiring a response.Anxiety disorders develop when we experience severe anxiety in response to minor or common problems , or when the anxiety never goes away, and actually interferes with our problem solving. Anxiety problems are very common.In fact , in the United States , more people visit their physician for anxiety than for coughs and colds.The prevalence of anxiety disorders varies by type, ranging from 1% of the population for some disorders , to as high as 58% of combat veterans experiencing post traumatic (创伤的) stress to some degree.The use of medications for anxiety management is very common , but not effective without psychotherapy (心理疗法) .

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编辑推荐

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