

<<英语高考备考攻略>>

图书基本信息

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内容概要

俗话说，养兵千日，用兵一时。
所有的莘莘学子，寒窗苦读数十年，就是为了在高考中能顺利实现心中宏愿。
英语，作为高考中的重点科目，一直广受重视。
但是，高考英语内容可谓“面广量大”。
许多同学面对各类题目不免“望洋兴叹”，特别是在不熟悉高考英语考试方向的情况下，更有不知所措、无从下手的困惑。
基于此，我们邀约了一批上海市的知名学科专家编写了这本《英语高考备考攻略》。
旨在帮助同学梳理考试要点，指点大家掌握相关的复习技巧。

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书籍目录

- 第一部分 英语听力备考攻略
 - 第一章 短对话
 - 第二章 短文理解
 - 第三章 长对话
- 第二部分 英语语法与词汇备考攻略
 - 第一章 英语语法
 - 第二章 英语词汇
- 第三部分 英语阅读备考攻略
 - 第一章 完形填空
 - 第二章 阅读选择题
 - 第三章 阅读配对题
 - 第四章 阅读短对话
- 第四部分 中译英与英语写作备考攻略
 - 第一章 中译英
 - 第二章 英语写作

章节摘录

Emotional eating is when people use food as a way to deal with feelings instead of to satisfy hunger. We've all been there, finishing a whole bag of chips out of boredom or downing cookie after cookie while preparing for a big test. But when done a lot—especially without realizing it emotional eating can affect weight, health, and overall well-being. Not many of us make the connection between eating and our feelings. But understanding what drives emotional eating can help people take steps to change it. One of the biggest myths about emotional eating is that it's caused by negative feelings. Yes, people often turn to food when they're stressed out, lonely, sad, anxious, or bored. But emotional eating can be linked to positive feelings too, like the romance of sharing dessert on Valentine's Day or the celebration of a holiday feast. Sometimes emotional eating is tied to major life events, like a death or a divorce. More often, though, it's the countless little daily stresses that cause someone to seek comfort or distraction in food. Emotional eating patterns can be learned: A child who is given candy after a big achievement may grow up using candy as a reward for a job well done. A kid who is given cookies as a way to stop crying may learn to link cookies with comfort. It's not easy to "unlearn" patterns of emotional eating. But it is possible. And it starts with an awareness of what's going on. We're all emotional eaters to some extent (who hasn't suddenly found room for dessert after a filling dinner).

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