

Describe a book that you have read many times (多次阅读的书)

You should say

What the book is

What is in this book

How often you read this book

Why you read it, and explain what effect the book has on you.

希望大家可以讲自己看过的书，中文也可以，翻译一下内容就可以。不要讲一模一样的，书的选择这件事比较小众，一旦大家都说一样的，就会被考官慢慢记住。我今天要讲一本简单易懂的生活心理学的书，大家可以改成任何其他心理学的书，内容可以大量借鉴。如果是英文原版书，可以搜索“书名+book review”直接获得可以学习的英文书评。

知识点：（详见群文件“音频版词汇集”关于书籍的表达总结）

1. types of books

Novel/fiction 小说; **documentary literature** 纪实类文学; **science fiction** 科幻小说; **Autobiography** 自传; **biography** 传记; **memoir** 回忆录（比自传更随意，文学性更强）; **poetry book/anthology/collection of poems** 诗集; **crime book** 犯罪小说; **suspense and thriller fiction** 悬疑小说; **horror fiction** 恐怖小说; **romance fiction** 言情小说; **cookbook**: 烹饪书; **short stories** 短篇小说;

self-help book 心灵、头脑、理财、管理方面看了可以自我提升的书

tool book 工具书; **handbook** 手册; **study book** 学习的书; **textbook** 教科书

2. 形容书的表达：

- **a page turner** 好看到停不下来的书

This book is such a page-turner. I was hooked on it for days.

- **captivating/engaging/charming/interesting**: 迷人的、有趣的
- **amusing/entertaining**: 有趣的、有娱乐性的

- **adventurous:** 充满冒险的
- **fast-paced** 节奏很快的

This book is so fast-paced and intense. I just can't put it down.

- **action-packed:** full of activities, events and excitement. 令人激动的，充满各种情节的
- **suspenseful** 悬疑的
- **unputdownable** =can't put it down 放不下来的

This book is unputdownable.

- **From cover to cover:** 从头到尾读完

I finished the book from cover to cover in a week.

- **This book speaks to me. / This book resonates with me.** 这本书与我共鸣
- **I can totally relate to this book.** 我对这本书感同身受

So, the book I've read many times and found very useful is called "Authentic Happiness" by Martin Seligman. It's a self-help book (心理自助书) that talks about the concept of Positive Psychology, which is all about using positive emotions and actions to find long-lasting happiness and fulfillment (持续的快乐和充实感) in life.

注意，说过是小说，介绍小说的故事内容要用一般现在时。小说是虚构的，里面的故事也是架空时间的 (timeless)，因此时态不能用过去式。除非，小说的故事本身自带多条时间轴，那么讲到主轴之外的过往故事时应该用过去式。

My friend highly recommended this book to me. She told me that this book was focusing on finding positive emotional tools (积极的情绪工具) to find happiness, rather than fixing problems. Her comment on this book really hit/struck me (直击心灵) . She's right, we tend to focus so much on

negative emotions like sadness, depression, and anxiety, and we make such big efforts on (花大力气) how to fix those mental diseases, but we pay much less attention to happiness. I feel that we definitely should study happiness more.

So, I read the book, and it really spoke to me right away (立刻共鸣) . I finished the book from cover to cover in three days, and I've read it multiple times since then.

What I really liked about this book was Seligman's perspective on things. Instead of talking about what's wrong with our lives, he focuses on what happy people do and what we can learn from them.

As a self-help book, "Authentic Happiness" provides practical advice, suggestions and tools for different aspects of life such as career, relationships, and personal growth. The tools and tips that he provides in the book are very doable (可实操的) , very practical, which I love.

This book definitely has a profound impact on me. It helps me see things so much more clearly. It helps me realize that having a healthy relationship or marriage can bring deep happiness, raising a child and giving love can be fulfilling, and finding and using our personal strengths wisely can lead to happiness and fulfillment. It also encourages me to embrace my true self (拥抱真正的自我) instead of trying to be someone else.

Overall, "Authentic Happiness" is a thought-provoking (引人深思的) book that helped me find my inner peace. Every year, I reread it just to get more strength (获得更多力量) in life. And I highly recommend it to anyone who wants to live a happier, more fulfilling life.

Part3:

1. What kinds of books do children like to read and why?

Well, I think generally speaking, kids like books that are engaging (有吸引力的) , fun (有趣的) , and can teach them about things. They don't like boring content, that's why they will never like textbooks. And also, it

depends on the age. For younger kids, they really like picture books with a lot of colorful and bright illustrations (插画) and then maybe other interactive elements (互动元素) like audio and lights. As they grow older, they are at the age where they really want to learn, they're very curious and full of imagination. They probably will like books with superhero stories and exciting plots (精彩的情节) or books that can teach them new things like science or history. (分群体讨论)

(之前书籍主题下面还有一道类似的题，针对年轻人：What are the types of books that young people like to read?)

Well, it's hard to generalize. Some young people like books that are suspenseful and thrilling, like crime books or detective books. This kind of books can help young people kill time and loosen up. And some young people, especially young girls, like to read romantic novels. They are quite entertaining and enjoyable, perfect for passing the time. (分群体)

2. What can kids learn from books?

First, children can hone their reading skills (打磨阅读能力) and language skills (语言能力) through reading. Reading is a great way to help kids build vocabulary (建立词汇) and improve their grammar. A well-read (饱读诗书的) child is mostly likely more articulate (善于表达) than his peers. Secondly, books can teach kids about general knowledge around the world, whether it's history, science, or different cultures. Kids can learn those things in a very detail-oriented and in-depth way. And when kids read books, especially novels with plots and different characters, they get to learn empathy (共情) and develop their emotional intelligence (发展情商) by thinking from different perspectives and learn to put themselves into other people's shoes (换位思考). What else, reading can also help improve a kid's patience. Reading requires a certain level of concentration, which can help develop a kid's ability to pay attention for extended periods of time. There' re so many benefits of reading. (罗列)

(again, 内容很多，选几条内容说了就好)

3. Do people prefer to read e-books or print books in your country?

People have different preferences. Some people, especially older people who are quite nostalgic (怀旧的) would prefer paper books as they are more tactile (有触觉的). I mean, you can hold the book in your hands, turn the pages, touch the paper, and smell the paper and the ink. Many readers love that part. And then, print books are easier on the eyes (眼睛轻松), there won't be eye strain (眼睛酸痛). On the other hand, there're also many people love E-books, especially younger generation. E-books are easier to carry around as they are lightweight. And you can stock multiple books (储存好几本书) in one electronic device, which is very handy (方便). And additionally, price-wise, E-books tend to be much cheaper than traditional books as they don't consume paper, and they are more environmentally friendly. (分群体讨论)

4. Do you think people need to develop the habit of reading and why?

Well, many people would say that we're now living in a visual-oriented age (以视觉为导向的时代) with the rise of the internet and social media (随着社交媒体的兴起), which means there has been a shift from reading books to watching visual content (有一个转变, 从读书到观看视觉内容) such as videos and photos. And they say, information is information. As long as we can get information and learn things, we shouldn't be picky with the format (对形式很挑剔). But I don't see it that way. I think it is still very essential to develop the habit of reading. Like I said, reading is learning things in-depth and in a more solid way (以扎实的带深度的方式学习).

Reading is a great way to expand our knowledge and improve our vocabulary. At the same time, through reading, we can develop a lot of critical thinking skills. Another thing is, reading is silent, so you have a lot of time listening to yourself, your own inner thoughts, and actively think with the book rather than passively receiving information from the video. And also, reading is a great way to foster patience and let off the steam, meanwhile enjoy some solitude (享受独处时光). Therefore, it should still be a valuable habit to develop. (主流观点, 自己观点, 逆)

5. Do you think reading books can make people happier?

Yes, for sure. Reading books can bring people joy in different ways. When you read a novel, it's therapeutic and rewarding (治愈的、有成就感的), and it provides you with an escape from your reality (提供逃离现实的出口), which makes people feel lighter in mood and happier. Even if sometimes you cry with the story, it doesn't mean that you're sad. You're just experiencing this emotional connection (情感连接) with the book. And the fact that you're forgetting about your own trouble in life means this book is providing you with a positive energy. And then, some professional books can teach you a lot of useful things about the world and expand your knowledge (拓展知识). The feeling of learning is very rewarding. It brings people a sense of achievement (带来成就感). And when it comes to self-help books, all the advice and practical tips can give people a sense of direction in life so they don't feel hopeless and clueless anymore. (分类别讨论)

6. Do you think e-books will make people read more and why?

参照第三题里的语料自己回答。