

注意语法和逻辑，需要每空尽力，可以多次听全篇或一部分，一定尽力减少错误。

填空词和红色词尽力背记，优先填空词。

《高级听力》 礼物篇 《人生的四大阶段》 第四章

STAGE FOUR: LEGACY

People arrive into Stage Four having spent somewhere around half a century investing themselves in what they believed was meaningful and important. They did great things, worked hard, earned everything they have, maybe started a family or a charity or a political or cultural revolution or two, and now they're done. They've reached the age where their energy and circumstances no longer allow them to pursue their purpose any further.

The goal of Stage Four then becomes not to create a legacy as much as simply making sure that legacy lasts beyond one's death.

This could be something as simple as supporting and advising their (now grown) children and living vicariously through them. It could mean passing on their projects and work to a protégé or apprentice. It could also mean becoming more politically active to maintain their values in a society that they no longer recognize.

Stage Four is important psychologically because it makes the ever-growing reality of one's own mortality more bearable. As humans, we have a deep need to feel as though our lives mean something. This meaning we constantly search for is literally our only psychological defense against the incomprehensibility of this life and the inevitability of our own death. To lose that meaning, or to watch it slip away, or to slowly feel as though the world has left you behind, is to stare oblivion in the face and let it consume you willingly.



SUMMARY 四个阶段的总结

To move beyond Stage One, you must accept that you will never be enough for everybody all the time, and therefore you must make decisions for yourself.

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To move beyond Stage Two, you must accept that you will never be capable of accomplishing everything you can dream and desire, and therefore you must **zero in on** 集中精力于/专注于 what matters most (疑问词引导的名词性从句，做 zero in on 这个动词词组的宾语，意思--“最重要的事情”) and commit to it.

To move beyond Stage Three, you must realize that time and energy are limited, and therefore you must refocus your attention to helping (这里的 to 是介词，attention to 是个搭配) others take over 接管/接手 the meaningful projects you began.

To move beyond Stage Four, you must realize that change is **inevitable** 无可避免的, and that the influence of one person, no matter how great, no matter how powerful, no matter how meaningful, will eventually dissipate too.

And life will go on.



Amanda 祝你前程似锦!