

• *Part3*练习

- *Why are gyms so popular nowadays?*

- *This is pretty obvious, right? People can work out at a gym and this is good for their health, both physically and mentally. But ... what I want to say is ... a gym membership is not a must for those who want to improve their health. I know many people who spend so much time commuting every day, and they say they're tired and stressed, and then they go to gyms to reduce stress. I actually think that they could make the most of their commutes and perhaps walk to, or ... of course, bike to work. These are mini workouts and also good money-savers.*

• *What words and phrases have you learned?*

• *Why are gyms so popular nowadays?*

- *This is pretty o____s, right? People can w_____m and this is good for their health, both p_____. But ... what I want to say is ... a g_____p is not a m__t for those who want to improve their health. I know many people who s_____g every day, and they say they're t_____, and then they go to gyms to reduce stress. I actually think that they could m_____s and perhaps walk to, or ... of course, b_____k. These are mini workouts and also good m_____s.*



- *Why do many people say they can't concentrate nowadays?*

- *First of all, I wanna mention that concentration is an increasingly valuable skill in today's fast-paced and constantly changing world, but it's also true that many people find it hard to focus on their task at hand. I think it's mainly because there are too many distractions and interruptions nowadays, in the workplace, at home and elsewhere. For instance, in the age of social media, we get too many notifications on our devices, and they are a huge distraction. So being able to avoid or ignore this kind of distraction is crucial if we want to be more productive, perform better, and ultimately achieve our goals.*

• *What words and phrases have you learned?*



• *Why do many people say they can't concentrate nowadays?*

- *First of all, I wanna mention that concentration is an i_____l in today's f_____d and constantly changing world, but it's also true that many people find it hard to f_____k at hand. I think it's m_____e there are too many d_____s nowadays, in the workplace, at home and elsewhere. For instance, in the a_____, we get too many n_____s on our devices, and they are a huge distraction. So being able to avoid or ignore this kind of distraction is c_____l if we want to be more p_____, p_____, and ultimately a_____s.*



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- *P1*
- *P1*4=P2*
- *longer P1=P3*

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• 回答+扩展

- 原因
- 具体
- 过去/未来

• *Make it personal*

- 能扩展则充分扩展，不能扩展则自信停下
 - 主动扩展



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- 降级一个
- 降级三四个（列举）
 - 越来越小、越来越细
- 数字

From here you go anywhere



- *several=a few=a number of*
- *many=a lot of=tons of=a large number of*
- *various=a variety of=a wide range of*
- *many kinds of=many types of*

- *including*
- *such as*
- *like*
- *for example=for instance*
- *and so on=and so forth*

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- *especially*
- *particularly*
- *in particular*
- *to be specific*
- *out of these, ...*
- *I particularly like ...*
- *my favorite is/would be ...*
- *if I had to pick a favorite, it would be ...*
- *in terms of ...; as for ...*



“具体”思维训练

- *I've been to a few zoos before*
- *my favorite days are absolutely Saturdays and Sundays*
- *there was a small library near my home and I would always go there when I was a kid*
- *learning English has always been pretty challenging for me*
- *It's hard for me to focus most of the time*
- *there are a few things in my backpack*
- *hanging out with friends is one of the most enjoyable things for me*