



READY 準備 感 覺 아들 Mark의 완벽주의를 멈추게 함



- Stop Son Mark's Perfectionism

① Jack stopped the cycle of perfectionism that son Mark was developing.

② Mark could not stand to lose at games by the time he was eight years old.

③ Jack was contributing to Mark's attitude by always letting him win at chess because he didn't like to see Mark get upset and cry.

④ One day, Jack realized it was more important to allow Mark some experience with losing, so he started winning at least half the games.

⑤ Mark was upset at first, but soon began to win and lose with more grace.

⑥ Jack felt a milestone had been reached one day when he was playing catch with Mark and threw a bad ball.

⑦ Instead of getting upset about missing the ball, Mark was able to use his sense of humor and commented, "Nice throw, Dad.

⑧ Lousy catch, Mark."



GET SET 우능 감 잡기 Scott Adams의 인생을 바꿔준 두 통의 편지



- Two letters that changed Scott Adams' life



〈1〉 Scott Adams, the creator of Dilbert, one of the most successful comic strips of all time, says that two personal letters dramatically changed his life.

〈2〉 One night he was watching a PBS-TV program about cartooning, when he decided to write to the host of the show, Jack Cassady, to ask for his advice about becoming a cartoonist.

〈3〉 Much to surprise, he heard back from Cassady within a few weeks in the form of a handwritten letter.

〈4〉 The letter advised Adams not to be discouraged if he received early rejections.

〈5〉 Adams got inspired and submitted some cartoons, but he was quickly rejected.

〈6〉 Not following Cassady's advice, he came discouraged, put his materials away, and decided to forget cartooning as a career.

〈7〉 About fifteen months later, he was surprised to receive yet another letter from Cassady, especially since he hadn't thanked him for his original advice.

〈8〉 He acted again on Cassady's encouragement, but this time he stuck with it and obviously hit it big.



90 수능 태민 들 多 잡기 01 손님 맞을 준비

- ready to meet guests

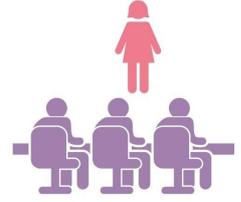


- 〈1〉 My mother was running back and forth through the kitchen trying to beat the clock and be ready before the guests came.
- 〈2〉 As usual, my grandmother was the first to arrive, right on time.
- 〈3〉 Do you need my help, Lubna? my grandmother – my Apa Ji – called to my mom in the kitchen.
- 〈4〉 "Yes, Apa," she said.
- 〈5〉 Please get my stubborn daughter in the shower and dressed before the guests arrive!
- 〈6〉 I was only six years old, but I can still remember how she had been asking me for two hours to get ready.
- 〈6〉 It was not the shower that made me disobey her words; it was the lavender sweater which made me so itchy!
- 〈7〉 When Apa found me hiding in the basement, she took a firm hold of my arm, although her grasp was gentle.



00 수능 때만 들 多 잡기 02 자신의 꿈에 대한 Stephanie의 열정

- Stephanie's passion for her dreams



- ① My older sister, Robin, had a friend, Stephanie, who wanted to be an actress.
- ② This was a passion that you could almost feel whenever she talked about it.
- ③ After she graduated from high school, Stephanie drove all the way across the country to Los Angeles, where she started attending classes at a junior college and got an agent.
- ④ Her passion for doing things didn't allow any fear or uncertainty to get in the way of following her dreams and goals.
- ⑤ To me, that is the way to look at life.
- ⑥ My sister told me just last week that she heard Stephanie was expecting to hear back on a regular role in a sitcom she auditioned for, and she was also auditioning for a minor speaking part in a huge movie.



00 우능 팜 잡기 08 Mike의 실언과 사과

- Mike's Blind and Apologetic



- <1> One day, when Mike was a teen, he was joking around with some friends.
- <2> He made an insensitive, disgusting, racist comment.
- <3> He didn't know it, but he was being watched by Alan, the classmate of that particular race.
- <4> When Mike turned around and saw him, heart sank, and he felt like an idiot.
- <5> He couldn't believe what he had done.
- <6> At that moment, he made one of the best decisions of his life.
- <7> In a humble and sincere tone, he asked Alan if he would allow him to apologize.
- <8> Luckily for him, the classmate he had just insulted allowed him to continue.
- <9> Mike offered his most gracious apology and admitted that what he had done was inexcusable and absurd.
- <10> His apology was accepted by the classmate because of his sincerity.



GO 우능 맘 잡기 04 의사의 치료에 대한 엄마의 부정적인 태도



- Mother's Negative Attitudes toward Doctor's Treatment

- ① A month before she turned one, my sister Ann had her first asthma attack.
- ② Though it was before the Internet, my mother doggedly tracked down as much research about treatment as she could get her hands on: reading books on asthma, clipping articles, and swapping notes about treatment with other parents.
- ③ She soon grew skeptical of the doctor who was treating her youngest daughter.
- ④ The doctor's answers contradicted those of other doctors, and her treatment suggestions departed pretty radically from some of the material my mom was reading.
- ⑤ Her growing skepticism peaked after looking up the dosage of steroids the doctor had prescribed for my one-year-old sister, to find that it was sufficient for a three-hundred-pound adult.
- ⑥ My mom decided to find another doctor, and though Ann got better, she always retained the same air of skepticism when talking to doctors.