



READY **인** 感 **잡기** 몸이 보내는 신호의 중요성

- the importance of the body's signal



〈1〉 When we were infants, we were tuned in to the signals from our body that told us when to eat and when to stop.

〈2〉 We had an instinctive awareness of what foods and how much food our body needed.

〈3〉 As we grew older this inner wisdom became lost in a bewildering host of outer voices that told us how we should eat.

〈4〉 We received conflicting messages from our parents, from our peers, and from scientific research.

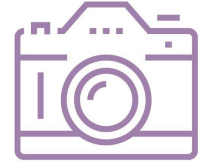
〈5〉 These messages created a confusion of desires, impulses, and aversions that have made us unable to just eat and to eat just enough.

〈6〉 If we are to return to a healthy and balanced relationship with food, it is essential that we learn to turn our awareness inward and to hear again what our body is always telling us.



GET SET 수능 感 잡기 사진이 회화에 미친 영향

- The Effect of Photography on Painting



〈1〉 When photography came along in the nineteenth century, painting was put in crisis.

〈2〉 The photograph, it seemed, did the work of imitating nature better than the painter ever could.

〈3〉 Some painters made practical use of the invention.

〈4〉 There were Impressionist painters who used a photograph in place of the model or landscape they were painting.

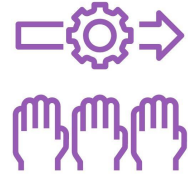
〈5〉 But by and large, the photograph was a challenge to painting and was one cause of painting's moving away from direct representation and reproduction to the abstract painting of the twentieth century.

〈6〉 Since photographs did such a good job of representing things as they existed in the world, painters were freed to look inward and represent things as they were in their imagination, rendering emotion in the color, volume, line, and spatial configurations native to the painter's art.



GO 수능 때면 들 多 잡기 01 관련 없는 일에 대한 참여

- participation in unrelated work



〈1〉 Going to an event unrelated to your specific field

or area of interest can yield surprising results.

〈2〉 You might get turned on to a subject you didn't know

could interest you; Nevertheless you might be able to work this

new knowledge into conversations with others.

〈3〉 For example, you might discover from an outdoor

recreation specialist that you and your colleagues

could benefit from a team-building retreat.

〈4〉 Similarly, an art exhibit might introduce you to

a new shade of red that will make a bolder statement

on your website.

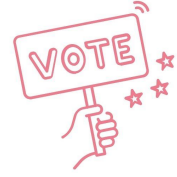
〈5〉 Participating in unrelated events opens you up to

new opportunities and experiences.



01 수능 때만 들 다 잡기 02 긍정적 선거운동에 대한 미국 유권자들의 선호

- U.S. voters' preference for positive campaign



① As a rule, Americans favor "positive" over "negative" political campaigns.

② That is, voters prefer a candidate who is in favor of something to another candidate who is merely against something.

③ There are many reasons for this preference.

④ One reason is that voters may suspect a negative candidate has something to hide and is using negative politics to hide it.

⑤ Also, a positive campaign tends to be stronger and more successful than a negative campaign because it is more effective to be for something than merely against something.

⑥ A positive campaign usually projects an image of success, confidence, and optimism: three qualities that Americans like to see in elected officials.



00 수능 때만 들 多 밥 03 균형 잡힌 세 끼 식사의 중요성



- The Importance of Balanced Three Meals

① Traditionally, people have eaten three meals a day:

breakfast in the morning, lunch at midday and dinner

in the evening.

② Although this is a useful standard, people often develop

the habit of eating a small breakfast and lunch

and a large evening meal.

③ This has a detrimental effect on digestion, especially

as our digestive systems become more sluggish with age.

④ It also means that we have an inadequate supply

of energy at the times of the day when we are most active

and a calorie overload at the end of the day

when we are winding down.

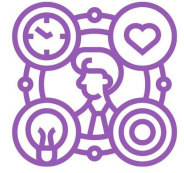
⑤ A preferable eating pattern is a large breakfast,

a substantial lunch and a comparatively small meal early

in the evening.



00 수능 내빈 들 多 답기 04 스트레스를 받을 때 좋은 습관을 형성할 필요성



- The need to form good habits when stressed

① Just imagine for a second now what can happen

if your bad habits stress you out.

② It's the perfect recipe for a negative feedback circle.

③ Your stress triggers a bad habit, which triggers guilt, internal anxiety, and more stress, which triggers the habit again.

④ But now imagine what could happen if your habits are naturally stress-relieving, such as exercise.

⑤ In this case, your stress will ride you to the gym, and the exercise will help you to relieve tension.

⑥ The difference in impact on your life is mind-blowing, as one puts you in a positive position to succeed despite life's harsh occurrences, while the other constantly threatens to drop you into a negative spiral.