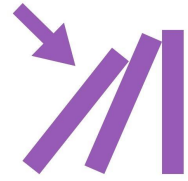




READY 11인 感 12인 질병의 최초 원인 파악하기



- First Cause of Disease

<1> The body tends to accumulate problems, often beginning with one small, seemingly minor imbalance.

<2> This problem causes another subtle imbalance, which triggers another, then several more.

<3> In the end, you get a symptom.

<4> It's like lining up a series of dominoes.

<5> All you need to do is knock down the first one and many others will fall too.

<6> What caused the last one to fall?

<7> Obviously it wasn't the one before it, or the one before that, but the first one.

<8> The body works the same way.

<9> The initial problem is often unnoticed.

<10> It's not until some of the later "dominoes" fall that more obvious clues and symptoms appear.

<11> In the end, you get a headache, fatigue or depression – or even disease.

<12> When you try to treat the last domino – treat just the end–result symptom – the cause of the problem isn't addressed.

<13> The first domino is the cause, or primary problem.



GET SET 우수 感 잡기 완벽함에 대한 재정의

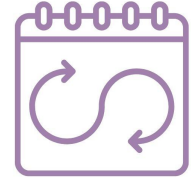
- redefinition of perfection



- ① You can be perfect, but you need to change the way you think about it.
- ② Perfection actually is possible if you delete "perfect" and insert "complete."
- ③ Imagine a basketball player taking a fifteen-foot shot and the ball going through the net, never touching the rim.
- ④ Someone is likely to exclaim, "That was a perfect shot!"
- ⑤ And it was perfect.
- ⑥ The scoreboard reflects an increase of two points.
- ⑦ Now again imagine that same player a few minutes later taking another fifteen-foot shot.
- ⑧ But this time the ball hits one side of the rim, rolls around and stands still for half a second, and it finally falls through the net.
- ⑨ An announcer might comment on what an ugly shot that was, and she would be right.
- ⑩ But basketball games are not won on such criteria as pretty or ugly.
- ⑪ In this instance the ball went through the net and the scoreboard increased by two points.
- ⑫ In that sense, the second shot was as perfect as the first.



GO 수능 때면 들 多 잡기 01 상황 변화에 대한 자아 유연성

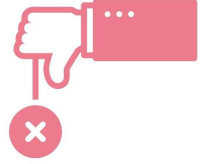


- self flexibility in situational change

- 〈1〉 Acceptance of change will better enable you to "roll with the punches" and tolerate the fickle nature of fate.
- 〈2〉 Conversely, the more reliant you are on things staying as they are, the more you are at risk of depression if you lose the person to whom you are most attached or move from the place with which you most identify.
- 〈3〉 A man's ego (or sense of self) must conform to unfolding realities, even if they are unexpected.
- 〈4〉 Winning a large sum of money in a lottery or later-life grandparenthood can be as stressful and identity changing as selling the home your children grew up in.
- 〈5〉 Men who score high on measures of adaptability and "ego flexibility" are at lower risk of depression as they age.
- 〈6〉 They are able to adjust to changes with less disruption to their happiness, pride, and sense of purpose in life.
- 〈7〉 Older men who have been able to develop flexibility are able to maintain a more positive perspective.



00 수능 내빈 들 多 잡기 02 부정적인 소식의 증가



- an increase in negative news

① We are subjected to a never-ending flood of negative news from across the world: wars, famines, natural disasters, corruption, diseases, and acts of terror.

② Stories about gradual improvements rarely make the front page even when they occur on a dramatic scale and impact millions of people.

③ And thanks to increasing press freedom and improving technology, we hear more about disasters than ever before.

④ When Europeans killed a huge number of indigenous peoples across America a few centuries ago, it didn't make the news back in the old world.

⑤ When in the past whole species or ecosystems were destroyed, no one realized or even cared.

⑥ Alongside all the other improvements, our observation of suffering has improved tremendously.

⑦ This improved reporting is itself a sign of human progress, but it creates the impression of the exact opposite.



GO 우수 매인 톱 多 팜기 OB 스코틀랜드에서 나온 발명품

- inventions from Scotland

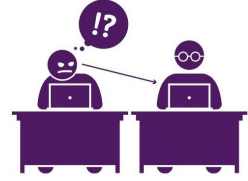


- ① A little bit of Scotland is in all of us, whether we know it or not.
- ② If you've ever consulted a calendar or the Encyclopaedia Britannica, you can thank the Scots.
- ③ If you've ever flushed a toilet or used a refrigerator or ridden a bicycle, thank the Scots.
- ④ Perhaps the greatest Scottish inventions, though, are the ones you can't touch, for they occupy the realm of the mind.
- ⑤ Big ideas such as empathy and morality and common sense.
- ⑥ The Scots, though, never let these ideas float off into the heavens, untethered.
- ⑦ They grounded them in the here and now.
- ⑧ This was the Scottish brand of genius: the blending of deeply philosophical ideas with real-world applications.
- ⑨ The bright lights who illuminated old Edinburgh weren't interested in counting angels on a pinhead.
- ⑩ They put those angels to work, and the result was the birth of everything from modern economics to sociology to historical fiction.



GO 우능 내민 들 多 잡기 04 직장에서 불신을 없애는 방법

- How to get rid of distrust at work



- ① Much of the distrust we see in work groups is a result of misunderstanding or misreading the intentions of others – especially leaders.
- ② When we aren't sure what's happening around us, we become distrustful.
- ③ We are born that way.
- ④ It's a reason children don't want to turn off the lights at bedtime.
- ⑤ What are they afraid of?
- ⑥ Not something they can see, but that something unknown is hiding in the closet.
- ⑦ In a dark work environment, where information is withheld or not communicated properly, employees tend to suspect the worst and rumors take the place of facts.
- ⑧ It is openness that drives out the gray and helps employees regain trust in a culture.
- ⑨ Through their example, leaders can create a contagion of openness that leads to trust and is a major contribution to a culture in which employees are engaged, enabled, and energized to give their all.