



READY 1인 感 팝 성장을 자극하는 아기 마사지

- a growth-inducing baby massage



- 〈1〉 When gauging a newborn baby's health, one of the first signs doctors look for is weight gain.
- 〈2〉 If you want to impress your doctor with how fast your little one can gain weight, incorporate a 5- to 15-minute massage into your daily routine.
- 〈3〉 Massage relaxes your baby and aids in digestion, so food is better absorbed.
- 〈4〉 Better absorption gives your baby a better than average chance of gaining weight.
- 〈5〉 In addition, massage stimulates growth-enhancing hormones.
- 〈6〉 Have you ever wondered why animals lick their young just after birth?
- 〈7〉 Touch is nature's way of stimulating growth.
- 〈8〉 Remember this every time your dog starts to lick you and won't stop: Your pet is just responding to his intuition.
- 〈9〉 Maybe he thinks you could stand to gain a few pounds.



GET SET **우능 감 잡기** 자신을 보여주는 방법 개발



- Development of a Way to Show Yourself

- 〈1〉 In this world, being smart or competent isn't enough.
- 〈2〉 People sometimes don't recognize talent when they see it.
- 〈3〉 Their vision is clouded by the first impression we give and that can lose us the job we want, or the relationship we want.
- 〈4〉 The way we present ourselves can speak more eloquently of the skills we bring to the table, if we actively cultivate that presentation.
- 〈5〉 Nobody likes to be crossed off the list before being given the opportunity to show others who they are.
- 〈6〉 Being able to tell your story from the moment you meet other people is a skill that must be actively cultivated, in order to send the message that you're someone to be considered and the right person for the position.
- 〈7〉 For that reason, it's important that we all learn how to say the appropriate things in the right way and to present ourselves in a way that appeals to other people—tailoring a great first impression.



90 수능 태민 들 多 팜 01 법의 확장

- expansion of law



① When encounters between strangers are common, then some kind of governance is necessary based not on their unique relationship as individuals, but on generic principles:

"All are equal under the law."

② Laws in the form of explicit codes are never found in pre-civilized peoples, nor are they necessary.

③ It is no accident that as modern society grows increasingly anonymous, and as we pay strangers to perform more and more life functions, the reach of the law extends further and further into every corner of life.

④ Disputes that were settled informally a generation ago are today routinely administered according to written rules.

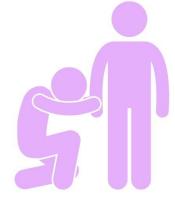
⑤ Indeed, without some kind of formal standard we would feel insecure, for we would literally be at the mercy of strangers.

⑥ This trend is a necessary consequence of the alienation and depersonalization that began with agriculture.



01 수능 내빈 들 多 잡기 02 용서의 특징

- characteristic of forgiveness



- 〈1〉 Young children can be quite unforgiving because they deal in logic that is self-centered, unrealistic, and dominated by emotion.
- 〈2〉 The same can be true of adolescents.
- 〈3〉 For the first time they begin to see that the adult world is complex, imperfect, and at times unfair- but still a world in which they have to live.
- 〈4〉 This, in large part, accounts for the heightened levels of anger in these early years.
- 〈5〉 As you grow older, forgiveness is more of an option.
- 〈6〉 Child logic no longer prevails.
- 〈7〉 You have a more balanced, realistic view of yourself and your fellow human beings.
- 〈8〉 You come more and more to acknowledge and accept the fact that we're all frail creatures.
- 〈9〉 We hurt each other, intentionally or not, as we journey through life.
- 〈10〉 Maybe the ability to forgive is the real gift of age.



00 수능 때만 들 多 팝업 03 층계의 불편함

- the inconvenience of the staircase



〈1〉 If the telephone rings in a neighboring room, we just get up and answer it.

〈2〉 However, if the telephone rings on another floor, we shout to ask if someone else will answer it.

〈3〉 Going up and down stairs and steps requires new movements, more muscle power, and walking rhythm has to be changed to climbing rhythm.

〈4〉 These factors make it more difficult to go up and down than to move on the same plane, or alternatively, to be transported mechanically up and down.

〈5〉 At metro stations, in airports and department stores, people stand in line to take the escalator, while staircases next to them are almost empty.

〈6〉 Shopping malls and department stores built in several stories rely on escalators and elevators to move people from floor to floor.

〈7〉 If the transport breaks down, people go home!



90 수능 태민 들 多 팜 04 여가시간을 희생하는 여성



- women who sacrifice their leisure time

- <1> Time devoted to family responsibilities influences a woman's opportunity for leisure.
- <2> Care for children and older relatives are family responsibilities that are mostly performed by women.
- <3> For example, the birth of a woman's first child has a dramatic influence on a woman's leisure.
- <4> Often women will organize their leisure around their family tasks and duties, while men are much less likely to allow family to interfere with their leisure.
- <5> As a result, women's own leisure experiences may be constrained.
- <6> Research studies have documented that women put much time and effort into guaranteeing that family leisure activities are positive experiences for their family at the cost of their own leisure desires and interests.
- <7> Therefore these family leisure activities may appear to be leisure but may be experienced as unpaid work by women.