

F. Some people prefer a beer to some pills when they get a cold in summer.

G. Remember it is how much beer you consume that matters to your health.

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(三)

How to Enjoy Your Life

Are you having a hard time in life and want to enjoy it more? Most people say yes to that question and enjoying your life is having a healthier life. People think the only way you can enjoy life is being rich or famous or popular. That is not true. 1

2 Your facial expression is traditionally thought of as a window into how you feel, but it's also thought that your facial expression can influence your mood. Therefore, be sure to smile freely. You might even want to greet yourself in the mirror with a smile first thing in the morning—that happy face may be just enough to keep that mood flowing all day long.

Enjoy your meal. Don't just eat it, love the taste and be thankful to have food. Also, eat healthier! 3 Junk food has a lot of calories and you will become obese. But life is not fun without a little junk food! Try to eat it only as a treat on the weekends. Eat some fruits and vegetables with every meal you eat.

Spend time with positive people. It is well known that people with a wide circle of friends tend to live longer. It's been shown that your friends' behavior can actually have a big impact on yours. 4

5 Do not try to open your past history. Whatever happened previously, forget it. Just think, today you have been born to enjoy life with full confidence. God has chosen you to make you a human being for obtaining happiness.

- A. Forget the past.
- B. Satisfy with your things.
- C. Start the day with a smile.
- D. Eating too much junk food is bad.
- E. Try to see that happiness is looking for you only.
- F. So learn to enjoy life more and get rid of your worries.
- G. Make sure you hang around with positive people to inspire yourself to live a richer life.

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(四)

How to Build Healthy Interpersonal Relationships

Human beings are social creatures and thrive (茁壮成长) in relationships with others. A healthy part to be a well-rounded, happy individual is engaging in healthy relationships with others. These friendships can provide safe environments in which

individuals can thrive and help promote general well-being. 1

2 Humans are social creatures by nature. For this reason, you may need to take opportunities to interact with new friends if you want to build healthy relationships with others.

Focus on relationship quality. 3 Studies have shown that quality personal relationships not only help our mental health but also contribute to our physical well-being.

4 Trust is an essential (必不可少的) component of a healthy relationship — it is difficult to make a deeper connection if you don't feel safe with the other person. Demonstrate (展示) your trustworthiness by admitting when you are wrong and apologizing sincerely, being reliable, and communicating openly. You should look for people with these same attributes (品性).

Treat others with kindness. This isn't simply doing sweet things for others, like giving gifts, but how you interact with others day to day. Treating others with genuine kindness and respect is an essential part of building a healthy connection. Trusting someone and deepening your relationship requires kindness, and it will be difficult for anyone to stay with you if they think you may treat them badly. 5

- A. Meet new people.
- B. Learn to build trust.
- C. Respect the right of others.
- D. Here are some tips to build healthy interpersonal relationships.
- E. Kindness, on the other hand, makes people feel valued and cared for.
- F. The easiest way to meet people, even briefly, is to start a conversation
- G. High-quality personal relationships are defined by closeness, respect, shared values and support.

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(五)

Essays are common assignments for English courses in high school and in college. While writing an essay for an English class may seem overwhelming (压倒性的), it does not have to be. If you give yourself plenty of time to plan and develop your essay, then you will not have to stress about it.

Set aside time to write. 1. So you'd better leave yourself ample time to write and revise the essay, ideally giving yourself time for a break between drafts. If you're approaching a deadline, however, you may need to make the best use of the time you have.

Collect all of your notes and materials. 2, gather together all of the notes, books, and other materials that you will need to draw on to answer the essay prompt. Support is essential for an effective English essay, so do not try to write your essay