

*词汇: reading 阅读*

Picture yourself sitting at home in a quiet **reading nook**, ignoring the world around you, **engrossed** in a **tale**. You read the **blurb**, instantly became intrigued and now you're in the middle of an absolute **page-turner**. But, there's a hot debate – physical books vs. **e-books** vs. **audiobooks**. Does the device you're using to read affect your reaction to the book?

Generally, reading uses several areas of the brain. There's **attention span**, reasoning, reading **fluency**, memory and language comprehension. Reading is known to strengthen communicative ability, vocabulary and increase **emotional intelligence** and **social perception**. So, whichever way you're reading, there are definitely benefits.

But, let's look at the pros to reading with your eyes – that's physical books and e-books. They can help to **retain** information better. This is because when you can actually see the words, your **attention is held** more closely. Add to this the fact that with physical books you can go back and find any part you missed, especially if your mind **wanders**, which it likely will at some point or other.

On the other hand, there's the audiobook. Headphones in, you're switched off from life and the story really **comes alive**, almost like watching a film – in your head. From a scientific perspective, listening to an audiobook is likely to help you develop a greater sense of empathy as you hear the emotion of the **narrator**. We can more easily understand **inflection** and **intonation**. Hearing the story engages different parts of the brain, heightening the intensity and **imagery**, making you enjoy it more. Yet, going back to attention span, with an audiobook it's true that it's much harder to go back and listen again.

All in all, it seems that there are advantages to both physical books and audiobooks. Perhaps, next time you find yourself **browsing bookshop shelves**, also consider the format. It may just change your whole **literary** experience.

## 词汇表

|                               |                |
|-------------------------------|----------------|
| <b>reading nook</b>           | 读书角            |
| <b>engrossed</b>              | 全神贯注的, 专心致志的   |
| <b>tale</b>                   | 故事             |
| <b>blurb</b>                  | 简介             |
| <b>page-turner</b>            | 令人爱不释手的书       |
| <b>e-book</b>                 | 电子书籍           |
| <b>audiobook</b>              | 有声读物           |
| <b>attention span</b>         | 注意力的持续时间, 注意广度 |
| <b>fluency</b>                | 流畅度            |
| <b>emotional intelligence</b> | 情商             |
| <b>social perception</b>      | 社会知觉           |
| <b>retain</b>                 | 记住             |
| <b>attention is held</b>      | 注意力集中          |
| <b>wander</b>                 | 走神, 开小差        |
| <b>come alive</b>             | 变得有趣, 显得逼真     |
| <b>narrator</b>               | 讲述者            |
| <b>inflection</b>             | 音调变化           |
| <b>intonation</b>             | 语调             |
| <b>imagery</b>                | 意象, 比喻         |
| <b>browse</b>                 | 随意看, 浏览        |
| <b>bookshop shelves</b>       | 书店的书架          |
| <b>literary</b>               | 文学的            |

## 测验与练习

### 1. 阅读课文并回答问题。

1. What benefits are mentioned in relation to reading in general?
2. Why does reading a physical book help to retain information better?
3. True or false? *You feel more empathy towards a character if you read a physical book.*
4. Why is it easier to lose focus in an audiobook?
5. Why can listening to a book help you enjoy it more?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. He was so \_\_\_\_\_ by the film, that he didn't hear me shout.

|           |      |         |           |
|-----------|------|---------|-----------|
| engrossed | held | wanders | emotional |
|-----------|------|---------|-----------|

2. My sister really \_\_\_\_\_ when she danced on stage.

|         |          |            |         |
|---------|----------|------------|---------|
| browsed | retained | came alive | engaged |
|---------|----------|------------|---------|

3. I always read the \_\_\_\_\_ before choosing a book.

|      |          |       |         |
|------|----------|-------|---------|
| nook | narrator | blurb | shelves |
|------|----------|-------|---------|

4. Children have shorter \_\_\_\_\_ than adults.

|                 |         |                   |         |
|-----------------|---------|-------------------|---------|
| attention spans | fluency | social perception | imagery |
|-----------------|---------|-------------------|---------|

5. When you speak, your \_\_\_\_\_ will help people understand what you mean.

|          |            |              |                |
|----------|------------|--------------|----------------|
| literary | intonation | intelligence | attention span |
|----------|------------|--------------|----------------|

## 答案

### 1. 阅读课文并回答问题。

1. What benefits are mentioned in relation to reading in general?

**It strengthens communicative ability, vocabulary, and increases emotional intelligence and perception.**

2. Why does reading a physical book help to retain information better?

**Because when you can see the words, your attention is held more closely.**

3. True or false? *You feel more empathy towards a character if you read a physical book.*

**False. You feel more empathy towards a character if you listen to an audiobook.**

4. Why is it easier to lose focus in an audiobook?

**Because it isn't as easy to go back and listen again, unlike with a physical book.**

5. Why can listening to a book help you enjoy it more?

**It heightens the intensity and imagery of the story.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. He was so **engrossed** by the film, that he didn't hear me shout.

2. My sister really **came alive** when she danced on stage.

3. I always read the **blurb** before choosing a book.

4. Children have shorter **attention spans** than adults.

5. When you speak, your **intonation** will help people understand what you mean.