

## Chin Up! 乐观使人受益

英语学习点: *Optimism Vocabulary* 乐观主义词汇

Ever won the lottery? No? But did that stop you buying another lottery ticket?

If the answer is another 'no', you might call yourself an **optimist**.

But then, according to researchers at University College London, human beings are naturally **sanguine** creatures.



*We are born with a predisposition for optimism*

It's all in the brain, they say. A study suggests that it is very efficient at processing good news: about 80% of people have a tendency to see the **glass as half-full, not half-empty**, even if they don't consider themselves to be optimists.

The good news is that this brings a health benefit. Being **upbeat** and having a **positive outlook on life** reduces anxiety. A study of nearly 100,000 women showed a lower risk of death from heart disease amongst optimists.

But there are pitfalls to always having an **upbeat attitude**. The authors of the study point out that the 2008 financial crisis may have been caused by analysts **overestimating** their assets' performance even **in the face of** clear evidence to the contrary.

There are personal health risks too. Dr Tali Sharot, lead researcher, said: "'Smoking Kills' messages don't work as people think their chances of cancer are low. There's a very fundamental bias in the brain."

But, as they say, **every cloud has a silver lining**. Even if seeing the world through **rose-tinted glasses** poses a risk to our health, it's not something that is likely to cause us to lose sleep.

Let's just **keep our chins up** and keep smiling!

词汇表请参看答案与词汇部分

## Quiz 测验

阅读短文并回答问题。

1. What thing does the article mention as something an optimist would do?
2. Why do scientists say that having a tendency to be an upbeat individual is in the brain?
3. What could be an advantage of being naturally sanguine?
4. Why don't people stop smoking as soon as they learn that the habit can kill?
5. What two everyday objects feature in phrases used to describe optimism?

## Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. During a recession it is difficult to get a job but we should keep our \_\_\_\_\_ up and keep looking for one.

legs	noses	chins	feet
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2. One of the \_\_\_\_\_ of spending a lot of money on the latest fashion is that it might go out-of-date very quickly.

pitiful	pitfalls	waterfalls	painful
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3. It rained a lot during the summer months but this might boost the production of good wine. Every \_\_\_\_\_ has a silver lining.

coat	curtain	cold	cloud
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4. John is a daredevil, he laughs in the \_\_\_\_\_ of danger.

face	front	cheek	forehead
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5. Greedy salesmen \_\_\_\_\_ the savings solar panels could provide households so that they can sell more of them and make a huge profit.

underestimate	overestimate	undervalue	upper estimate
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## Answers and Glossary 答案与词汇

### Quiz 小测验

1. What thing does the article mention as something an optimist would do? To keep buying lottery tickets in spite of not winning.
2. Why do scientists say that having a tendency to be an upbeat individual is in the brain? They found out that the brain is very efficient at processing good news.
3. What could be an advantage of being naturally sanguine? It could reduce anxiety and be good for a person's health.
4. Why don't people stop smoking as soon as they learn that the habit can kill? Because they are optimists by nature they think that the chances of them getting cancer are low.
5. What two everyday objects feature in phrases used to describe optimism? A glass (to see the glass as half-full, not half-empty) and glasses (seeing the world through rose-tinted glasses).

### Exercise 练习

1. During a recession it is difficult to get a job but we should keep our chins up and keep looking for one.
2. One of the pitfalls of spending a lot of money on the latest fashion is that it might go out-of-date very quickly.
3. It rained a lot during the summer months but this might boost the production of good wine. Every cloud has a silver lining.
4. John is a daredevil, he laughs in the face of danger.
5. Greedy salesmen overestimate the savings solar panels could provide households so that they can sell more of them and make a huge profit.

### Glossary 词汇表

optimism 乐观主义	sanguine (正式用语) 满怀希望的
to see the glass as half-full, not half-empty 表示同样半杯水，乐观的人觉得杯子是半满，悲观的人觉得杯子是半空的。	upbeat 乐观的，欢快的
to have a positive outlook on life 有一个积极的人生观	upbeat attitude 乐观的态度
to overestimate 过高估计	in the face of 纵然，面对，即使
bias 偏见	every cloud has a silver lining (喻) 黑暗中总有一丝光明 (原意：乌云也有银边)
to see the world through rose-tinted glasses (喻) 把世界看得过于美好 (原意：透过玫瑰色眼镜看世界)	to keep your chin up (喻) 勇敢面对困难 (原意：抬起下巴，仰起头)