



Extended reading

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Extended reading

- Smartphone: a smart choice?
- It was a smartphone addict.
- 智能手机:明智的选择?
- 它是一个智能手机成瘾者。
- be addicted to
- 对.....上瘾：对某种活动、物品或物质有强烈的依赖和无法自拔的欲望。



Extended reading

- My eyes were glued to the little screen whenever I walked down the street.
- 每当我走在街上，我的眼睛都盯着那个小屏幕。
- be glued to 无法停止观看某物：指对某物非常着迷，无法分心或离开。
- walk down the street 走在街上



Extended reading

- had dinner with friends or lay in bed at night.
- 与朋友共进晚餐或晚上躺在床上。
- have dinner with sb 和某人一起吃晚餐
- lay in bed躺在床上
- at night在夜晚



Extended reading

- The first thing I did when I woke up in the morning was reach for my phone.
- 我早上醒来的第一件事就是拿起手机。
- wake sb up叫醒某人
- reach for 拿；够



Extended reading

- I always asked for Wi-Fi connections when I went to a new restaurant or coffee shop.
- 当我去一家新的餐馆或咖啡店时，我总是要求Wi-Fi连接。
- ask for要求；询问
- ask sb to do sth
- connect with和..连接



Extended reading

- A dead battery in my smartphone would make me feel stressed.
- 智能手机电池没电会让我感到压力。
- be stressed out
- 感到压力过大：指因为各种原因而感到过度紧张、焦虑或疲劳。
- make sb + adj
- make sb do sth



Extended reading

- Sometimes I had the uncomfortable feeling that this little machine had taken up too much of my time, and that I could have done something more meaningful than just looking at a tiny screen all day.
- 有时候我有一种不舒服的感觉，觉得这个小机器占用了我太多的时间，我本可以做一些更有意义的事情，而不是整天盯着这个小屏幕。
- comfortable-incomfortable
- take up 占据
- meaningful 有意义的
- all day 整天



Extended reading

- Sliding into the habit was easy, but it was difficult to quit the habit.
- 养成这种习惯很容易，但要戒掉却很难。
- slide into bad habits 沾染恶习
- quit doing sth 放弃做某事



Extended reading

- Then the day came when I finally realized I had to make a change.
- 有一天，我终于意识到我必须做出改变。
- realize 意识到，实现
- realize one' s dream 实现某人的梦想



Extended reading

- Head down, eyes on my smartphone, I stepped into the road and a car shot past, nearly knocking me off my feet!
- 我低着头，眼睛盯着我的智能手机，走到路上，一辆汽车从我身边飞驰而过，差点把我撞倒!
- step into the road 走到路上
- shot 飞驰
- knock sb off 把某人撞倒



Extended reading

- At that every moment,I made up my mind to spend a whole week without my smartphone.
- 在那一刻，我下定决心要度过一个没有智能手机的星期。
- make up one' s mind to do sth
- 下定决心做某事
- decide to do sth 决定做某事



Extended reading

- The first day was the hardest.
- I was used to checking the news and my friends' social media updates every few minutes.
- 第一天是最难熬的。
- 我习惯了每隔几分钟就查看一下新闻和朋友的社交媒体更新。
- be used to doing sth 习惯做模式
- social media 社交媒体



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