

20. 주장 : 나를 위한 시간의 중요성을 인식해야 한다.

1. We usually take time out only when we really need to switch off, and when this happens we are often overtired, sick, and in need of recuperation.
2. ___ ___ is _____ by negative _____ with _____ guilt, and regret as well as _____ stress, and _____
3. All these negative _____ mean we tend to _____ it.
4. Well, I am _____ change your perception of the importance of me time, to persuade you that you should view it as _____ for your health and wellbeing.
5. Take this as permission to _____ some time for yourself!
6. Our need for time _____ what we choose is increasingly urgent in an overconnected, overwhelmed, and _____ world.

* recuperation: 회복

21. 주제 : 침묵 효과의 부정적 결과

1. Perhaps worse than _____ to get the bad news out of the way is _____ to soften it or simply not _____ it at all.
2. This "Mum Effect" — a term _____ by psychologists Sidney Rosen and Abraham Tesser in the early 1970s — happens people want to avoid _____ the target of others' negative emotions.
3. We all have the opportunity to lead change, yet it often requires _____ us the courage _____ bad news to our _____
4. We don't want to be the innocent messenger who falls before a _____
5. When our survival _____ they can _____ our courage until the truth of a situation gets _____
6. "The Mum Effect and the _____ can have devastating effects in a steep hierarchy", writes Robert Sutton, an _____ psychologist.
7. What starts out as bad news becomes happier and happier as it travels up the ranks — because after each boss hears the news from his or her _____ he or she makes it sound a bit bad before _____ the chain.

22. 요지 : 부모의 내적 성장을 통한 평정심 유지가 양육에 중요하다.

1. Most parents think that if our child would just "behave," we could stay _____ as parents.
2. The truth is that managing our own emotions and actions is allows us _____ as parents.
3. _____ we can't control our children or the _____ they will face — but we can always control our own actions.
4. Parenting isn't about what our child does, but about how we respond.
5. In fact, most of we call parenting doesn't _____ between a parent and child but within the parent.
6. When a storm brews, a parent's response will either calm it or _____ a _____
7. _____ to respond _____ to all that childish behavior — and the stormy emotions behind it — _____ we grow, too.
8. If we can use those times when our buttons get _____ to _____ not just react, we can notice when we lose _____ and _____ back on track.
9. This inner growth is the hardest work there is, but it's enables you _____ a more peaceful parent, one day at a time.

23. 소재 : 학습에서 수면의 역할

요약 : 잠자는 동안 두뇌는 하루의 기록을 효율적으로 통합 정리함으로 벼락치기 공부보다는 꾸준한 학습이 효과적이다.

1. We have already seen that learning is much more efficient when _____ at regular intervals : rather than _____ an entire lesson into one day, we are _____ spreading out the learning.
2. The reason is simple: every night, our brain consolidates it has learned _____ the day.
3. This is one of the most important _____ of the last thirty years : sleep is not just a period of inactivity or a _____ collection of the waste products the brain _____ while we were awake.
4. Quite the contrary : while we sleep, our brain remains active; it runs a specific algorithm replays the important events it recorded _____ the _____ day and gradually _____ them into a more efficient _____ of our memory.

* consolidate: 통합 정리하다

24. 주제 : 최고의 건강 수준에 도달하기 위해서는 의사나 병원 기술 장비 뿐 아니라 공공 헬스케어 서비스도 중요하다.

1. From the earliest times, healthcare services have been recognized _____ two equal aspects, namely clinical care and public healthcare.
2. In classical Greek _____ the god of medicine, Asklepios, had two daughters, Hygiea and Panacea.
3. The former was the goddess of _____ health and _____ or _____ and the latter the goddess of treatment and curing.
4. In modern times, the _____ ascendancy of medical _____ has caused treatment of sick patients _____ those preventive healthcare services _____ by the less heroic figures of _____ engineers, biologists, and governmental public health officers.
5. _____ the quality of health _____ human populations enjoy is _____ less to _____ dexterity, innovative _____ products, and _____ devices than _____ the _____ of public _____ management, and services _____ control the pollution of the air, drinking water, urban noise, and food for human _____
6. _____

* ascendancy: 우세 ** dexterity: 기민함

29. 유아들의 외부와의 초기 상호 작용은 자신의 행동의 영향을 알아차릴 수 있는 맥락을 제공한다.

1. By noticing the relation between their own actions and _____ external changes, infants develop _____ a sense _____ they are agents of the perceived changes.
2. Although infants can notice the effect of their behavior on the physical environment, _____ in early social _____ infants most _____ the _____ of their actions.
3. People have _____ that virtually _____ that infants will _____ toward them.
4. They have visually _____ and _____ faces.
5. They produce sound, provide touch, and have _____ smells.
6. _____, people engage with infants by _____ their facial expressions and **inflecting** their voices in ways _____ infants find fascinating
7. But most importantly, these antics are _____ to infants' _____ facial expressions, and gestures; people vary the pace and level of their behavior in response to infant actions.
8. _____

* inflect: (음성을) 조절하다 ** antics: 익살스러운 행동

30. 주제 : 노동의 분화(전문화)는 시장의 규모에 의해 제한 받는다.

1. Adam Smith pointed out that _____ each of us _____ on one specific skill, leads to a general _____ of everybody's well-being
2. The idea is simple and powerful.
3. By specializing in just one activity — such as food raising, clothing production, or home construction — each worker gains _____ over the particular activity.
4. Specialization makes sense, however, only if the specialist can subsequently trade his or her output with the output of specialists in other lines of activity.
5. It would make no sense to produce more food than a household needs there is a market outlet to exchange that _____ food for clothing, shelter, and so forth.
6. At the same time, _____ the ability to buy food on the market, it _____ not be possible _____ a specialist home builder or clothing maker, since it would be necessary _____ for one's own survival.
7. Smith realized that _____ **whereas** the extent of the market is _____ by the _____ of specialization.

31. 주제 : 기아를 방지하기 위해서 농지를 분산하여 경작해라

1. _____ is not the _____ goal _____ the highest possible time-averaged crop _____, _____ over many years.
1. If your time-averaged yield is _____ high as a result of the _____ of nine great years and one year of crop failure, you will still _____ in that one year of crop failure before you can look back to _____ on your great time-averaged yield.
2. , the peasant's aim is to make sure to produce a yield above the _____ level in every single year, even though the time-averaged yield may not be highest.
3. _____
4. If you have just one big field, no matter how _____ it is on the average, you will starve when the _____ year arrives your one field has a low yield.
5. But if you have many different fields, _____ of each other, then in any given year some of your fields will produce well even when your _____ fields are producing _____

32. 주제 : 도움이 무능함을 암시하는 것으로 해석되면 위협적 요소로써 부정적 영향을 미칠 수 있다

1. There are several reasons why support may not be effective.
2. One possible reason is that receiving help could be a _____ to _____
3. A recent study by Christopher Burke and Jessica Goren at Lehigh University _____ this possibility.
4. According to the _____ to self-esteem model, _____
5. According to Burke and Goren, support is especially likely to be seen as threatening if it is in an area is _____ or _____ — that is, in an area your own success and achievement are especially important.
6. _____ help with a self-relevant task can make you _____ bad about yourself, and this can _____ the potential positive effects of the help.
7. if your self-concept _____ in part, _____ your great cooking ability, it may be a blow to your ego when a friend helps you prepare a meal for guests because it _____ that you're not the master chef ^you thought you were.

33. 주제 : 도덕적 교훈과 성찰의 근원으로서의 역사의 기능

1. As well as _____ of events through _____
2. The history writing of Livy or Tacitus, , was in part designed _____ the behavior of heroes and _____ on the strengths and weaknesses in the characters of _____ and _____ providing exemplars for the virtuous to imitate or avoid.
3. This continues to be one of the _____ of history.
4. French _____ Jean Froissart said he _____ his _____ of chivalrous knights _____ in the Hundred Years' War "so that brave men should be inspired thereby to follow such examples."
5. Today, historical studies of Lincoln, Churchill, Gandhi, or Martin Luther King, Jr. _____ the same function. *chivalrous: 기사도적인

34. 주제 : 우리가 중점을 행동에서 품성으로 옮기는 것이 더욱 강력한 영향력을 가진다

1. Psychologist Christopher Bryan finds that when _____
2. His team was able to cut _____ in half: instead of "Please don't cheat," they changed the appeal to "Please don't be a cheater."
3. When you're _____ you can _____ it and still see an _____ person in the mirror.
4. But when you're _____ a cheater, the act casts a shadow; _____ is tied to your _____ making the behavior much less attractive.
5. Cheating is an _____ action gets _____ with the logic of _____ Can I get away with it?
6. Being a cheater _____ a sense of self, _____ the logic of _____ What kind of person am I, and who do I want to be?
7. In light of this evidence, Bryan suggests that we should embrace nouns more thoughtfully.
8. "Don't Drink and Drive" could be rephrased as: "Don't Be a Drunk Driver."
9. The same thinking can be applied to
10. When a child draws a picture, instead of calling the artwork _____ we can say " ."

35. 주제 : 마케팅에서 공급자의 관점과 견해를 보여주는 것은 중요하다.

1. _____
2. When , people know _____ you; it becomes a **rallying point**.
3. lets _____ (and current) customers _____ that you don't just sell your products or services.
4. The best marketing is never just about selling a product or service, but _____ a stand — showing an audience why they should believe in you're marketing enough _____ it _____ simply because they agree with you're doing.
5. Products can be changed or adjusted if they aren't _____ but rallying points with the values and meaning behind you do.

1. *beacon: 횃불 **rallying point: 집합 지점

36. 주제 : 인간의 두뇌는 2만개의 유전자가 상황에 맞게 매우 복잡하게 발현된다.

1. If DNA _____ the only thing _____ there _____ no particular reason to build meaningful social programs to pour good experiences into children and _____ them from bad experiences.
2. But **brains require the right kind of environment if they are to correctly develop.**
3. When the first _____ of the Human Genome Project came to completion at the turn of the _____ one of the great _____ humans have only about twenty thousand genes.
4. This number came as a surprise to biologists: _____ the _____ of the brain and the body, it _____ that hundreds of thousands of genes _____
5. So how does the _____ brain, with its eighty-six billion neurons, get _____ from such a small recipe book?
6. The answer relies on a clever strategy _____ by the genome: **build incompletely and let world experience refine.**

37. 주제 : 주장과 근거를 통해 겸손을 배울 수 있다.

1. _____
2. If two people disagree without arguing, all they do is _____ at each other.
3. No progress is made. Both still think that they are right.
4. _____, if both sides give arguments _____ **articulate** reasons for their positions, then new possibilities open up.
5. One of the _____ — that is, it is shown to fail.
6. In that case, the person who depended on the _____ argument _____ that he needs to change his view.
7. That is one way to achieve humility — on one side at least.
8. **Another possibility is that neither argument is refuted.**
9. Both have a degree of reason on their side.
10. Even if neither person _____ is _____ by the other's argument, both can still come to _____ the _____ view.
11. They also realize that, even if they have some truth, they do not have the whole truth.
12. They can gain humility when **they recognize and appreciate the reasons against their own view.**

*humility: 겸손 **articulate: 분명히 말하다

38.

소재 : 적응과 순응

주제 : 순응은 일시적인 환경에 대한 적응이고, 적응은 세대를 걸쳐 특성이 전해지는 것이다.

1. _____
2. This is different from _____ — an individual organism’s changes in response to an _____ environment.
3. [], if you spend the summer outside, you may acclimate to the sunlight: your skin will increase its _____ of dark pigments that protect you from the sun.
4. This is a temporary change, and you won’t pass the temporary change on to future generations.
5. [], the _____ to produce skin pigments is []
6. For populations _____ in _____ sunny environments, individuals with a good ability to produce skin pigments are more likely to _____ or to survive, than people with a poor ability to produce pigments, [and] that _____ becomes increasingly common in _____ generations.
7. If you look around, you can find countless examples of adaptation.
8. The _____ long neck of a giraffe, [], developed as individuals [] happened to have longer necks had an advantage in feeding on the leaves of tall trees.

*pigment: 색소

39. 주제 : 지구열의 불균형으로 인한 대기의 순환

1. On any day of the year, the _____ and the _____ that _____ its warm season _____ much more _____ than _____ the polar regions and the colder hemisphere.
2. _____ over the course of the year, the tropics and latitudes _____ about 40° receive [] than they lose by radiation.
3. Latitudes above 40° receive [] than they lose by radiation.
4. This _____ produces the _____ for the operation of a huge, global-scale engine [] takes on heat in the tropics and gives _____ in the polar regions.
5. Its working fluid is the _____ especially the _____ it contains.
6. Air is heated over the warm earth of the tropics, expands, rises, and flows away both northward and southward at high _____ as it goes.
7. It _____ and flows toward the _____ again from more northerly and southerly latitudes.

*latitude: 위도

40. 그린워싱은 일시적으로 회사에 이익을 가져다줄 수 있지만, 환경적으로 의식 있는 소비자들을 기만함으로써 회사는 소비자들이 그들이 잘못된 정보를 받았다고 파악했을 때 심각한 문제에 직면할 것이다.

1. Greenwashing involves _____ a consumer into thinking ^a good or service is more environmentally friendly than it really _____
2. Greenwashing _____ from making environmental claims _____ by law, and therefore _____ (CFC-free for example), to puffery _____ environmental claims) to fraud.
3. Researchers have shown that claims on products are often too _____ or misleading.
4. Some products are labeled "chemical-free," when the fact is ^everything contains chemicals, including plants and animals.
5. Products with the highest number of misleading or _____ claims were laundry _____ household cleaners, and paints.
6. Environmental _____ agree there is still a long way to go to ensure ^shoppers _____ about the environmental impact of the products they buy.
7. The most common reason for greenwashing is
8. Many consumers do not find out about the false claims until after the purchase.
9. Therefore, greenwashing may increase sales in the short term.
10. , this strategy can seriously _____ when consumers find out they are being _____

*CFC: 염화불화탄소 **fraud: 사기

[41~42] 주제 : 사회적 관계에서 소외되는 것의 이점

요약 : 사회에서 소외되는 것은 자신을 현재의 있는 그대로 인식하게 하여 삶의 진정한 우선 순위를 얻게 한다.

1. The _____ of FOMO (the fear of _____ is the social pressure to be at the right place with the right people, _____ it's from a sense of duty or just _____ ahead, we feel _____ certain events for work, for family and for friends.
2. This pressure from society _____ with FOMO can _____
3. According to a recent survey, 70 percent of employees admit that **when they take a vacation, they still don't disconnect from work.**
4. Our digital habits, _____ include constantly checking emails, and social media timelines, _____ become so firmly _____ is nearly impossible _____ simply _____ the moment, along with the people _____ we are sharing these moments.
5. JOMO (the joy of missing out) is the emotionally intelligent antidote to FOMO and is essentially about being _____ and being _____ with _____ you are at in life.
6. You do not need to compare your life to _____ but instead, practice _____ the background noise of the "shoulds" and "wants" and learn to let go of worrying _____ you are doing something wrong.
7. JOMO allows us _____ life in the slow lane, _____ human connections, _____ intentional with our time, _____ saying "no," _____ "tech-free breaks," and _____ to _____ we are and _____ emotions.
8. Instead of constantly trying _____ up with the rest of society, **JOMO allows us to be who we are in the present moment.**
9. When you free up that competitive and _____ space in your brain, you **have** so much more time, energy, and emotion to _____ your true _____ *antidote: 해독제