

Chapter 1**concept:** idea**disruptive:** causing problems; behaving badly**off track:** away from the work that is being done**curriculum:** material that must be taught at a specific grade level**manifest:** what are the signs or symptoms**fatigue:** being tired**keep my temper:** not become angry**susceptible:** weak; get sick more easily and more often**immune system:** body's defenses against disease

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assignment: specific jobs within the police department**patrol:** an assignment in which a police officer walks, bicycles, or drives around a certain neighborhood**traffic violation:** something illegal that is done by a driver**routine:** regular; not special or unusual**the force:** the police force; the police as a group**ulcer:** holes in the lining of stomach that are made worse by stress**documented:** shown to be true by research; proven**at its peak:** in very good condition; very healthy

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implication: consequence; influence**psychosomatic:** caused by the mind**invaders:** attackers**inactivate:** cause not to work**compromised:** hurt (妥协->受伤害)**condition:** teach (使形成条件反射)**malfunction:** not work correctly (故障->失调)

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accountant: people who figure taxes**stimulus:** something that makes us react**nursing home:** homes for sick and older people**tend to be:** usually**medication:** medical care

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Chapter 2**heavily:** a lot; a great deal**switch:** change (to use)**cool:** good; socially desirable**peer pressure:** feeling the need to do something because one's friends are doing it**never did any good:** have no effect; was not helpful**[use] will power:** made a promise to do something and tried to keep it ([用]意志力)**hook:** addict**be tempted:** want to do something badly but haven't actually done it (被诱惑)

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would: do as a habit; used to**exchange student:** one who attends school for a while in another country, living with a family**hang out:** spend time; relax**Gauloises:** a French brand of unfiltered cigarettes**chronic bronchitis:** long-term or repeated inflammation of the airways leading to the lungs (支气管炎)**initially:** at first**go cold turkey:** stop using a drug suddenly and completely**cut back:** reduce; decrease

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hypnotize: put someone into a sleeplike state, then give him or her suggestions (催眠)**treatment:** appointments with someone who gives a service**urge:** desire; temptation**anniversary:** the date every year on which something important happened**keep:** continue

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cardiovascular: involving the heart and the blood vessels**blood vessel:** an elastic canal shaped like a tube that carries blood to or from the heart, such as an artery or vein**artery:** any of a branching system of tubular vessels that carry blood away from the heart**vein:** any of a branching system of tubular vessels that carry blood toward the heart

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stroke: breaking or blocking of a blood vessel (中风)**peripheral:** happening away from the center of the body**clot:** balls of fat that block blood flow in arteries**elasticity:** flexibility; ability to bend and stretch (弹性)**partial:** not complete; in part**estrogen:** a chemical produced in females**menopause:** the time of life after which women can no longer have children**diabetes:** in which the body cannot make insulin (糖尿病)**metabolically:** as fuel to make the body work (新陈代谢)**cholesterol:** waxlike material produced by the body and necessary for its functioning (胆固醇)

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side effect: unwanted results of taking a medication**obese:** very fat**excess:** extra; more than needed**metabolizing:** using as body fuel (用于新陈代谢)**incidence:** frequency; how often something happens**perfectionist:** very concerned with doing excellent work**hostility:** very unfriendly behavior (敌对行为)

hostile: very unfriendly and ready to fight (敌意)

sedentary: not getting any physical exercise; sitting a lot
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Chapter 3

see ... from a different perspective: have a different opinion

handle: accept; use responsibly

act responsibly: be careful; behave wisely

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put his foot down: absolutely refuse in a very strict way

bell bottoms: a style of pants popular in the 1960s

..., **period:** may not. That is my final decision.

a square: an old-fashioned person (怪人)

a hippie: one who believes in freedom from social rules

a drug culture: a group of people who use drugs

gang clothes: a style of clothing first worn by teenage gang members, usually very large and loose

loosen up: become less strict, more permissive

I'm not gonna not ...: I won't agree not to

behind our backs: secretly, without our permission

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PG-13: acceptable for 13-year-olds, if parents approves

R-rated: not acceptable for anyone under the age of 18

looser: less strict

chores: household jobs that children are required to do

allowance: sum of money given to children by their parents, usually every week

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act out: behave badly; be disruptive

truancy: not going to school; skipping classes

recreational: just for fun and enjoyment

severe: very bad; very strong

abused: treated badly, sometimes beaten

blunt: cause to feel less; dull, usually a pain (麻醉)

detoxify: clean drugs out of the body

coping skill: ability to handle a difficult situation

resist: say no to

recovery: the process of getting over an addiction

substance abuse: addiction to a drug

revenge: act of hurting someone who has hurt you

sober: not drunk; free of alcohol or drugs (清醒的)

nonjudgmental: without criticism or negative reaction

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sibling: brothers and sisters

prove themselves: show what they can do

on their own: independently; without help

structure: clear rules for how to act

follow through: do what one promised to do

discipline: punishment

struggle with: try to understand or figure out

nurturing: loving support; help and understanding

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Chapter 4 (/*)

kinda: kind of; more or less; somewhat but not completely

settle down: get a job, buy a house, get married, etc.

pretty much: almost completely; more than kind of

settled: stable; secure; in a more or less permanent situation

actually: a word used to introduce an opposite or unexpected fact or idea

when I come to think about (or of): an expression used when we change our minds or get a new idea as we are speaking

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receptive: open; willing to accept

worked: successful

cuz: because

master's degree: graduate degree usually requiring two to three years of study

commitment: responsibility; things that a person has promised to do

an idiot: a fool, a crazy person

for instance: for example

joints: knees, shoulders, elbows, ankles, for example

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developmental task: things that one must accomplish in order to grow up successfully

optimal: the best; ideal

hierarchical way: structured so that people have higher and lower positions (分层制度)

solely: only

mutual: felt or agreed to by both people (共同的)

culmination: end point; conclusion

crisis point: difficult period in life when one must make a change

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intimacy: physical and emotional closeness

isolation: being alone

compromise: come to an agreement, usually with both sides accepting less than what they wanted

sacrifice: give up something one wants

negotiate: discuss differences with the hope of coming to an agreement

alternative: different choice; option

reluctance: hesitation to do something (勉强)

skepticism: feeling of doubt; lack of trust (怀疑)

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Chapter 5 (/*)

so-called: believed to be by the most people

vividly: very clearly; very well
struggle with: have a hard time with; cannot do
irregular: not following the rules
get it: understand it
throw my hands up: give up; stop trying
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basically: in general; for the most part
positive: enjoyable; good
all of a sudden: suddenly; unexpectedly
encounter: meet; face; have to deal with
You either got it or you didn't: If you didn't understand it at first, you would never understand it
flounder through: continue to study but do very badly and do not understand (折腾 ; 挣扎)
fascinated by: very interested in; attracted to
rapport: a friendly feeling and good understanding between people (融洽)
label: make a (usually negative) judgment about
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dunce: very stupid person
and stuff: and other related things
label: identity; description of oneself
menial-type: not requiring much skill, and not well paying
determination: decision; judgment
genius: person who is extremely intelligent
internalize: believe in completely; accept as true for him
 -
devise: create; make
premise: idea with which you begin research (前提)
assortment: collection; variety (分类)
progressively: increasingly over time
bright: intelligent
dull: not intelligent
ratio: mathematical relation between two different things
formula: mathematical statement of a rule
current: present; happening today
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administer: give (as a test) (管理)
visual-spatial skill: ability to see and work with objects and shapes
significant: important; noticeable
bias: unfair advantage or preference (偏见)
rough: poor and dangerous
street smart: intelligence developed in everyday situations
thrive: grow and develop well
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Chapter 6
middle school: grades six through eight or nine
principal: head of a school

cliché: an idea that everyone has already heard; old information (陈腔滥调)
drop off: decrease
primary: elementary, usually grades one to three
acquisition: learning
fine motor skill: skill in printing, drawing, using small tools
assert themselves: speak out; express opinion
slightly inappropriate: a little bit rude; not completely acceptable
dumb down: act less intelligent than they are
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assign: ask of a specific student
cognitive: concern how we think, how our brains work
rapid-fire: very fast
anticipate is going to be: expect to be
question strategy: method or style of asking questions
put ... at a disadvantage: make it harder for
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wealthy: rich; having a lot of money
low-income housing: government-supported homes for people with low incomes
range: variety of different cases, from one extreme to the other
access to: having (computers) available
turn out: produce; create
outstanding: of very high quality; excellent
presentation: how something looks on paper
compound: multiply; get bigger (复杂化)
blow it: do very badly
out of control: behaving very badly
kinesthetic: related to body movement and muscle control
perceive: understand; grasp
replicate: imitate; copy (复制 ; 模仿)
excel at: do excellently (擅长)
 -
determine: cause; explain
debate: argument
relative: comparative; considered in relation to something else
maze: system of confusing paths in which one can easily get lost
breed: have children (繁殖)
genetic: caused by heredity
identical: formed from one egg that divides into two
DNA: material that determines heredity
fraternal: formed from two fertilized eggs
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enriched: interesting; stimulating
impoverished: without many things to stimulate the brain

climate: atmosphere

successive: following

funding: money used for a specific purpose

day care: system where people are paid to watch children while their parents are working

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Chapter 7

pick your braid: to get some information from you

wander: move around; look in different directions

talk with their hands: use hand gesture as they are speaking

indeed: truly; in fact

unfamiliar: unknown; not recognized

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hand signals: hand movements that have a specific meaning

palm: the inside part of the hand

index finger: finger next to the thumb

interested: physically attracted

bad-mannered: not polite; improper

minimize: reduce; do less

How come: Why

sit still: sit quietly without moving

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formal picture: posed photograph for a special occasion like a marriage or graduation

typical: usual; common

date: go out with; see socially

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interpret: understand

posture: our opinion

tone of voice: pronunciation

complicated: hard to understand

altogether: completely

puzzled: confused

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appropriate: proper

cue: signs

colleague: co-worker

cooperate: be helpful

green light: signal for "yes"

hidden: not obvious

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Chapter 8 (/*)

back up: move backward

despair: great unhappiness and discomfort

body bubble: the space around a person that no one should enter

accommodate: make (us) feel comfortable

cold: unfriendly; distant

be much more physical: touch one another more

self-conscious: embarrassed; afraid that other people are watching

be not supposed to: shouldn't

hug: put their arms around one another

affection: love; warmth

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casual: relaxed; comfortable; informal

a status thing: a question of social position

brand: the manufacturer

designer label: clothing made by famous designers

in fashion: popular now

consultant: person who is paid to give expert advice or information

kimono: traditional Japanese robe

cocktail dress: short formal dress

bridesmaids: women (sisters, friends, etc.) in the wedding ceremony

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sarcasm: saying the opposite of what one means, often to show annoyance or contempt (讽刺 ; 挖苦)

abroad: to another country

over-looked: not thought about; forgotten

proxemics: study of how people communicate through the use of space

subtle: hard to notice

violate: break in; enter illegally

irritation: mildly upset feeling

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neutral: neither positive nor negative

ritual: social habit, often done without much thought

taboo: socially wrong

incorporate: start using

awkward: uncomfortable

norm: social rule

alienation: feeling of being an outsider

camaraderie: warmth; friendliness

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Chapter 9 (/*)

ask you a favor: make a request from you for help

fleas: very small biting insects that live on animals like dogs and cats (跳蚤)

bothersome: annoying; troublesome

scars: marks that remains after cuts or scratches heal

spring from: grow out of; result from

ethic: a sense of what is right and wrong; rules of behavior (伦理)

linguistic: the study of language

intimidated: made to feel afraid or shy

coolness: quality of being “cool”; good; attractive

reveal: tell something that had been kept secret

that cool: as cool as we had thought before

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need tending: need care; need attention

being current: being up to date; knowing what is happening right now

manage: succeed by trying hard

be not much for: don't like; be not very interested in

concrete: real; physical

all that well: not very well

e-mail: electronic mail; correspondence by computer

into: interested in

get online: get access to electronic mail

her thing: something that she is very interested in

unprecedented: completely new; happening for the first time

be all for: support strongly; be in favor of

call me on: express anger about; object to

prickly: difficult; uncomfortable

go off into peals of laughter: start laughing loudly, uncontrollably

accrue: build up; collect over time

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straightforward: simple; easy

contemplating: thinking about

in the affirmative: yes

suicidal: thinking about killing oneself

manifestation: sign; demonstration

abject: miserable; very bad

hook them up with: connect them with; put them in contact with

monitor: watch closely; observe frequently

content: happy; satisfied

defense mechanism: way to protect oneself, psychologically

risky business: something that may involve danger

cast aside: reject; forget

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fix: solve

buddy: friend

play out: act out; demonstrate in a full way

fashion: way; manner

in a nut shell: summed up in a brief and clear picture or example

fathom: believe to be possible

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Chapter 10

initially: at first; in the beginning

country: in a rural area; not in or near a city

head-over-heels: very quickly and completely

stuck: lasted; didn't disappear

propose: asked, “Will you marry me?”

relieved: happy after a period of worrying

give you any encouragement: show an interest; seem to be attracted

show [my interest]: communicate

internship: period of supervised work in a hospital at the end of medical school training (实习)

the Peace Corps: an organization that sends volunteers to work in developing countries

oblique: indirect (隐晦的)

to have ...'s hand: to marry ...

fortunate: lucky

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one-sided: where one person is much stronger or more important

faith: religious belief

work to ...'s advantage: help; benefit

meticulous: careful and exact; neat (细心)

phenomenal: amazing; surprising; wonderful

catalogue in albums: file in books designed to hold photographs

allude to: mention indirectly (影射)

be committed to: want to make successful; promise to support

bond: unit; bring closer together emotionally

challenging: difficult, but in a positive way

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sociobiology: study of the relationship between nature and society

gene pool: source of hereditary traits; DNA

homogeneity: sameness

matching hypothesis: theory that similar people make the best mates

flunk out of: fail; do not continue in school

kindergarten: year of preschool, before elementary school

break up: end; destroy

bug: complain to

gap: distance between two people, opinions, and so on

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validate: agree with; confirm

complementary: having differences that work together to act as advantages

dominant: controlling; wanting to tell others what to do

better off: more likely to be happy or successful

submissive: obedient; happy to do what he or she is told

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