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*Vocabulary: personality* 词汇: 性格

English is full of colourful phrases to describe shyness. Someone **timid** might be called **shrinking violet** or a **wallflower**, while for especially nervous types we have the curious expression: **they wouldn't say boo to a goose**.

None of these are traditionally seen as positive descriptions, even if you like geese. In a culture of **go-getting** high achievers, shy people don't come first.



*She wouldn't say boo to a goose*

Or that's what the **self-help** industry **would have you believe**. Bookshops are filled with weighty **tomes** that promise to help beat social fears and find success in life, love and business.

Which is why one book, *Shrinking Violets: A Field Guide to Shyness*, **bucks the trend**. It **made a splash** across English-language media recently for its new take on **bashfulness**.

Author Joe Moran says that despite struggling with shyness and **craving solitude** all his life, being timid can also be "a **gift**". Freed from the persistent **urge** to participate and compete in social situations, people are liberated to look at the world in new ways, and gain fresh insights.

Indeed, many of the world's great thinkers and artists are **introverts**. Scientists Charles Darwin and Albert Einstein preferred their own company; actress Keira Knightley often finds herself **tongue-tied** at parties; and Harry Potter author JK Rowling claims she used to be too nervous to even borrow a pen – a **reticence** she says forced her to **delve** deep into the world of her imagination.

Moran told BBC Future: "I think shyness probably does turn you into an amateur **anthropologist**, really – you are more likely to be an observer."

So, while **extroverts** make all the noise, they don't necessarily have the best ideas. If you're shy, you've probably known this for a long time. You just don't shout about it.

## 词汇表

<b>timid</b>	胆怯的
<b>shrinking violet</b>	“含羞草”，怕羞的、腼腆的人
<b>wallflower</b>	“壁花”，在社交场合因害羞而一言不发的人
<b>not say boo to a goose</b>	“对鹅都不敢嘘一声”，形容非常胆小
<b>go-getting</b>	敢做敢为的，有野心的
<b>self-help</b>	自救的
<b>would have you believe</b>	希望你相信的
<b>tome</b>	大部头
<b>buck the trend</b>	逆势而上
<b>make a splash</b>	一炮打响
<b>bashfulness</b>	羞赧，羞涩
<b>crave solitude</b>	渴望孤独
<b>gift</b>	天赋，馈赠
<b>urge</b>	冲动
<b>introvert</b>	性格内向者
<b>tongue-tied</b>	（由于紧张而）张口结舌的
<b>reticence</b>	缄默，寡言少语
<b>delve</b>	深入地探索
<b>anthropologist</b>	人类学家
<b>extrovert</b>	性格外向者

## 测验与练习

### 1. 阅读课文并回答问题。

1. Does the self-help industry see shyness as a business opportunity?
2. Is it a good thing to be called a shrinking violet?
3. How does Joe Moran think shyness can help people?
4. In what way did shyness help create Harry Potter?
5. True or false: *Joe Moran prefers to be by himself.*

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

1. \_\_\_\_\_ feel happier when with other people.

Introverts	Extroverts	Shrinking violets	Geese
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2. Marek \_\_\_\_\_. He's so bashful.

is a go-getter	wouldn't say boo to a goose	would say boo to a goose	is a real extrovert
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3. I see my blindness as a \_\_\_\_\_. It sharpens my other senses and makes me a better listener.

present	gift	disability	self-help
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4. This new fat-only diet really \_\_\_\_\_ - all other diets require you to eat less fat.

shrinks violets	delves deep	makes a splash	bucks the trend
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5. I really \_\_\_\_\_ time by myself. I need at least four hours a day on my own.

crave	urge	buck	delve
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## 答案

### 1. 阅读课文并回答问题。

1. Does the self-help industry see shyness as a business opportunity?  
**Yes, the article says bookshops are full of books claiming to help people overcome shyness.**
2. Is it a good thing to be called a shrinking violet?  
**No, traditionally it's not been seen as a positive thing.**
3. How does Joe Moran think shyness can help people?  
**He thinks that being liberated from the desire to take part in social events can give people space to have fresh insights and ideas.**
4. In what way did shyness help create Harry Potter?  
**Harry Potter author JK Rowling says her early shyness forced her to deeply explore the world of her imagination.**
5. True or false: *Joe Moran prefers to be by himself.*  
**True. He "craves solitude", according to the article.**

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

1. **Extroverts** feel happier when with other people.
2. Marek **wouldn't say boo to a goose**. He's so bashful.
3. I see my blindness as a **gift**. It sharpens my other senses and makes me a better listener.
4. This new fat-only diet really **bucks the trend** - all other diets require you to eat less fat.
5. I really **crave** time by myself. I need at least four hours a day on my own.