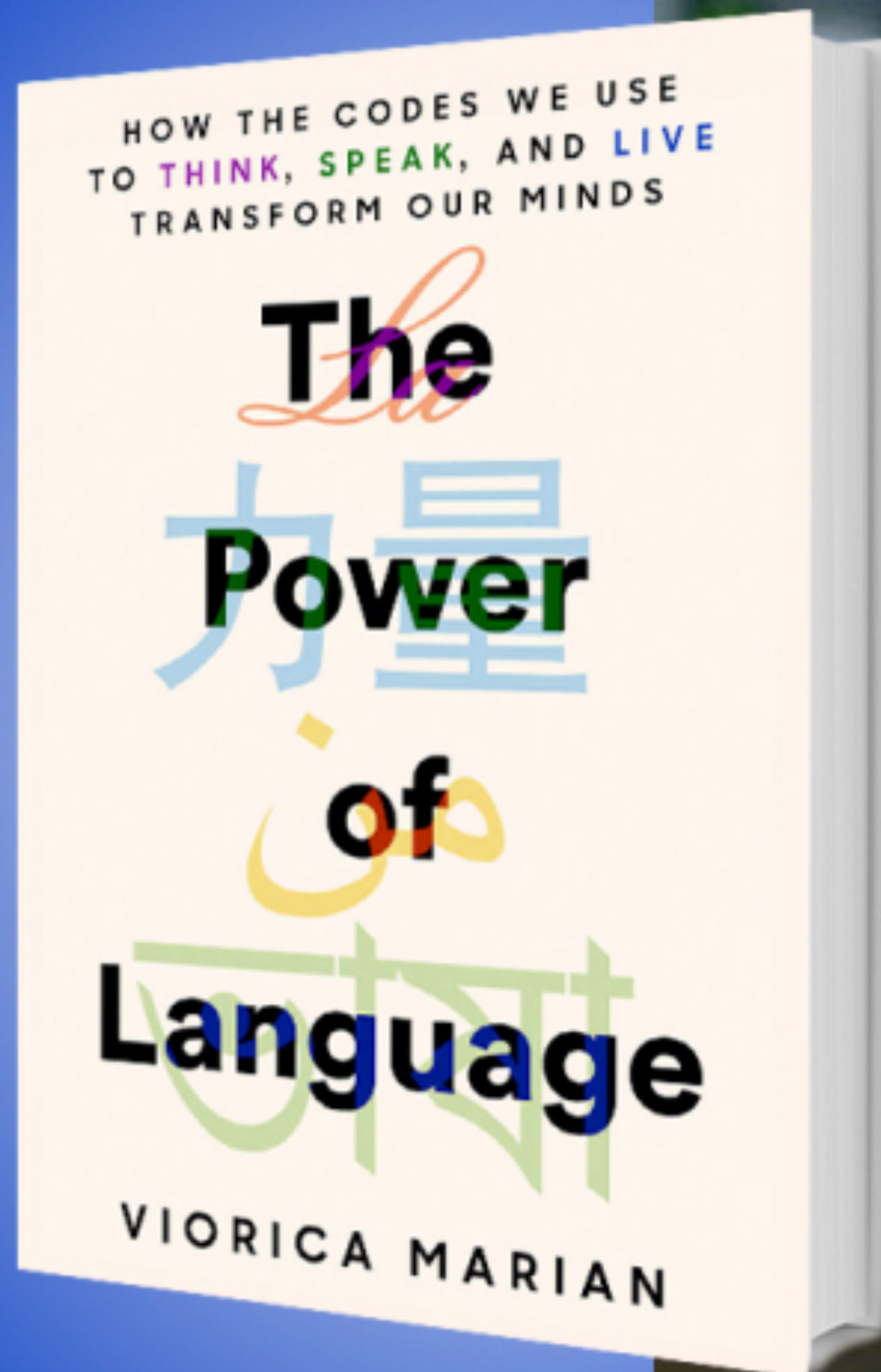




THE POWER OF LANGUAGE

January read 04

ABOUT THE AUTHOR

Dr. Viorica Marian is the Ralph and Jean Sundin Endowed Professor of Communication Sciences and Disorders and professor of psychology at Northwestern University. Since 2000, Marian has directed the university's Bilingualism and Psycholinguistics Research Lab. Marian is a native speaker of Romanian, a native-like speaker of Russian, and a fluent speaker of English, and has studied or conducted research with a variety of other languages, including American Sign Language, Cantonese, Dutch, French, German, Japanese, Mandarin, Polish, Spanish, Thai, and Ukrainian. Her research on the architecture of bilingual language processing and the consequences of multilingualism for cognition, development, and the brain is supported by the National Institutes of Health, the National Science Foundation, Northwestern University, and private foundations.

学外语有好处，
这还用说？！

“如果健身是最好的医美，那学一门外语可能是最好的二次智力发育的练习。”

Neural firing is the basis for learning and is reflected in the formation of gray matter and white matter in the brain. Learning another language doesn't just give you different words or more words. It rewires your brain and transforms it, creating a denser tapestry of connectivity. Yes, language allows us to transmit information externally, makes communication possible, and connects us to other people. But it also builds connections internally, among firing neurons, forging new neural pathways and strengthening existing ones to make more efficient use of brain structures and to maximize learning and optimize function.

Just as exercise can change our bodies, so can mental activity, such as learning and using another language, shape the physical structures of our brains. Bilinguals have been found to have increased gray-matter density in frontal regions. Gray matter is where the brain houses neural cell bodies and serves to process information; white matter is made up of myelinated axons and transmits signals from one gray-matter region to another through nerve

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and mental categories we create matter. They have consequences for areas as distinct as perception, science, and bigotry.

Psycholinguistics is a field that focuses on the relationship between mind and language. When I first started graduate school thirty years ago, I wanted to understand not only how multilinguals like me process language but also human cognitive and neural capacities and limits more generally. This book synthesizes my own and others' original research on language and the mind as seen through the prism of multilingualism. I wrote this book in English, my third language, while also drawing on my knowledge of Romanian and Russian, my native and second languages, as well as on the languages whose speakers I studied in my research, including American Sign Language, Cantonese, Dutch, French, German, Japanese, Korean, Mandarin, Polish, Spanish, Thai, Ukrainian, and many others.

→ As a child, I would notice curious things about the languages around me, as many people who have studied another language do. Why do Russians refer to bridges as “he” and see them as having masculine gender, whereas Germans refer to bridges as “she” and see them as having feminine gender, while the English refer to bridges as “it” with no gender whatsoever? And then there's Romanian, my native language, with this trippy property: a bridge is masculine if there's only one, but is feminine if there are two or

Everyone uses language. But few comprehend its power. It's like owning something incredibly valuable and not even knowing it. Sometimes I feel like an *Antiques Roadshow* appraiser who reveals that the old thing you've had lying around in the attic forever is a priceless treasure.

I became a psycholinguist because I love languages and I love figuring out how language and mind interact. I hope this book helps you understand the incredible capabilities you already have, gives you a glimpse into the inner workings of your mind, and delivers keys to unlocking your potential in new ways.

想和大家说：这本 The Power of Language 读不进去、觉得难，很正常。如果没有读英文书的习惯，没有读这种类型书的训练，读起来就是很难。重点是要体会这个难——你可以放弃，那是你的选择，你也可以硬着头皮读一读，用挑战让自己进步。当然，我们有更好的折衷选择：读读我的笔记，学学里面的英文，读读里面的段落即可。我会在明天的直播中和大家分享一些英文表达，一些书中有意思的细节，我想你能把我的笔记或者直播内容吸收一小部分，学到的已经就很多了。学习就是在不断的“对自己狠点”和“怎么舒服怎么来”之间不断调节，有没有真的学，有没有进步，自己心里有数。如果决定用一年提升自己，偶尔的“学总比不上学强”也是一个策略。



LANGUAGE-MIND

“太学术了”

“读不懂”

“读不进去”

“不感兴趣”

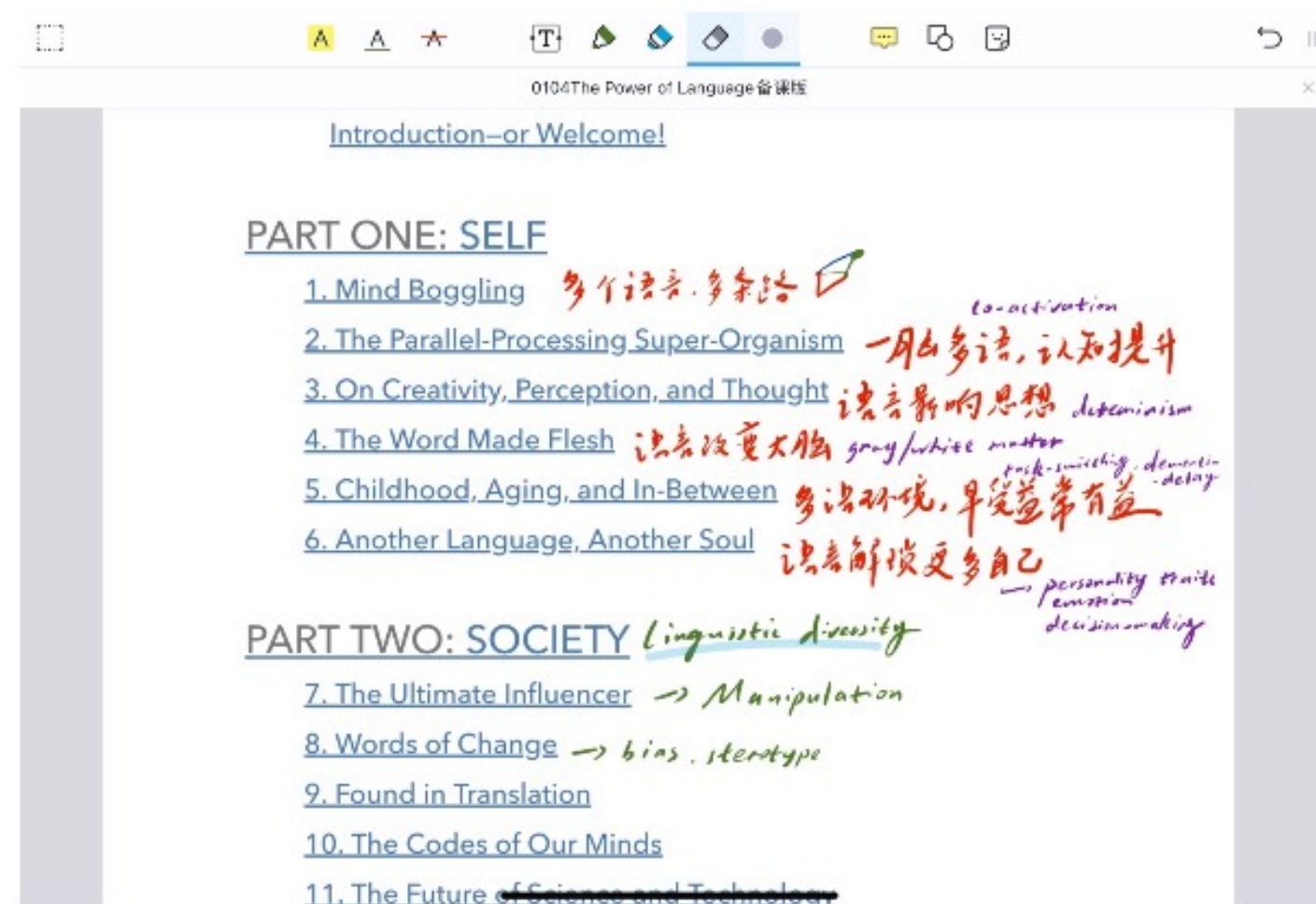


张海露 Eric🎺

这个月社群读的4本书中，这本 The Power of Language 最“不讨喜”。篇幅较长，内容偏学术，不能学完就用。

我读这本书感到非常亲切——和我研究生读 TESOL 时学的很多内容有重合之处，比当初读的教科书有趣多了。读 TESOL 时除了学习备课，主要是了解文化的多样性。当初课上会一起评估语言测试题设置的是否合理，会了解不同文化的语言和生活习惯。当初觉得课程太水，现在想来是自己经验太少，没能理解课程设置的逻辑。

毕业后一路野生教学，悟到语言学习的本质是了解自己、拥抱我们。如今让我评估一个人的语言水平如何，我更看重的是他的开放性、包容性和自我觉察、模仿能力——这也是我心中的 the power of language.



28 mins ago

是一个选择

READ TO UNLOCK YOURSELF

Preference: learning style, topic, agenda...

Read to know yourself: What am I doing/thinking?

See it through: be an experienter, wear various hats

NOTES DIGESTION

TIDBITS

and the same opening line translated variably into “There seems to be no one on the empty mountain,” “Through the deep wood, the slanting sunlight,” “Not the shadow on a man on the deserted hill,” and sixteen others. No two versions were exactly the same. Such poetic variability only grows when translating into other languages.

↳ I have been asked whether one language yields itself to poetry more than another. I think there is no language that is better suited to poetry than others, for speakers of no language are more soulful than speakers of another language, and if you believe otherwise, it is probably only because you have not yet fully mastered that other language. I say this having heard innumerable times from speakers of one language complaining about the paucity of lyricism in their second (or third or fourth) language. Speakers of many languages—Greek, Mandarin, Spanish, Irish—will rhapsodize about how lyrical and soulful their language is relative to others, and all these languages are indeed poetic, lyrical, and soulful, but not any more so than Hindi, Japanese, Urdu, Swahili, or any other language spoken in the world. Although laboratory studies measure multilinguals’ linguistic proficiency by measuring language abilities using objective scales with predetermined reliability and validity, outside the laboratory a multilingual’s ability to enjoy poetry of varying complexity can be a pretty good indicator of their proficiency in that language.

to everything else, one needs to get the timing right and be familiar with the many experiences speakers of the target language live through in their daily lives. I still remember the first joke I heard in English that relied on wordplay: “The odds are good, but the goods are odd”—a remark about the likelihood of single women finding a mate in Alaska. I knew my proficiency

in English was finally decent when I was able to make jokes in English: “I once taught an eight a.m. English class. So many grandparents died that semester. I then moved my class to three p.m. No more deaths. And that, my friends, is how I save lives.” Still, to this day I mix up proverbs and metaphors across languages or start with the beginning of a proverb from one language and finish with the end from another. My best advice to non-native speakers whose sense of humor is not yet working perfectly—laugh it off.

LANGUAGE GOODIES

不管黑猫白猫，
抓到老鼠就是好猫。

A CAT THAT CATCHES RATS IS A GOOD CAT, BE IT BLACK OR
WHITE.

BE IT/THEY...

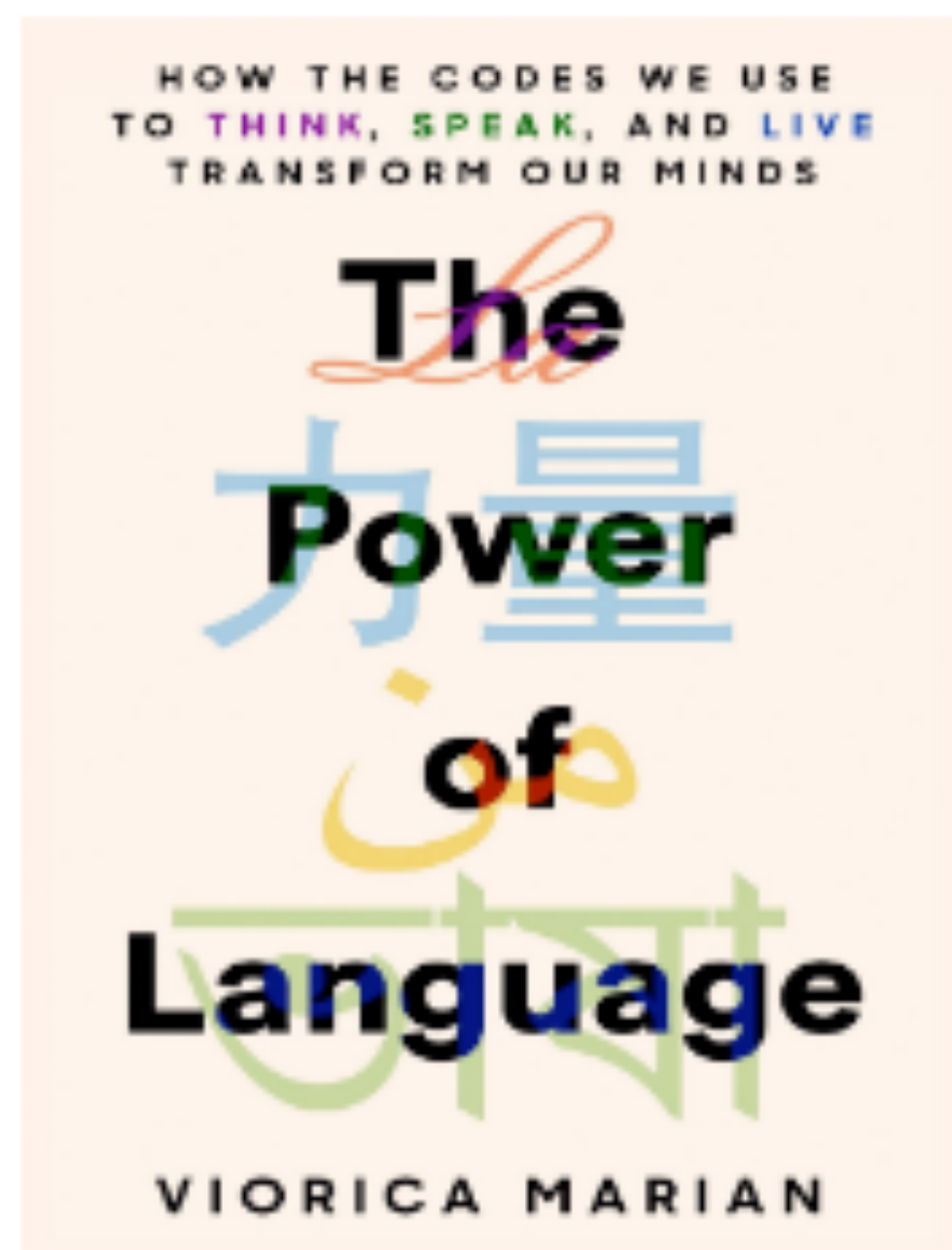
PRECISELY BECAUSE...

SUSCEPTIBLE

**PERPETUATE
KEEP UP WITH THE JONESES**

读《The Power of Language》知道了大脑哪个部分负责语言

Original 一饼张 年轻人不要急 2024-01-26 06:00



1

You would be **hard-pressed** to find anyone from the old Soviet states or from modern Russia who has not heard of Stierlitz.

hard-pressed

adjective

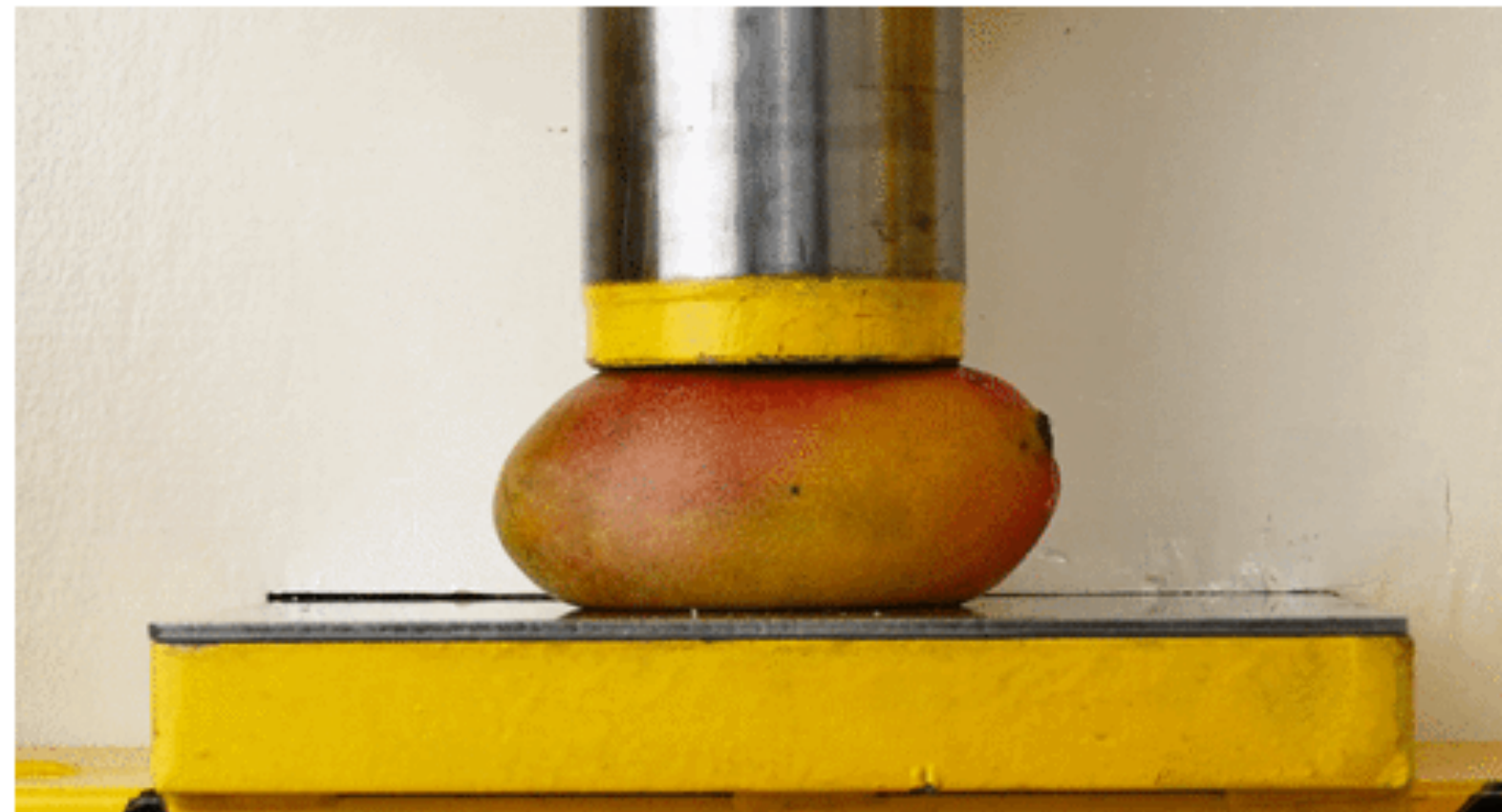
UK 🔊 /ˌhɑːdˈprest/ US 🔊 /ˌhɑːrdˈprest/

Add to word list

having a lot of difficulties doing something, especially because there is not enough time or money:

- *The latest education reforms have put extra pressure on teachers who are already hard-pressed.*

造个句子：School managers have added extra pressure on teachers, who are already **hard-pressed**, by requiring records of various student activities.



■hard-pressed

作為定語，按照詞典的解釋是表示“處境困難”，尤其是資金短缺、週轉不靈。【例如】Hard-pressed hotels are lowering their prices. 週轉不靈的旅館在降低價格。但是在實際語言中常常用於指一般的“難以達到某目的”，尤其是作為表語，後面加上to inf.，對這個inf. 有否定意義（不要按照字面理解為“被迫使勁去做某事”）。【例如】You'd be hard-pressed to get there by five o'clock. 你會很難五點鐘以前趕到那邊。/ This year the airlines will be hard-pressed to make a profit. 今年各航空公司將難以盈利。/ As a matter of fact, Saffo says he's hard-pressed to think of any downside to the flood of seniors here. (US News & World Report, Oct. 2, 2006, p. 56) 的確，薩福市長說他很難想到大批老人湧入此地會有任何不利之處。/ Skeptics would be hard-pressed to challenge the President's data if it came from the nation's top television science personality as well as several respected civilian scientists. (Dan Brown, Deception Point, pp. 114-115) 如果總統的資料來自全國最著名的電視科學人物以及幾位受人尊敬的民間科學家，那麼抱懷疑態度的人對於這些資料，就難以糾錯。

2

*The unexpected discovery that when speakers of multiple languages hear words in one language, they make eye movements toward items with names that sound similar in the other languages has been—**dare I pun it**—eye-opening.*

G老师说“**dare I pun it**”是a play on words。在这里的意思应该是eye movements的实验本身就是开“眼”界的？

听Eric老师又去查了一下**dare I say it**。Collins查词组真的很好用：

dare I say it

Collins COBUILD



PHRASE

You use '**dare I say it**' when you know that what you are going to say will disappoint or annoy someone.

[*politeness*]

My life has become predictable and, dare I say it, just a little dull.

是不是有一种“我丑话说在前面”的感觉？Google了发现“Dare I say it.”和“I dare say...”的意思正好相反，“I dare say...”就是表示很有自信的说。

来一起造个句吧：**I dare say** I am able to strike the balance between my day job and moonlight.

另一个：You always say you'll shoot for the moon, but **dare I say it**, don't just moon around and act!



dare I say it 中文



图片

视频

购物

新闻

图书

地图

航班

财经

About 47,900,000 results (0.35 seconds)

I dare say 是「我敢说...」，Dare I say 則是「**恕我直說**」的意思，在說出對方可能不能接受的內容時可以使用。 Jul 18, 2559 BE



voicetube.com

<https://tw.blog.voicetube.com/archives/> 【實用】how... ⋮

【實用】How dare you? Dare I say? dare 的用法你「敢」說你 ...



About featured snippets



Feedback



Reverso Context

<https://context.reverso.net/> 翻译 dare+i+say ⋮

dare i say-翻译为中文-例句英语

Dare I say... is my uncle not hurrying home to us as I speak? 我敢说... 我叔叔不是赶着回家吗?



da-huang.com

<https://da-huang.com/> ... · [Translate this page](#) ⋮

dare I say 是什麼意思? | 大黄词典

Mar 2, 2566 BE — **dare I say it**意思是: 恕我直言.

3

*All of this happens “**on the fly**” as a conversation unfolds, in fractions of milliseconds, with the brain continuously processing information.*

on the fly

Collins COBUILD



PHRASE [v PHR]

If you do something **on the fly**, you do it quickly or automatically, without planning it in advance.

[*mainly US*]

You've got to be able to make decisions on the fly as deadlines loom. 🗨️

那么，I made the decision **on the fly**是不是就是之前说的**think on your feet/think on the spot/hardly took a beat to think**的意思了？Google会看到这样的话：How to **think on your feet** when you're **put on the spot**.

7

Language can even influence our perception of pain. Using swearwords makes it possible for people to hold their hand in ice water for a longer duration of time, likely due to a change in pain thresholds and the physiological release of stress through language. Consider this experimentally backed evidence an excuse you can use next time you stub your toe or step on your kid's LEGOs.

这一段内容本身就挺有趣。Eric又补充了一句“**let it fly, you'll feel better!**”我又去问了G老师：

92 **You**

What does “let it fly, you'll feel better!” mean?

 **ChatGPT**

The phrase "let it fly, you'll feel better!" is an informal expression advising someone to release or express their emotions, thoughts, or concerns without holding back. It suggests that opening up and expressing oneself can be a cathartic and relieving experience, leading to a sense of emotional well-being. In other words, it encourages the person to share what's on their mind and not to keep their feelings bottled up.

WORDSMITH

8

YouTube上搜索“the power of language”看到了一个同名ted，大概讲的是老师的一句“She is university material ”改变了她一生的故事。



故事比较predictable，拉到视频最后学到了一个词“**sliding doors moment**”。

报复性熬夜

- Another word that captures multidimensional emotions in another language is the Chinese word 报复性熬夜(bàofù xìng áoyè) for the feeling in which people who don't have much control over their daytime life refuse to go to bed early in order to regain a sense of freedom during late-night hours
- (a new English phrase denoting a similar idea, possibly as a result of increased online interactions between speakers of different languages, is “revenge bedtime procrastination”—I am guilty of it!).

美国

Beyond sign languages, the relationship between form and meaning can also be seen in logographic languages like Chinese, where the written form of words is made up of signs that oftentimes constitute other words on their own. The Chinese name for *America* (美国) includes two signs, one for *beauty* (美) and one for *nation* (国). The literal combination of these two signs can be translated to “nation of the beautiful” or “the beautiful country.” The Chinese words *jealous* (嫉妒) and *slave* (奴隶) both include the character for *female* (女) as one of their components. Do the individual meanings influence the mental representation of Chinese speakers’ actual translation? Does the form of a label—auditory or visual—influence how people mentally represent this concept and think about it?

A QUOTE IS WORTH 1000 WORDS

PART ONE

SELF

The limits of my language mean the limits of my world.

—Ludwig Wittgenstein

CHAPTER FOUR

The Word Made Flesh

In the beginning was the Word. . . . And the Word became flesh.

—John 1:1–14

What those who are anti-science do not grasp is that, to quote Carl Sagan, “Science is not only compatible with spirituality; it is a profound source of spirituality.” To be a scientist is to constantly marvel at the universe and to try to understand it, be it the universe of the cosmos or the consciousness within us, at the level of stars or at the subatomic level, or in my case, at the language-mind interface.

PART TWO

SOCIETY

*For last year's words belong to last year's language
And next year's words await another voice.*

—T. S. Eliot, “Four Quartets”

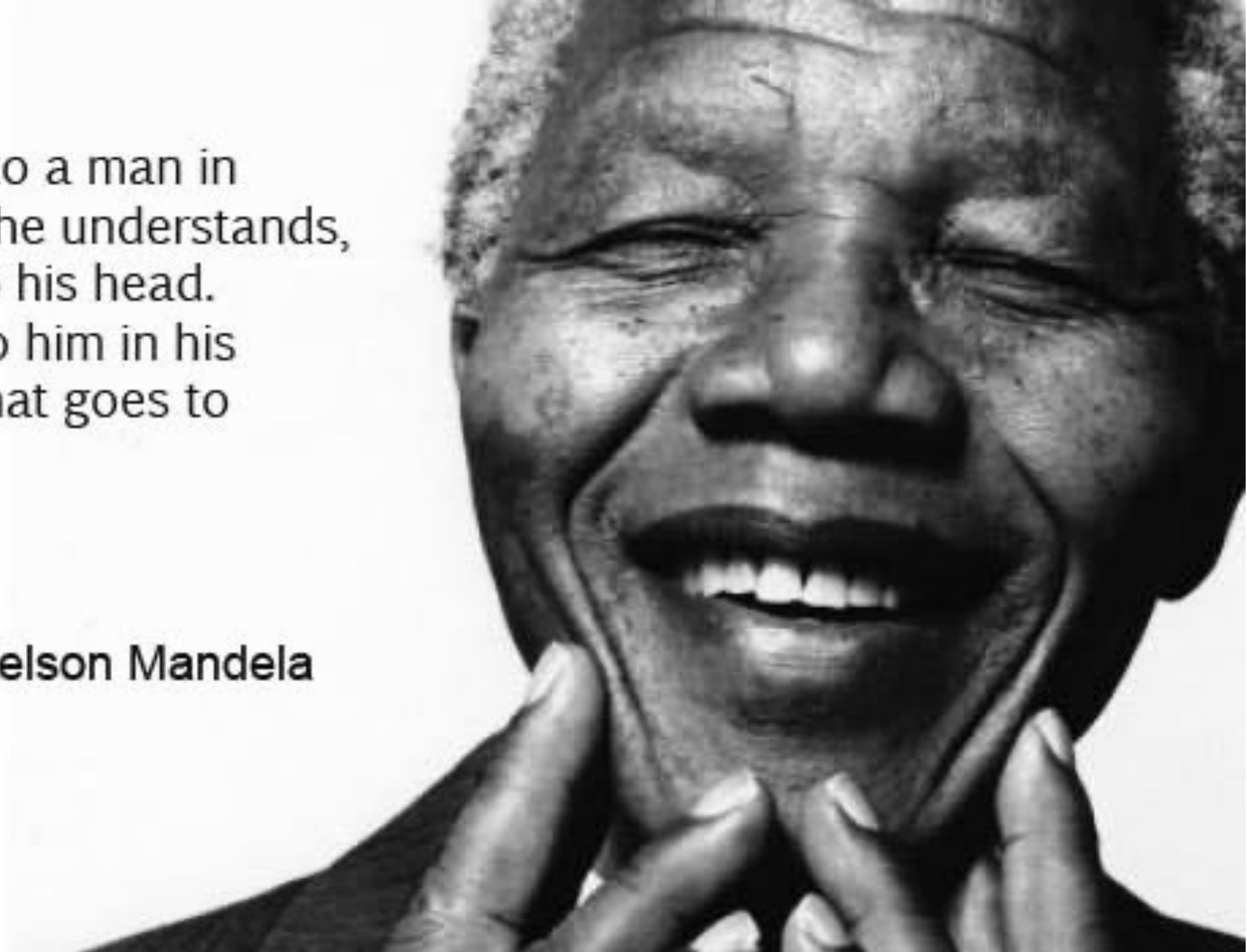
全靠同行陪衬

my identity as a learner is core to who I am. I also noticed that I have different tolerance levels for various behaviors across languages. In English, I find unfounded confidence and arrogance more off-putting than in Romanian, probably because Romanian was my primary language during childhood when I was still ill-equipped to evaluate competence and whether someone's confidence was founded or unfounded, especially in adults. (This may be a good place to share a quote attributed to Moldovan writer Ion Creangă: “I know I am not smart, but when I look around, I gain courage.”)

When more than a thousand bilinguals were asked if they feel like a different person when they use their different languages, two-thirds said yes. It's as if multiple mental states and versions of one's self coexist internally.

“If you talk to a man in
a language he understands,
that goes to his head.
If you talk to him in his
language, that goes to
his heart.”

Nelson Mandela



UNSOLICITED FEEDBACK

DURING a visit to the pediatrician, a nurse heard me speak with a foreign accent and told me to use only English with my child. Speaking another language would “confuse” my daughter and hurt her long-term, she said.

She was wrong.

Despite persistent myths, there is no evidence that speaking more than one language or dialect will have negative outcomes and will cause the child to develop communicative disorders. Nor does bilingualism or bidialectalism lead to increased incidence of cognitive disability. Children raised with multiple languages or dialects do not stutter more, they are not at an increased risk of developing a hearing impairment, and they will not be “confused.” Of course, many children who grow up with two or more languages may develop communicative or learning disorders, but the

? Reward-less pop quiz: When you read the underlined and boxed-in sentence above, does it jog your memory? Is it reminiscent of a common word we covered before?

You are more than welcome to share your educated guesses.

Wednesday 21:53

Oops, the quiz unsurprisingly went unanswered. If anyone wants to know the answer, send me a private message with a red packet; otherwise, you're in for some gnawing torture 🦷

! Jokes aside, the word I was thinking of was "resilient", as in the following paragraph from Outsmart Your Brain. You are welcome!



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Lynnaaa

从教育学的角度看法子

我们来比较一下过路人看一个跳绳的女孩和老师观察黛安娜的不同方式。老师对孩子的生活有一种教育学上的兴趣。他站在教育学的角度，情不自禁地把这个孩子看成一个独特的个体，一个正在自我塑造和成长的人。

从专业的角度去看孩子蕴含着一种危险。儿童心理学家、教学顾问、课程开发者、校长、学校里的心理咨询专家、评估专家和术业有专攻的教授们都在以危险的抽象方式思考和谈论孩子，把他们分门别类。关于儿童“科学”的理论化的语言很容易使我们忽视每个孩子的独特性，转而注意他们共同的特征。进而对他们进行分组、分类、筛选、衡量和管理，并以原先设想好的方法去回应他们。

一旦我称一个孩子具有“注意力缺陷障碍”（attention deficit disorder），一旦我认为一个孩子有“行为问题”或是一个“低能儿”，一旦我称某人拥有一种具体的“学习方式”、一种特殊的“认知模式”，我就想

52 / 100



Lynnaaa

读《教育的情调》，想到在 The Power of Language 里读到的这段话。👉



Lynnaaa

How the Codes We Use to Think, Speak, and Live Transform Our Minds

Viorica Marian

The labels we use matter. Something as simple as changing the labels we use to refer to someone—for example, instead of slaves, saying enslaved people or people who were enslaved—makes an immediate difference in how we mentally represent those we are speaking about.

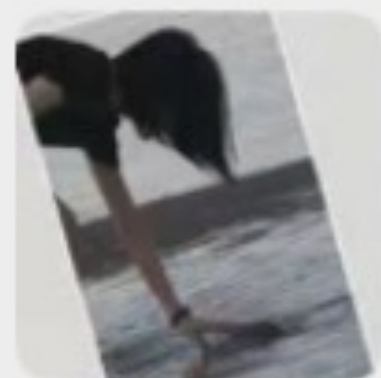
/ Introduction—or Welcome!



Lynnaaa

处在不同的身份、位置，使用的语言范式、思维模式也就不同，看待同一件事的视角也会出现相应的变化。这对我们是一种警醒。

WHAT TO SAY & HOW TO SAY

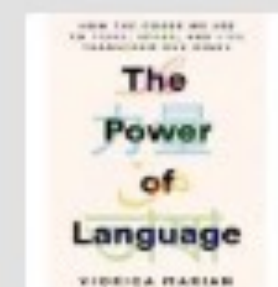


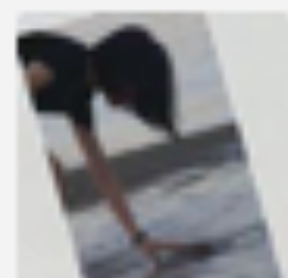
朱芳-Alison

I love this article as it helps me jog my memory of some expressions that I came across when reading this part.



一饼: [🔗](#)《The Power of Language》里提到的两个翻译小故事

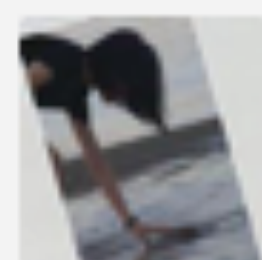




朱芳-Alison

That's amazing 🤔. And I believe that it further proves what you've mentioned earlier: The more you read, the more you're gonna meet your old friends.

张海露 Eric🎺: ! Jokes aside, the word I was thinking of was "resilient... >

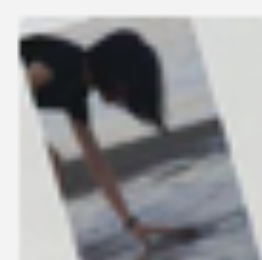


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22:30



朱芳-Alison

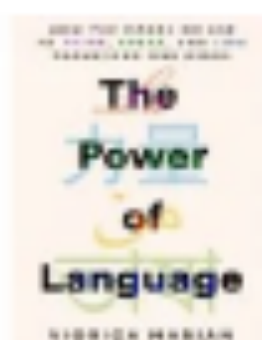
The more you read, the more likely you're gonna meet your old friends.



一饼

《The Power of Language》里提到的两个翻译小故事

跟着 Eric 社群，记录一些英语学习思路。



年轻人不要急



一饼

有取舍地重点学习了 Eric 划出来的语言 😊

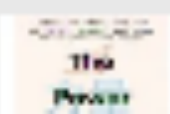
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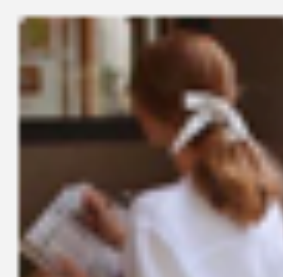


ERICZHL

What a curator! Brisk and fun-packed, the piece surely gives us a leg-up in reviewing the language goodies and piques our interest in getting our own feet wet.

一饼: 📖 《The Power of Language...





Arya

我在学习英语的过程中，99%阅读的是教材，为了考试的阅读理解，太多学术性，书面的东西，几乎没有体验过 read for fun。学了这么多年英语，却没有随心就能和别人讨论自己日常的能力，比如我今天吃了西葫芦，西葫芦怎么说？。而看桥梁书，弥补了我这方面的缺失。里面很多描述，都是我可以直接在日常中使用。

大多数人学英语都是这样，我都读研了才知道“存钱罐”是 piggybank。一度非常沮丧，《夏洛特的网》这种美国一年级小孩读物我也是读研时才读到，还有些地方读不懂。后来有了孩子，发现再简单的儿童读物都有好多不认识的地方。



Tuesday 08:31

再一想这并不是什么问题。我们有我们的学习经历，有自己的擅长之处，孩子们习得语言有他们的路径。我们成人已经有了强大的学习能力，难得是有兴趣、好奇、愿意学，想学去学就好了，我们可以用自己的方式快速“补课”。当初回国后我就读了很多 Diary of a Wimpy Kid, Roald Dahl 的这些书，也看了一些育儿的书（比如上面提到的《跟小小孩说英文》）。如今依然有许多生活中的基本词汇我不会说，但不再觉得是个问题，我可以描述、可以查、可以学，活在当下、也学在当下。只要是自己有了意识去学习，日常生活中就会自动捕捉英文素材，比如路牌、包装袋都是学习素材。相比学了哪些词汇，背后的觉察和思考更重要。





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从“香菜”说起，聊聊英语学习



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这里能看到“香菜”有三个常见表达：coriander, cilantro和Chinese parsley。Chinese parsley这种表达很好理解，但是为什么有**coriander**和**cilantro**两种叫法呢？

我们并不需要从植物学的角度去了解，对它大概有个认识即可。

Coriander and Cilantro - What's the Difference?

Updated on July 17, 2015



Coriander and Cilantro
Is There a Difference?

The plant above is known as coriander to some people and cilantro to others.

Are Coriander and Cilantro Two Different Things?

What is coriander and cilantro? Are they the same or two totally different things?

Gordon N Hamilton
8 Followers
86 Articles

The short answer is: It depends on where you are. They mean the same things in some countries, while others treat them as two completely different components.

原来是地域差异，在英国人们一般称它为coriander，在美国是cilantro，在印度是dhania。

有新的发现呢。

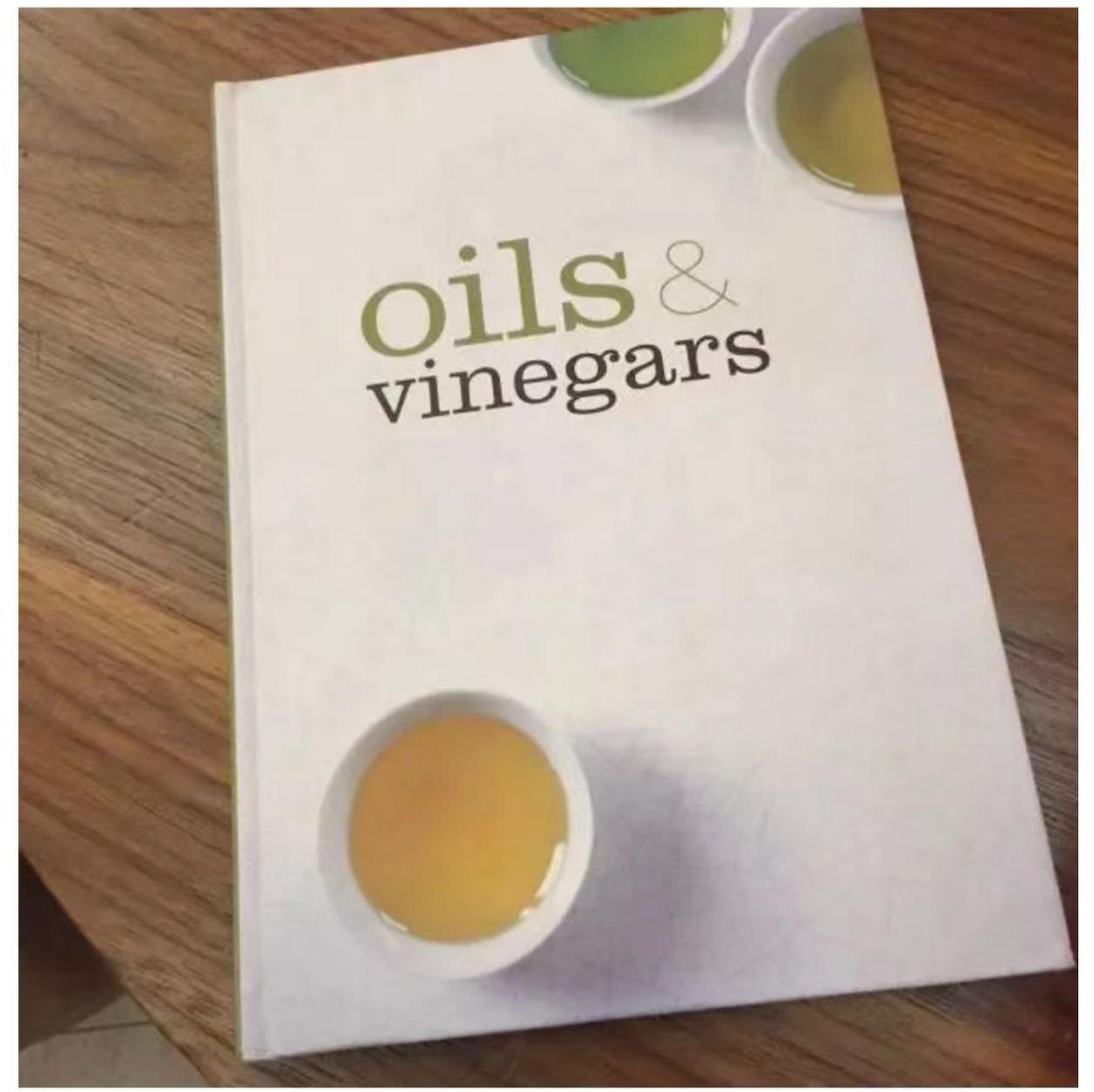
在美国读研的两年中，点餐是一个既头疼又简单的事。头疼的是每次点东西吃还是有很多“叫不出名字的食物”，一些是不知道英文怎么说，一些是中文也不知道是什么。大多时候都是连指带比划的：“Can I have the yellow one?” 或者是“whatever, just something green”。但是这也不是什么障碍，如同网上的段子一样，在国外点餐会“this”“that”就够了。

很多东西，例如食物，地理差异加上文化差异会造成相似和不同。有一些东西甚至没有标准的叫法，或者很多人都不知道叫什么。对我们英语非母语的人来说，我认为没有必要特意的去记这些词汇，见一个积累一个就好了。

有些词稍长，有时候还不好读，例如pomegranate(石榴), asparagus(芦笋)。想要流利的使用这些词的话，最好的方法之一就是去沃尔玛家乐福之类的超市溜达一圈，多“念念有词”，多用几次。

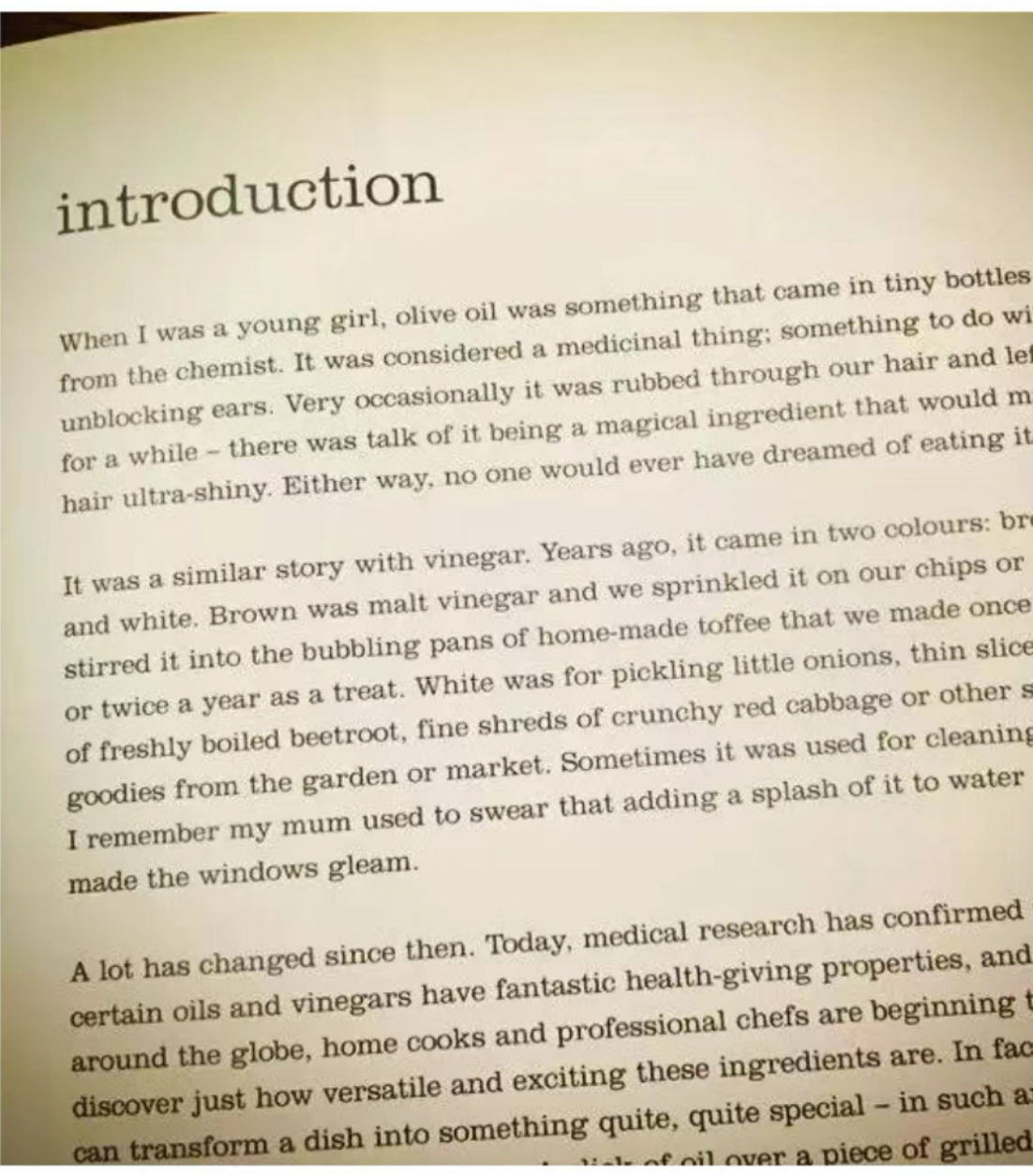


有一次进城去海底捞吃火锅，等位的时候发现书架上有本英文书Oil & Vinegar, 抽出来随手翻一翻。



06	introduction
08	shake-and-serve dressings
10	fruit oils
12	extra virgin olive oil
26	argan oil
30	avocado oil
36	nut & seed oils
38	walnut oil
39	hazelnut oil
48	sesame oil
54	pumpkin oil
55	macadamia oil
62	vinegars
64	balsamic vinegar
70	vincotto
74	sherry vinegar
80	red and white wine vinegars
84	asian vinegar
90	apple cider vinegar
92	flavoured vinegars

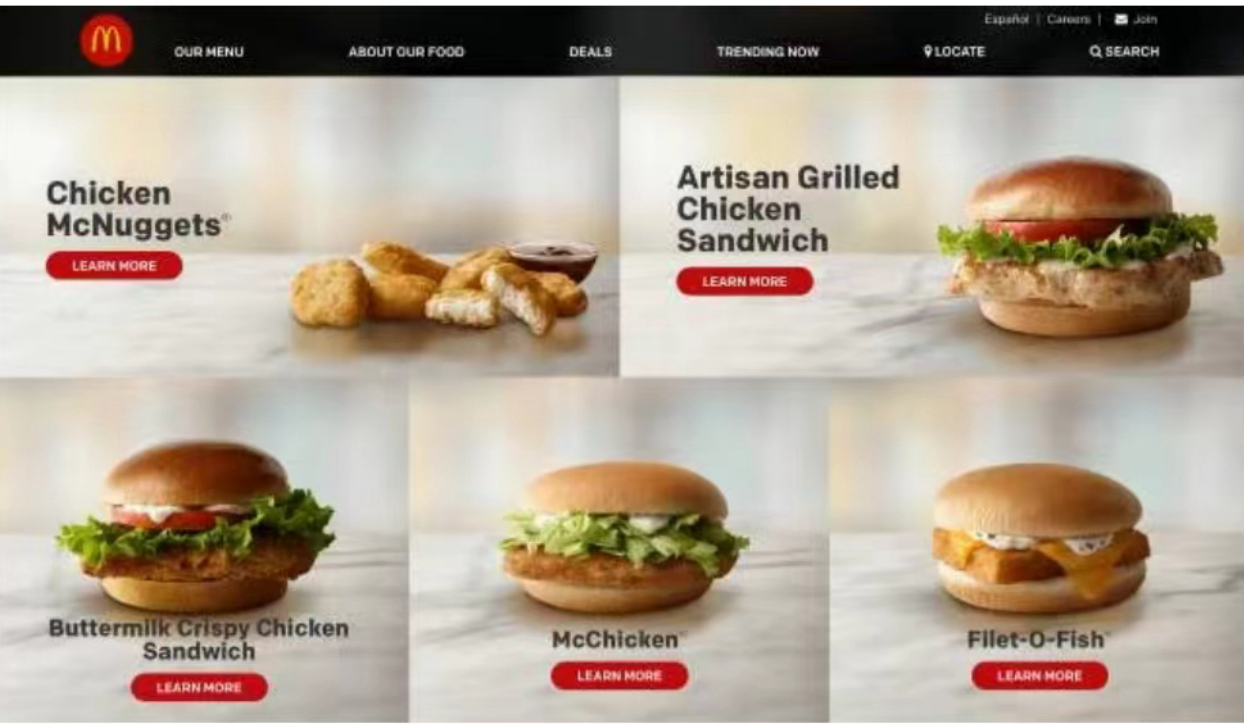
一分钟不到的时间就可以学到“原来油和醋有好多种类”。**avocado, walnut, hazelnut, seapple cider**都是常见的食物，你认识吗，吗？



读到toffee这个词的时候，我查了下字典然后在群里面：

我看到toffee这个词，我不认识，我想coffee只有一字之差，多好玩！顺手查了下原来它就是“太妃糖”。这个词我能记一辈子甚至时间地点我都能记——因为这个词好玩为我是在情境中遇到的它。

查就记住了。



看一看麦当劳的官网菜单，就了解了各种说法，例如“麦乐鸡”是McNuggets。



海底捞的官方网站上也有它的菜单，在店里点菜时也有英文翻译。这里我们就学到了**abalone**（鲍鱼），**marinated**（腌制的），注意**fillet**的发音是 **[fɪ'leɪ]**，**herbal** 在美音中 h 不发音，念 **['ɜrb(ə)l]**。

每一个词都是一个情人, 或一见钟情或日久生情, 但是前提是你能看见它。食物只是一个例子，任何你看到的想到的都可以成为学习教材，例如汽车品牌“大众”的英文是什么？高速公路的“匝道”英文怎么说？“请抓紧扶手”怎么说？“下一站是换乘车站，换乘2号线的乘客请做好下车准备”怎么表达？

时刻准备着，有疑问就动动手，这样学习下去，不可能学不好。别再抱怨你的英文教材不够地道（你可以把它改的很地道），不要嫌弃你的英语老师不够有趣 -- 我们可以做我们能做的事情，把英语用起来玩起来，**spice it up!**



想把英语用得自然地道，你需要了解一下“语域”和“词源”

逢什么人说什么话



英语学习笔记

