

How I Built This?

An anual reading project

Read, write, teach, share, every week.

How did I cut my teeth?

- 2015 The Economist
- 2016 Morning class + Reading club
- 2017-2021 Phenominal English
- 2022 Gap year
- 2023 English Learning Project
- 2024 Reading Project
- 2025 Reading Project 2.0



Productize Yourself

“**Productize**’ and ‘yourself.’ ‘Yourself’ has uniqueness. ‘Productize’ has leverage. ‘Yourself’ has accountability. ‘Productize’ has specific knowledge. **Yourself** ‘ also has specific knowledge in there. So all of these pieces, you can combine them into these two words.”

Be a maker who makes something interesting

READ MORE ON:

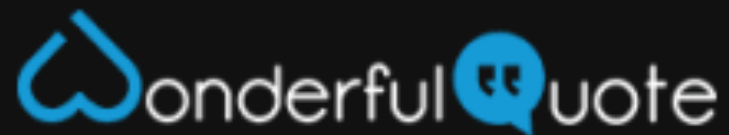
deepstash.com



Specific knowledge is
knowledge that you cannot be
trained for. If society can train
you, it can train someone else,
and replace you.



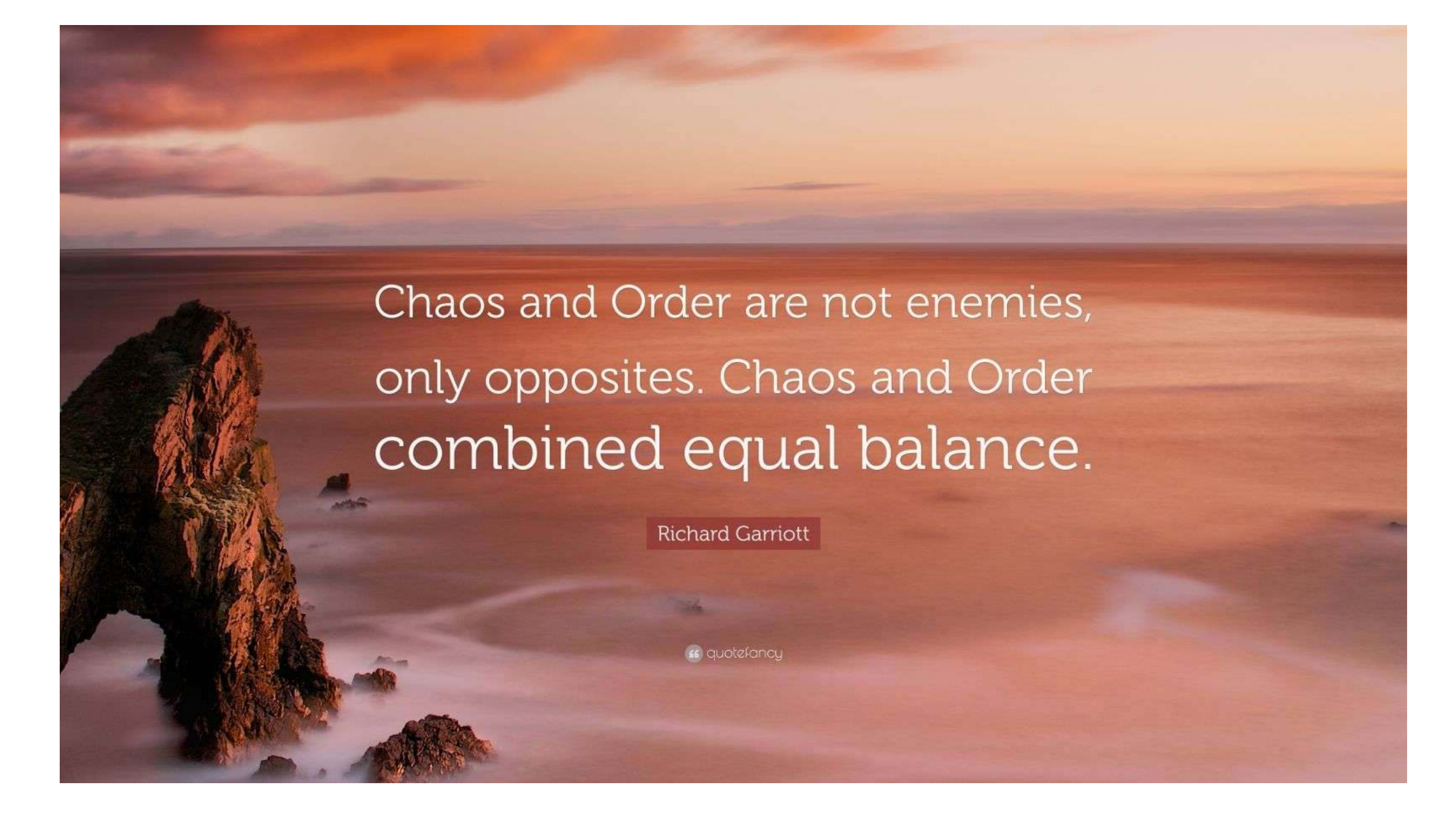
Naval Ravikant



Before I commit to any project, I follow one cardinal rule: do what's good for both yourself and others.

Then I ask myself these six questions — they help me stay clear, honest, and aligned:

- Why this project?
- How much time am I willing to give?
- Is the money worth the hassle?
- Does it benefit me in both the short term and the long term?
- Would I still want to do it if money weren't a factor?
- And finally: why me?



Chaos and Order are not enemies,
only opposites. Chaos and Order
combined equal balance.

Richard Garriott

“ quote fancy

What if things go awry?
What if I fail to deliver?
What if I change halfway through?
What if it all falls apart?

1. Your cardinal rule
 2. Your faith
 3. Your growth
 4. Communication
- ...

2025 Reading project

The Learning Calender



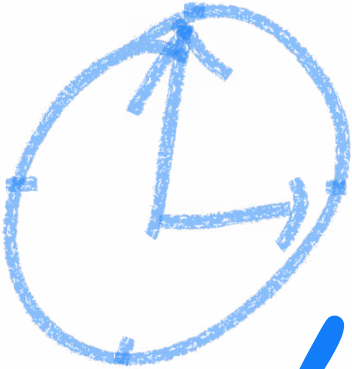
Book Choice



Reading arrangement



Attention > Time

Time 
Management



Bliss Station

Time

—

Space

—

Unapologetically

give up

OR

Bite the bullet

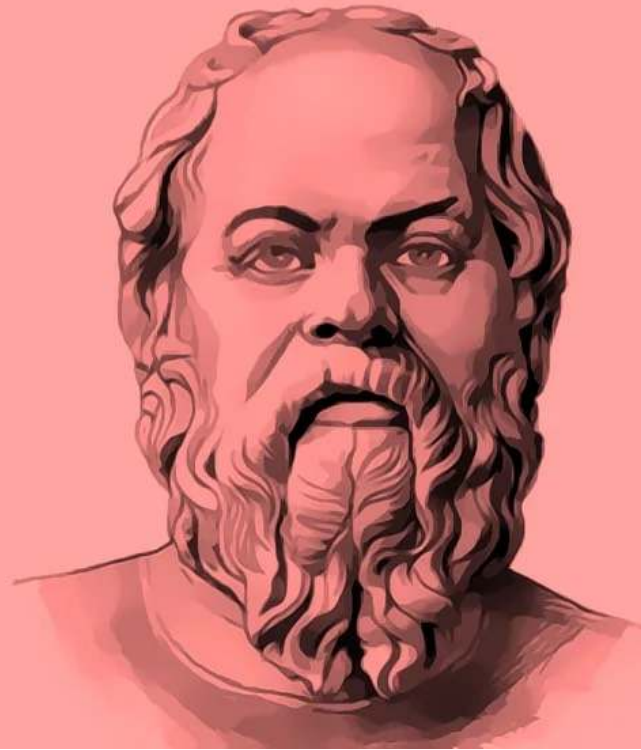
Reading notes

sugar coating
spoon feeding



**I cannot teach
anybody anything,
I can only make
them think.**

-Socrates

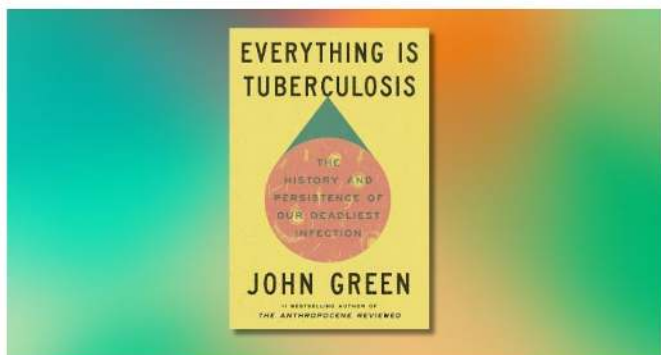


Content

pigeonhole
what to "focus"

Language

style
what to "curate"



Everything is Tuberculosis | 为什么读一本有关肺结核的书？

2025-06-14 | 12 次学习

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6月读书 | 语法、沟通、观察 >

6 月我们读的第二本书是 *Everything is Tuberculosis*，一本讲肺结核的非虚构作品。

选这本书，一是因为之前 John Green 的小说，他的文笔细腻、对话描写精彩，字里行间充满了人为关怀，这次他写了本非虚构，想读读一位小说家的非虚构作品；二是我们对肺结核这个话题没那么感兴趣也没什么了解，那就借机多一些了解，也拓展自己的阅读边界。

书一开始讲了瓦特的故事，在改进蒸汽机后，他致力于研发可以治疗肺结核的方法（那时还没有 tuberculosis 这个名字，最初这种病被称为 phthisis，后来是 consumption）。瓦特的女儿 Jessy 15 岁死于这种病，儿子 Gregory 27 岁时

课程目录

说点什么吧~



详情 评论

人类已经有了这么多伟大的发明，也有了治疗肺结核的方案，然而依然有许多人因为肺结核死亡。在过去 200 年中，每 7 个死亡的人中就有 1 位是因为肺结核。Covid-19 可怕吧？已经结束后，肺结核重新成为最致命的传染病，2023 年夺取了 125 万人的生命。

作者说：

This is a book about that cure—why we didn't find it until the 1950s, and why in the decades since discovering the cure, we've allowed over 150,000,000 humans to die of tuberculosis.

肺结核塑造了人类历史，也体现了社会的不公。因此这本书叫 Everything is Tuberculosis—the history and present of tuberculosis reveal the folly and brilliance and cruelty and compassion of humans.

接着在 Chapter 1 和 2 中，作者讲述了为什么自己开始对肺结核如此感兴趣。

作者去塞拉利昂（Sierra Leone）的 Lakka 了解当地的医疗条件，想知道为什么有这么高的孕产妇死亡率（maternal mortality）。

详情 评论

最后我们从书中学一些英语。

– Now we are two centuries **removed** from the deaths of Jessy and Gregory Watts, and nearly a century removed from the death of my great-uncle Stokes.

这里 removed 的用法值得注意。two centuries removed from the deaths of Jessy and Gregory Watts 可以理解为距离 Jessy 和 Gregory Watts 去世已经过去了两个世纪。

– Most Sierra Leoneans are multilingual, but Henry spoke particularly good English, especially for a kid his age, which made it possible for us to have a conversation that could go beyond my few **halting phrases** of Krio.

halting 在这里可以理解为磕磕巴巴的，我们可以用它表示自己的语言水平。

– Some were so **emaciated** that their skin seemed wrapped tightly around bone.

详情 评论

– As you may recall from history class, the Great War began after the assassination of the Austro-Hungarian Archduke Franz Ferdinand, which was—as assassinations go—somewhat **farcical**.

farcical 来自 farce (闹剧)，表示滑稽荒唐的、像闹剧一样的、可笑得不真实的。这里用 farcical 表示刺杀过程是一场闹剧样，几个刺客计划混乱、手忙脚乱。

– Minutes later, their driver—who did not know the streets of Sarajevo well—took a wrong turn and stopped the car to shift into reverse. And where **should** that car stop except right in front of Gavrilo Princip.

这里的 should 什么意思？不是“应该”吧？

注意这里 should 的用法，它可以理解为“竟然”。这里可以理解为，车竟然就停在了一位刺客前面，你说巧不巧！

注意到了这个用法后我们可以继续补课，了解 should 的用法。比如我在 Google/Bing 上搜

Live-streaming prep

The big question: Why not AI?
Basic structure: Content &
English

输出 $\Rightarrow$ 输入





the subtle
art of
live-streaming

CONTENTS

Dedication

Introduction: Gregory and Stokes

Chapter 1: Lakka

Chapter 2: Cowboys and Assassins

Chapter 3: Look at Our Railroads

Chapter 4: That Wealth Never Warded Off

Chapter 5: Whipped Away

Chapter 6: Tiger Got to Hunt

Chapter 7: The Flattering Malady

Chapter 8: The Bacillus

Chapter 9: Not a Person

contributions to the human collection of tools and knowledge, inventing a machine that could copy sculptures and developing new strategies for manufacturing chlorine to bleach textiles.

But Watt hoped this new project would be his most important yet. He became obsessed with finding some kind of chemical solution to treat the lung disease known to physicians as phthisis.

Watt's daughter Jessy had died of phthisis at the age of fifteen in 1794. And now his son, Gregory, was ill with the disease, suffering from the classic symptoms of a persistent cough, night sweats, fever, and the physical wasting of the body that gave the disease its colloquial name: consumption. Gregory was in his early twenties, a skilled orator known for being phenomenally attractive—one friend described him as “literally the most beautiful youth I ever saw.”

Post-read share

1 公众号

2 小红书

3 微博



张海露 Eric

25-6-8 23:21 from 微博 HTML5 版
发布于 泰国

12.8K
Views

我本科读商务英语，也修了师范英语的课程，研究生读 TESOL。毕业后一直写「英语学习笔记」，也策划和设计过多种课程。

我的兴趣爱好是读语法书、词汇书，然后我的收获也分享给更多人。在长期的英语学习和教学过程中，我逐渐意识到一个现象：我们很少真正「用英语学英语」。很多人熟记了语法术语，也背了不少单词，但依然无法自信地写出一句完整、自然的英文句子，更难理解英文中的幽默、语气或文化语境。我们常说「学英语能交流就行了」，用 ChatGPT 等工具辅助写作和翻译，但很多人忽视了语言意识与表达力，也缺乏对语言的敏感与热爱。



刚读完这本 Have You Eaten Grandma? 也推荐英语学习者、英语老师们读一读。

这不是一本「干货」型的语法参考书，它轻松幽默地讲述了英文表达和拼写的种种问题，也顺带提到了语法，但更重要的是，它体现出作者对语言的热爱与态度。他有自己的 pet hates，也提醒自己保持开放的态度。

我们要对语言怀有敬畏之心：不轻率地想当然，也不盲从规则。

我们可以用这本书用英语学英语，查漏补缺，也多一些观察语言的维度。印象最深的是作者对 good English 和 bad English 的定义。

作者说：

Good English isn't about your accent: it's about your ability to communicate—clearly, effectively, and (when you want to) passionately.

In my book, anything that smacks of predictability and pretentiousness counts as bad language.

与其一味追求词汇量，我们更该在日常中不断提升自己的 word power，让语言成为

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Comment

Like



OR, THE LIFE-SAVING IMPORTANCE
OF CORRECT PUNCTUATION,
GRAMMAR, AND GOOD ENGLISH

推荐一本用英文学英文的书

我本科读商务英语，也修了师范英语的课程，研究生读 TESOL。毕业后一直写「英语学习笔记」，也策划和设计过多种课程。

我一直的兴趣爱好是读语法书、词汇书，然后把我的收获也分享给更多人——你在这个公众号中搜索「语法」「词汇」「标点」这样的关键词，读读我写过的读书笔记和学习心得。

在长期的英语学习和教学过程中，我逐渐意识到一个现象：我们很少真正「用英语学英语」。

很多人熟记了语法规则，也背了不少单词，但依然无法自信地写出一句完整、自然的英文句子，更难理解英文中的幽默、语气或文化语境。我们常说「学英语能交流就行了」，用 ChatGPT 等工具辅助写作和翻译，但很多人忽视了语言意识与表达力，也缺乏对语言的敏感与热爱。

柚子 等 6 个朋友

张海露Eric

177 525 55 3

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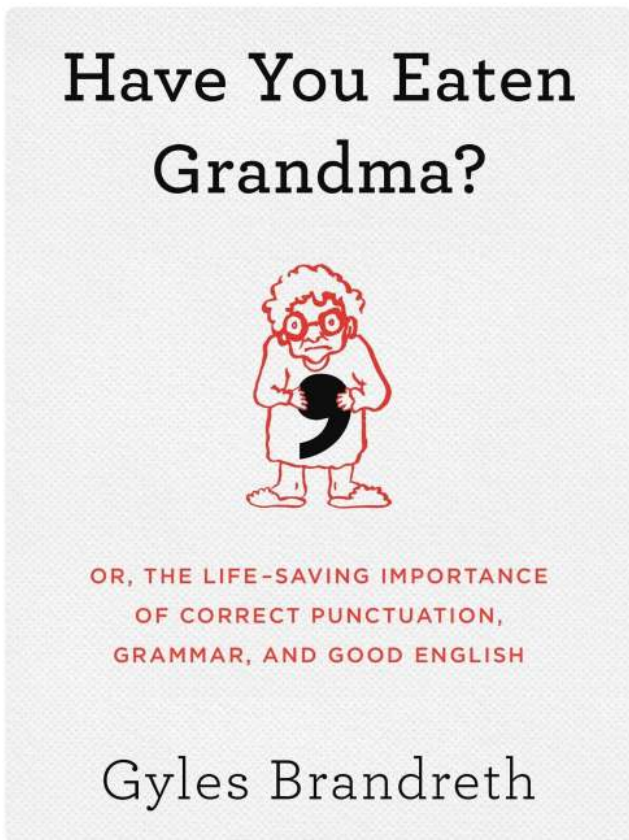
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给英语老师们推荐一本语法书

刚跟7岁女儿一起“读”完这本笑话书

收录于 2025社群每星期一本文书



Have You Eaten Grandma? | 用英语学英语



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START YOUR OWN
PROJECT

**One repays a teacher
badly if one always
remains nothing but a
pupil.**

FRIEDRICH NIETZSCHE