



Unit 31

The Benefits of Daily Meditation

A EXERCISE • 實戰演練

Recent studies highlight meditation's role in improving mental health. Practicing mindfulness for just 10 minutes daily reduces stress, enhances focus, and improves overall well-being. Experts suggest creating a peaceful environment for meditation and focusing on deep breathing. Many individuals report improved productivity and emotional resilience. Apps and online resources make it easy for beginners to start. Whether for relaxation or personal growth, the benefits are clear: a calmer, happier you.

B LANGUAGE FOCUS • 學習焦點

■ suggest + V-ing

[說明] suggest (建議、提議) [(V-ing 動名詞)] 在此處表示所建議做的動作或事。

- *Experts suggest creating a peaceful environment for meditation.*
(專家建議為冥想創造一個安靜的環境。)
- *The doctor suggests resting for a few days.*
(醫生建議休息幾天。)

C WORDS & PHRASES • 詞彙片語

1.	highlight	[ˈhaɪlaɪt]	(v.)(n.) 使引起注意，強調
2.	meditation	[ˌmedəˈteɪʃən]	(n.) 冥想，沉思
3.	mindfulness	[ˌmaɪndfʊlnɪs]	(n.) 正念，專注於當下
4.	reduce	[rɪˈdʊs]	(v.) 減少；降低
5.	enhance	[ɪnˈhæns]	(v.) 提高；增加；增強
6.	resilience	[rɪˈzɪljəns]	(n.) 韌性，適應力
7.	productivity	[ˌprɒdʌkˈtɪvɪti]	(n.) 生產力，效率
8.	focus	[ˈfokəs]	(n.)(v.) 焦點，集中
9.	relaxation	[ˌrɪlæksəˈʃən]	(n.) 放鬆，休息
10.	growth	[groʊθ]	(n.) 成長，發展
11.	well-being	[ˈwelˈbiɪŋ]	(n.) 健康，幸福
12.	stress	[stres]	(n.) 壓力，緊張
13.	resource	[rɪˈsɔːrs]	(n.) 資源
14.	emotional	[ɪˈmoʊʃənəl]	(adj.) 情感的，情緒的
15.	benefit	[ˈbenɪfɪt]	(n.) 好處，益處