

## 《中考英语选句填空真题含答案解析1（2024年长沙）》

### 第二节(共5小题;每小题2分,满分10分)

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。每个选项仅使用一次。

You ' ve probably heard of books that will change your life. And a lot of readers agree that the book Atomic Habits (《原子习惯》) will meet your needs.

James Clear, who did a lot of research on formation of habits, is the writer of Atomic Habits. \_\_\_11\_\_\_ It has sold over 15 million copies and has been translated into more than 50 languages. And his website receives millions of visitors each month.

\_\_\_12\_\_\_ That ' s because the book introduces a practical system (系统) for creating good habits and breaking bad ones. Readers everywhere are very interested in Clear ' s " science of tiny habits " .

In the book, Clear suggests trying to get 1% better each day. For example, you ' d like to exercise but you don ' t think you have the time or energy. Clear suggests starting with two minutes a day. Over time, the effects of this habit will increase as you repeat the actions. \_\_\_13\_\_\_ " All big things come from small beginnings, " says Clear.

Clear continues with the following advice: Don ' t focus on (聚焦) what you want to achieve. \_\_\_14\_\_\_ For example, two men want to break the habit of smoking. When offered a cigarette (香烟), one says, " No, thanks. I ' m trying to give up smoking. " The other says, " No, thanks. I ' m not a smoker. " While the first man still sees himself as a smoker, the second man doesn ' t. Clear says, " Bad habits will die more easily if you focus on who you want to become. "

Atomic Habits will reshape the way you think about progress and success. \_\_\_15\_\_\_ Slowly but surely, it will have a great effect on your health, job and relationships.

- A. Why is it so popular?
- B. Instead, focus on who you want to become.
- C. He calls these repeated actions " atomic habits " .
- D. This book is a No.1 New York Times bestseller.

E. Also, it will give you the tools you need to change your habits.

答案解析：

11. D

解析：此句的前后文都在谈论《原子习惯》这本书，选项D "This book is a No.1 New York Times bestseller."

提供了这本书的成就，与前文关于书的销量和语言翻译的信息相呼应。

12. A

解析：此句的前后文都在解释为什么这本书如此受欢迎，选项A "Why is it so popular?" 正好引出了下文对这本书受欢迎原因的解释。

13. C

解析：此句的前后文都在讲述如何通过小小的习惯改变来取得进步，选项C "He calls these repeated actions 'atomic habits'."

与上文提到的每天进步1%的建议相吻合，说明了这些重复动作就是“原子习惯”。

14. B

解析：此句的前后文都在讨论应该聚焦于你想成为的人，而不是你想要实现的目标，选项B "Instead, focus on who you want to become."

与下文的例子相呼应，说明了应该聚焦于身份而非目标。

15. E

解析：此句的前后文都在讲述《原子习惯》这本书如何影响你的思维和行为，选项E "Also, it will give you the tools you need to change your habits." 与下文提到的这本书对你的健康、工作和关系产生的巨大影响相衔接，说明了书的作用。