

Atomic Habits 01 The Surprising Power of Atomic Habits

1. fare ..

to perform or do in a particular situation, especially in terms of success or failure; often used in expressions like fare well, fare badly, fare better/worse.

【原文】Since 1908, British riders had won just a single gold medal at the Olympic Games, and they had fared even worse in cycling's biggest race, the Tour de France.

自 1908 年以来，英国选手在奥运会上仅赢得过一枚金牌，而在自行车界最重要的赛事——环法自行车赛中，他们的表现更差。

【解析】"fare" 作动词时表示（在某种情境）表现如何、过得怎样，常用于描述成绩、反应或结果。

【近义表达】

perform - 表现

do - 做得……

come out - 结果如何

【更多例句】

How did you fare on the final exam? 你期末考试考得怎么样？

The company fared well during the economic downturn. 公司在经济低迷时期表现良好。

2. slip by unnoticed

to pass without being seen, detected, or paid attention to—usually referring to small or subtle things that escape observation.

【原文】They even painted the inside of the team truck white, which helped them spot little bits of dust that would normally slip by unnoticed but could degrade the performance of the finely tuned bikes.

他们甚至把后勤卡车的内壁漆成纯白，以便察觉到往往会被看漏的细小尘埃，避免其影响到精确调校过的比赛用车。

【解析】"slip by unnoticed" 表示某些细小、不起眼的事物未被注意到、悄然掠过。这个短语中间省略了一个 being，实际上是 slip by 和分词短语 being unnoticed 的组合。

【近义表达】

go unnoticed - 没被注意

escape detection - 未被发现

fly under the radar - 悄无声息地存在

be overlooked - 被忽略

【更多例句】

A critical mistake in the budget slipped by unnoticed until the final review.

预算中的一个关键错误直到最后审查才被发现。

The virus slipped by unnoticed through a security loophole.

该病毒通过一个安全漏洞悄悄进入，未被察觉。

3. raise the bar

to set a new, higher standard of quality, achievement, or performance that others will be expected to meet or surpass.

【原文】Four years later, when the Olympic Games came to London, the Brits raised the bar as they set nine Olympic records and seven world records.

四年之后，当奥运移师伦敦，他们再次提升水平，创下九项奥运纪录与七项世界纪录。

【解析】"raise the bar" 是一个比喻表达，原意来自体育中的跳高项目，表示“抬高横杆”，引申为提升标准或期望，让后来者更难达到。【近义表达】

set a higher standard - 设立更高的标准

push the limits - 推动极限

take it to the next level - 提升到新高度

【更多例句】

Her stunning performance in the finals really raised the bar for future competitors.

她在决赛中的精彩表现真正提高了后续选手的竞争标准。

The new smartphone raises the bar for camera technology.

这款新手机在摄像技术方面设立了新标杆。

4. in what is widely regarded as

used to introduce a period, event, or situation that is generally considered by many people to

have a particular significance or reputation—often used to highlight consensus or public opinion about something's importance.

【原文】 During the ten-year span from 2007 to 2017, British cyclists won 178 world championships and sixty-six Olympic or Paralympic gold medals and captured five Tour de France victories in what is widely regarded as the most successful run in cycling history.
2007 到 2017 这十年间，英国的自行车选手共计拿下一百七十八座世界冠军、奥运加残奥金牌共六十六面，以及五次环法自行车赛的胜利。世人普遍认为这是自行车运动史上最成功的一段表现。

【解析】 "in what is widely regarded as..." 表示在被广泛认为是.....的时期/情境中。这个结构用于引入公众或专业领域对某段时间或成就的共同看法，强调的是“广泛共识”或“公认的地位”。

【近义表达】

in what many see as – 在许多人看来是.....

during what is considered to be – 在被认为是.....期间

in what is often hailed as – 被广泛称颂为.....的阶段

【更多例句】

She starred in what is widely regarded as the greatest romantic film of the decade.

她主演了一部被普遍认为是十年来最伟大的爱情片。

He led the company through what is widely regarded as its most innovative era.

他带领公司走过了一个被广泛认为是最具创新的时期。

5. **without as much as..**

used to emphasize that something did not happen at all, not even to the smallest expected degree—it adds dramatic effect by highlighting the complete absence of a result, reaction, or gesture.

【原文】 When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it.

每当我感到无能为力时，我就会去看石匠凿石头，也许他凿了 100 次，但石头上没有出现裂缝的迹象。

【解析】 "without as much as..." 表示连最起码的.....都没有发生，强调某件事完全未见效果或回应，具有加强语气、突出困难或坚持的意味。

【近义表达】

without even a hint of... – 连.....的迹象都没有

not so much as... – 连.....都没有

without any sign of... – 没有.....的迹象

【更多例句】

He walked away without as much as a goodbye. 他转身离去，连句再见都没说。

She took the money without as much as a thank you. 她拿了钱，连句谢谢都没说。

6. Prevailing wisdom claims that

used to introduce a widely accepted belief, conventional thinking, or commonly held assumption—especially as a way to set up contrast with a new or alternative viewpoint.

【原文】Prevailing wisdom claims that the best way to achieve what we want in life—getting into better shape, building a successful business, relaxing more and worrying less, spending more time with friends and family—is to set specific, actionable goals.

人们普遍认为，我们在生活中想要的东西林林总总，五花八门，比如保持更好的身材、建立成功的企业、身心放松、消除烦恼、花更多时间与朋友和家人在一起，等等，而实现这些愿望的最佳方式是设定具体的、切实可行的目标。

【解析】"Prevailing wisdom claims that..." 表示“主流观点认为.....”或“普遍的智慧/常识认为.....”，通常用于引出一种广为接受的理念或做法。【近义表达】

Most people believe that... – 大多数人认为.....

It is commonly accepted that... – 普遍认为.....

【更多例句】

Prevailing wisdom claims that breakfast is the most important meal of the day.

普遍观点认为早餐是一日三餐中最重要的一顿。

Prevailing wisdom claims that multitasking boosts productivity, but research suggests otherwise. 常识认为多任务处理可以提升效率，但研究表明未必如此。

7. suffer from a serious case of

a figurative expression used to emphasize that someone or something is deeply affected by a

particular problem, flaw, or bias, often in a humorous, ironic, or critical tone.

【原文】 Goal setting suffers from a serious case of survivorship bias.

目标设定深受胜者王侯心态的影响。

【解析】 "suffer from a serious case of..." 模仿医学术语，带有比喻意味，表示某人或某事严重受某种问题影响。

【近义表达】

be deeply affected by - 严重受到.....影响

be a classic example of - 是.....的典型例子

【更多例句】

Our hiring process suffers from a serious case of unconscious bias.

我们的招聘流程严重受限于无意识偏见。

The media suffers from a serious case of negativity—bad news always gets the spotlight.

媒体严重受“负面报道偏好症”的影响——坏消息总是抢头条。

8. at odds with

in conflict or disagreement with; not aligned or compatible—used to describe tension between two ideas, actions, values, or goals.

【原文】 Goals are at odds with long-term progress. 目标与长远进步存在冲突。

【解析】 "at odds with" 表示（在观点、目标、行为或本质上）与.....不一致、相冲突。这个短语常用于表面一致实则矛盾的关系。

【近义表达】

in conflict with - 与.....冲突

contradict - 与.....相矛盾

in opposition to - 与.....对立

misaligned with - 与.....不一致

【更多例句】

His actions were at odds with his words. 他言行不一。

The company's values are at odds with its recent marketing campaign.

公司倡导的价值观与其近期的营销活动存在冲突。

9. far outweigh

to be much more important, significant, valuable, or influential than something else—used to emphasize a strong imbalance in favor of one side.

【原文】 At first, these tiny routines seem insignificant, but soon they build on each other and fuel bigger wins that multiply to a degree that far outweighs the cost of their initial investment.

起初，这些细微的惯常举动看起来微不足道，但很快它们就开始相互依存，为更大的胜利注入动力，其翻倍扩张的程度远远超过了最初投入。

【解析】 "far outweigh" 表示（在价值、效果、重要性等方面）远远超过、胜过.....，用来突出两者之间的强烈对比，强调某个正面效应或优势大到足以压倒缺点、代价或风险。

【近义表达】

greatly surpass – 远远超过

vastly exceed – 大大超出

more than compensate for – 不仅弥补，甚至超过

be well worth – 非常值得

【更多例句】

The long-term benefits far outweigh the short-term sacrifices. 长期的收益远远大于短期的牺牲。

The risks were real, but the rewards far outweighed them. 风险确实存在，但回报远远更大。

动手造句：

1. 她面试表现不佳，没拿到那份工作。(fare..)

2. 他的默默付出常被忽略，但却产生了重大影响。(slip by unnoticed)

3. 通过提供当日送达，该公司把客户服务标准提升到了新高度。(raise the bar)

4. 这本书写于被普遍认为是科幻小说黄金时代的时期。(in what is widely regarded as)

5. 他们甚至看都没看那份报告就开始批评。(without as much as..)

6. 大家都说金钱买不到幸福——不过它确实能带来选择的自由。(Prevailing wisdom claims that..)

7. 他有严重的完美主义倾向，严重影响了工作效率。(suffer from a serious case of)

8. 他们的策略根本上相互矛盾。(at odds with)

9. 定期维护的成本远远小于因疏忽造成的损失。(far outweigh)

参考答案：

1. She fared poorly in the interview and didn't get the job.

2. His quiet contributions often slip by unnoticed, but they make a big difference.

3. By offering same-day delivery, the company raised the bar in customer service.

4. The book was written in what is widely regarded as a golden age of science fiction.

5. They criticized the report without as much as looking at it.

6. Prevailing wisdom claims that money can't buy happiness—but it does seem to buy options.

7. He suffers from a serious case of perfectionism—it paralyzes his productivity.

8. Their strategies are fundamentally at odds with each other.

9. The cost of regular maintenance far outweighs the damage caused by neglect.