14 Days with (Almost) No Internet

Ryan Holmes ｜ Unit 6: Going Offline

每段四层递进：事实提取 → 因果推理 → 深层理解 → 评价延伸

设计说明

本设计覆盖课文全部 12 个段落，每段设 4 个层次的问题，由浅入深、抽丝剥茧：

◆ 第一层 事实提取（Fact Extraction）：定位原文信息，回答 What/When/Who

◆ 第二层 因果推理（Causal Reasoning）：分析 Why/How，建立信息间的逻辑关系

◆ 第三层 深层理解（Deep Understanding）：解读言外之意、语气态度、修辞意图

◆ 第四层 评价延伸（Evaluation & Extension）：联系实际、批判思考、个人迁移

每段另配语言练习（词汇语境、句意转述、翻译），供课堂或课后使用。

Paragraph 1 — 米勒的断网实验

Last year, Paul Miller made waves online when he published his article detailing a unique personal experiment: going one full year with absolutely no internet.

L1 事实　Q1. Who is Paul Miller? What did he do last year?

→ Paul Miller is someone who conducted a unique personal experiment: going one full year with absolutely no internet. He published an article about it, which "made waves online."

L1 事实　Q2. How long was Miller's experiment? What was the condition?

→ One full year (365 days) with absolutely no internet.

L2 推理　Q3. Why does the author say Miller "made waves" online? What does this idiom imply?

→ "Made waves" means to cause a stir or attract widespread attention. The irony is that an article about disconnecting from the internet went viral ON the internet. The phrase implies Miller's experiment was provocative — it challenged people's assumptions about being online.

L2 推理　Q4. Why does the author begin with Miller's story instead of his own? What function does Miller serve?

→ Miller serves as a foil and reference point. By starting with Miller, the author establishes a precedent — someone else tried disconnecting first. This makes the author's own experiment feel like part of a larger conversation, not an isolated stunt. Miller's story also creates curiosity: what did he discover?

L3 深层　Q5. "Absolutely no internet" — why "absolutely"? What does this word achieve?

→ "Absolutely" means zero internet, no exceptions. The word emphasizes the extremity of the experiment — not "less internet" or "limited internet" but NONE. This absoluteness makes the experiment dramatic and tests whether total disconnection is possible (or desirable).

L3 深层　Q6. The paragraph is one sentence. Why such brevity for the opening?

→ A single-sentence opening creates immediate impact — it's a hook, not an explanation. The reader wants to know: What happened? What did Miller find? The brevity mirrors the simplicity of the experiment's premise: no internet, one year. Details come later.

L4 评价　Q7. Could you go one full year with absolutely no internet? What would be the hardest part?

→ (Discussion) Students reflect on their own internet dependency. The question explores what the internet provides (connection, information, entertainment) and what happens when it's removed.

L4 评价　Q8. Miller's article about disconnecting went viral online. Is this ironic? What does it say about our relationship with technology?

→ (Discussion) Students explore the paradox: we're fascinated by stories of disconnection, but we consume them through the very technology being criticized. The question examines whether we can critique technology from within it.

语言练习 · **Para. 1**

① 词汇语境

a) "made waves" — A) 引起轰动　B) 制造波浪　C) 冲浪

b) "detailing" — A) 详述　B) 细节　C) 简述

c) "unique" — A) 独特的　B) 普通的　C) 重复的

d) "absolutely" — A) 绝对地　B) 几乎　C) 偶尔

② 句意转述

"Paul Miller made waves online when he published his article detailing a unique personal experiment: going one full year with absolutely no internet."

参考答案：Paul Miller caused a stir on the internet by writing about his unusual personal experiment: spending an entire year completely offline.

③ 翻译

"去年，保罗·米勒在网上引起轰动，他发表了一篇文章，详述了一个独特的个人实验：整整一年完全不上网。"

Paragraph 2 — 众人的期待

Of course, at the time, what we all wanted to know was what amazing discoveries Miller had made from his 365 days offline.

L1 事实　Q9. What did everyone want to know from Miller's experiment?

→ What amazing discoveries Miller had made from his 365 days offline.

L2 推理　Q10. "Of course" and "what we all wanted to know" — Why does the author use "we"? Who is "we"?

→ "We" = the online community, including the author and readers. Using "we" positions the author as part of the audience — he was also curious, not just reporting. "Of course" implies the curiosity was natural and universal: anyone hearing about a year offline would want to know what was discovered.

L2 推理　Q11. "Amazing discoveries" — Why "amazing"? What expectation does this word create?

→ "Amazing" sets up the expectation that Miller found something extraordinary. This expectation is then subverted in Para 3, where Miller's actual discovery is disappointing. The word functions as a setup for the twist: we expected amazing, we got ordinary.

L3 深层　Q12. The paragraph is one sentence — a question framed as a statement. Why this structure?

→ The sentence is a rhetorical question disguised as a statement. It creates suspense: the reader wants to know the answer. By making it a standalone paragraph, the author creates a dramatic pause — the answer comes in the next paragraph. The structure mimics the curiosity of the online community.

L3 深层　Q13. "365 days" — Why not "a year"? What does the specific number achieve?

→ "365 days" sounds longer and more specific than "a year." The number emphasizes the duration and makes the experiment feel more rigorous — each day was counted. It also echoes the precision of Miller's experiment: this wasn't a vague period but a measured, exact duration.

L4 评价　Q14. "What we all wanted to know" — Do you think society expects too much from digital detox? Is going offline supposed to be transformative?

→ (Discussion) Students explore the cultural expectation that disconnecting will lead to enlightenment. The question examines whether this expectation is realistic or a form of romanticization.

语言练习 · **Para. 2**

① 词汇语境

a) "of course" — A) 当然　B) 然而　C) 因为

b) "amazing" — A) 令人惊叹的　B) 普通的　C) 令人失望的

c) "discoveries" — A) 发现　B) 覆盖　C) 消失

② 句意转述

"What we all wanted to know was what amazing discoveries Miller had made from his 365 days offline."

参考答案：Everyone was eager to learn what incredible insights Miller had gained from his year without the internet.

③ 翻译

"当然，当时我们大家都想知道的是，米勒在 365 天的离线生活中有什么惊人的发现。"

Paragraph 3 — 米勒的意外发现

As it turns out, despite a promising first few months of the experiment (during which he lost weight, took time to smell the flowers and wrote a lot of stuff), what Miller discovered in the end was that the very technology he'd begun to criticize actually had very little, if anything, to do with his life's problems. In fact, Miller realized that without the net he had started becoming even more "out of touch with life."

L1 事实　Q15. What happened during the first few months? List three positive effects.

→ (1) He lost weight (2) He took time to smell the flowers (3) He wrote a lot of stuff.

L1 事实　Q16. What did Miller discover in the end? Was it what everyone expected?

→ No. He discovered that technology had very little to do with his life's problems. Without the internet, he had started becoming even more "out of touch with life."

L2 推理　Q17. "As it turns out" — What does this phrase signal? How does it change the direction?

→ "As it turns out" signals a twist — the outcome was contrary to expectations. Everyone expected amazing discoveries; instead, Miller found that disconnecting made him MORE out of touch. The phrase creates a reversal that drives the essay's argument: technology isn't the problem; the relationship with technology is.

L2 推理　Q18. "The very technology he'd begun to criticize" — Why "very"? What does this word emphasize?

→ "Very" means "the exact same" — the specific technology Miller blamed for his problems. The word emphasizes the irony: he blamed technology, but technology wasn't the culprit. "Very" makes the reversal sharper — it was the EXACT thing he criticized, and he was wrong about it.

L3 深层　Q19. "Took time to smell the flowers" — What does this idiom mean? Why use it here?

→ "Stop and smell the flowers" = slow down and appreciate life's small pleasures. The idiom suggests Miller's initial months were idyllic — he was present, mindful, productive. This makes the later disappointment more striking: the idyllic beginning didn't last. The idiom also creates a pastoral image that contrasts with digital life.

L3 深层　Q20. "Out of touch with life" is in quotation marks. Why? Whose words are these?

→ The quotation marks indicate these are Miller's own words — the author is quoting Miller's self-assessment. The quotes also create distance, as if the author is evaluating Miller's phrase rather than endorsing it. The phrase "out of touch" is ironic: going offline was supposed to put Miller IN touch with life, but it did the opposite.

L4 评价　Q21. Miller found that technology wasn't his problem. Do you agree? Is technology usually the problem, or is it how we use it?

→ (Discussion) Students debate whether technology is inherently problematic or whether the issue is usage patterns. The question explores the distinction between tool and behavior.

L4 评价　Q22. Miller became "out of touch with life" without the internet. Can being offline actually make you MORE disconnected? How?

→ (Discussion) Students explore how disconnection from the internet can mean disconnection from people, events, and ideas. Being offline can isolate you from social networks, news, and professional opportunities. The question examines the paradox of digital disconnection.

语言练习 · **Para. 3**

① 词汇语境

a) "as it turns out" — A) 结果是　B) 转身　C) 关掉

b) "promising" — A) 有希望的/有前途的　B) 令人失望的　C) 完成的

c) "criticize" — A) 批评　B) 赞美　C) 忽视

d) "out of touch" — A) 脱节/不联系　B) 触摸　C) 在联系中

② 句意转述

"What Miller discovered in the end was that the very technology he'd begun to criticize actually had very little, if anything, to do with his life's problems."

参考答案：Miller ultimately realized that the technology he had been blaming for his problems was barely responsible for them at all.

③ 翻译

"结果，尽管实验的头几个月很有希望（在此期间他减了肥、花时间闻花香、写了很多东西），米勒最终发现的是，他开始批评的那种技术实际上与他的生活问题几乎毫无关系。事实上，米勒意识到，没有网络，他反而开始变得更加'与生活脱节'。"

Paragraph 4 — 作者自己的断网实验

Last month, I went on my own digital detox. It was only two weeks, but it was the longest I've gone offline in 13 years.

L1 事实　Q23. When did the author go on his digital detox? How long did it last?

→ Last month. It lasted two weeks — the longest he'd been offline in 13 years.

L1 事实　Q24. How does the author's experiment compare to Miller's?

→ Miller's was one year; the author's was two weeks. The author's experiment is much shorter but still significant — it's the longest he's been offline in 13 years.

L2 推理　Q25. "Only two weeks" — Why "only"? Is the author downplaying his experiment?

→ "Only" acknowledges the shorter duration compared to Miller's year. But the word also creates a contrast: even "only" two weeks was the longest in 13 years — implying the author has been continuously online for 13 years. The word makes the 13-year figure more shocking.

L2 推理　Q26. "13 years" — Why mention this specific number? What does it reveal?

→ 13 years means the author has been online continuously since approximately 2001 (if the essay was written in 2014). This covers the entire rise of social media, smartphones, and always-on internet. The number reveals that the author is a digital native — he has never known adult life without the internet. This makes his experiment more significant.

L3 深层　Q27. "My own digital detox" — "Own" connects to Miller's experiment. How does this word frame the author's experience?

→ "Own" means: not Miller's experiment, but mine. The word positions the author's experience as personal, not derivative. He's not copying Miller — he's conducting his own exploration. The word also implies ownership: this is MY detox, MY lessons, MY conclusions.

L3 深层　Q28. "Digital detox" — What metaphor is this? Why "detox"?

→ "Detox" = detoxification, originally a medical term for removing toxins from the body. Applied to digital life, it implies that internet use is like an addiction — a toxin that needs to be flushed. The metaphor frames internet use as potentially harmful and positions disconnection as a health intervention.

L4 评价　Q29. The author went offline for two weeks. How long would you need to disconnect to feel the effects? A day? A week? A month?

→ (Discussion) Students reflect on their own digital habits and how long it would take to notice changes. The question explores the relationship between duration and insight.

L4 评价　Q30. "13 years" of being continuously online. Has the internet been a net positive or negative in your life over the past decade?

→ (Discussion) Students evaluate the overall impact of the internet on their lives. The question explores whether connectivity has enriched or diminished their experience.

语言练习 · **Para. 4**

① 词汇语境

a) "digital detox" — A) 数字排毒　B) 数字中毒　C) 数字设备

b) "offline" — A) 离线　B) 在线　C) 上线

② 句意转述

"It was only two weeks, but it was the longest I've gone offline in 13 years."

参考答案：Though it lasted just two weeks, it was the most time I'd spent away from the internet in over a decade.

③ 翻译

"上个月，我进行了自己的数字排毒。虽然只有两周，但这是我 13 年来离线时间最长的一次。"

Paragraph 5 — 为什么断网

Why did I do it? Throughout the last decade, I've been plugged in 24–7, living in a world where the line between digital and real gets a bit blurred at times. For a while I'd felt the urge to free myself from it all, and wanted to see what would happen then.

L1 事实　Q31. What question does the author ask? How does he answer it?

→ "Why did I do it?" He answers: he's been plugged in 24-7 for a decade, the line between digital and real is blurred, and he felt the urge to free himself and see what would happen.

L1 事实　Q32. What does "plugged in 24-7" mean? How long has this been going on?

→ "24-7" means 24 hours a day, 7 days a week — constantly connected. This has been going on for the last decade.

L2 推理　Q33. "The line between digital and real gets a bit blurred" — What does "blurred" mean? Give an example.

→ "Blurred" means the boundary is unclear. Example: checking phone during dinner (digital intrudes on real), or thinking in terms of likes/shares (digital thinking enters real life). The blurring means you can't tell where online ends and offline begins.

L2 推理　Q34. "For a while I'd felt the urge" — Why "urge" and not "decision" or "plan"?

→ "Urge" suggests an emotional, almost physical need — not a rational decision. The word implies the desire to disconnect built up over time, like pressure. "Decision" would sound deliberate; "urge" sounds instinctive. The word makes the detox feel like a response to an internal pressure.

L3 深层　Q35. "Wanted to see what would happen then" — Why this open-ended framing? Why not a specific hypothesis?

→ The open-ended framing ("see what would happen") shows the author didn't have a specific goal. He wasn't testing a hypothesis; he was exploring. This makes the experiment feel genuine — not designed to prove a point but to discover something. The framing also creates suspense: what DID happen?

L3 深层　Q36. "Plugged in" — What image does this metaphor create? Why "plugged"?

→ "Plugged" suggests being physically connected to a power source, like an appliance. The metaphor dehumanizes the author — he's not a person using a tool; he's a device plugged into a socket. The image makes internet use feel involuntary, as if he can't unplug without effort.

L4 评价　Q37. "The line between digital and real gets blurred." Can you identify moments when you can't tell if you're in digital or real life? What does this blurring feel like?

→ (Discussion) Students reflect on moments of digital/real blur — phantom phone vibrations, dreaming in social media formats, reaching for phone during conversations. The question explores the phenomenology of digital life.

L4 评价　Q38. The author felt an "urge" to disconnect. Have you ever felt this urge? What triggered it?

→ (Discussion) Students share their own experiences of wanting to disconnect. The question explores what triggers the desire for digital detox — overwhelm, anxiety, comparison fatigue?

语言练习 · **Para. 5**

① 词汇语境

a) "plugged in" — A) 连接/ plugged in　B) 拔掉　C) 关闭

b) "blurred" — A) 模糊的　B) 清晰的　C) 锐利的

c) "urge" — A) 强烈的欲望　B) 犹豫　C) 决定

d) "free myself" — A) 解放自己　B) 束缚　C) 付费

② 句意转述

"I've been plugged in 24–7, living in a world where the line between digital and real gets a bit blurred at times."

参考答案：I've been constantly connected to the internet, existing in a reality where the boundary between online and offline life has become increasingly unclear.

③ 翻译

"我为什么这样做？在过去十年里，我 24 小时 7 天在线，生活在一个数字与现实界限有时变得模糊的世界里。有一段时间我一直有种冲动，想从这一切中解放出来，看看会发生什么。"

Paragraph 6 — CEO 的反思：适度

I haven't of course forgotten that I'm CEO of a social media company. My life's work is built around the belief that being connected makes our lives richer and more rewarding. Still, I'd forgotten one key lesson along the way: moderation. As more and more of my life was spent scanning social feeds, I realized that I needed to step back and get some perspective.

L1 事实　Q39. What is the author's job? What is his life's work built around?

→ He is CEO of a social media company. His life's work is built around the belief that being connected makes lives richer and more rewarding.

L1 事实　Q40. What key lesson had he forgotten? What did he realize?

→ He'd forgotten moderation. He realized he needed to step back and get perspective as more of his life was spent scanning social feeds.

L2 推理　Q41. Why does the author mention he's a CEO? What does this disclosure achieve?

→ Mentioning he's a CEO of a social media company creates irony: the person advocating disconnection profits from connection. This disclosure builds credibility — he's not anti-technology; he's pro-balance. It also makes his critique more powerful: if even a social media CEO thinks we need to disconnect, the problem must be real.

L2 推理　Q42. "Moderation" — Why is this the key lesson? What does moderation mean in this context?

→ Moderation = not too much, not too little; balance. In this context, it means using technology without being consumed by it. The author isn't saying technology is bad; he's saying EXCESSIVE technology is bad. Moderation is the forgotten lesson — he knew it once but lost it as his online life expanded.

L3 深层　Q43. "Scanning social feeds" — Why "scanning" and not "reading" or "browsing"?

→ "Scanning" implies quick, superficial consumption — not deep reading. The word suggests the author was consuming content without engaging, skimming without absorbing. "Reading" would imply attention; "scanning" implies compulsion. The word captures the mindless nature of social media consumption.

L3 深层　Q44. "Step back and get some perspective" — What does "perspective" mean? Why is distance needed?

→ "Perspective" = a broader view, seeing things in context. When you're immersed in social feeds, you can't see the pattern — you're too close. "Stepping back" creates distance, allowing you to see your behavior from outside. The phrase implies that immersion distorts perception; only distance reveals truth.

L4 评价　Q45. The author is a CEO who advocates moderation. Is this hypocritical, or is it uniquely credible?

→ (Discussion) Students debate whether a social media CEO can genuinely advocate moderation. Arguments for credibility: he knows the industry. Arguments against: his company profits from engagement. The question explores the ethics of tech leadership.

L4 评价　Q46. "Moderation" — Is moderation possible with social media? Or is social media designed to be addictive, making moderation impossible?

→ (Discussion) Students explore whether social media platforms are designed to prevent moderation. The question examines the tension between user wellbeing and platform engagement metrics.

语言练习 · **Para. 6**

① 词汇语境

a) "rewarding" — A) 有益的/值得的 B) 惩罚的 C) 无聊的

b) "moderation" — A) 适度/节制 B) 现代 C) 修改

c) "scanning" — A) 浏览 B) 精读 C) 写作

d) "perspective" — A) 视角/观点 B) 透视 C) 专业

② 句意转述

"Still, I'd forgotten one key lesson along the way: moderation."

参考答案：However, I had lost sight of one crucial principle over the years: the importance of balance.

③ 翻译

"我当然没有忘记我是社交媒体公司的 CEO。我一生的事业建立在这样一个信念上：连接使我们的生活更丰富、更有价值。然而，在这个过程中我忘记了一个关键教训：适度。随着我越来越多地花时间浏览社交信息流，我意识到我需要退后一步，获得一些视角。"

Paragraph 7 — 墨西哥的 14 天

So on my winter vacation to Mexico, I took a break from being active on the internet for the entire trip. For a whole 14 days, I ate a lot of delicious seafood, surfed and fixed up my hut on the beach. I didn't go online except to check my email periodically — just to make sure an emergency wasn't unfolding while I was away.

L1 事实 Q47. Where did the author go? How long was the trip?

→ Mexico, for winter vacation. 14 days.

L1 事实 Q48. What three activities did the author do? What was the one exception to going offline?

→ (1) Ate delicious seafood (2) Surfed (3) Fixed up his hut on the beach. Exception: checked email periodically to make sure no emergency was unfolding.

L2 推理 Q49. Why does the author mention specific activities (seafood, surfing, fixing hut)? What do these details achieve?

→ The specific activities ground the detox in physical reality — all three are tactile, bodily, outdoor. They contrast with digital life (sitting, scrolling, screen-gazing). The details make the detox feel real and embodied, not abstract. They also create a pastoral image: simple, physical, present.

L2 推理 Q50. "Just to make sure an emergency wasn't unfolding" — Why this exception? Does it undermine the detox?

→ The exception acknowledges reality: as a CEO, he can't fully disconnect. But the exception is narrow — only email, only for emergencies. The exception actually strengthens his credibility: he's not

pretending to be a monk; he's a working professional finding a realistic balance. The word "just" minimizes the exception.

L3 深层　Q51. "Fixed up my hut on the beach" — Why "hut"? What image does this word create?

→ "Hut" suggests a simple, rustic dwelling — not a luxury hotel. The word creates an image of simplicity and manual labor. Fixing a hut is the opposite of fixing digital problems: it's physical, tangible, immediately visible. The hut represents a return to material reality.

L3 深层　Q52. "Surfed" — This word has a double meaning. What are the two senses? How do they connect?

→ (1) Ocean surfing (physical, on waves) (2) Web surfing (digital, on internet). The author is doing the first instead of the second. The wordplay highlights the contrast: real surfing vs. digital surfing. Both involve "riding" something, but one is embodied and the other is disembodied.

L4 评价　Q53. The author checked email for emergencies. Is this truly a "detox"? Or is it a modified diet?

→ (Discussion) Students debate whether checking email disqualifies the detox. The question explores what counts as "disconnection" — is it total abstinence or mindful reduction?

L4 评价　Q54. The author did physical activities (surfing, fixing). Is physical activity a necessary part of digital detox? Or can you detox while sitting still?

→ (Discussion) Students explore whether detox requires physical activity or whether it's a mental state. The question examines the relationship between bodily and digital disconnection.

语言练习 · **Para. 7**

① 词汇语境

a) "took a break from" — A) 暂停　B) 休息　C) 打破

b) "surf" — A) 冲浪　B) 浏览　C) 游泳

c) "fixed up" — A) 修理　B) 固定　C) 打破

d) "periodically" — A) 定期地　B) 从不　C) 总是

e) "emergency" — A) 紧急事件　B) 出现　C) 融化

② 句意转述

"I took a break from being active on the internet for the entire trip."

参考答案：I refrained from using the internet for the whole duration of my vacation.

③ 翻译

"所以在去墨西哥的冬假中，我整个旅程都没有上网。整整 14 天，我吃了很多美味的海鲜，冲浪，修整了我在海滩上的小屋。除了定期查看邮件——只是为了确保我不在时没有紧急情况发生——我没有上网。"

Paragraph 8 — 技术不是恶的

What I learned from my short experiment was actually not too unlike what Miller learned. I didn't end up discovering that technology is evil. In fact, I found myself reflecting on how living and breathing tech has let me experience some of the most rewarding moments of my life: I've seen world events unfold before my eyes over social networks; I've seen people using new technologies to stay in touch with their loved ones. I've also seen businesses finding new and innovative methods to connect with their clients through channels like LinkedIn.

L1 事实　Q55. Did the author discover that technology is evil? What did he discover instead?

→ No. He reflected on how technology has let him experience rewarding moments: seeing world events unfold on social networks, seeing people use technology to stay in touch with loved ones, seeing businesses connect with clients through LinkedIn.

L1 事实　Q56. How is the author's conclusion similar to Miller's?

→ Both didn't discover technology is evil. Both found that the relationship with technology is more nuanced than expected.

L2 推理　Q57. "Living and breathing tech" — What does this phrase mean? Why "breathing"?

→ "Living and breathing" means technology is so integrated into his life that it's like air — he doesn't just use it, he inhales it. "Breathing" implies technology is essential to his existence, not just a tool. The phrase makes his appreciation more powerful: even someone who breathes technology can benefit from stepping away.

L2 推理　Q58. The author lists three examples of technology's value. Why three? What does each represent?

→ (1) World events on social networks = information/awareness (2) Staying in touch with loved ones = connection/relationships (3) Businesses connecting with clients = professional value. Together, the three examples cover personal, social, and professional domains — technology serves all aspects of life. The number three makes the argument comprehensive.

L3 深层　Q59. "I didn't end up discovering that technology is evil" — Why frame it as a negative? What does this structure achieve?

→ Framing as a negative (didn't discover X) acknowledges the expectation that detox should reveal technology's harm. By negating it, the author says: I expected to find evil, but I didn't. This structure makes the conclusion more credible — he was open to finding problems but didn't. It also creates a twist: the detox didn't produce the expected anti-technology revelation.

L3 深层　Q60. "Before my eyes" — Why this phrase? What does it add?

→ "Before my eyes" means he witnessed events directly, in real time. The phrase suggests immediacy — social media brought world events to him as they happened. The phrase also creates a visual image: he SAW events unfold, as if he were there. This makes technology feel like a window, not a screen.

L4 评价　Q61. The author lists positive examples of technology. Is this balanced, or is he rationalizing his own industry?

→ (Discussion) Students debate whether the author's positive examples are genuine or self-serving. As a social media CEO, he has an incentive to portray technology positively. The question explores the credibility of industry insiders.

L4 评价　Q62. "Living and breathing tech" — Is it possible to live and breathe something without being controlled by it? Or does total integration mean total dependence?

→ (Discussion) Students explore the difference between integration and dependence. When does "living and breathing" technology become addiction? The question examines the boundary between immersion and compulsion.

语言练习 · **Para. 8**

① 词汇语境

a) "evil" — A) 邪恶的 B) 好的 C) 中性的

b) "reflecting on" — A) 反思 B) 反射 C) 拒绝

c) "rewarding" — A) 有益的 B) 惩罚的 C) 无聊的

d) "unfold" — A) 展现 B) 折叠 C) 关闭

e) "innovative" — A) 创新的 B) 传统的 C) 过时的

② 句意转述

"I didn't end up discovering that technology is evil."

参考答案：I did not ultimately conclude that technology is inherently harmful.

③ 翻译

"我从短暂的实验中学到的，其实和米勒的发现没有太大不同。我最终并没有发现技术是邪恶的。事实上，我发现自己开始反思：生活和呼吸着技术如何让我经历了一些人生中最有价值的时刻：我通过社交网络亲眼目睹了世界事件的展开；我看到人们用新技术与所爱的人保持联系。我也看到企业通过 LinkedIn 等渠道找到创新的方法与客户连接。"

Paragraph 9 — 反讽：远离反而更感恩

The irony is that by stepping away from all things digital for a while, I actually felt even more appreciative of it. After all, technology is a part of me now and it's how I interact with many of the most important people in my life; it's also made me who I am both professionally and personally.

L1 事实 Q63. What is the "irony" the author describes?

→ By stepping away from digital things, he felt even MORE appreciative of technology. Disconnection increased appreciation, not resentment.

L1 事实 Q64. What two roles does technology play in the author's life?

→ (1) It's how he interacts with important people (2) It's made him who he is professionally and personally.

L2 推理 Q65. Why is this "ironic"? What makes it ironic?

→ It's ironic because you'd expect disconnection to make you dislike technology. Instead, it made the author appreciate it more. The irony is that distance creates appreciation — you don't value what you're immersed in until you step away. The paradox: to appreciate technology, you need to stop using it.

L2 推理 Q66. "Technology is a part of me" — Why "part of me"? What does this phrase imply about identity?

→ "Part of me" means technology is not just a tool but a component of his identity. Removing technology would be like removing a limb. The phrase implies that technology has become constitutive of self — it shapes how he thinks, relates, and works. This makes disconnection feel like self-amputation, not just a break.

L3 深层　Q67. "It's made me who I am" — Is this healthy? Can technology shape identity? What are the risks?

→ (Discussion) Students explore whether technology should be part of identity. Arguments for: it enables experiences that shape us. Arguments against: if technology makes us who we are, removing it destroys us. The question examines the ethics of technological identity.

L3 深层　Q68. "Professionally and personally" — Why both? What does this duality achieve?

→ Saying technology shaped him "professionally and personally" covers his entire identity — work and life. The duality makes the claim comprehensive: technology isn't just a work tool or just a personal tool; it's both. The phrase leaves no area of life untouched by technology.

L4 评价　Q69. "Stepping away made me more appreciative." Is this always true? Can stepping away also make you realize you don't need something?

→ (Discussion) Students explore two outcomes of disconnection: (1) appreciation (the author's experience) (2) realization of unimportance (Miller's experience — he found technology wasn't his problem). The question examines what determines which outcome occurs.

L4 评价　Q70. "Technology is a part of me." Do you feel this way? Is there a technology that's part of your identity?

→ (Discussion) Students reflect on which technologies feel constitutive of their identity — phone, social media, gaming, specific apps. The question explores personal relationships with technology.

语言练习 · **Para. 9**

① 词汇语境

a) "irony" — A) 讽刺　B) 铁　C) 相似

b) "stepping away" — A) 远离　B) 走近　C) 留下

c) "appreciative" — A) 感激的　B) 批评的　C) 无视的

d) "interact" — A) 互动　B) 行动　C) 反应

② 句意转述

"The irony is that by stepping away from all things digital for a while, I actually felt even more appreciative of it."

参考答案：Paradoxically, distancing myself from digital technology temporarily made me value it even more.

③ 翻译

"讽刺的是，通过暂时远离一切数字化的东西，我反而对技术更加感恩。毕竟，技术现在是我的一部分，它是我与生活中许多最重要的人互动的方式；它也在职业和个人层面塑造了今天的我。"

Paragraph 10 — 过渡：其他教训

I learned a few other lessons from my short digital detox, which — as I dive back into my connected reality — I'll make sure to remember:

L1 事实　Q71. What does the author say he learned? What is he diving back into?

→ He learned "a few other lessons" from his digital detox. He's diving back into his "connected reality" — returning to online life.

L2 推理　Q72. "As I dive back into my connected reality" — Why "dive"? What does this metaphor suggest?

→ "Dive" suggests plunging into water — immersive, sudden, total. The metaphor implies that returning to online life is like jumping into a pool: you're surrounded immediately. "Dive" also suggests intentionality — he's choosing to return, not falling back accidentally. The word makes reconnection feel active, not passive.

L2 推理　Q73. "I'll make sure to remember" — Why this phrase? What does it imply about the lessons?

→ "Make sure to remember" implies the lessons are valuable but easy to forget — once you're back online, the old habits return. The phrase shows self-awareness: he knows the detox insights might fade. It also creates a contract with the reader: these lessons are worth remembering.

L3 深层　Q74. This paragraph is a transition — one sentence that introduces the remaining paragraphs. Why isolate it?

→ The single-sentence paragraph creates a structural pause — a breath between the reflection (paras 8-9) and the lessons (paras 11-12). The isolation signals: what follows is important. It also mimics the act of re-entering: a moment of transition before the list begins.

L3 深层　Q75. "Connected reality" — Why not just "going online"? What does "reality" add?

→ "Reality" implies that being connected is his normal state — his default existence. "Going online" would suggest a choice; "connected reality" suggests a condition. The phrase acknowledges that for the author (and many readers), online life IS reality, not an alternative to it.

L4 评价　Q76. The author plans to "remember" the lessons. Do detox lessons typically last? Or do people revert to old habits?

→ (Discussion) Students explore whether digital detox insights are permanent or temporary. Research suggests people often revert. The question examines the sustainability of behavioral change.

语言练习 · **Para. 10**

① 词汇语境

a) "dive back" — A) 重新投入　B) 潜水　C) 退出

b) "connected reality" — A) 连接的现实　B) 断开的现实　C) 虚拟现实

c) "make sure" — A) 确保　B) 确信　C) 怀疑

② 句意转述

"As I dive back into my connected reality, I'll make sure to remember."

参考答案：As I return to my online life, I intend to hold onto these insights.

③ 翻译

"我从短暂的数字排毒中还学到了其他几个教训——当我重新投入连接的现实时，我会确保记住它们："

Paragraph 11 — 零食与正餐的比喻

Snacking is fun, but it shouldn't replace full meals. With the digital explosion has come an excess of cheap, easy, and addictive pieces of online content for us to readily snack on. No wonder it's so easy to fall into the habit of spending hours online mindlessly moving from one tasty snack to another. The funny thing is that I found I didn't miss this kind of online snacking at all during my 14 days offline. In fact, what I started to crave in the absence of snacky content was longer, thoughtful articles and good books, reading that nourishes my mind.

L1 事实　Q77. What metaphor does the author use? What are "snacks" and "full meals"?

→ Snacks = cheap, easy, addictive pieces of online content (cat pictures, tweets, quick videos). Full meals = longer, thoughtful articles and good books that nourish the mind.

L1 事实　Q78. What did the author find during his 14 days offline? What did he start to crave?

→ He didn't miss online snacking at all. He started to crave longer, thoughtful articles and good books — reading that nourishes his mind.

L2 推理　Q79. Why is the snacking metaphor effective? What makes it apt for online content?

→ Snacks are: cheap (free), easy (instant), addictive (hard to stop), but not nutritious. Online content shares these qualities: it's free, instant, addictive, but doesn't nourish the mind. The metaphor makes the problem visceral — everyone knows snacking is fun but unhealthy. The comparison makes digital consumption feel like a dietary issue.

L2 推理　Q80. "Mindlessly moving from one tasty snack to another" — Why "mindlessly"? What does this word reveal?

→ "Mindlessly" means without thinking — automatically, unconsciously. The word reveals that online snacking is not a choice but a compulsion. You don't decide to scroll; you just do. The word frames the behavior as addictive — the user is not in control.

L3 深层　Q81. "Nourishes my mind" — Why "nourishes"? How does this word connect to the food metaphor?

→ "Nourishes" = provides nutrients for growth. The word extends the food metaphor: snacks don't nourish, but full meals do. Just as junk food doesn't nourish the body, snacky content doesn't nourish the mind. The word makes reading feel like healthy eating — essential for mental growth.

L3 深层　Q82. "In the absence of snacky content" — Why "absence"? What does this word imply?

→ "Absence" means something is missing — as if snacky content is a presence that needs to be removed. The word implies that online snacking is so pervasive that its removal creates a vacuum. The vacuum is then filled by better content (longer articles, books). The word frames detox as removal, not addition.

L4 评价　Q83. The author replaced "snacks" with "full meals." Is this realistic for most people? Or do we need both?

→ (Discussion) Students debate whether it's possible to only consume "full meal" content. The question explores whether short-form content has value or is purely detrimental.

L4 评价　Q84. "Snacking is fun, but it shouldn't replace full meals." Do you agree? What's the right balance between snacks and meals in your digital diet?

→ (Discussion) Students reflect on their own content consumption. What percentage is "snacks" vs. "meals"? The question encourages self-assessment of digital diet.

语言练习 · **Para. 11**

① 词汇语境

a) "snacking" — A) 吃零食　B) 正餐　C) 禁食

b) "explosion" — A) 爆炸/激增　B) 减少　C) 稳定

c) "addictive" — A) 上瘾的　B) 无聊的　C) 有益的

d) "mindlessly" — A) 无意识地　B) 有意地　C) 聪明地

e) "crave" — A) 渴望　B) 厌恶　C) 忽视

f) "nourishes" — A) 滋养　B) 损害　C) 忽视

② 句意转述

"Snacking is fun, but it shouldn't replace full meals."

参考答案：Casual snacking is enjoyable, but it should not substitute for proper, nutritious meals.

③ 翻译

"吃零食很有趣，但不应该用它代替正餐。随着数字爆炸，大量廉价、简单、令人上瘾的在线内容让我们随手可得地当零食吃。难怪我们很容易养成在网上无意识地从一个美味零食跳到另一个、花上几个小时的习惯。有趣的是，我发现在 14 天离线期间，我一点也不想念这种在线零食。事实上，在零食内容缺席的情况下，我开始渴望的是更长的、有深度的文章和好书——那些能滋养我心灵的阅读。"

Paragraph 12 — 深度阅读的力量

Numerous studies have proven that such reading can improve brain function; some have even suggested it can make you a better person. So instead of funny cat pictures, dive into some of the great "long reads" that show up on your screen — stuff that actually changes how you look at the world. Better yet, pick up a novel or read a book about a topic that can benefit you in some way, whether it's related to your job or your passions.

L1 事实　Q85. What have studies proven about deep reading? What can it do?

→ Studies have proven that deep reading can improve brain function. Some have even suggested it can make you a better person.

L1 事实　Q86. What does the author recommend instead of cat pictures? What's the "better yet" option?

→ Instead of cat pictures: dive into "long reads" that change how you look at the world. Better yet: pick up a novel or read a book that can benefit you, whether related to your job or your passions.

L2 推理　Q87. "Make you a better person" — What does this mean? How can reading make you better?

→ Reading can make you better by: (1) increasing empathy (understanding others' perspectives) (2) expanding knowledge (3) improving critical thinking (4) exposing you to different values and experiences. The claim is that reading is not just cognitive but moral — it shapes character.

L2 推理　Q88. "Whether it's related to your job or your passions" — Why these two categories? What does each offer?

→ Job-related reading = professional development, skills, career advancement. Passion-related reading = personal growth, joy, meaning. Together, they cover both instrumental (useful) and intrinsic (enjoyable) reading. The duality says: read for work OR for love — both are valid.

L3 深层　Q89. "Dive into" — Why "dive" again (used in Para 10)? What connects the two uses?

→ In Para 10, he "dives back into" connected reality. In Para 12, he recommends "diving into" long reads. The repetition creates a contrast: dive into shallow water (digital life) vs. dive into deep water (long reads). The same verb, different depths. The echo suggests that the author is replacing one dive with another — swapping shallow for deep.

L3 深层　Q90. "Stuff that actually changes how you look at the world" — Why "stuff"? Why not "content" or "articles"?

→ "Stuff" is informal, casual — it avoids sounding pretentious. The word makes the recommendation feel accessible, not academic. "Content" would sound clinical; "articles" would sound formal. "Stuff" says: it doesn't matter what form it takes, as long as it changes your perspective. The word prioritizes impact over format.

L4 评价　Q91. "Make you a better person" — Do you believe reading can make you morally better? Or is this an overstatement?

→ (Discussion) Students debate whether reading has moral effects. Arguments for: empathy, perspective-taking. Arguments against: knowledge ≠ virtue. The question explores the relationship between reading and character.

L4 评价　Q92. The essay ends with a recommendation: read long-form content. Is this practical advice? Or is it unrealistic given most people's habits?

→ (Discussion) Students evaluate whether the recommendation is actionable. The question explores the gap between knowing what's good (deep reading) and doing it (the pull of short-form content).

语言练习 · **Para. 12**

① 词汇语境

a) "numerous" — A) 大量的　B) 少数的　C) 没有的

b) "brain function" — A) 大脑功能　B) 脑力　C) 头痛

c) "dive into" — A) 深入/投入　B) 跳出　C) 拒绝

d) "benefit" — A) 有益于　B) 损害　C) 忽视

e) "passions" — A) 热爱/激情　B) 冷漠　C) 被动的

② 句意转述

"Numerous studies have proven that such reading can improve brain function; some have even suggested it can make you a better person."

参考答案：Many studies have shown that deep reading enhances cognitive abilities, and some research even indicates it can improve your character.

③ 翻译

"大量研究已证明，这种阅读可以改善大脑功能；有些研究甚至表明它可以让你成为更好的人。所以，与其看搞笑的猫咪图片，不如深入阅读那些出现在你屏幕上的精彩'长读'——那些真正改变你看待世界方式的内容。更好的是，拿起一本小说，或读一本关于某个对你有益的主题的书，无论它与你的工作还是你的热爱相关。"

综合练习·全文

I. 课文填空（Cloze）

Complete the passage with words from the text.

Paul Miller made _____ online when he went one full year with absolutely no internet. Everyone wanted to know his amazing _____, but it turned out that technology had little to do with his life's problems — without the net, he became more "out of _____ with life." The author, CEO of a social media company, went on his own digital _____ for two weeks in Mexico. He'd been _____ in 24-7 for a decade and had forgotten the lesson of _____. During his 14 days offline, he ate seafood, _____, and fixed up his hut. He didn't discover technology is _____; instead, he felt more _____ of it. The _____ is that stepping away made him value technology more. He learned that online "_____" — cheap, addictive content — shouldn't replace "full _____" of thoughtful articles and books. He recommends _____ into long reads that change how you look at the world, or picking up a _____ that benefits you, whether related to your job or your _____.

参考答案：waves, discoveries, touch, detox, plugged, moderation, surfed, evil, appreciative, irony, snacks, meals, diving, novel, passions

II. 判断题（True or False）

1. ___ Miller's experiment lasted 365 days. (T)

2. ___ Miller discovered that technology was the main cause of his problems. (F — technology had "very little, if anything, to do with his life's problems")

3. ___ The author is anti-technology. (F — he's CEO of a social media company and believes connection makes lives richer)

4. ___ The author completely disconnected during his 14 days in Mexico. (F — he checked email periodically for emergencies)

5. ___ The author found that stepping away from technology made him appreciate it more. (T)

6. ___ The author missed online "snacking" during his detox. (F — he didn't miss it at all; he craved longer articles and books)

7. ___ Studies suggest deep reading can make you a better person. (T)

8. ___ The author recommends replacing all short-form content with novels. (F — he says "better yet" pick up a novel, but doesn't say replace ALL short-form)

III. 讨论题（Discussion）

1. Both Miller and the author found that technology wasn't their main problem. What IS the main problem, according to the essay? Do you agree?

2. The author is a social media CEO who advocates moderation. Is this credible? Or is there a conflict of interest?

3. "Snacking vs. full meals" — Apply this metaphor to your own digital diet. What percentage of your online consumption is "snacks"? What would it take to shift the balance?

4. The author felt MORE appreciative of technology after disconnecting. Is this always the case? Can disconnection also make you realize you don't need something?

5. The essay recommends "long reads" and novels. In the age of TikTok and short videos, is this recommendation still relevant? Or has the definition of "deep reading" changed?

IV. 写作任务（Writing Task）

Write a short essay (150-200 words) on one of the following topics:

Topic A: Describe your own experience with digital detox (or a time you wished you could disconnect). What did you learn (or what do you think you would learn)?

Topic B: "Moderation" — The author says moderation is the key lesson. Do you agree? Or is moderation impossible with addictive technology? Defend your position.

Topic C: "Snacking vs. full meals" — Audit your digital diet for one day. What did you consume? Was it snacks or meals? Write about what you found and what you'd change.

要求：① 至少使用 3 个课文关键词(detox, moderation, blurred, appreciative, irony, nourish, addictive 等) ② 包含至少 1 个 personal reflection ③ 语法正确，逻辑清晰