



HOW TO FIX A BROKEN HEART

DR. GUY WINCH

UE4B 1108200091 沈禧芝 Sandy
1108200097 陳佳君 Carol
1108200106 李沛霓 Catherine

Content

1

Introduction the author

4

Challenges

2

Summary

5

References

3

Terms

He was born in 1961. (61 years old.)

Introduction

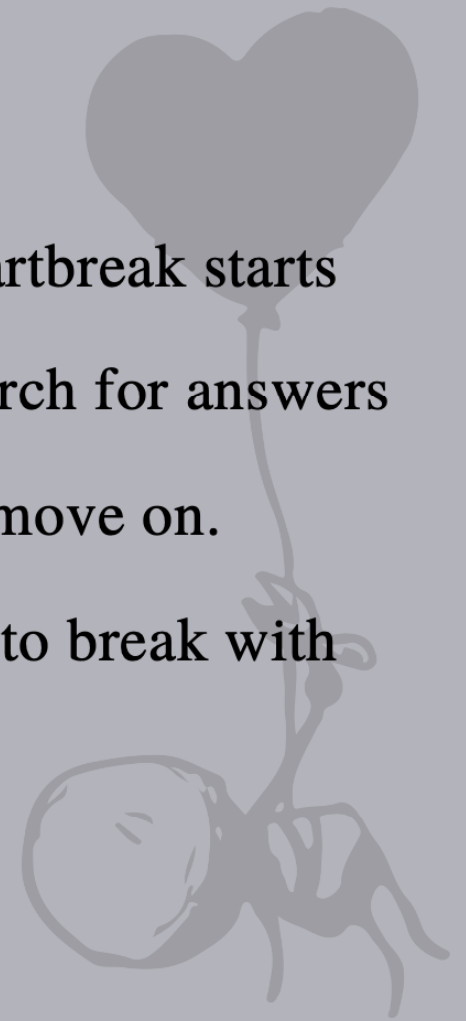
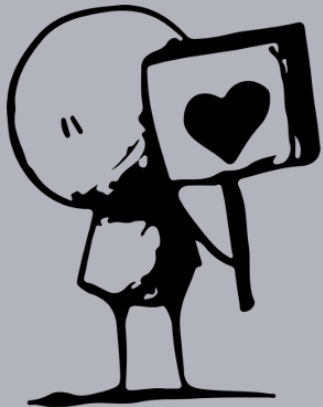


**GUY
WINCH**

Summary

Psychologist Guy Winch reveals how recovering from heartbreak starts with a determination to fight our instincts to idealize and search for answers that aren't there - and offers a toolkit on how to, eventually, move on.

Our hearts might sometimes be broken, but we don't have to break with them.



3

TERMS

TERMS

P79

To move on, Kathy had to make the same decision every addict must if they wish to turn their lives around and escape the clutches of the substance that controls them.

Substance (n.)

a type of solid, liquid or gas that has particular qualities
→drug

1

TERMS

P79

She would have to give up her quest for answers—her "drug"—
and go cold turkey.

2

go cold turkey (phr.)

quitting an addiction or habit suddenly

→ quitting Kathy's quest for answers

TERMS

P79

In order to do so, Kathy needed to be ready to manage the powerful cravings and in tense withdrawal that would try to break her resolve.

3

Withdrawal (n.)

to take or move out or back, or to remove

→ the act or process of ceasing to use an addictive drug

TERMS

P88

Using mindfulness to battle rumination.

4

Mindfulness (n.)

being aware of your body, mind, and feelings in the present moment;
thought to create a feeling of calm

TERMS

P88

Well versed in Star Wars, Lauren nodded and said, "Do or do not."

5

"Do or do not"— It comes from what Yoda said in *Star Wars*
→ Lauren applied this phrase to herself.

4

Challenges

We need to let go of hope,
of the fantasy in which we
undo what went wrong, of
the psychological presence
the person or pet has in our
daily thoughts, and thus, in
our lives.

1

The order of sentences
affects the meaning of the
entire sentence.

2

"And thus, in our lives"
means summarizing
everything that need to let
go.

Ben sat back
and thought for
a moment.
"Dating sucks."

Sat back
originally
means to take a
break or sit
down.

Sat back in
this sentence
means
leaning back
in the chair.

"Yes, he was. His memory is not. Ben, you repaid your debt of loyalty to Bover while he was alive, many times over. Now you have to be loyal to yourself, to your own needs and happiness.

Many times over meant that it had been repaid many times.

Many times over in this sentence means more than several times over.

CONCLUSION

Translation does not just need to translate each word. It also needs to understand the author's original intention and make the meaning smooth.



REFERENCE

<https://www.guywinch.com/about/>

https://www.ted.com/talks/guy_winch_how_to_fix_a_broken_heart

<https://en.wikipedia.org/wiki/Mindfulness>

<http://paper.wenweipo.com/2017/11/29/ED1711290026.htm>

<https://www.oxfordlearnersdictionaries.com>

<https://dictionary.cambridge.org/zht/>

<https://blog.english4u.net/blog2.aspx?id=967>

<https://context.reverso.net/翻译/英语-中文/many+times+over>

Thank you!

