

词汇: *mentality* 心态

The chicken or the egg – which came first? It's probably one of the most commonly cited paradoxes – a chicken hatches from an egg, so the egg came first, right? But then what laid the egg? The two **ideas** seem **contradictory**, and that's exactly what a **paradox** is – a problem that seemingly has no definitive **solution** and can't be **logically** solved.

And paradoxes don't just exist in **philosophical** debates but also in our daily lives. How can work be **flexible** but maintain **structure**? How can we **switch off** if we're working from home? Two **contrasting** ideas could cause people stress, but what if we accept the **contradiction** and change the way we look at it? This is what some experts call the 'paradox **mindset**'.

A paradox consists of two realities that exist at the same time – even though that seems impossible. If you **embrace** just one of those realities and ignore the other, it can cause problems. For example, embracing change may lead to **burn-out**, while embracing stability may lead to boredom. Some experts have found the acceptance of both realities and a willingness to embrace them can improve both **creativity** and **productivity** by allowing you to **navigate** a path through the contradictions.

A 1996 study of geniuses by Albert Rothenberg found that those thinkers spent time considering opposites and **antitheses**. Consider Einstein. The **theory** of relativity was born out of the paradox that something could be moving and stationary at the same time, depending on **perspective**.

So, having a 'paradox mindset' and accepting the bigger picture may help you to better understand problems. It could also make you happier knowing that contradictions exist. As a result, it may lead you to improving your productivity and creativity. If it worked for Einstein, maybe it could be good for you too!

## 词汇表

<b>idea</b>	想法
<b>contradictory</b>	自相矛盾的, 对立的
<b>paradox</b>	悖论, 矛盾的情况
<b>solution</b>	解决办法
<b>logically</b>	合乎逻辑地
<b>philosophical</b>	哲学的
<b>flexible</b>	灵活变通的
<b>structure</b>	结构, 条理
<b>switch off</b>	不再考虑 (工作)
<b>contrasting</b>	截然不同的
<b>contradiction</b>	矛盾
<b>mindset</b>	思维方式, 思维模式
<b>embrace</b>	欣然接受
<b>burn-out</b>	极度劳累
<b>creativity</b>	创造力
<b>productivity</b>	生产力
<b>navigate</b>	设法应付
<b>antithesis</b>	对立, 对立面, 复数为“antitheses”
<b>theory</b>	学说, 理论
<b>perspective</b>	思考角度, 观点

## 测验与练习

### 1. 阅读课文并回答问题。

1. What is a paradox, according to the article?
2. What is the paradox created by work being too flexible?
3. True or False? *Contradictions that cause stress are examples of the 'paradox mindset'.*
4. What were the findings of the 1996 study of geniuses?
5. What contradictions did Einstein consider before creating the theory of relativity?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. It's not a reality at the moment – it's all just \_\_\_\_\_.

theoretical	creativity	logic	productivity
-------------	------------	-------	--------------

2. You need to use \_\_\_\_\_ to solve this problem.

burn out	solution	flexible	logic
----------	----------	----------	-------

3. You need to show a bit of \_\_\_\_\_ and stop being so rigid.

flexibility	solve	theory	burn out
-------------	-------	--------	----------

4. I'm so tired – I feel so \_\_\_\_\_.

burnt out	solution	logically	solve
-----------	----------	-----------	-------

5. We need to find a \_\_\_\_\_ to this problem, now!

flexibility	logically	theory	solution
-------------	-----------	--------	----------

## 答案

### 1. 阅读课文并回答问题。

1. What is a paradox, according to the article?

**A problem that seemingly has no definitive solution and can't be logically solved.**

2. What is the paradox created by work being too flexible?

**How can work be flexible, but maintain structure?**

3. True or False? *Contradictions that cause stress are examples of the 'paradox mindset'.*

**False. Learning to appreciate contradictions is the paradox mindset.**

4. What were the findings of the 1996 study of geniuses?

**That the great thinkers tend to look at opposites and contradictions.**

5. What contradictions did Einstein consider before creating the theory of relativity?

**That something can be moving and stationary at the same time.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. It's not a reality at the moment – it's all just **theoretical**.

2. You need to use **logic** to solve this problem.

3. You need to show a bit of **flexibility** and stop being so rigid.

4. I'm so tired – I feel so **burnt out**.

5. We need to find a **solution** to this problem, now!