

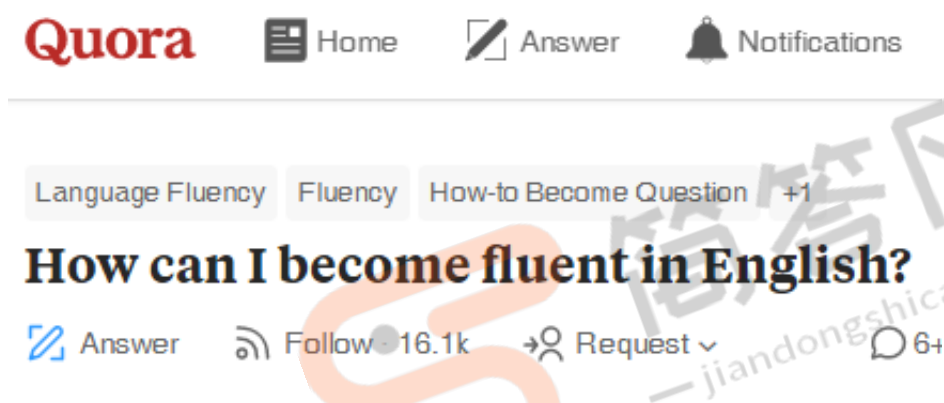
## 《怎样练成流利的英语口语？Quora大神这样说》

英语的重要性现在已经不言而喻了，而对于中国这样一个越来越国际化的国家，口语交流能力也变得越来越重要。

不管你是要到高级企业就职，还是想出国留学、游学，亦或是自己创业做国际化生意，都需要足够的口语能力。

但这个能力似乎一直是大部分中国人的弱项。

到底要怎样才能提高我们的口语能力呢？Quora网站上的这则分享或许能给你答案：



How can I become fluent in English?

怎样说一口流利英语？

获得30,7k好评的回答@Sandeep Manudhane

Don't set fluency targets - Never ever commit the mistake of setting a "number of words spoken per minute" kind of targets. They are destructive as they do not allow the mind to really work constructively without pressure.

别设定什么流畅度目标——永远别定“一分钟应该说多少个词”这种错误目标。这样你就没办法正常地毫无压力地表达，会打乱你的节奏。

Be a natural - Let things happen naturally. As you read more, and convert the read word into spoken word, your speed will gradually pick up. Do not be artificial.

自然点——顺其自然。随着阅读量增加，把你读到的转化成你说出来的，语速自然会提高。别刻意追求速度。

Read, read, read - As you read more, your confidence about issues / topics / subjects will grow. You will start owning knowledge. You will develop an inner, natural strength. It is a matter of time that it starts showing on your face.

读，读，读——你读得越多，你对事情、话题、主旨的把握就越有自信。你开始积累更多的知识，培养自己由内而外、自然而然更优秀的气质。随着时间的沉淀，这种气质自然会显露出来。

Write at least 1 essay per day - It is the ultimate test of what you are learning, and if you are learning something at all. Pick a plain paper, think of a topic, and write an essay (300 words max) on it. Do it every day. It will very productively force you to raise the level of the game.

每天写一篇文章——这是考察你到底学了什么、有没有学到真东西的终极考验。拿一张白纸，想一个主题，然后写一篇文章（不超过300字）。每天坚持。这是推动你进步的数量上的保证。

Be measured while you speak - Do not try to outgun anyone in the group. Take a few seconds before you react (2 or 3 seconds, say). That will ensure that you do not over-react, instant-react, or wrong-react.

想好了再说——不要试图压倒每一个组员。在作出反应之前思考2到3秒，以保证你不会表现过激、仓促或者出错。

Talk to yourself - You will never be ashamed doing that. Keep doing it regularly. It will open up your tongue.

和你自己对话——你不会为此感到害羞的。检测有规律地练习。这会让你敞开心扉。

Shout, at least once a day - Go to the rooftop literally, and shout aloud. Do that for

some minutes. Speak something sensible if you can. It will train the mind not to be scared of anything. Of course, if you do that elsewhere, people may beat you up :)

大喊，至少每天一次——去屋顶，大声喊。喊几分钟。如果可以的话，说一些有感而发的话。这会让你内心变得更强大。当然，如果你不分场合地喊，肯定会被打的。

Love yourself for what you are - This is perhaps the most crucial step. If you hate yourself for not being a fluent English speaker (as per whatever random benchmark you've adopted), your sense of self-worth will be destroyed. Don't let that happen to you.

接受自己，爱自己的样子——这可能是最重要的一步了。如果你恨自己的英语不够流利（或者随便其他你要求自己做到的事情。）你的自我肯定就会被摧毁。不要让这发生在你身上。

I have come across some really fast speakers who talk sense, and some who are idiots; some measured speakers who talk a lot of sense; and some slow speakers who are a pleasure to listen to.

我遇到过很多讲话很快又很有道理的人，遇到过说话很快却很愚蠢的人，遇到过说话有分寸而且很有道理的人，也遇到过一些说话慢慢的却让人很乐意听下去的人。

It all depends on your profession, your eye-contact and body language, and the choice of words + depth of knowledge.

这一切由你的专业水平、眼神交流、肢体语言和用词、知识深度来决定。

So relax, and start your personal journey of success! It will take time, so buckle up. Wish you great luck.

所以，放轻松，找到适合你自己的方法吧！可能要花一些时间，所以要有耐心。祝好运。

总结来讲，大部分人面临的问题可以归结为3点：

1. 缺乏使用英语口语的情境。
2. 没有合适的练习对象，自己像没头苍蝇一样。
3. 学习材料零碎，难以进行系统提升。

