

READING

FIRST THERE WAS **SPEED DATING**
THEN **SPEED FLATMATING** ... AND NOW ...

SPEED SHRINKING:

A THREE-MINUTE CURE?



- 1 New Yorkers are famous for spending more time with their therapists, or 'shrinks', than with their friends. Whether that's true is open to debate, but with the arrival of speed shrinking, they'll find they have more time left for their personal life and more cash left in their pockets as well.
- 2 'You only have three minutes to say your problem and get advice,' said Andu Novac, the first person I spoke to when I arrived at my first speed-shrinking event. 'That's so you don't waste time going into detail.'
- 3 In the newest variant of a format that seems to be inspired by speed dating, participants have the opportunity to seek the advice of eight different therapists, each providing a three-minute session. Speed shrinking is the brainchild of Susan Shapiro, a professor of journalism who has also written a book on the subject. Shapiro stumbled across the idea a few years ago when she herself was looking for a new therapist and found a way to try out several of them at minimal cost.
- 4 This evening's event, held in a university lecture hall, is free and has attracted a long queue of people hoping to find a quick cure for their emotional quandaries. Many of those attending are unwilling to talk about their worries to anyone but the therapists, but problems seem to run the gamut from broken relationships, to anxiety about work and money, to general depression, as well as a variety of phobias. Advice tends to be succinct and practical, as suits the format.
- 5 'I'm really unhappy in my job,' Novac tells therapist Adrian Jones. 'I wish I'd become a painter, but now I feel stuck in this position I have at a bank.' 'Follow your dreams,' Jones tells him. 'You may end up poorer, but you won't have the regret of not doing what you really want to do.' Jones's advice hardly seems original, but Novac says he is satisfied. 'I liked his style – he seemed to understand and care,' explains Novac. 'I'm actually looking for a new therapist and this is a great way to try out eight of them in a short time.'
- 6 That's actually why many therapists take part in the event, Jones tells us. 'This is a great source of new clients. And it's a good way for me to advertise my new book – I just have it on the table in front of me and refer to it during my sessions.'
- 7 Some of those seeking advice aren't entirely happy with the format. 'People near me can hear what I'm telling the therapist,' remarks Donna Bersch. 'I feel self-conscious.' But with the loud buzz in the room that sometimes reaches the level of shouting, it's hard to imagine that anyone could actually eavesdrop on another session. Sometimes, they're lucky to be able to hear the person sitting opposite them!

- 1 A** Read the heading and tick the best summary, a), b) or c). Then read the article and check.
- a) It's about a service where overweight people can lose weight quickly.
 - b) It's about a service where people can get advice from a therapist in a short time.
 - c) It's about a service where people get help making their lives simpler.

B Match the people 1–4 with the roles a)–c).

- | | | |
|-----------|---|--------------|
| 1 Novac | b | a) therapist |
| 2 Shapiro | b | b) client |
| 3 Jones | c | c) founder |
| 4 Bersch | | |

C Are the statements true (T) or false (F)? Underline the words/phrases in the article that helped you.

- 1 New Yorkers prefer to spend more time with their therapists than with their friends. F
- 2 Shapiro works at a university.
- 3 In speed shrinking, the therapist gets paid cash.
- 4 A lot of people don't want to tell the reporter what their problems are.
- 5 Novac thinks that Jones's advice is disappointingly unoriginal.
- 6 Many of the therapists participate in order to get more business.
- 7 Bersch doesn't like how noisy it gets sometimes.
- 8 People sometimes can't hear each other because they talk too softly.

D Find words in the article to match definitions 1–8.

- 1 the way that something is organised or designed (paragraph 3)
format
- 2 idea or plan that one person has thought of (paragraph 3)

- 3 found by chance (paragraph 3)

- 4 difficult situations where you cannot decide what to do (paragraph 4)

- 5 strong unreasonable fears of particular things (paragraph 4)

- 6 clearly expressed in a few words (paragraph 4)

- 7 a job in a particular organisation (paragraph 5)

- 8 secretly listen to another person's conversation (paragraph 7)

VOCABULARY

PERSONALITY

2 A Correct the mistake in each phrase.

- 1 I don't know why you say he's down-on-earth, ^{to} c
- 2 I never plan what I say, I'm very spontaneously
- 3 Fabio tends to keep himself in himself. I don't see much of him because
- 4 My colleague Bill is a real person person,
a) and other people seem to think I'm quick and wit because of that.
b) you can tell he enjoys company because he's such a good laughter.
c) I think he's a real computer gawk and he's not very practical.
d) he arrives at work early and leaves early – he's a morn person and I'm not.

B Match the sentence halves.

GRAMMAR

DIRECT AND INDIRECT QUESTIONS

3 Make the therapist's questions with the prompts.

- 1 Why / you / come / see / me / today?
A: *Why have you come to see me today?*
B: I keep getting headaches.
- 2 What / these headaches / like?
A: _____
B: Absolutely terrible.
- 3 What / cause / the headaches, / think?
A: _____
B: Mainly thinking about money.
- 4 What / think / about / moment?
A: _____
B: That clock.
- 5 that clock / remind / you / anything?
A: _____
B: Yes, money.
- 6 Why / that?
A: _____
B: Because I'm paying by the minute! Let's stop now.
- 7 OK. / How / like / pay – / cash / credit card?
A: _____

4 A Complete the second sentence so that it has a similar meaning to the first. Use between two and five words, including the word given.

- 1 Could you introduce us to the director? WONDER
I *wonder if you could introduce* _____ us to the director.
- 2 How much did your camera cost? CAMERA
Do you mind me _____ cost?
- 3 What do you do exactly? TELLING
Would you mind _____ do exactly?
- 4 Is it really worth upgrading to the new smartphone? WHETHER
I'd like to know _____ worth upgrading to the new smartphone.
- 5 Which platform does the Eurostar train leave from? TRAIN
Can you tell me which platform _____ from?
- 6 What will he do when he discovers the mistake? DO
What do you _____ when he discovers the mistake?


B 1.1 Listen and check. Then listen and repeat, paying attention to the polite intonation.


WRITING

AN ADVICE FORUM MESSAGE; LEARN TO EDIT FOR ACCURACY

5 A Read the forum question and reply below. Use the correction code to mark the mistakes and then correct them.

Correction code:	sp = spelling
v = verb form	p = punctuation
gr = grammar	wo = word order
ww = wrong word	st = style

 JUSTINE Can anyone helping ¹ _____? I've just got my essay to write about personality but the articles I've found are too difficult for me to read. Then I realised the real problem is my poor vocabulary. When I reed ² _____ quickly I can't understand the real meaning of the article and the only way I can understand it is by using my dictionary all the time. I'm reading so slowly it's going to take me about three weeks to finish the writing ³ _____.
What can I do about my English vocabulary? I'm worried so ⁴ _____.

 MARTA Justine, keep calm? ⁵ _____ I know what you mean. The first time I wrote an essay in a foreign language, reading was the most difficult thing and the most difficult part of reading was vocabulary. The first thing to do is discuss the problem with your tutor. The next thing is to obtain ⁶ _____ a good English-English dictionary. I joined a language-learning community. I joined the group ⁷ _____ with a similar problem and we all helped each other with our vocabulary. Try it!

B Write a reply from Justine to Marta (120–150 words). Thank her for her suggestions, say which you think are most useful, which you will try and what other ways of learning vocabulary you are going to try.

VOCABULARY

FEELINGS

1 A Put the letters in the correct order to make words and phrases. The first letter of each word is underlined.


- 1 (made my) amcuthsnotr _____ *stomach turn*
- 2 orevthoonme _____
- 3 nigaskh (like a leaf) _____
- 4 (wish the earth would) allswemouwp _____
- 5 darkaww _____
- 6 livedeer _____
- 7 safotedorc (my wits) _____
- 8 gnicafsatin _____
- 9 radtsfruet _____
- 10 seedprism _____

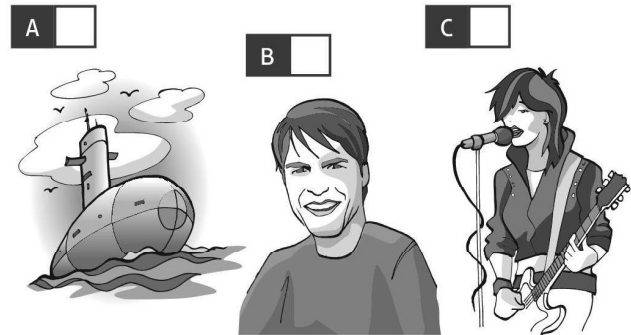
B Complete the sentences with the correct form of the words and phrases from Exercise 1A.

- 1 My audition was terrible, I was so anxious I was _____.
- 2 You look totally disgusted. You look like your _____ . They're only oysters!
- 3 I find volcanoes really _____ . I've read lots of books on the topic.
- 4 I lost my place in the middle of giving the presentation. It was really embarrassing – I just wished the _____ me up.
- 5 We went to Cairo to see the exhibition, but it was closed. I was really _____ !
- 6 My wife came into the shop when I was buying her some perfume. It was quite _____ and I had to hide what I was doing.
- 7 Seiji had been missing for hours, so his parents were enormously _____ when they found him safe and sound.
- 8 When the plane started bumping up and down I was _____ . I was really frightened. I thought we were going to die.
- 9 You have a great singing voice. I'm really _____ .
- 10 I was quite worried about the test yesterday. I thought I'd failed it, so I was _____ to find out that I'd got top marks.

C Which of the sentences in Exercise 1B contain modifiers (*quite, totally, etc.*) that can be replaced by *very*?

LISTENING

2 A  1.2 Read the advert and listen to the interview. Number the pictures A–C in the order the dreams are mentioned.



DREAMS COME TRUE

Do you have experiences you've always wanted to try but never thought were possible?

Whether your dream is ordinary or extraordinary, it's special to us!

With Dreams Come True, there's always a first time – we guarantee it!

B Listen again and circle the correct answer.

- 1 What did the first client want?
 - a) to appear with a rock star in a live concert
 - b) people to recognise her talent
 - c) to play in front of a large number of people
- 2 Why does Owen Winters find his job at Dreams Come True easy?
 - a) It's similar to his previous job.
 - b) He has worked in business for many years.
 - c) He knows a lot of people in the music business.
- 3 What is the secret about the supersonic flight?
 - a) the name of the client who wants to fly
 - b) the financial details of the flight
 - c) where the plane comes from
- 4 How did the person with Tom Cruise make-up feel about the experience?
 - a) He loved all the attention.
 - b) He didn't enjoy it.
 - c) He didn't like the bodyguards.
- 5 What happened to the woman who wanted to go into space?
 - a) She couldn't afford it at first but now she can.
 - b) She was originally disappointed but now she's going to achieve her dream.
 - c) It has taken Dreams Come True a long time to plan and organise the trip.

C Listen again. How many of the dreams mentioned are connected with pop culture (P), transport (T) or history (H)?

GRAMMAR

PRESENT PERFECT

3 Complete the sentences with the present perfect or past simple form of the verbs in brackets.

- 1 Is there something you *have always wanted* (always want) to do but somehow _____ (never manage) to?
- 2 Not long ago our company _____ (have) a client who _____ (want) to be a rock star.
- 3 I _____ (work) as a production manager in the film business for many years, till just a few years ago.
- 4 How much _____ (the concert / cost) last year? _____ (the cost / go) up since then?
- 5 What other dreams _____ (you / make) come true recently?
- 6 We _____ (just finish) working with a client who wants to fly across the Atlantic Ocean on a supersonic aeroplane.
- 7 One client wanted to fly in space but that wasn't possible back when she first _____ (request) it.
- 8 Since then it _____ (become) possible for ordinary people to go into space.

4 Complete the conversations with the present perfect or past simple form of the verbs in the box.

speak forget leave happen not ask be (x2) get back see have (x2) stay go

- 1 **A:** _____ anyone
_____ my pen?
B: What does it look like?
A: It's silver. I'm sure I _____ it on the table before we _____ to lunch.
- 2 **A:** _____ you _____ to Kiera today?
B: No, and I _____ her yet if she wants to come out with us tomorrow.
- 3 **A:** Hi, Suzie. When _____ you _____ from holiday?
B: A few days ago but I _____ already _____ it. There _____ over 300 emails in my inbox!
A: I sympathise! The same thing _____ after my break.
- 4 **A:** Do you know anyone who _____ flu?
B: No, thankfully. What about you?
A: Frank _____ away from school last week as one of the other kids _____ a fever, but it was a false alarm.
B: Yes, so far everyone in my family _____ OK.

VOCABULARY PLUS

WORD BUILDING: NOUNS

5 A Complete the quotes with the noun form of the words in capitals.

- 1 ' _____ is never without a reason, but seldom with a good one.'
Benjamin Franklin, US President
ANGRY
- 2 'The chief enemy of _____ is "good" sense.'
Pablo Picasso, Artist
CREATIVE
- 3 'There is no such thing as pure pleasure; some _____ always goes with it.'
Ovid, poet
ANXIOUS
- 4 'Most things in life are moments of pleasure and a lifetime of _____; photography is a moment of _____ and a lifetime of pleasure.'
Tony Benn, politician
EMBARRASSED
- 5 'There can be no deep _____ where there is not deep love.'
Martin Luther King Jr, civil rights activist
DISAPPOINTED
- 6 'If I ever completely lost my _____ I would be frightened half to death.'
Paul Lynde, actor
NERVOUS
- 7 'Prayer is not an old woman's idle _____. Properly understood and applied, it is the most potent instrument of action.'
Mahatma Gandhi, leader and activist
AMUSED
- 8 'Men lose more conquests by their own _____ than by any virtue in the woman.'
Ninon de L'Enclos, writer
AWKWARD
- 9 'A life of _____ is inevitable for any coach whose main enjoyment is winning.'
Chuck Noll, American football coach
FRUSTRATED

B Tick the quotations you agree with and put a cross next to those you don't agree with.

VOCABULARY

ADVERTS

1 Complete the adverts with the words in the box.

refundable negotiable for in
sign enrolment trial

CIRCUIT TRAINING

LIMITED ¹ _____
– ONLY TWO PLACES LEFT!

² _____ up now.

Fill ³ _____ your
personal
details on
this form and
pay the deposit
today!

(Deposit is non-
⁴ _____)



TRY THIS AMAZING APP

New Life-organiser app is now
available for Android users.

There is a free ⁵ _____
for the first month.



GUYS & GALS

Tickets available for matinée
performance – due to limited
availability of seats, seating
is not ⁶ _____ and
two-⁷ _____-one deal
does not apply to this show.

FUNCTION

POLITE ENQUIRIES

2 Correct two mistakes in each sentence.

- 1 I'm like to enquire for a reservation I made.
- 2 I was wandering is that would be possible.
- 3 Would there be any chances of get the same price for the following weekend?
- 4 I am really grateful you could make an exception.
- 5 Would your mind saying me why it's so complicated to change?
- 6 Do you me mind asking what is your name?
- 7 Will you mind transfer me to your supervisor.

3 1.3 Listen to the intonation of the enquiries. Write polite (P) or impolite (I).

- 1 a) P b) _____
- 2 a) _____ b) _____
- 3 a) _____ b) _____
- 4 a) _____ b) _____
- 5 a) _____ b) _____
- 6 a) _____ b) _____
- 7 a) _____ b) _____

LEARN TO

MANAGE ENQUIRIES

4 A Put the words in the correct order to make sentences.

a) transferring / you / mind / would / me / .

b) that / just / difficult, / it's / be / sorry / to / ...

c) a / me / with / minute / bear / .

d) question, / keeping / got / you / I've / one / if / I'm / more / not / .

e) you / keep / to / sorry / .

f) hold / minute? / just / you / a / I'll / can / on / see / .

B 1.4 Listen to the conversation and read the audio script on page 74. Tick the sentences above which are used. Which sentence is not used?