

6A Change your life!

1 LEXIS IN CONTEXT How to survive...

Look at the Lexis in Context on Student's Book p.54. Then complete the sentences.

- 1 If you don't **do your share** of the housework, we'll have to stop giving you pocket money.
- 2 Everybody was shocked **beyond b** at the devastation caused by the hurricane.
- 3 If you feel that you're going to **lose your c** during an argument, it's best to leave the room.
- 4 Please **h** **in** your key card at the front desk when you depart.
- 5 My new job is really **st** **me out**. There's too much to do and nobody to help.
- 6 I don't save a lot of money, but I manage to **sq** **away** a small amount every month.
- 7 Many medicines should not be taken on an **empty st**.
- 8 Why do you always go into 'child m' whenever we visit your parents? It's the only time you behave in a really immature way!

2 GRAMMAR

verb + object + infinitive or gerund

a **Circle** the right answer.

- 1 My boss recommended...for the post of supervisor.
a me applying **b** me to apply c me apply
- 2 Gina's psychologist advised...her routine.
a her not change b her not changing c her not to change
- 3 Please will you let...the news!
a me watch b that I watch c me to watch
- 4 Do you remember...you when you were ill?
a us to visit b us visit c us visiting
- 5 She waited...before phoning her mother.
a for him leaving b for him to leave c him to leave
- 6 They don't allow...in the reservoir.
a you to swim b that you swim c you swimming
- 7 We'd like...this gift on behalf of all of us.
a you to accept b you accept c you accepting
- 8 The doctor kept...for over an hour.
a me wait b me waiting c me to wait

- b Complete the sentences with a pronoun and the verb in brackets. Use an infinitive with or without to or a gerund.



- 1 My father-in-law wasn't feeling well so I persuaded him to seek medical help. (seek)
- 2 A bad experience in Maria's youth taught _____ lies. (not tell)
- 3 We don't advise _____ with children under 12, though you are welcome to bring teenagers. (come)
- 4 They're late with the pizzas. We planned for _____ here during half-time. (get)
- 5 I know you're very good with children, but I can't imagine _____ as a primary school teacher. (work)
- 6 A special British Airways course helped _____ his fear of flying. (overcome)
- 7 My friends didn't mind _____ for my drinks last night because they know I'm broke. (not pay)
- 8 Our visitors are on their way so we'd better hurry home. I'd hate _____ while we were out. (arrive)



3 VOCABULARY compound adjectives

- a Complete the compound adjectives.
- Doctors advise patients with a heart condition not to participate in high-*risk* activities.
 - She's terribly self-_____ about her new haircut; she thinks it's too short.
 - Barbara often goes to charity shops to look for second-_____ clothes.
 - Last-_____ holidays tend to be much cheaper than advance bookings.
 - Our next-door neighbour is a narrow-_____ old man who refuses to listen to new ideas.

b Match a word in **A** to a word in **B** to make compound adjectives, then complete the sentences.

A dead eco feel ground hands
high high labour life low

B breaking changing cost end free
friendly good heeled pitched saving

- I'm not used to wearing *high* - *heeled* shoes, so I'm going to buy some flat ones.
- It's a _____ - _____ job – there's no chance he'll ever be promoted.
- Dogs can hear really _____ - _____ sounds.
- It's a _____ - _____ movie which makes you realize that life is worth living.
- Taking a gap year was a _____ - _____ decision for my nephew.
- We booked with a _____ - _____ airline because the flights were much cheaper.
- Scientists are using _____ - _____ technology to develop a new treatment for cancer.
- Washing machines are one of the greatest _____ - _____ devices in the home.
- They insist on only using _____ - _____ cleaning products so as not to harm the environment.
- Is it legal to use a _____ - _____ phone when you're driving?

4 PRONUNCIATION main stress

a Underline the main stress in the compound adjectives.

- | | |
|-----------------------------|--------------------|
| 1 <u>air</u> -con di tioned | 6 nar row- min ded |
| 2 high- risk | 7 se cond- hand |
| 3 home- made | 8 self- con scious |
| 4 last- mi nute | 9 well- be haved |
| 5 long- dis tance | 10 worn- out |

b **iChecker** Listen and check. Then practise saying the words.

5 LISTENING

a **iChecker** Listen to a man suggesting activities to try. Write **S** for summer and **W** for winter next to the activities.

- Go for a walk _____
- Learn a new language _____
- Make a new salad every day _____
- Run five kilometres _____
- Start a book club _____
- Write a blog _____



b Listen again and mark the sentences T (true) or F (false).

- The five kilometre app requires one hour of your day for three weeks.
 - A walk in the morning helps start your day in the right way.
 - There are enough salad recipes to be able to eat a different one every day for about a month.
 - The man is no longer a member of a book club as he moved house.
 - According to the man, writing a blog can be time-consuming.
 - The language app only offers a very limited number of languages.
 - The app provides a series of games for a fixed price.
- c Listen again with the audio script on p.73 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

6 READING

- a Read the article once and tick (✓) the best summary.
- Habits are impossible to change, so there's no point in trying.
 - If you want to change a habit, you first have to understand what causes it.
 - All habits require the same amount of time to change them.
- b Five sentences have been removed from the article. Read it again and match the sentences A–G to the gaps 1–5. There are two sentences you do not need to use.

- A Habits are *meant* to be difficult to change.
- B It can sometimes be helpful if we imagine that we are someone else.
- C This sounds obvious, but countless efforts at habit change ignore its implications.
- D Therefore, he reasoned – using the logic we've come to expect from self-help – the same must be true of all big changes.
- E So what we really want, it seems, is to stop wanting.
- F Either way, it's clear that when you are trying to persuade, how you do it can matter as much as the content.
- G Individuals ranged **widely** – some took 18 days, others 245 – and some habits, unsurprisingly, were harder than others to make stick.

- c Look at the **highlighted** adverbs in the text. What do you think they mean? Check in your dictionary, then use them to complete the sentences.
- He was found guilty because his crimes could not _____ be blamed on his state of mind.
 - They stared _____ out of the window watching the rain pour down.
 - She's travelled _____ in Australia, so she has a good understanding of the lifestyle and culture.
 - The manager isn't at his desk – _____ he's in a meeting.
 - The system is _____ unfair: the minority has too much to eat while the majority is left to starve.
 - The writer's latest novel is _____ her finest work to date; there is no doubt about it.



CHANGING HABITS:

HOW LONG DOES IT TAKE?

Everyone knows that it takes 28 days to develop a new habit, or perhaps 21, or 18, depending on who you ask; anyway, the point is that it's a specific number, which makes it sound scientific and thus indisputably true. The person who is probably responsible for this idea is Maxwell Maltz, the plastic surgeon who wrote the 1960 bestseller *Psycho-Cybernetics*. He claimed to have observed that amputees took an average of only 21 days to adjust to the loss of a limb.¹ _____. And therefore it must take 21 days to change a habit, maybe, perhaps!

This is, of course, ridiculous, as a new study by the University College London psychologist Phillippa Lally and her colleagues helps confirm. On average, her subjects, who were trying to take up new habits such as eating fruit daily or going jogging, took a depressing 66 days before reporting that the behaviour had become automatic.² _____. One especially silly implication of the 28- or 21-day rule is that it is just as easy to start eating a few more apples as it is to start finding five hours a week to study Chinese.

Self-help culture supports the fiction of the 28-day rule, **presumably** because it makes changing habits sound **plausibly** difficult enough, but basically easy. The first problem with this is simple: changing habits is hard. Our brains are designed to take short cuts, in order to make as many behaviours as possible automatic. 'What would be the point,' asks the psychologist Ian Newby-Clark, 'of having a habit that didn't free up your mind to deal with more pressing matters?'³ _____

The subtler problem is that we tend to think about habit change wrongly. We get trapped in a paradox. We want to, say, stop watching so much TV, but on the other hand, **demonstrably**, we also want to watch lots of TV – after all, we keep doing it.⁴ _____

The way round this, says Newby-Clark and others, is to see that habits are responses to needs.⁵ _____. If you eat badly, you might resolve to start eating well, but if you're eating burgers and ice cream to feel comforted, relaxed, and happy, trying to replace them with broccoli and carrot juice is like dealing with a leaky bathroom tap by repainting the kitchen. What's required isn't a better diet, but an alternative way to feel comforted and relaxed. 'The chains of habit are too weak to be felt until they are too strong to be broken,' Dr Johnson observed **gloomily**, but maybe by looking at the problem differently we can still, Houdini-like, slip out of them.

6B Can't give it up

1 VOCABULARY phones and technology

a Complete the words.

- I need to **make** a call. Can I borrow your phone?
- Is there a socket? I need to **ch** _____ my phone.
- I'll be at home so call me on the **l** _____.
- I can't get a **s** _____ here, can you? There's really bad coverage.
- I'll **g** _____ you a call this evening when I'm home.
- She's very busy so her phone is often **e** _____.
- Please leave a message after the **t** _____.
- Can you repeat that? The **r** _____ isn't very good here.
- I've got six **m** _____ calls from Jake. I hope nothing's happened to him.

b Circle the correct particle.



- I've forgotten my password, so I can't log _____.
 a in b out c up
- I usually top _____ my credit about once a month.
 a in b on c up
- We were cut _____ when the train went through a tunnel.
 a down b off c out
- You can never get _____ after ten, so call early.
 a in b on c through
- How can I free _____ some space on this pen drive?
 a up b out c off
- Her secretary won't put _____ any calls if she's busy.
 a across b through c along
- She didn't want to talk to him so she hung _____.
 a off b out c up
- Scroll _____ the page to find the answer.
 a down b on c in
- The battery has run _____, so I can't use my phone.
 a off b out c over
- Can you speak _____? It's very loud in here.
 a in b out c up

c Circle the correct word.

- A *cookie* / *virus* is a file that is capable of causing damage to your computer.
- Wi-fi* / *Broadband* is a technology that uses radio waves to allow you to connect to the internet.
- A *keypad* / *keyboard* is the set of numbers usually found on a phone.
- Streaming* / *Downloading* does not allow you to save any data on your computer.
- A *password* / *passcode* is the set of numbers that unlocks your phone, for example.
- An *update* / *A pop-up* is a piece of free software which is sent to users to fix or improve a computer program.
- Your *contacts* / *settings* is where your friends' numbers can be found.
- A *screen* / *touch screen* is one that can be controlled with a pen or a finger.

2 LEXIS IN CONTEXT Without a mobile phone, you basically don't exist

Look at the Lexis in Context on Student's Book p.59. Then complete the sentences.

albeit decent donned justification
 negotiation plausibility untenable wolf

- The lawyer refused their case because he said it was untenable.
- We had worked together before, _____ only for a short time.
- My teenage kids usually _____ their lunch when they get home from school.
- There was no _____ for his behaviour and he was forced to apologize.
- For Andrew, it was beyond the realms of _____ that Clara didn't want to marry him.
- When it was discovered that the politician had been lying, he did the _____ thing and resigned from his post immediately.
- Their proposal was not a firm arrangement but a basis for _____.
- He put on his coat, _____ his hat, and left the house.

3 PRONUNCIATION /æ/ and /ʌ/

a **iChecker** Listen and **circle** the word you hear.

- | | | | |
|----------|--------------|-----------|--------|
| 1 a bag | b bug | 6 a ban | b bun |
| 2 a sank | b sunk | 7 a cap | b cup |
| 3 a hat | b hut | 8 a drag | b drug |
| 4 a slam | b slum | 9 a fan | b fun |
| 5 a rat | b rut | 10 a lamp | b lump |

b Practise saying both words in each pair.

4 GRAMMAR conditional sentences

a Complete the sentences with a suitable form of the verb in brackets.

- If Simon didn't have such a demanding job, he wouldn't get so stressed. (have)
- You _____ to use your mobile unless you charge the battery first. (not be able)
- I wouldn't have woken you up if you _____ . (not snore)
- If you _____ to class yesterday, you won't know about the next exam. (not come)
- _____ you _____ your car more often if you could afford it? (change)
- We'd be starving by now if we _____ something before we left home. (not eat)
- Lily _____ us by now if she wasn't having a good time. (call)
- We _____ the bank so much money now if we hadn't asked for such a big mortgage. (not owe)

b Rewrite the sentences using the **bold** word.

- I'll lend you some money if you pay me back. **long**
I'll lend you some money as long as you pay me back.
- We didn't know you were at home, otherwise we would have called in. **had**
_____,
we would have called in.
- What would you do if you missed your flight? **supposing**
_____?
- I'm not going away with my parents this year, even if they don't like it. **whether**
I'm not going away with my parents this year,
_____.
- You can borrow my bike if you look after it. **provided**
_____, you can borrow it.
- We'll have to get a new sofa, whether we can afford it or not. **even**
We'll have to get a new sofa, _____.

- If Sarah finishes the report by the weekend, she can have Monday off. **condition**
Sarah can have Monday off _____.
- We said the children could stay up if they didn't make too much noise. **as**
We said the children could stay up _____.

5 VOCABULARY adjectives + prepositions

Match the sentence halves and write the missing preposition in the gap.

- | | | |
|---|--------------------------|---|
| 1 His parents are very proud | <input type="checkbox"/> | e |
| 2 Many people are fed up | <input type="checkbox"/> | |
| 3 New Yorkers are generally helpful | <input type="checkbox"/> | |
| 4 Full-time housewives may be dependent | <input type="checkbox"/> | |
| 5 My sister is obsessed | <input type="checkbox"/> | |
| 6 They said they were open | <input type="checkbox"/> | |
| 7 Many people are not keen | <input type="checkbox"/> | |

- _____ the idea of negotiating the contract.
- _____ fashion magazines and buys two or three a week.
- _____ self-catering because they don't like having to cook on holiday.
- _____ tourists.
- of his achievements at university.
- _____ their spouses financially.
- _____ the depressing stories in the news recently.

6 LISTENING

a **iChecker** Listen to five people talking about obsessions. What are they obsessed with or addicted to?

- _____
- _____
- _____
- _____
- _____

b Listen again and answer with the number of the speaker.

Who...?

- says that they would be even more obsessed if it weren't for their family
- doesn't really think that they are obsessive
- wasn't aware of the damage an obsession could cause
- doesn't think that the obsession serves any purpose
- says that the obsession started because of a family member

c Listen again with the audio script on p.73 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

7 READING

a Match the apps to the functions, then read the article once to check the answers.

- | | |
|--------------------------------------|----------------------|
| 1 <input type="checkbox"/> Venmo | a getting a taxi |
| 2 <input type="checkbox"/> Instagram | b finding a partner |
| 3 <input type="checkbox"/> Tinder | c making payments |
| 4 <input type="checkbox"/> Uber | d sending messages |
| 5 <input type="checkbox"/> Waze | e sharing photos |
| 6 <input type="checkbox"/> WhatsApp | f getting directions |



Six apps we couldn't live without

A few years ago, the most popular apps were casually addictive games that provided us with entertainment during our daily commute. Now there is a whole new generation of them that are influencing our offline life more and more each day. Here is a list of six of the apps we couldn't possibly live without today.

A Venmo Venmo is a free app that allows you to exchange payments with people you know via your smartphone, linking to your Facebook friends and email contacts, as well as your bank. Opt to give someone enough trust and they can **withdraw** money directly from your account, through the app. You can also build up a pile of cash in your Venmo account, so that next time you head out to dinner with friends, it's fairly easy to **split** the bill or pay someone back.

B Instagram When it comes to sharing photos through our phones, most people prefer Instagram, the app bought by Facebook for \$1 billion in late 2012. With 150 million monthly active users sharing 16 billion photos a day, Instagram has added a feature that gives users more control over who sees their photos. Instead of **posting** a photo to your entire network, you can send it to between one and 15 people, preventing strangers from viewing your pics without your knowledge.

C Tinder This matchmaking app lets users **trawl** through photos of other singles on their smartphone, **swiping** the ones they like to the right and those they don't to the left. If two people swipe each other to the right, Tinder notifies them of their 'match'. Tinder is reportedly used by more than one per cent of the population in some countries and it has been suggested that the kids of the future will ask their parents which app they met in.

b Read the article again and choose the correct answer from the apps A–F. The apps may be chosen more than once.

Which app...?

- 1 has caused a conflict with an existing business
- 2 offers a service created using content from its users
- 3 has a component that helps protect a user's privacy
- 4 sends users a message when two things coincide
- 5 would only be used among the most honest of friends
- 6 do long-term users have to pay for
- 7 appeals to users because it makes international communication cheaper
- 8 only works in cities
- 9 requires users to categorize images
- 10 necessitates the involvement of an external organization
- 11 can facilitate your daily commute
- 12 allows users to select who can see their activity

c Look at the **highlighted** verbs and match them to the definitions below. Write the verbs in the infinitive.

- 1 search through a large amount of information _____
- 2 follow the movements of something _____
- 3 make something change direction _____
- 4 cause to work together _____
- 5 divide _____
- 6 move the fingers across a touch screen _____
- 7 upload something onto a web page _____
- 8 take money from an account _____

D Uber Uber is a car-for-hire app that finds a driver within your area and, assuming you're in a metropolis, can often send it to your doorstep within minutes. It was named tech company of the year in 2013 because of the changes it was likely to bring to our lives. Since then, however, transport authorities have accused the company of operating an illegal taxi service, and legal action has been threatened.

E Waze This was the first app to successfully build up an enormous databank of maps and traffic reports through crowdsourcing. Waze has succeeded in creating a highly accurate navigation service by **tracking** the GPS coordinates of its users. It also **diverts** them away from built-up traffic when enough of them report in that they're stuck in a jam.

F WhatsApp WhatsApp was the first of the messaging apps to offer a free texting service that **synced** with your mobile number and address book so that you didn't have to register with a username. Founded in 2009, it now has 400 million active users to whom it charges a minimal annual subscription after one free year. The app's main advantage is that it can be used to avoid expensive texting charges when communicating with friends and colleagues overseas.