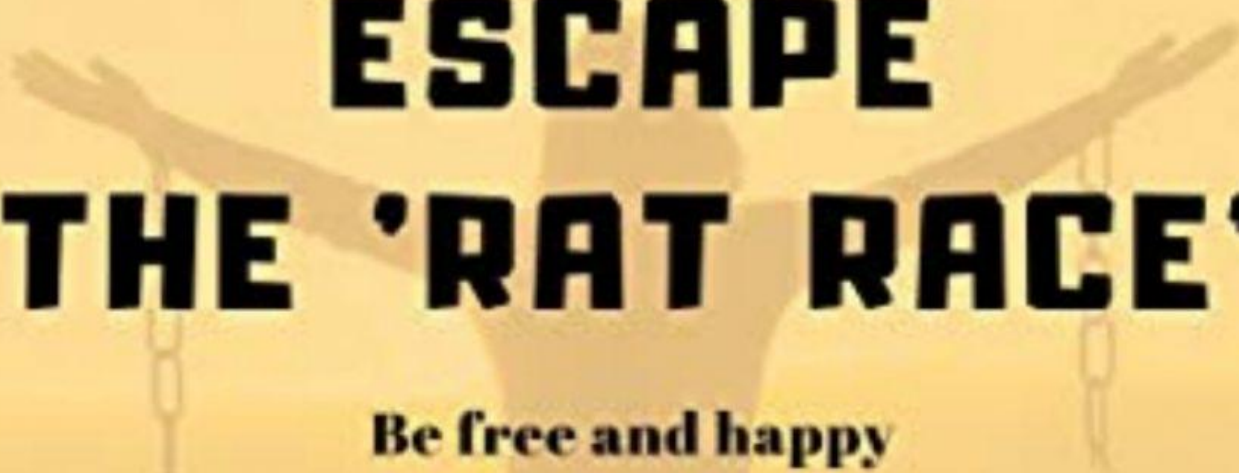




ESCAPE THE 'RAT RACE'

Be free and happy

Get out of the mass by a profitable business

Create a life of choice

What are some of the most popular ideas to
get out of the "rat RACE?"

WE ASKED PEOPLE,

"What are some of the social pressures you've resisted?"

1. CHELSEA, 30 Toronto, Canada, designer

- a. Being called a rebel
- b. Dealing with health issues
- c. Being single and not having children
- d. Having faced monetary challenges



2. VICTOR, 36 Cancún, Mexico, ex-PR consultant and restaurant owner

- a. Growing old and not having an income
- b. Dealing with doing something different
- c. Having worked under pressure
- d. Having been perfect for the PR industry



3. CHIN-SUN, 23 Seoul, South Korea, businesswoman

- a. Having a social life
- b. Managing time to go out
- c. Making and keeping friends
- d. Not having made plans for Friday night



WE ASKED PEOPLE,

"What are some of the social pressures you've resisted?"

Complete the ideas with the correct form

1. _____ (be) a woman, I feel a certain pressure to dress well. I mean, _____ (not want) to sound sexist, but unlike my male colleagues, I feel I have to wear something different every day to the office. I think most women do, generally _____ (speak).
2. _____ (grow up) in a family where money was tight, I felt a lot of pressure – especially as a teenager. I used to feel really bad, _____ (not be) able to afford brand-name sneakers or the latest cell phone. So now, _____ (experience) that, and you know, _____ (bear) in mind that kids just want to fit in, I always try to buy my boys the things their friends have.
3. Well, _____ (come) from an academic family, I was supposed to go to a top school. But when I was 18, _____ (work) hard to get the grades I needed, I decided I really wanted to pursue a career as an artist. So, _____ (make up) my mind to do that, I kind of dropped out of formal education altogether. _____ (look back), it was the best decision I ever made.



WE ASKED PEOPLE,

"What are some of the social pressures you've resisted?"

Complete the ideas with with your own words

As a young woman or man

Society

Family

Job / studies

Economy

As a teen/child

Social networks

Friends

Violence

Marriage / dating

Nombre: