

4 Read the article quickly. What two things is the writer trying to change about her life?

5  1.08 Read the article again and listen. Mark the sentences T (true) or F (false).

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|---|---|--------------------------|
| 1 | The writer has to finish the article by the following day. | ☐ |
| 2 | The writer is finding it easy to lead a healthier life. | ☐ |
| 3 | We use different parts of our brain depending on who we're thinking about. | ☐ |
| 4 | Our brains don't always let us make good choices for our future selves. | ☐ |
| 5 | It takes just under two months for our brains to feel happy with changes to our lifestyles. | ☐ |
| 6 | The writer has decided that she'll never be able to change her habits. | ☐ |