

# IELTS Reading practice

## Paragraph headings

**8. Read the following passage and choose the best title from the list below.**

*Future Shock* is a book written by the futurist Alvin Toffler in 1970. In the book, Toffler defines the term "future shock" as a certain psychological state of individuals and entire societies. His shortest definition for the term is a personal perception of "too much change in too short a period of time". The book became an international bestseller, selling over 6 million copies, and has been widely translated.

Toffler argued that society is undergoing an enormous structural change, a revolution from an industrial society to a "super-industrial society". This change overwhelms people, he believed, the accelerated rate of technological and social change leaving people disconnected and suffering from "shattering stress and disorientation" - future shocked. Toffler stated that the majority of social problems are symptoms of future shock. In his discussion of the components of such shock he popularized the term "information overload."

- A) A shocking vision of the future.
- B) What is "future shock"?
- C) The career of the futurist Alvin Toffler.
- D) A changing society.