

Audio:

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**ĐIỀN ONLY ONE WORD**

Listen to an expert giving tips on how we can slow down our lives. Complete the sentences with the correct word.

Example: You should get up ten minutes earlier every day.

- 1 As you start your day, remember that you shouldn't have your breakfast \_\_\_\_\_ up.
- 2 Remember that doing something like yoga is much less stressful than going to the \_\_\_\_\_.
- 3 These days many people have forgotten how to \_\_\_\_\_.
- 4 Spending ten minutes a day in complete silence will help you think more clearly and be good for your \_\_\_\_\_.
- 5 Having a bath is much more \_\_\_\_\_ than having a shower and it can help to slow your mind and body down.