



Happiness is when what you think, what you say, and what you do are all in harmony.
Mohatma Gandhi, Indian political leader

What makes you feel good?

1 GRAMMAR verb + *-ing*

a Complete the sentences with the *-ing* form of the verbs in parentheses.

- 1 I really hate cleaning up (clean up) my room!
- 2 I don't enjoy _____ (go) to the movies by myself.
- 3 Will you please stop _____ (make) that noise!
- 4 We haven't finished _____ (eat) yet.
- 5 They'll keep on _____ (talk) until you tell them to stop!
- 6 I love _____ (travel) to different places.

b Match the two halves of the sentences.

- | | |
|-----------------------------------|-------------------------------------|
| 1 Do you ever dream of | <input checked="" type="checkbox"/> |
| 2 Are you interested in | <input type="checkbox"/> |
| 3 Please don't leave without | <input type="checkbox"/> |
| 4 Remember to say good-bye before | <input type="checkbox"/> |
| 5 We ended the evening by | <input type="checkbox"/> |
| 6 I'm really looking forward to | <input type="checkbox"/> |
- a doing some part-time work?
b hearing about your vacation.
c stopping work and retiring? I do.
d thanking everybody for coming.
e saying good-bye to me.
f leaving tomorrow.

c Complete the text with the *-ing* form of these verbs.

drive	have	get up	go	imagine	leave	listen
read	send	stay	turn	take (x2)	write	

What makes you feel good?

Here are some more ideas from our readers.



- 1** 1 Writing and then 2 sending
a funny e-mail or text message to my
friends. And of course, 3 _____
their faces when they read it.

- 2** I really like 4 _____ at
night when there's no traffic and
5 _____ to my favorite
music. I feel completely free.



- 3** 6 _____ in bed on Sunday morning
and 7 _____ the newspaper. Then
8 _____ very late and
9 _____ my dog for a long walk.

- 4** I enjoy 10 _____ to the gym and really
11 _____ a good workout then
12 _____ a long hot shower followed
by a hot cup of tea. There's nothing better.



- 5** 13 _____ off my computer at the
end of the day, 14 _____ work,
and getting into my car to go home! It's
the best moment of the day. I love it!

- d Complete the text with the correct form of the verbs in parentheses (*-ing* form or infinitive).

Getting out of the rat race



More and more people are deciding 1 to get (get) out of the rat race. This means they want 2 _____ (stop) 3 _____ (work) in an office and move out of the city.

So, what are people doing instead of a 9–5 job? Well, many people hope 4 _____ (set up) their own business. Perhaps they enjoy 5 _____ (cook) for friends and have decided 6 _____ (open) a cafe. Some people just want 7 _____ (spend) time 8 _____ (learn) something new.

Jill Yates and her husband, Tim, hated ⁹_____ (get up) every morning at 6:00 a.m. and ¹⁰_____ (drive) to work. They spent more hours ¹¹_____ (travel) than ¹²_____ (work)! They really liked ¹³_____ (sail) and ¹⁴_____ (surf), so they decided ¹⁵_____ (move) to San Diego, in southern California. They started a business there, ¹⁶_____ (teach) other people to sail and surf. Jill says "It's important ¹⁷_____ (be) happy with your life. You only get one chance!"

3 VOCABULARY verbs + *-ing*

Match the sentences with similar meanings.

- | | |
|--|-------------------------------------|
| 1 She doesn't mind going if you can't. | <input checked="" type="checkbox"/> |
| 2 She loves going out. | <input type="checkbox"/> |
| 3 She hates gardening. | <input type="checkbox"/> |
| 4 She's stopped going to the gym. | <input type="checkbox"/> |
| 5 She's thinking of taking a year off. | <input type="checkbox"/> |
| 6 She's started working again. | <input type="checkbox"/> |
-
- | |
|-------------------------------|
| a She doesn't do it anymore. |
| b She's just begun. |
| c She's happy to do it. |
| d She really likes it. |
| e She hasn't decided yet. |
| f She really doesn't like it. |