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5 B

Happiness is when what you think, what you say, and what you do are all in harmony.
Mahatma 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.

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b Match the two halves of the sentences.

1 Do you ever dream of [c]
2 Are you interested in [ ]
3 Please don't leave without [ ]
4 Remember to say good-bye before [ ]
5 We ended the evening by [ ]
6 I'm really looking forward to [ ]

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~~	

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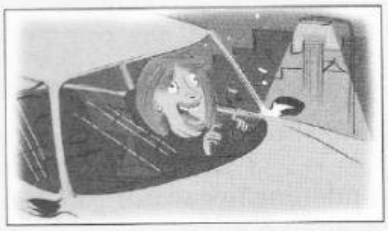
What makes you feel good?

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!

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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.

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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. [c]
2 She loves going out. [ ]
3 She hates gardening. [ ]
4 She's stopped going to the gym. [ ]
5 She's thinking of taking a year off. [ ]
6 She's started working again. [ ]

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.

LIVEWORKSHEETS