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We cannot change the cards we are dealt,
just how we play the hand.
Randy Pausch, American professor of computer science

6A Change your life!

1 LEXIS IN CONTEXT How to survive...

Look at the Lexis in Context on Student's Book p.54. Then complete the sentences.

1 If you don't **do your sh**are of the housework, we'll have to stop giving you pocket money.
2 Everybody was shocked **beyond b**_____ at the devastation caused by the hurricane.
3 If you feel that you're going to **lose your c**_____ during an argument, it's best to leave the room.
4 Please **h**_____ **in** your key card at the front desk when you depart.
5 My new job is really **st**_____ **me out**. There's too much to do and nobody to help.
6 I don't save a lot of money, but I manage to **sq**_____ **away** a small amount every month.
7 Many medicines should not be taken on an **empty st**_____.
8 Why do you always go into '**child m**_____' whenever we visit your parents? It's the only time you behave in a really immature way!

2 GRAMMAR

verb + object + infinitive or gerund

a Circle the right answer.

1 My boss recommended...for the post of supervisor.
a me applying (b) me to apply c me apply
2 Gina's psychologist advised...her routine.
a her not change b her not changing c her not to change
3 Please will you let...the news!
a me watch b that I watch c me to watch

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4 Do you remember…you when you were ill?
a us to visit b us visit c us visiting

5 She waited…before phoning her mother.
a for him leaving b for him to leave c him to leave

6 They don't allow…in the reservoir.
a you to swim b that you swim c you swimming

7 We'd like…this gift on behalf of all of us.
a you to accept b you accept c you accepting

8 The doctor kept…for over an hour.
a me wait b me waiting c me to wait

b Complete the sentences with a pronoun and the verb in brackets. Use an infinitive with or without *to* or a gerund.

1 My father-in-law wasn't feeling well so I persuaded *him to seek* medical help. (seek)

2 A bad experience in Maria's youth taught _____ lies. (not tell)

3 We don't advise _____ with children under 12, though you are welcome to bring teenagers. (come)

4 They're late with the pizzas. We planned for _____ here during half-time. (get)

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5 I know you're very good with children, but I can't imagine _____ as a primary school teacher. (work)

6 A special British Airways course helped _____ his fear of flying. (overcome)

7 My friends didn't mind _____ for my drinks last night because they know I'm broke. (not pay)

8 Our visitors are on their way so we'd better hurry home. I'd hate _____ while we were out. (arrive)

3 VOCABULARY compound adjectives

a Complete the compound adjectives.

1 Doctors advise patients with a heart condition not to participate in high-*risk* activities.

2 She's terribly self-_____ about her new haircut; she thinks it's too short.

3 Barbara often goes to charity shops to look for second-_____ clothes.

4 Last-_____ holidays tend to be much cheaper than advance bookings.

5 Our next-door neighbour is a narrow-_____ old man who refuses to listen to new ideas.

b Match a word in **A** to a word in **B** to make compound adjectives, then complete the sentences.

A	dead	eco	feel	ground	hands
	~~high~~	high	labour	life	low

B	breaking	changing	cost	end	free
	friendly	good	~~heeled~~	pitched	saving

1 I'm not used to wearing *high* - *heeled* shoes, so I'm going to buy some flat ones.

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2 It's a _____ - _____ job – there's no chance he'll ever be promoted.
3 Dogs can hear really _____ - _____ sounds.
4 It's a _____ - _____ movie which makes you realize that life is worth living.
5 Taking a gap year was a _____ - _____ decision for my nephew.
6 We booked with a _____ - _____ airline because the flights were much cheaper.
7 Scientists are using _____ - _____ technology to develop a new treatment for cancer.
8 Washing machines are one of the greatest _____ - _____ devices in the home.
9 They insist on only using _____ - _____ cleaning products so as not to harm the environment.
10 Is it legal to use a _____ - _____ phone when you're driving?

5 LISTENING

a iChecker Listen to a man suggesting activities to try. Write **S** for summer and **W** for winter next to the activities.

1 Go for a walk _____
2 Learn a new language _____
3 Make a new salad every day _____
4 Run five kilometres _____
5 Start a book club _____
6 Write a blog _____

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b Listen again and mark the sentences T (true) or F (false).

1 The five kilometre app requires one hour of your day for three weeks.
2 A walk in the morning helps start your day in the right way.
3 There are enough salad recipes to be able to eat a different one every day for about a month.
4 The man is no longer a member of a book club as he moved house.
5 According to the man, writing a blog can be time-consuming.
6 The language app only offers a very limited number of languages.
7 The app provides a series of games for a fixed price.

6 READING

a Read the article once and tick (✓) the best summary.

1 ☐ Habits are impossible to change, so there's no point in trying.
2 ☐ If you want to change a habit, you first have to understand what causes it.
3 ☐ All habits require the same amount of time to change them.

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b Five sentences have been removed from the article. Read it again and match the sentences A–G to the gaps 1–5. There are two sentences you do not need to use.

A Habits are *meant* to be difficult to change.

B It can sometimes be helpful if we imagine that we are someone else.

C This sounds obvious, but countless efforts at habit change ignore its implications.

D Therefore, he reasoned – using the logic we've come to expect from self-help – the same must be true of all big changes.

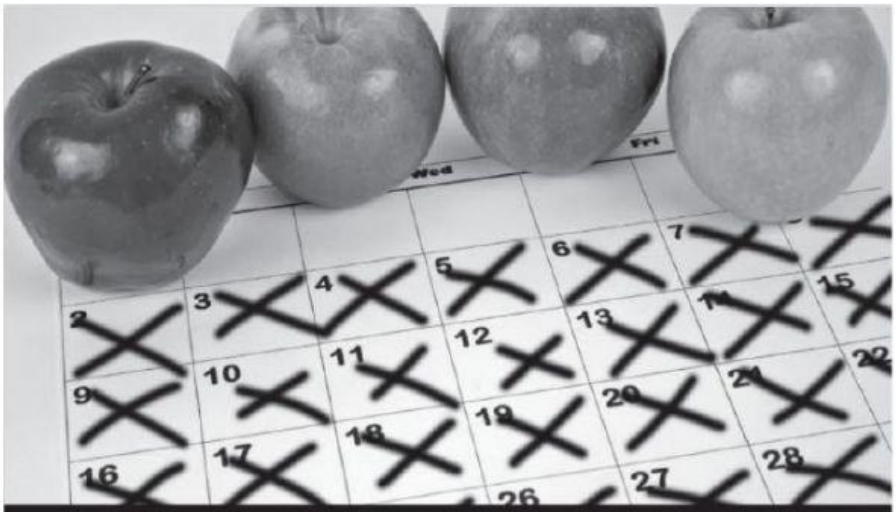
E So what we really want, it seems, is to stop wanting.

F Either way, it's clear that when you are trying to persuade, how you do it can matter as much as the content.

G Individuals ranged widely – some took 18 days, others 245 – and some habits, unsurprisingly, were harder than others to make stick.

c Look at the highlighted adverbs in the text. What do you think they mean? Check in your dictionary, then use them to complete the sentences.

1 He was found guilty because his crimes could not _____ be blamed on his state of mind.
2 They stared _____ out of the window watching the rain pour down.
3 She's travelled _____ in Australia, so she has a good understanding of the lifestyle and culture.
4 The manager isn't at his desk – _____ he's in a meeting.
5 The system is _____ unfair: the minority has too much to eat while the majority is left to starve.
6 The writer's latest novel is _____ her finest work to date; there is no doubt about it.



CHANGING HABITS:

HOW LONG DOES IT TAKE?

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Everyone knows that it takes 28 days to develop a new habit, or perhaps 21, or 18, depending on who you ask; anyway, the point is that it's a specific number, which makes it sound scientific and thus indisputably true. The person who is probably responsible for this idea is Maxwell Maltz, the plastic surgeon who wrote the 1960 bestseller *Psycho-Cybernetics*. He claimed to have observed that amputees took an average of only 21 days to adjust to the loss of a limb. [1]_____. And therefore it must take 21 days to change a habit, maybe, perhaps!

This is, of course, ridiculous, as a new study by the University College London psychologist Phillippa Lally and her colleagues helps confirm. On average, her subjects, who were trying to take up new habits such as eating fruit daily or going jogging, took a depressing 66 days before reporting that the behaviour had become automatic. [2]_____. One especially silly implication of the 28- or 21-day rule is that it is just as easy to start eating a few more apples as it is to start finding five hours a week to study Chinese.

Self-help culture supports the fiction of the 28-day rule, presumably because it makes changing habits sound plausibly difficult enough, but basically easy. The first problem with this is simple: changing habits is hard. Our brains are designed to take short cuts, in order to make as many behaviours as possible automatic. 'What would be the point,' asks the psychologist Ian Newby-Clark, 'of having a habit that didn't free up your mind to deal with more pressing matters?' [3]_____

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The subtler problem is that we tend to think about habit change wrongly. We get trapped in a paradox. We want to, say, stop watching so much TV, but on the other hand, demonstrably, we also want to watch lots of TV – after all, we keep doing it. [4]____

The way round this, says Newby-Clark and others, is to see that habits are responses to needs. [5]____ If you eat badly, you might resolve to start eating well, but if you're eating burgers and ice cream to feel comforted, relaxed, and happy, trying to replace them with broccoli and carrot juice is like dealing with a leaky bathroom tap by repainting the kitchen. What's required isn't a better diet, but an alternative way to feel comforted and relaxed. 'The chains of habit are too weak to be felt until they are too strong to be broken,' Dr Johnson observed gloomily, but maybe by looking at the problem differently we can still, Houdini-like, slip out of them.

LIVEWORKSHEETS