

Naturally High

A friend had been telling me to read Jean Rossner's *Naturally High* but it took me ages to actually get round to doing (1) **it** and (2) **I** even longer to try to put some of the book's excellent advice into practice.

Despite my inherent cynicism, I found *Naturally High* extraordinarily helpful in many ways – so many (3) **I**, in fact, that I'm emulating my friend and (4) **I** recommending (5) **it** to almost everyone I meet. All the usual suggestions are there; you know the (6) **ones** I mean: meditation, eating foods that boost the feel-good hormone serotonin and training for the marathon to get those endorphins pumping.

But if you're not much of an athlete, you might prefer to just get your taste buds used to really hot chillies. Rossner explains that we get a similar endorphin boost after the agony of eating (7) **them** fades. (8) **I** Misgivings about eating chillies? Try chocolate instead. It will do the endorphin trick too and (9) **I** painlessly into the bargain.

Substitution.

Read the text. What do the **highlighted** words refer to?

- a. the book
- b. reading the book
- c. suggestions
- d. really hot chillies

Substitution

Read and answer the questions:

- But (**dogs**) **they** keep you warm too
- it took me ages to get round to doing **it** (**reading the book**)
- I am recommending **it** (**the book**) to everyone

1. We use substitution to repeat /to avoid repeating certain words in a sentence.
2. We can substitute nouns, phrases and verbs / only nouns

Ellipsis

Complete the sentences with the words that are omitted:

happy	want a cat	it took me
-------	------------	------------

1. A friend had been telling me to read Jean Rossner's Naturally high, but it took me ages to get round to doing it and  even longer to put the advice into practice.
2. I wanted to get a cat, but my husband didn't. 
3. I am very happy. Are you  ?

Ellipsis involves leaving out words to avoid repetition.

1. A friend had been telling me to read Jean Rossner's Naturally high, but it took me ages to get round to doing it **and (it took me)** even longer to put the advice into practice.
2. I wanted **to get a cat**, but my husband didn't **(want to)**
3. I am very **happy**. **Are you? (happy)**

We can / can't remove words after **and**, but, or

We can / can't remove verbs **in infinitive**

We can / can't remove **adjectives** and repeat verb to be