1 Reading

B. Look at the picture. What do you think happened? Listen, read and find out.

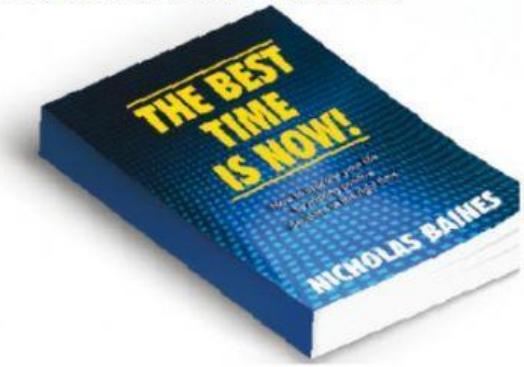
What happened to Nicholas Baines?



We all remember the newsreader Nicholas Baines. Last year, millions of people were watching the news on Channel 8, the title sequence ended and there was Baines. He looked into the camera ready to speak, paused and looked down at the desk. Then he did something unexpected. He said: 'I'm sorry, I can't do this anymore!' He then stood up and left the studio. He quit his job and his career in television. But what led him to this major decision?

It seemed like Baines had the perfect life. He had achieved the success he'd always wanted and had a loving family. However, behind the scenes, he was unhappy. At that time, he was working 13 hours a day, sometimes more. He hardly ever had time to spend with his family and, whenever he did, he was exhausted. His lifestyle was also affecting his health. His doctor had told him to work fewer hours, but he was unable to do so. In addition, he was constantly arguing with the producer because of the quality of the news bulletins. It was all gossip and celebrities and had very few stories about the real issues in the world. He strongly disapproved of this and, that night, it all seemed too much to cope with.

A year later, Baines is living a less complicated life in the countryside. He has just published his first book The Best Time Is Now! and also writes a blog. He gives advice to people who live stressful lives and shows them how to change their lifestyle in a few steps. Baines told us, 'I want people to believe that anything is possible. I turned my life around and it's been the most important decision I've ever made.' Baines spends a lot of time with his children and he also grows his own vegetables. He isn't as stressed as he used to be and he is healthier and more energetic than ever. Many people ask Baines why he chose to quit on air. Baines explains, 'When you realise you need to make a change in your life, you shouldn't keep putting it off. The best time to do it is now.'



LIVEWORKSHEETS

C. Read again and answer the questions. Choose a, b or c.

1. Why does the writer expect everybody to know who Nicholas Baines is?
   - **a.** He often did unexpected things on live TV.
   - **b.** He's the country's most famous newsreader.
   - **c.** He made an announcement on live TV that surprised everyone.

2. What is true about Baines' life before he quit his job?
   - **a.** He was unhappy because of medical reasons.
   - **b.** He was feeling dissatisfied with his life.
   - **c.** His home was the only place where he felt relaxed and happy.

3. What did Baines believe about the news bulletins?
   - **a.** They weren't serious enough.
   - **b.** They weren't what the public wanted.
   - **c.** The public wasn't interested enough in them.

4. What is **NOT** true about Baines a year after he quit?
   - **a.** He has more spare time.
   - **b.** He misses his old life.
   - **c.** He has become a writer.

5. What advice does Baines give?
   - **a.** Think hard before you make any decisions.
   - **b.** When you've made up your mind, don't delay.
   - **c.** Talk to lots of people before you make a decision.

LIVEWORKSHEETS