



# **ESCAPE THE 'RAT RACE'**

**Be free and happy**

**Get out of the mass by a profitable business**

**Create a life of choice**

What are some of the most popular ideas to get out of the "rat RACE?"

WE ASKED PEOPLE,

**"What are some of the social pressures you've resisted?"**

**1. CHELSEA, 30** Toronto, Canada, designer

- a. Being called a rebel
- b. Dealing with health issues
- c. Being single and not having children
- d. Having faced monetary challenges**



**2. VICTOR, 36** Cancún, Mexico, ex-PR consultant and restaurant owner

- a. Growing old and not having an income
- b. Dealing with doing something different
- c. Having worked under pressure**
- d. Having been perfect for the PR industry



**3. CHIN-SUN, 23** Seoul, South Korea, businesswoman

- a. Having a social life
- b. Managing time to go out
- c. Making and keeping friends
- d. Not having made plans for Friday night**



WE ASKED PEOPLE,

**"What are some of the social pressures you've resisted?"**

Complete the ideas with the correct form

1. \_\_\_\_\_ (be) a woman, I feel a certain pressure to dress well. I mean, \_\_\_\_\_ (not want) to sound sexist, but unlike my male colleagues, I feel I have to wear something different every day to the office. I think most women do, generally \_\_\_\_\_ (speak).
2. \_\_\_\_\_ (grow up) in a family where money was tight, I felt a lot of pressure – especially as a teenager. I used to feel really bad, \_\_\_\_\_ (not be) able to afford brand-name sneakers or the latest cell phone. So now, \_\_\_\_\_ (experience) that, and you know, \_\_\_\_\_ (bear) in mind that kids just want to fit in, I always try to buy my boys the things their friends have.
3. Well, \_\_\_\_\_ (come) from an academic family, I was supposed to go to a top school. But when I was 18, \_\_\_\_\_ (work) hard to get the grades I needed, I decided I really wanted to pursue a career as an artist. So, \_\_\_\_\_ (make up) my mind to do that, I kind of dropped out of formal education altogether. \_\_\_\_\_ (look back), it was the best decision I ever made.



WE ASKED PEOPLE,

**"What are some of the social pressures you've resisted?"**

Complete the ideas with with your own words

As a young woman or man

Society

Family

Job / studies

Economy

As a teen/child

Social networks

Friends

Violence

Marriage / dating

Nombre: .....