

You will hear a woman, Stella, and a man, Ben, talking together on a radio programme about the speed and stress of modern life.

For each question, choose the correct answer.

You will hear the interview twice.

- 1 What has Stella recently written?
A a review
B an article
C a book

- 2 What surprised Stella most during her research?
A People have less free time now than before.
B Technology helps people to slow down.
C People seem to enjoy being very busy.

- 3 Why does Stella mention Einstein?
A to highlight a disadvantage
B to support her argument
C to explain people's ideas

- 4 Which positive examples of speed does Ben give?
A different means of transport
B different types of sports
C different ways of communicating

- 5 Stella thinks people can improve their lives by
A taking up a new hobby.
B becoming more optimistic.
C enjoying the present.

- 6 What effect have Ben's new eating habits had?
A He feels satisfied quickly.
B He finds he requires less food.
C He appreciates a wider range of tastes.

- 7 What conclusions has Stella reached regarding sleep?
A Too much is not good for you.
B Most people do not get enough.
C It is not recommended during the day.