



Happiness is when what you think, what you say, and what you do are all in harmony.  
*Mohatma Gandhi, Indian political leader*

## What makes you feel good?

### 1 GRAMMAR verb + *-ing*

a Complete the sentences with the *-ing* form of the verbs in parentheses.

- 1 I really hate cleaning up (clean up) my room!
- 2 I don't enjoy \_\_\_\_\_ (go) to the movies by myself.
- 3 Will you please stop \_\_\_\_\_ (make) that noise!
- 4 We haven't finished \_\_\_\_\_ (eat) yet.
- 5 They'll keep on \_\_\_\_\_ (talk) until you tell them to stop!
- 6 I love \_\_\_\_\_ (travel) to different places.

## b Match the two halves of the sentences.

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1 Do you ever dream of            | <input checked="" type="checkbox"/> c |
| 2 Are you interested in           | <input type="checkbox"/>              |
| 3 Please don't leave without      | <input type="checkbox"/>              |
| 4 Remember to say good-bye before | <input type="checkbox"/>              |
| 5 We ended the evening by         | <input type="checkbox"/>              |
| 6 I'm really looking forward to   | <input type="checkbox"/>              |
- a doing some part-time work?
- b hearing about your vacation.
- c stopping work and retiring? I do.
- d thanking everybody for coming.
- e saying good-bye to me.
- f leaving tomorrow.

c Complete the text with the *-ing* form of these verbs.

|       |                 |        |      |           |                  |        |
|-------|-----------------|--------|------|-----------|------------------|--------|
| drive | have            | get up | go   | imagine   | leave            | listen |
| read  | <del>send</del> | stay   | turn | take (x2) | <del>write</del> |        |

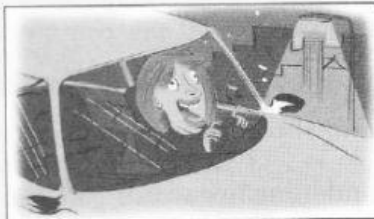
# What makes you feel good?

Here are some more ideas from our readers.



- 1 Writing and then 2 sending  
a funny e-mail or text message to my  
friends. And of course, 3 \_\_\_\_\_  
their faces when they read it.

- 2 I really like 4 \_\_\_\_\_ at  
night when there's no traffic and  
5 \_\_\_\_\_ to my favorite  
music. I feel completely free.



- 3 6 \_\_\_\_\_ in bed on Sunday morning  
and 7 \_\_\_\_\_ the newspaper. Then  
8 \_\_\_\_\_ very late and  
9 \_\_\_\_\_ my dog for a long walk.

- 4 I enjoy 10 \_\_\_\_\_ to the gym and really  
11 \_\_\_\_\_ a good workout then  
12 \_\_\_\_\_ a long hot shower followed  
by a hot cup of tea. There's nothing better.



- 5 13 \_\_\_\_\_ off my computer at the  
end of the day, 14 \_\_\_\_\_ work,  
and getting into my car to go home! It's  
the best moment of the day. I love it!

- d Complete the text with the correct form of the verbs in parentheses (-ing form or infinitive).

## Getting out of the rat race



More and more people are deciding 1 to get (get) out of the rat race. This means they want 2 \_\_\_\_\_ (stop) 3 \_\_\_\_\_ (work) in an office and move out of the city.

So, what are people doing instead of a 9–5 job? Well, many people hope 4 \_\_\_\_\_ (set up) their own business. Perhaps they enjoy 5 \_\_\_\_\_ (cook) for friends and have decided 6 \_\_\_\_\_ (open) a cafe. Some people just want 7 \_\_\_\_\_ (spend) time 8 \_\_\_\_\_ (learn) something new.

Jill Yates and her husband, Tim, hated <sup>9</sup>\_\_\_\_\_ (get up) every morning at 6:00 a.m. and <sup>10</sup>\_\_\_\_\_ (drive) to work. They spent more hours <sup>11</sup>\_\_\_\_\_ (travel) than <sup>12</sup>\_\_\_\_\_ (work)! They really liked <sup>13</sup>\_\_\_\_\_ (sail) and <sup>14</sup>\_\_\_\_\_ (surf), so they decided <sup>15</sup>\_\_\_\_\_ (move) to San Diego, in southern California. They started a business there, <sup>16</sup>\_\_\_\_\_ (teach) other people to sail and surf. Jill says "It's important <sup>17</sup>\_\_\_\_\_ (be) happy with your life. You only get one chance!"

### 3 VOCABULARY verbs + *-ing*

Match the sentences with similar meanings.

- |                                        |                                     |
|----------------------------------------|-------------------------------------|
| 1 She doesn't mind going if you can't. | <input checked="" type="checkbox"/> |
| 2 She loves going out.                 | <input type="checkbox"/>            |
| 3 She hates gardening.                 | <input type="checkbox"/>            |
| 4 She's stopped going to the gym.      | <input type="checkbox"/>            |
| 5 She's thinking of taking a year off. | <input type="checkbox"/>            |
| 6 She's started working again.         | <input type="checkbox"/>            |
- 
- |                               |  |
|-------------------------------|--|
| a She doesn't do it anymore.  |  |
| b She's just begun.           |  |
| c She's happy to do it.       |  |
| d She really likes it.        |  |
| e She hasn't decided yet.     |  |
| f She really doesn't like it. |  |