

- ▶ **Heartbeat**
- ▶ **Zits**
- ▶ **Behind the Bulk**
- ▶ **Training Tips**

elves?

Vocabulary**Key Vocabulary Review**

Oral Review Work with a partner. Use these words to complete the paragraph.

appearance	illusion	transform
depressed	normal	weight
distorted	solution	

For some people, it's (1) to be (2) about their looks, or (3). This is a shame, because most of us have a (4) view of how others see us. We may think we should lose (5) or wish we could (6) ourselves overnight into good-looking people. But beauty is just an (7). The reality is that each person is unique and special. Nearly everyone has some attractive qualities. The (8) to the problem is to remind yourself of your good points.