

- ▶ 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.