Level: A2 Pre Intermedio

Skill: reading

Gabriel Rolón: An Argentine Psychologist



Gabriel Rolón is a renowned Argentine psychologist who has made significant contributions to the field of psychology. Born in Buenos Aires, Argentina, on March 16, 1961, Rolón has become well-known for his insightful work and his ability to connect with people.

Rolón is not only a psychologist but also an author and radio host. He has written several books on various psychological topics, focusing on the complexities of human emotions and relationships.

In addition to his books, Gabriel Rolón hosts a radio show where he discusses psychological issues and provides advice to listeners who call in with their questions.

One of the reasons why Gabriel Rolón is so well-regarded is his emphasis on the importance of self-awareness and self-care. He believes that understanding our own emotions and thoughts is key to living a fulfilling life and building healthy relationships with others. His insights have helped many people navigate their personal struggles and find ways to improve their mental well-being.

In conclusion, Gabriel Rolón is a respected Argentine psychologist, author, and radio host who has made a significant impact in the world of psychology. His accessible writing and relatable advice have made him a popular figure both in Argentina and internationally, helping countless individuals better understand themselves and the people around them

"Life is not a problem to be solved,
but a reality to be experienced."

Gabriel Rolón

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Activity

Where was Gabriel Rolón born?
a) Madrid, Spain
b) Mexico City, Mexico
c) Buenos Aires, Argentina
d) Rio de Janeiro, Brazil

What are some of the roles that Gabriel Rolón has taken on besides being a psychologist?
a) Chef and musician
b) Author and radio host
c) Engineer and pilot
d) Actor and painter

What is the focus of Gabriel Rolón's books?
a) Travel and adventure stories
b) Science fiction and fantasy
c) Historical biographies
d) Human emotions and relationships

How does Gabriel Rolón engage with his audience beyond his books?
a) Through stand-up comedy
b) By hosting a cooking show
c) Hosting a radio show and discussing psychological issues
d) Through his art exhibitions

What is one of the reasons why Gabriel Rolón is well-regarded?
a) His exceptional cooking skills
b) His ability to sing opera
c) His emphasis on self-awareness and self-care
d) His expertise in astronomy

What does Gabriel Rolón believe is essential for a fulfilling life and healthy relationships?
a) Watching TV all day
b) Constantly checking social media
c) Understanding one's own emotions and thoughts
d) Ignoring personal growth

How has Gabriel Rolón's work impacted people's lives?
a) By promoting unhealthy habits
b) By encouraging reckless behavior
c) By helping people improve their mental well-being and navigate struggles
d) By spreading misinformation

Why is Gabriel Rolón considered a popular figure both in Argentina and internationally?
a) He is a famous actor in Hollywood movies
b) He is a renowned chef with a cooking show
c) His books are only available in one language
d) His accessible writing and relatable advice resonate with many people

LIVEWORKSHEETS

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Vocabulary

- **Renowned**: Widely known and respected.
- **Contributions**: Additions or efforts that make a positive impact.
- **Insightful**: Showing a deep understanding and perception.
- **Connect**: Form a meaningful relationship or association.
- **Approachable**: Easy to approach or interact with.
- **Complexities**: Intricate or complicated aspects.
- **Emotions**: Feelings or states of mind.
- **Relationships**: Connections or associations between people.
- **Broadcasts**: Publicly transmits or shares.
- **Audience**: The group of people reached by a performance, show, or communication.
- **Expertise**: High level of skill or knowledge in a particular area.
- **Self-awareness**: Understanding one's own emotions, thoughts, and behaviors.
- **Self-care**: Taking deliberate actions to maintain and improve one's own well-being.
- **Fulfilling**: Providing a sense of satisfaction and achievement.
- **Navigate**: Successfully move through or manage.
- **Struggles**: Difficulties or challenges.
- **Mental well-being**: State of having good mental health and a positive outlook.
- **Respected**: Held in high regard or esteem.
- **Accessible**: Easy to approach, understand, or use.
- **Relatable**: Able to be related to or understood by others.

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