



Man needs colour to live. It's just as necessary an element as fire or water.  
Fernand Léger, French painter, sculptor, and film maker

## 13 True colours

### 1 VOCABULARY adjective suffixes

- a Make adjectives from the nouns and verbs in the list, and complete the sentences.

ambition boss cheer create glamour  
possess power rely self social

- 1 Jack is extremely ambitious. He'd like to be the company director.
- 2 My colleague is really \_\_\_\_\_. She's always telling me what to do.
- 3 Dave's girlfriend is very \_\_\_\_\_. She doesn't let him talk to other girls.
- 4 My sister is always \_\_\_\_\_. She looks happy all the time.
- 5 Jane's husband is really \_\_\_\_\_. He only ever thinks of himself.
- 6 My best friend is very \_\_\_\_\_. She's always there when I need her.
- 7 Mike is really \_\_\_\_\_. He enjoys being with other people.
- 8 My brother's wife is very \_\_\_\_\_. She looks like an actress!
- 9 He's a very \_\_\_\_\_ businessman. He has a lot of influence over other people.
- 10 Anna is really \_\_\_\_\_. She's made some wonderful sculptures.

- b** Complete the text with the adjective form of the words in brackets. In some cases, you may need to add a negative prefix (*un-*) as well as a suffix to the word.

In the past, very few people ate at the restaurant on the corner of my road because it was dark and <sup>1</sup> dirty (dirt) inside. It was also very <sup>2</sup> \_\_\_\_\_ (noise) because the owner liked loud music. In the end, it closed down because it was <sup>3</sup> \_\_\_\_\_ (profit). Last year, the restaurant changed hands and now it is <sup>4</sup> \_\_\_\_\_ (recognize). The new owner has painted the walls yellow, so it looks cleaner and much more <sup>5</sup> \_\_\_\_\_ (space). He has bought new tables and chairs, which are more <sup>6</sup> \_\_\_\_\_ (comfort) than the old ones, and he has also changed the menu. The old menu was full of <sup>7</sup> \_\_\_\_\_ (health) fast food like burgers and chips, but now they serve <sup>8</sup> \_\_\_\_\_ (impress) three-course meals. We often go there for Sunday lunch, because the food is quite <sup>9</sup> \_\_\_\_\_ (afford).

## 2 PRONUNCIATION word stress

- a Underline the stress on the words. Then write them in the correct column in the table.

active ad|dic|tive ag|gres|sive de|sir|able  
en|vi|ous in|ex|pen|sive ir|re|spon|sible re|bel|li|ous  
sens|ible styl|ish un|at|trac|tive un|suc|cess|ful

| Stress on<br>first syllable | Stress on<br>second syllable | Stress on<br>third syllable |
|-----------------------------|------------------------------|-----------------------------|
| <u>active</u>               |                              |                             |
|                             |                              |                             |
|                             |                              |                             |
|                             |                              |                             |

### 3 GRAMMAR adjectives

a Right (✓) or wrong (✗)? Correct the incorrect phrases.

- 1 Blue eyes are less common than brown eyes. ☒
- 2 I like the hat purple best. the purple hat best ☒
- 3 Your glasses are more stylish that mine. ☐  
\_\_\_\_\_
- 4 She bought two different jackets in the sale. ☐  
\_\_\_\_\_
- 5 Silver isn't as expensive than gold. ☐  
\_\_\_\_\_
- 6 My best friend is the more reliable person I know. ☐  
\_\_\_\_\_
- 7 Your hair is more dark than mine. ☐  
\_\_\_\_\_
- 8 My aunt wears clothes very colourful. ☐  
\_\_\_\_\_
- 9 These are the most comfortable jeans I've ever bought. ☐  
\_\_\_\_\_
- 10 Yellow is popularer than red this season. ☐  
\_\_\_\_\_

b Complete the dialogue with *one* or *ones* where necessary.

- 1 A Which is your coat?  
B The red one.
- 2 A Which biscuits shall I get?  
B The chocolate \_\_\_\_\_. They are my favourite.
- 3 A Shall I use brown or white bread for the sandwiches?  
B Brown \_\_\_\_\_. There isn't any white left.
- 4 A Where's your car?  
B Over there. It's the green \_\_\_\_\_.
- 5 A Do you prefer Chinese or Indian food?  
B Indian \_\_\_\_\_. I love really spicy food.
- 6 A Which earrings do you like best?  
B The gold \_\_\_\_\_. They look great.

c Complete the sentences with the correct comparative or superlative form of the adjectives. In some cases, more than one answer may be possible.

- 1 Michelle is the quietest person in our office. (quiet)
- 2 I was \_\_\_\_\_ than my husband by our daughter's new haircut. (shocked)
- 3 My friend's new boyfriend is the \_\_\_\_\_ person I know. (stupid)
- 4 The person who is \_\_\_\_\_ about the birth is the baby's grandmother. (thrilled)
- 5 My sister is \_\_\_\_\_ than me. (clever)
- 6 I'm \_\_\_\_\_ in class this year than I was last year. (bored)
- 7 I've never been \_\_\_\_\_ than when I bought my first flat. (stressed)

- d Complete the sentences with *much* or *a bit* + the comparative form of an adjective from the list.



assertive good polite short spacious

- 1 His girlfriend is much more assertive than he is.  
She really says what she thinks.
- 2 I'm \_\_\_\_\_ than my brother. He's 1.82m and I'm 1.80m.
- 3 My children are \_\_\_\_\_ than my sister's.  
Hers never even say 'please' or 'thank you'.
- 4 I'm feeling \_\_\_\_\_ than yesterday, but I don't think I'll be able to go back to work till next week at the earliest.
- 5 My new flat is \_\_\_\_\_ than the old one. It's 80m<sup>2</sup>, and the old one was 70m<sup>2</sup>.

## 4 READING

a Read the text and complete it with the missing headings.

A **WHAT RESULTS CAN YOU EXPECT?**

B **WHO CAN BENEFIT FROM IT?**

C **IS THERE ANY EVIDENCE THAT IT WORKS?**

~~D **WHAT IS IT?**~~

E **WHERE DID IT ORIGINATE?**

# COLOUR THERAPY

Colour therapists believe that the seven colours of the rainbow relate to the body's seven main energy centres. So, if you're feeling blue, a multi-coloured treatment could be just what you need.

1 D

According to the experts, the different colours in the spectrum affect the body's inner vibrations. If your vibrations are not **synchronized**, colour therapy can help to restore the balance. This will improve your mood and your physical health. There are different types of colour therapy. Many therapists shine coloured lights on the body, and some give their patients coloured silks to wear. Others use different coloured liquids in bottles, or small **torches** to shine coloured light at the relevant pressure points on the body.

2 \_\_\_\_\_

Several studies have been done on the effects of colour. In 1958, an American scientist called Robert Gerard did some research which showed that the colour red can make us feel anxious, while the colour blue promotes calm. The results also revealed that colour can affect appetite, blood pressure, and aggression. Consultant psychologist Ingrid Collins believes that colour therapy can affect our energy levels. The atoms in all the cells of the human body consist of particles of energy that are always moving. When colour is applied to the body, the cells receive more energy.

3 \_\_\_\_\_

Papyrus scrolls dating back to 1550BC suggest that the ancient Egyptians used colour to treat the sick. Colour therapy also appears in Ancient Chinese texts. The treatment became more common during the 20th century, when Swiss psychologist Dr Max Lüscher developed the Lüscher-Colour-Diagnostic test. During the test, a person is asked to rank eight colours in order of preference. The results are said to show your worries and their solutions.

4 \_\_\_\_\_

According to therapist June McLeod, colour therapy is suitable for everyone, from the young to the old. She suggests that it can help people suffering from all sorts of problems, including stress, insomnia, and even serious illnesses.

5 \_\_\_\_\_

After a session of colour therapy, people usually feel more positive and more in control of their lives. In addition to your strengths, it may also show you your weaknesses, so that you can do something about them. According to the experts, when people leave a consultation, they have a feeling of freshness and a sense of power that they have never experienced before.

- b** Read the text again and choose a, b, or c.
- 1 Experts think that colour therapy...
    - a is good for patients' minds and bodies.
    - b helps people who are under a lot of pressure.
    - c should only be done in one way.
  - 2 According to Ingrid Collins, colour therapy can make people feel...
    - a hungrier.
    - b less moody.
    - c more active.
  - 3 Dr Max Lüscher used colour therapy to treat his patients'...
    - a medical problems.
    - b psychological problems.
    - c family problems.
  - 4 June McLeod thinks that colour therapy...
    - a should only be used by certain people.
    - b can be used by people of all ages.
    - c shouldn't be used by very ill people.
  - 5 In general, colour therapy makes people feel...
    - a more assertive.
    - b less aggressive.
    - c more ambitious.

c Match the **highlighted** words in the text to the definitions below.

- 1 small electric lamps that you hold in your hand torches
- 2 showed \_\_\_\_\_
- 3 working at the same time or speed \_\_\_\_\_
- 4 a meeting with somebody to get advice \_\_\_\_\_
- 5 sad, depressed \_\_\_\_\_
- 6 helps something to develop \_\_\_\_\_
- 7 ill people \_\_\_\_\_
- 8 something that is done to make somebody look good or feel better \_\_\_\_\_
- 9 the smallest units of living matter that can exist on their own \_\_\_\_\_
- 10 long rolls of a kind of paper with writing on them \_\_\_\_\_

## 5 LISTENING

a **iChecker** Listen to an interior designer giving advice on which colours to paint each of the rooms of a house. Which colours doesn't he mention?

beige black blue brown cream green  
grey orange pink purple red yellow

b Listen again and complete the notes.

### **DINING ROOM**

Use browns, reds, and oranges – they stimulate the  
<sup>1</sup> appetite.

Avoid <sup>2</sup> \_\_\_\_\_ – it stops people feeling hungry.

### **KITCHEN**

Use colours that match the <sup>3</sup> \_\_\_\_\_.

Mix strong colours with <sup>4</sup> \_\_\_\_\_ colours.

Avoid <sup>5</sup> \_\_\_\_\_ and green.

### **LIVING ROOM**

Consider the size and the <sup>6</sup> \_\_\_\_\_.

Use warm colours to make the room look <sup>7</sup> \_\_\_\_\_.

Use <sup>8</sup> \_\_\_\_\_ to make the room more formal.

### **BEDROOM**

Use <sup>9</sup> \_\_\_\_\_, green, or pink for a  
relaxing atmosphere.

Avoid red and <sup>10</sup> \_\_\_\_\_ – too intense  
and stimulating.

### **BATHROOM**

Use light blue and <sup>11</sup> \_\_\_\_\_ for a spa  
effect.

Avoid <sup>12</sup> \_\_\_\_\_ – they make the room  
seem smaller.