

# UNIT 1, INTERMEDIATE ONE.

1 Match the speech bubbles with the pictures.

6 A Complete the conversation with *should* and *shouldn't* to give health advice.

**Paul** I'm really stressed. I can't sleep. What <sup>1</sup> \_\_\_\_\_ I do?  
**Doctor** Well, I don't think you <sup>2</sup> \_\_\_\_\_ work so many hours, and you <sup>3</sup> \_\_\_\_\_ go to bed so late. You <sup>4</sup> \_\_\_\_\_ try to get more exercise. That will help you to sleep better.  
**Paul** <sup>5</sup> \_\_\_\_\_ I drink less coffee?  
**Doctor** Yes, you <sup>6</sup> \_\_\_\_\_ ! And you <sup>7</sup> \_\_\_\_\_ drink more water, too.  
**Paul** OK, thank you.  
**Doctor** If that doesn't help, you <sup>8</sup> \_\_\_\_\_ come to see me again.



B 1.4 Listen and check. Repeat the conversation in pairs.

7 A Discuss these situations in pairs. What advice would you give?



I forgot my friend's birthday and now she's really angry with me. What do you think I should do?

Sara

My roommate is really messy. The kitchen is always dirty after he cooks, and he takes my food from the refrigerator without asking. I don't know what to do!

Enrique



My boss wants me to go to a work conference in New York. The only problem is that it's the same date as my wedding anniversary. What should I tell my wife?

Julio

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

1 Look at the pictures. In pairs, order them from 1 (most stressful) to 5 (least stressful).



Interviews



presentations



exams



traffic



moving

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_

2 Read the text. Complete the tips with *do*, *make*, *have*, or *take*.

## The best ways to deal with stress

Over 60% of adults say their lives are too stressful. So if you're stressed right now, you should stop for a minute and read our tips—they might be very helpful!



- 1 First, \_\_\_\_\_ a **deep breath** and give yourself time to think.
- 2 Then \_\_\_\_\_ a **list** of everything you have to do.
- 3 Next, \_\_\_\_\_ a **decision** about what you can realistically do today.
- 4 Remember to \_\_\_\_\_ a **break** every two or three hours.
- 5 You should \_\_\_\_\_ **something** that makes you feel happy.
- 6 Try to \_\_\_\_\_ a **talk** with friends and family about the situation.
- 7 And finally, \_\_\_\_\_ **your best** to eat well, exercise, and get at least eight hours' sleep.

4 A 1.6 Read the Skill box. Watch or listen to the first part of *Learning Curve*. Choose the correct options to answer the questions.

- 1 How does Simon deal with stress?  
a He makes a list of jobs.   b He walks around.   c He talks to his brother.
- 2 How many people in the U.S. suffer from stress every day?  
a 77% of citizens   b 400,000 people   c only a small number of people
- 3 What do some scientists say about a small amount of stress?  
a It can make us sick.   b It makes us feel bored.   c It can help us work better.

B 1.6 Compare your answers in pairs. Watch or listen again and check.



1 A How do you think the woman is feeling? Match the adjectives in the box with the pictures.

calm delighted upset cheerful nervous



B In pairs, think of situations that make people feel these emotions.

*An exam can make you feel nervous.*

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

2 A Do you think money makes people happy? Why/Why not?

B Read the text. Check (✓) the sentence that best summarizes the main idea.

- 1 People with a lot of money often feel miserable.
- 2 If people have less money, they often feel envious of others.
- 3 Spending money on other people can make you feel good.



### CAN MONEY BUY YOU HAPPINESS?

The Beatles may have been right when they sang "money can't buy me love" but, according to a new study, it can buy you happiness—if you spend it in the right way. Many people think that they'll be happier if they earn more money. But Dr. Michael Norton from Harvard Business School believes that it's not about how much money you make, but about how you spend it.

Dr. Norton tried an experiment with people in different countries. At the start of the experiment, he asked people how happy they were. Then he gave them an envelope with some money and instructions on how

to spend it. Some people had to spend the money on themselves, and others were told to spend it on someone else. At the end of the experiment, they measured how happy the people felt again.

The results show that if you spend money on other people, you'll feel happier. And if you only spend money on yourself, you won't feel any different. So the next time you want to buy a new TV or some new clothes, ask yourself, "If I buy this, will it make me happier?" According to Dr. Norton, we should think less about ourselves and more about others because, if we do that, we'll feel much better!

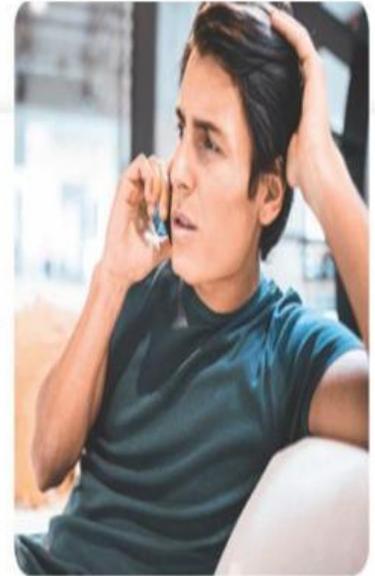
**3 A** Complete the sentence. Check your answers in the text.

If you \_\_\_\_\_ money on other people, you \_\_\_\_\_ feel happier.

A B

**B** Complete Sam's reason. Listen again and check.

If I <sup>1</sup> \_\_\_\_\_ to the movies, we <sup>2</sup> \_\_\_\_\_ a scary movie. And if I <sup>3</sup> \_\_\_\_\_ a scary movie, I <sup>4</sup> \_\_\_\_\_ nervous. And if I <sup>5</sup> \_\_\_\_\_ nervous, I <sup>6</sup> \_\_\_\_\_ well tonight. And if I <sup>7</sup> \_\_\_\_\_ well, I <sup>8</sup> \_\_\_\_\_ late for work. And if I <sup>9</sup> \_\_\_\_\_ late for work, my boss <sup>10</sup> \_\_\_\_\_ angry. And if my boss <sup>11</sup> \_\_\_\_\_ angry, I <sup>12</sup> \_\_\_\_\_ a pay raise. And if I <sup>13</sup> \_\_\_\_\_ a pay raise, I <sup>14</sup> \_\_\_\_\_ on vacation. And if I <sup>15</sup> \_\_\_\_\_ on vacation, I <sup>16</sup> \_\_\_\_\_ miserable. So, no thank you!



**B** 1.14 Match the two columns to make sentences. In pairs, say the sentences. Pay attention to the 'll sound. Listen, check, and repeat.

- |                                      |  |
|--------------------------------------|--|
| 1 I'll be really envious             | a she'll call you later.                 |
| 2 You'll miss your flight            | b if your boss sends you to Jamaica.     |
| 3 If you give her your phone number, | c she'll be really upset.                |
| 4 If you can fix the computer now,   | d if you can't take them to the station. |
| 5 If she fails her exam,             | e if you don't leave now.                |
| 6 They'll get a taxi                 | f it'll be very helpful.                 |

**7 A** In pairs, complete the sentences.

- |                                  |                             |   |
|----------------------------------|-----------------------------|---|
| 1 If I make a lot of money, ...  | 3 I won't believe it if ... | 5 If I don't come to class next week, ... |
| 2 If I get a headache later, ... | 4 I'll be delighted if ...  | 6 I'll have a big party if ...            |

**B** Tell the class what your partner said.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_