

## 3.1 Challenges

## Vocabulary challenges and success

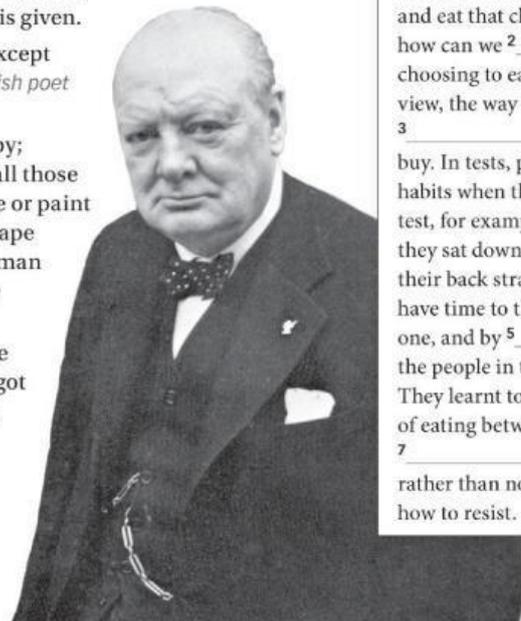
1 Choose the correct option to complete the sentences.

- Penny was losing, but she didn't give in / at / on. She tried really hard and won the match in the end.
- When he was young, Tom avoided thinking for / about / to getting a job. He preferred to have fun!
- You really should make / do / go an effort to meet people and go out more.
- One way of dealing over / with / at problems at school is to discuss your concerns with a teacher.
- Amy will never get a job if she just waits for / at / over somebody to give her one.
- Listen to the advice of older people. It's the best way of making / having / doing the right choices in life.
- If you can't find the job you want, show / be / have patient and wait until the right opportunity comes along.
- Strong-minded people lift / prove / rise to challenges in life.

➔ **STUDY TIP** We use the verb *make* in the expressions *make an effort* and *make the right choice*. What other nouns collocate with the verb *make* to form useful expressions?

2a Complete the famous quotes with one suitable word. The first letter is given.

- 'I can resist everything except temptation.' *Oscar Wilde Irish poet and playwright*
- 'Writing is a form of therapy; sometimes I wonder how all those who do not write, compose or paint can m\_\_\_\_\_ to escape the madness ... (of the) human condition.' *Graham Greene English novelist*
- 'It is no use saying, "We are doing our best". You have got to s\_\_\_\_\_ in doing what is necessary.' *Winston Churchill British politician*



- 'The aim of the wise is not to secure pleasure, but to a \_\_\_\_\_ pain.' *Aristotle Greek philosopher*
- 'Nothing makes me so happy as to o \_\_\_\_\_ nature and to paint what I see.' *Henri Rousseau French painter*
- 'Some are born great, some a \_\_\_\_\_ greatness, and some have greatness thrust upon them.' *William Shakespeare English playwright*

b 3.1 ))) Listen and check.

3 Complete the text using one word from box A in the correct form and one word from box B in each space.

A manage succeed think prefer give rise wait

B to (x3) in (x2) about for

## Improving your willpower

In his book, *Willpower: Rediscovering Our Greatest Strength*, co-written with *New York Times* science columnist John Tierney, psychologist Roy Baumeister argues that every time we resist temptation, our willpower gets weaker and weaker until we can't resist any longer and we <sup>1</sup> give in and eat that chocolate, or buy that handbag. So, he asks, how can we <sup>2</sup> \_\_\_\_\_ the challenge of choosing to eat, buy or do the right thing? In Baumeister's view, the way to improve your willpower is to avoid <sup>3</sup> \_\_\_\_\_ things you really want to eat or buy. In tests, people <sup>4</sup> \_\_\_\_\_ stop bad habits when they had other things on their minds. In one test, for example, he told people to sit up straight every time they sat down. Because they had to concentrate on keeping their back straight all the time, the people in the test didn't have time to think about bad habits. By doing tasks like this one, and by <sup>5</sup> \_\_\_\_\_ doing them well, the people in the tests learnt how to control their bad habits. They learnt to <sup>6</sup> \_\_\_\_\_ lunch instead of eating between meals, for example. Although most of us <sup>7</sup> \_\_\_\_\_ eat that chocolate immediately rather than not eat it at all, it is possible to teach ourselves how to resist.

**Grammar** ability

- 4 Choose the correct options to complete the sentences.
- I \_\_\_\_\_ play football well, but I'm not very good at tennis.  
a **can**                      b manage    c am able
  - Tom was late because he didn't \_\_\_\_\_ to catch the bus on time.  
a able                      b manage    c can
  - Jerry \_\_\_\_\_ getting a place on the course.  
a didn't manage to    b couldn't    c didn't succeed in
  - It was difficult, but we \_\_\_\_\_ open the door and go inside.  
a were able              b could        c managed to
  - I won't \_\_\_\_\_ to finish my work before the end of the day.  
a able                      b succeed    c manage
  - Omar wasn't \_\_\_\_\_ to leave work early, so he missed the appointment.  
a able                      b could        c managing
- 5 Rewrite the sentences. Use the words in brackets in the correct form.
- I'm afraid we aren't able to return the documents you sent. (can)  
I'm afraid we can't return the documents you sent.
  - Were they able to find their way back easily? (manage)  
\_\_\_\_\_
  - Tina couldn't get a holiday job last summer. (able)  
\_\_\_\_\_
  - Some students managed to pass all the exams. (succeed)  
\_\_\_\_\_
  - Are you able to lift such heavy bags? (can)  
\_\_\_\_\_
  - Are you sure that Jack will manage to find the hotel? (able)  
\_\_\_\_\_
  - Lars didn't succeed in passing his driving test. (manage)  
\_\_\_\_\_
  - Do you think Anna is able to come on Sunday? (can)  
\_\_\_\_\_

- 6 Complete the sentences. Use *can/can't, could/couldn't, be able to, manage to* or *succeed in* and the words in brackets. There is sometimes more than one possible answer.



**If at first you don't succeed ...**

In the 1920s, a young Japanese engineer applied for a job at Toyota, but he <sup>1</sup> *didn't succeed in getting* (not get) the job, so he decided to start his own business. His name was Soichiro Honda.

When he was young, Ludwig van Beethoven had lots of violin lessons, but he <sup>2</sup> \_\_\_\_\_ (not play) the instrument very well. He was hopeless at it! So, he decided to become a composer.

In the future, nobody <sup>3</sup> \_\_\_\_\_ (buy) any of Vincent van Gogh's paintings because they will be so valuable and expensive. In his lifetime, however, van Gogh only <sup>4</sup> \_\_\_\_\_ (sell) one painting ... to a friend.

When Fred Astaire arrived in Hollywood, people said that he had no talent. 'He <sup>5</sup> \_\_\_\_\_ (not act) and he <sup>6</sup> \_\_\_\_\_ (not sing)!' said one critic at the time. However, Astaire did have talent. He <sup>7</sup> \_\_\_\_\_ (dance) really well, and he soon became a star.

Harland David Sanders knew that he <sup>8</sup> \_\_\_\_\_ (cook) chicken really well. He had a great recipe, but restaurants rejected it 1,009 times before eventually one restaurant decided to use it. He called it Kentucky Fried Chicken (or KFC), and the rest is history.

**I can ...**

	Very well	Quite well	More practice
talk about challenges and success.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
talk about ability.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>