

4 Read the article quickly. What two things is the writer trying to change about her life?

5  1.08 Read the article again and listen. Mark the sentences T (true) or F (false).

- 1 The writer has to finish the article by the following day.
- 2 The writer is finding it easy to lead a healthier life.
- 3 We use different parts of our brain depending on who we're thinking about.
- 4 Our brains don't always let us make good choices for our future selves.
- 5 It takes just under two months for our brains to feel happy with changes to our lifestyles.
- 6 The writer has decided that she'll never be able to change her habits.