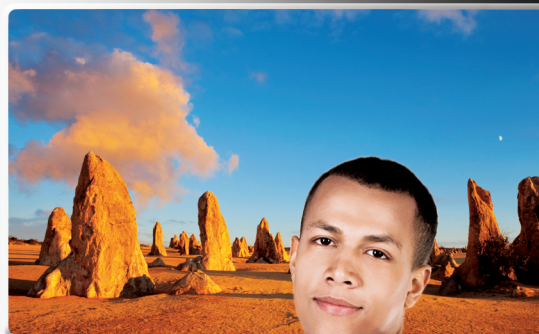




# Discover



Virginia Evans Jenny Dooley



Student's Book & Workbook



Express Publishing

9

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# Module 1

## Body and Soul

**Vocabulary:** jobs related to healthcare/fitness; alternative therapies; physical activities; emotional health; mental health

**Grammar:** modal verbs; past modals; conditionals/wishes

**Everyday English:** discussing symptoms & remedies

**Intonation:** expressing sympathy

**Phrasal verbs:** verbs with *out*

**Writing:** a report (making suggestions/recommendations)

**Culture Corner:** American Spa in Arkansas

**Cross-curricular (Health):** Anger Management

### Vocabulary

#### Jobs related to healthcare & fitness

1 a) Listen and say.

- |                    |                    |
|--------------------|--------------------|
| 1 optometrist      | 8 paramedic        |
| 2 psychologist     | 9 nutritionist     |
| 3 pharmacist       | 10 midwife         |
| 4 art therapist    | 11 physiotherapist |
| 5 personal trainer | 12 beautician      |
| 6 hypnotist        | 13 plastic surgeon |
| 7 dental hygienist | 14 yoga instructor |

b) Which of the jobs in Ex. 1a can you see in the pictures?

2 Match the descriptions (A-H) with a job from Ex. 1a.

- A** gives advice on food-related health problems
- B** assists a dentist/dental surgeon
- C** puts patients into a sleep-like state and gives them instructions that benefit them
- D** helps people express themselves through creativity
- E** tests people's eyesight and sells glasses and contact lenses
- F** helps people to achieve their personal fitness goals
- G** helps people with mental disorders
- H** works in the emergency services and gives medical support at the scene of an accident

3 Listen to five people speaking about their jobs and match each to one of the pictures. What words/phrases helped you decide?

#### OVER TO YOU!

Which of these jobs in the pictures do you think are the most: rewarding? challenging? Why? What qualities are needed for each job?

A



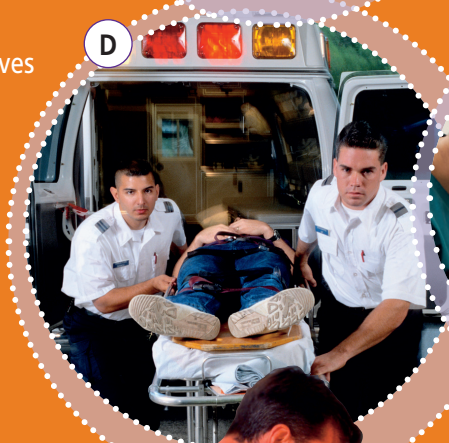
C



B



D



E



F



# 1a Body and Soul

## Vocabulary Alternative therapies


- 1 a) List the words under the headings.

health problems

alternative therapies

aches, pains, injuries

- hypnotherapy
- arthritis
- meditation
- acupuncture
- reflexology
- osteoporosis
- ulcers
- blisters
- homeopathy
- migraine
- concussion
- indigestion
- nosebleed
- depression
- panic attack

- b)  Listen and check. Which words are the same in your language?

## Reading

- 2 a) Look at the picture and read the title and the first sentence of each paragraph in the text. What do you expect to read about? Read to check.

### Check these words

insomnia, restless, dim, mesmerize, surgery, cluck, snoring, addiction, kick the habit, panic attack, recovery, burn victim, pain relief, saw, lash, magic wand, side effects, absorbed



Look deep  
into  
my eyes ...

Amy Logan's insomnia was leading to a lot of restless nights. Taking a friend's advice, she decided to pay a visit to a hypnotist. Here Amy looks at the medical benefits of hypnosis and is put into a deep, deep sleep ...

The lights are dim and the couch is comfortable; the hypnotist's voice is monotonous, yet soothing. "Listen and relax, listen and relax," he repeats over and over. My arms and legs and even my eyelids are feeling heavy. My breathing is slowing down, as though I'm falling into a deep sleep and then the hypnotist begins ...

There is evidence that the Ancient Egyptians used hypnotism over 2,000 years ago, but hypnotherapy as we know it dates from the 18th century. **1** It wasn't until the following century, however, that surgeons began to use hypnotism (coming from the Greek word for sleep) to relax patients during surgery. With the rise of modern medicine, however, in the last 200 years, hypnotism has been associated more with stage show hypnotists swinging a pocket watch in front of their victims and asking them to cluck like a chicken to entertain an audience!

But now, increasingly, with the help of hypnotherapy people are managing anxiety, losing weight, stopping snoring, and overcoming many other addictions and conditions. In fact, up to 75% of people who have used hypnotherapy to stop smoking have been able to kick the habit. **2**

So how exactly does it work? Scientists are not 100% sure. What they do know is that it creates a state of deep relaxation in which patients are more open to suggestions than when they are wide awake. **3** They are not cut off from the outside world, but they're completely focused on the hypnotist's voice. It's at this point that he can suggest positive changes to thought patterns and habits.


Hypnotherapy isn't just for psychological problems, though. **4** Burn victims, for instance, have benefited from pain relief after a session of hypnotherapy. One senior citizen even had an operation which involved a surgeon sawing into her foot while under hypnosis! She says, "I said to myself that if I had any pain I should think of it as waves lashing against a sea wall. Every time it happened, I imagined the pain going away, like the tide."

While hypnotism isn't a magic wand, it seems it may be able to treat countless conditions. Moreover, it is painless as well as risk-free, it has no side effects and it's cheap. **5**

Before trying hypnotherapy for myself, I did a little research and found out that although about 90% of people can be hypnotized, good hypnotherapy patients tend to be relaxed, imaginative, intelligent, and easily absorbed by things. So what happened after my own hypnotherapy experience? Well, throughout it, I felt normal and could still hear the traffic outside, but when I "awoke" after what I thought was about 20 minutes, I was surprised to learn that an hour had passed. I have to admit I've been sleeping better ever since. **6**

It looks like hypnotherapy might work for me, but what about you? Could you be hypnotized?

- b) Read the article again. Six sentences have been removed from the article. Choose from the sentences A-G the one which fits each blank (1-6). There is one extra sentence which you do not need to use.

 Listen and read to check.

- A It has also helped people suffering from phobias, depression, or panic attacks.
- B Not perfectly, but there has definitely been an improvement.
- C It didn't take long for the hypnotist to put me under.
- D Amazingly, some hospitals are now using it alongside conventional medicine to reduce pain and speed up recovery.
- E German physician Franz Mesmer became renowned for treating nervous disorders and we still use his name today whenever we say we are *mesmerized* by something.
- F Patients sometimes compare the experience to being totally absorbed in a good book or movie or in a meeting when their mind wanders.
- G Many people, however, are still not willing to put their faith in a therapy that can't be scientifically proven.

- 3** Fill in: *overcome, wide, relief, disorder, heavy, side, swinging, kick, deep*.

- 1 He felt his arms getting very ....., then he fell into a ..... sleep.
- 2 Little Johnny sat on the stool ..... his legs back and forth.
- 3 He has managed to ..... his problem.
- 4 Exercise can help smokers ..... the habit and start living a healthier life.
- 5 He lay in bed ..... awake staring at the ceiling.
- 6 Acupuncture is one of the most popular techniques used for the ..... of back pain.
- 7 Before taking food supplements you should check if they can cause any ..... effects.
- 8 Depression is a sign of a nervous .....

## Grammar

### Modal verbs

- 4** Complete the sentences using appropriate modal verbs.

- 1 It is necessary for patients to want to be hypnotized or it won't work. Patients *have to want to be hypnotized or it won't work*.
- 2 Why don't we eat at the vegetarian restaurant? We .....
- 3 It is possible that reflexology helps with your bad back. Reflexology .....
- 4 I strongly advise you to try meditation. You .....
- 5 It isn't necessary to be really fit to do yoga. You .....
- 6 I don't think she'll go to her yoga class since she's working late. She .....
- 7 Is it possible for me to borrow your yoga mat? ..... I .....
- 8 You are allowed to open your eyes now. You .....
- 9 Do you want me to give you a ride to the gym? ..... I .....
- 10 You aren't allowed to make any noise during meditation. You .....

## Speaking & Writing

- 5** **THINK!** Read the text again and find the main idea in each paragraph. Use the ideas to give the class a short summary of the text.

- 6** **THINK!** Would you ever try hypnotherapy? Why? Why not? In three minutes write a few sentences. Tell your partner or the class.

# 1b Health crazes

# ARE THEY CRAZY?

## Vocabulary

### Physical activities

1 Which of the following types of physical activities do you do? How often? Tell your partner.

- playing sports • weight lifting
- aerobics • cycling • stretching
- swimming • dancing • yoga
- body building • running
- walking • pilates

*I do aerobics twice a week. I also go cycling every weekend.*

## Reading

2 Read the headings of the four texts and look at the pictures. What do you think each health/fitness craze involves? Listen and read to find out.

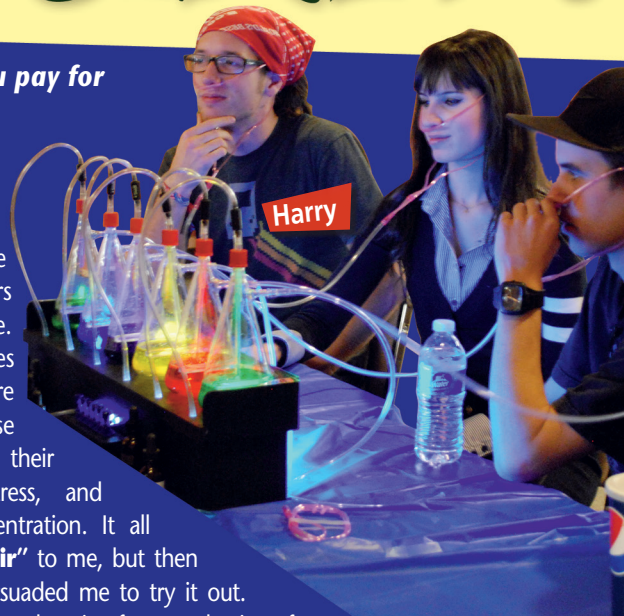
3 Read again and for questions 1-8, choose from the people A-D. Then give each text an alternative heading.

Who:

- found the activity more difficult than expected?  1
- was very nervous about trying the activity?  2
- was scared while doing the activity for the first time?  3
- tried an activity he/she had read about?  4
- tried an activity that made a problem disappear?  5
- did the activity with a friend?  6
- decided to try the activity based on someone's advice?  7
- was surprised and amused by how something felt?  8

### A Would you pay for oxygen?

I was flipping through a health magazine recently when an article about oxygen bars caught my eye. Some top athletes and rock stars are huge fans and use them to boost their energy, reduce stress, and improve their concentration. It all sounded like "hot air" to me, but then one day a friend persuaded me to try it out. Within minutes we were choosing from a selection of oxygenated fragrances: lemon, "relax", or eucalyptus. I chose "relax". We had to connect ourselves to an oxygen tank by putting small tubes up our nostrils and then waited to feel the effects. After the recommended 15 minutes, we both felt relaxed and much more awake. Also, the slight headache I'd had before had gone away. Who knows? The oxygen might have helped!



### B A fin-tastic treatment

When you go for a pedicure, there's usually just one pedicurist, but imagine having your toes worked on by 150 miniature fish! This is exactly what I experienced recently when I agreed to try a fish pedicure at a local beauty salon. The treatment involves you **plunging** your feet into a tank full of toothless "doctor fish" so that they can **nibble** your dead skin away. As I sat nervously at the edge of the tank and saw the huge number of fish swimming around, I was a little concerned that they wouldn't know when to stop eating! But as I finally dipped my feet in the tank and the fish **swarmed** over, I couldn't believe how gentle they were. In fact, it really tickled and I couldn't help but laugh out loud. Afterwards I was astonished by how smooth my feet felt. I felt like I should have thanked the fish!

**C Feeling weightless**

I had always enjoyed yoga but after injuring my wrist, I couldn't put much weight on it. My personal trainer suggested that I should try aerial yoga – yoga in a long silk hammock **suspended** from the ceiling. You perform various poses sitting, lying, or even spinning upside down in the hammock. It's supposed to tone your muscles and straighten your shoulders. It all sounded good to me, but when my first class started, I was so afraid of falling out of the hammock I hardly moved! I couldn't stop laughing either. To my surprise, aerial yoga was easy to pick up and I've almost successfully managed to do the "cannonball" – hugging your knees while swinging upside down!



Cathy

5 Fill in: *swarm, plunged, suspended, boost, breath, swinging, nibbling, picked up.*

- 1 Exercising helps ..... your energy.
- 2 He took a cookie and started ..... on it.
- 3 Small fish often ..... under the dock during the summer.
- 4 He ran out of ..... while running to catch the bus.
- 5 She ..... colorful lights in the trees in her back yard.
- 6 She ..... the Hindi language very quickly while studying yoga in India.
- 7 The audience couldn't take their eyes off the acrobats ..... in the air.
- 8 We ..... into the freezing water.

**D Barking mad**

After mentioning to my friend Brian that I wanted to lose a bit of weight, he said he had the perfect solution for me. He knows how much I adore my dog, Brady, so he suggested I tried CaniX racing. The idea behind it, he explained, is that instead of taking your dog for a walk, your dog takes you for a run while you're attached to it by a harness and an elastic rope! It sounded **hilarious** so the next weekend I gave it a try. Well, it was certainly **no walk in the park!** Brady took off at top speed and within a few minutes I had branches in my hair, mud splashed all over me, and I was completely out of breath. When we finished, about 25 minutes later, I felt like I had run up Mount Everest. As for Brady, he looked up at me full of energy as if to say, "That was cool! Let's do it again!"



Jenny

**Check these words**

flip through, catch your eye, oxygenated, tube, nostrils, dip, gentle, tickle, laugh out loud, silk hammock, suspended, poses, spin, hug, swing, harness, at top speed, out of breath

4 Match the words/phrases in bold with their meanings: *extremely funny, eat by biting small pieces, with no real meaning, pushing quickly in, hanging, moved in a large group, not easy.*

**Grammar**  
**Past modals**

6 Use the words in parentheses to complete the sentences so they have a similar meaning to the first sentence. Use two to five words.

- 1 It's a shame I didn't start training earlier. **(have)** I ..... earlier.
- 2 He was lucky the car didn't hit him. **(have)** The car ..... but he was lucky.
- 3 It's possible that he has broken his leg. **(may)** He ..... his leg.
- 4 I don't think that Bob has gone on vacation because I saw him this morning. **(have)** Bob ..... on vacation; I saw him this morning.
- 5 I'm sure Ann has passed her exams. **(have)** Ann ..... exams.
- 6 I'm convinced he didn't lie to you. **(lied)** He ..... to you.

**Speaking & Writing**

- 7 What does each health craze in the text involve? Tell your partner.
- 8 **THINK!** Which of the experiences in the text would you most/least like to try? Why? Write a few sentences about this, then read them to your partner or the class.



# 1 **C** Culture Corner



## American Spa in Arkansas

- 1 Read the title of the text and the subheadings and look at the picture. What is special about this place? What can a visitor see & do there? Read to find out.
- 2 Read again and think of the word which best fits each blank (1-10). Use only one word in each blank. Compare your answers with your partner's.
- 3 a) Fill in: *classic, relaxing, stained, chemical, medicinal, sinus, steam, soothe.*

1	..... glass
2	..... muscles
3	.....-free
4	..... architecture
5	..... condition
6	..... room
7	..... powers
8	..... experience

- b) Use the phrases to make sentences based on the text.
- 4 Listen and read the text. Imagine you are a tour guide at the Arkansas Hot Springs National Park and your partner is a tourist. Take notes on the text, then use them to give your partner a tour.
- 5 Find information about a popular place of natural beauty in the world where people go to relax and improve their health. Write a short text and present it to the class.

### Check these words

healing, soothing, medicinal powers, arthritis, aching muscles, stained glass, ceramic fountains, marble sculptures, grand piano, purchase, tub, soak, steam, sinus condition, rock formations

People have been visiting the Arkansas Hot Springs National Park for the healing and soothing water **1)** ..... the 19th century. President Andrew Jackson named the area a “special reservation” in 1832, 40 years before national parks ever existed in America. The park is now known to locals **2)** ..... the “American Spa”. While it is the smallest natural park in the country, it is considered one of the most peaceful and relaxing places to visit.

### Hot Springs

About 700,000 gallons of hot spring water flows **3)** ..... Hot Springs Mountain at 143°F through pipes into the historical bathhouse. The water also flows into “jug fountains” outside where people can fill bottles with the chemical-free water at no charge. Not only does the water flowing from the mountains look beautiful, but it also has medicinal powers! It is used **4)** ..... heal arthritis and soothe aching muscles.

### Traditional Baths

Bathhouse Row on Central Avenue is **5)** ..... most visited area of the park. The building features stained glass ceilings, ceramic fountains, marble sculptures, and a grand piano. Once you purchase a bath ticket, you get your own private tub with 100°F water. After the soak, **6)** ..... not visit a steam room to help with sinus conditions?

### Hiking the Trails

If you follow a part of the 26-mile-trail in the park, you are sure to come **7)** ..... beautiful scenery, unusual rock formations, and sweet-smelling wildflowers. Make sure to stroll past the National Historic Landmark District to see the classic architecture of old buildings such as the Grand Promenade. Those who want to bring their own lunch are welcome to picnic in different areas of the park where tables and grills are set **8)** ..... You can eat a delicious meal in the middle of nature, enjoying the lovely atmosphere.

### Notable Visitors

From the 1880s to the 1940s, Hot Springs, Arkansas, was the main training location for baseball players during springtime. The Chicago White Stockings, Cincinnati Reds, Pittsburgh Pirates, and the Boston Red Sox visited the bathhouses to relax and soothe their muscles in the Hot Springs. If it **9)** ..... good enough to help those professional athletes, it must be **10)** ..... a visit!

## Discussing symptoms & remedies

- 1 a) Listen and say.
- You look a bit pale.
  - I feel terrible actually.
  - What's the matter?
  - Oh no, that sounds awful.
  - When did it start?
  - It sounds like you could have a migraine.
  - If I were you, I'd take a strong painkiller.
  - Hopefully that will make you feel better.
  - Get well soon!
- b) Which sentences: *ask for information?* *describe a health problem?* *give advice?* *express sympathy?*

- 2 Listen and read the dialogue. What's wrong with Melissa? What does Dave suggest?



Dave: Are you all right, Melissa? You look a bit pale.

Melissa: Well ... no, not really. I feel terrible actually.

Dave: What's the matter?

Melissa: Well, I have a splitting headache and I feel really nauseous, too.

Dave: Oh no, that sounds awful. When did it start?

Melissa: About half an hour ago.

Dave: Well, it sounds like you could have a migraine.

Melissa: You might be right.

Dave: If I were you, I'd take a strong painkiller and go lie down in a dark room. Hopefully that will make you feel better.

Melissa: Yes, I think I'll do that. Thanks a lot, Dave.

Dave: Oh, you're welcome. Get well soon!

## Intonation: expressing sympathy

- 3 a) Listen and say. Pay attention to the intonation.
- Oh no, that sounds terrible.
  - I'm really sorry to hear that.
  - Oh, you poor thing!
  - I really hope you feel better soon.
  - That must be awful.
- b) Use the problems below and phrases from Ex. 3a to act out exchanges, as in the example.

## Health problems

- bloated stomach
- splitting headache
- itchy skin
- the flu
- chest infection

- runny eyes
- bad cough
- hay fever

A: I have a bad cough.

B: I really hope you feel better soon.

## Speaking

- 4 Imagine you have a painful bloated stomach. Use the ideas below to act out your own dialogue. Follow the plan.

<b>A</b>	<b>B</b>
Ask if B is all right.	Say you feel terrible.
Ask what's wrong.	Describe problem.
Sympathize. Ask when it started.	Tell A.
Say what you think the problem is.	Say A could be right.
Give your advice.	Agree to follow advice.
Wish B a fast recovery.	Thank A.

**Symptoms:** painful bloated stomach – **Problem:** indigestion  
**Remedy:** take some antacid.

# 1 e Emotional health

## Reading

- 1 a) How often do you: *laugh? do something to help someone? meditate? stop to admire something beautiful e.g., a flower, a sunset?* Tell your partner.

*I don't laugh very often. I sometimes help my mom with housework.*

- b) What things in your life make you feel happy? Tell your partner.

*Listening to my favorite song makes me feel happy.*

- 2 Read the title of the article, the quote, and the first sentence of each paragraph. What do you expect to read?

🔊 Listen and read the text and check.



LOOK ON THE BRIGHT SIDE

*"A day without laughter is a day wasted."  
(Charlie Chaplin)*

By the time I got to the community center, I was already five minutes late. When I finally found the room, a **diverse** group of young and old people were **wandering** around, pointing at each other and giggling. It was one of the most ridiculous sights I had ever seen, but I shouldn't have been so surprised because this was a laughter yoga class!

Laughter yoga was started in 1995 in Mumbai, India, by Madan Kataria, a doctor. He had been looking into the medical advantages of laughter and found that a great way to relieve stress was to laugh for 15 to 20 minutes every day. He formed a public laughter club in a park and before long, a new movement combining laughter and special breathing exercises had been created. The idea **took off** and, unbelievably, there are now around 5,000 laughter yoga classes taking place around the world!

At first, I was very skeptical. How could a bit of silly giggling feel like exercise? Our instructor Maryanne explained that laughter reduces stress, improves circulation, tones muscles, and even helps the respiratory system. In fact, just the simple act of smiling, she said, tricks our bodies into thinking we are happy since it releases stress-fighting hormones called endorphins. Well, I was certainly willing to try it to help me **let off steam** after my stressful week!

As warm-up exercises, Maryanne asked us to walk around the room while chanting and clapping. Afterwards, we lay on the floor, kicking our legs in the air, and to my surprise I started to **snigger**. Then we pretended to joke with old friends and drink from imaginary tea cups. The room was soon full of chuckles, giggles, and roars of laughter. I have to admit the laughter was **contagious**.

At the end of the session, I felt refreshed. It was as if a weight had been lifted from my shoulders. Before we left, Maryanne gave us a list of easy actions for joyful

living and told us to try some out before the next class. The list included simple things such as meditation, helping a neighbor, learning a new skill, or even stopping to admire a wild flower or looking up at a starry night sky. That should be easy enough, I thought! Firstly, I tried meditating for 10 minutes each morning. I sat silently with my eyes closed and focused on my breathing while observing my thoughts. At first that was hard! But as the week progressed, the **clutter** in my mind was eventually replaced with a feeling of peace and tranquility.

The next thing I did was offer to help an elderly neighbor carry her shopping bags home. She appreciated it and I felt proud of myself. However, Friday was a terrible day. I stepped in a huge puddle, got soaking wet on my way to college, and then my car wouldn't start so I had to catch two trains home. Taking advice from Maryanne's list, at the end of the day I wrote down three positive things that happened that day: My friend brought me a warm drink when I arrived at the college. I listened to my favorite music on the journey home. My brother promised to look at my car for me the next day.

I read somewhere that happiness doesn't just happen, you have to work at it; but I found that it doesn't actually take that much work. So, try it out for yourself – you don't have to go to a laughter yoga class. You can smile and laugh more, look for small ways to bring joy to others, and yourself, and focus on the positive things in your life, not the negative. I don't think you'll regret it!

### Check these words

community center, giggle, relieve, skeptical, circulation, tone muscles, respiratory system, hormones, chant, chuckle, roar, refreshed, a weight lifted from one's shoulders, meditation, puddle

**3** Read the text again. For questions 1-6, choose the best answer (A, B, C, or D). Justify your choices.

- 1 When the writer arrived at her class, she felt
  - A embarrassed because she was late.
  - B more comfortable than she expected.
  - C relieved that she found the room.
  - D amused and surprised by the group's behavior.
- 2 Madan Kataria founded laughter yoga in order to
  - A reduce his stress levels.
  - B make exercising more fun.
  - C improve public health.
  - D make a career change.
- 3 After listening to the instructor talk about laughter yoga, the writer felt
  - A more open-minded.
  - B embarrassed about her attitude.
  - C more uncertain about it.
  - D sure that she was right.
- 4 What does "that" (l. 44) refer to?
  - A finding the time to meditate
  - B facing day-to-day worries
  - C learning to meditate properly
  - D thinking about the future
- 5 On Friday, the writer managed to
  - A solve her problems quickly and easily.
  - B strengthen relationships with family and friends.
  - C avoid feeling unhappy about her day.
  - D try a few ideas from Maryanne's list.
- 6 How did the writer's attitude change during her experience?
  - A She realized that simple actions can make you happier.
  - B She began wanting to encourage others to try laughter yoga.
  - C She realized how much she had to be happy about.
  - D She started to appreciate those around her more.

## Vocabulary

- 4** Match the words in bold with their meanings: *laugh quietly, infectious, walking around without purpose, varied, calm down, became successful, confusion.*

## Grammar Conditionals/Wishes

- 5** a) Put the verbs in parentheses into the correct tense. What type is each sentence?
- 1 If I were unhappy, I ..... (join) a yoga laughter class.
  - 2 She wouldn't have lost the game if she ..... (try) harder.
  - 3 Jim would come if he ..... (have) time.
  - 4 If I ..... (find) a wallet on the sidewalk, I'd take it to the police station.
  - 5 If I'd helped him, he ..... (not/fail) his test.
  - 6 If you ..... (meditate) 10 minutes every morning, you'll feel better.
- b) Use the information in the text to make four conditional sentences.
- 6** a) Read the examples. Which is a wish about the present/future? a wish/regret about the past?

*I wish I had tried harder.*

*If only she were more helpful.*

- b) Rewrite the sentences using *I wish*.

- 1 I didn't join the fitness center.  
*I wish I had joined the fitness center.*
- 2 I'm not patient.
- 3 I didn't take my parents' advice.
- 4 I don't have enough free time.

## Speaking & Writing

- 7** How has laughter yoga helped the writer? Tell your partner or the class.
- 8** **THINK!** Read Chaplin's quote. In three minutes write a few sentences expressing your opinion on the topic. Tell the class.

# 1 Skills

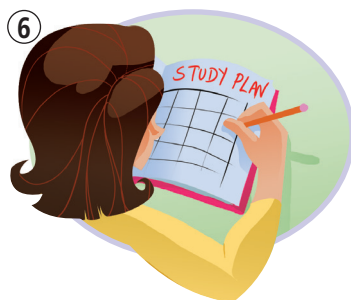
## Speaking Choice/Reason/Recommending

- 1 Read the rubric and underline the key words, then look at the pictures. What solution does each sketch show?

A classmate of yours is suffering from exam stress. Look at each of the tips for avoiding exam stress and talk to each other about how important each one is. Then decide which two tips are the most helpful.

How important is each tip?

Which two tips will help the most?



- 2 a) Listen to two pairs of students doing the task. Which pair (pair 1 or pair 2): *takes turns to let each other speak? gives reasons for their opinions?*

### Useful language

#### Choice/reason/opinion

I think ... should ... because ... .

I don't think ... should ... as ... could ... as ... .

#### Inviting speakers

What do you think? Do you agree? What about ...?

#### Recommending

It might (not) be a good idea to ... because ... should definitely ...

I would(n't) recommend ... .

- b) Listen to the second pair again. What language do they use to: *give opinions? invite their partner to speak? agree? disagree? recommend?*

- 3 Do the task in Ex. 1.

## Listening

- 4 You will hear people talking in different situations. For questions 1-5, choose the best answer (A, B, or C).
- You hear a woman talking about her back pain. Where did her accident happen?  
A at work    B at home    C on the street
  - You hear someone talking about their nut allergy. How do they feel?  
A upset that they can't eat out  
B disappointed they can't eat some tasty dishes  
C worried about eating nuts by mistake
  - You hear two sisters talking. Why doesn't Bridget want to wear contact lenses?  
A She thinks they are expensive.  
B She thinks she looks good in glasses.  
C She thinks they are too much trouble.
  - You hear a woman talking on the phone. When will she see the doctor?  
A this afternoon    B tomorrow morning  
C tomorrow afternoon
  - You hear a man talking on the radio about dealing with insomnia. What does he suggest?  
A seeing a doctor    B taking a daytime nap  
C changing your behavior and lifestyle

- 1** a) What situations make you angry?

*I get angry when someone is rude to me.*

- b) When was the last time you got angry? How did you calm down and resolve the situation? Tell your partner.

*The last time I got angry was when my brother used my cell phone without asking first. I made it clear to him that he can't borrow my things without asking first.*

- 2** How can we deal with our anger? Read to find out.

- 3** Read again and complete each blank (1-12) with the word (A, B, C, or D) which fits best.

- 4** Fill in: *brisk, feelings, mental, aggression, pressure, human, ticking, release, abuse, deep.*

1 emotional ..... ; 2 ..... race; 3 ..... walk; 4 physical .....; 5 ..... health; 6 blood ..... ; 7 verbal .....; 8 ..... time bomb; 9 ..... breathing; 10 ..... endorphins

Use the phrases to make sentences based on the text.

- 5** **THINK!** Listen and read the text. Which of the tips have you tried? Did they work? Which will you try in the future? Tell your partner or the class.

- 6** **IT** Do some Internet research to find out more anger management tips. Use the key words: **anger management**. Report your tips back to the class.



Anger is a(n) **1** ..... human emotion that all of us experience every now and then. It is a mixture of physical and emotional feelings in which a big **2** ..... of energy goes through the body as adrenaline is **3** ..... Anger isn't a bad thing in itself and has actually helped the human race adapt and evolve. However, if it isn't managed correctly, problems can **4** ..... The expression of anger can lead to verbal abuse or physical aggression and can have a very negative **5** ..... both on our physical and mental health as well as on our relationships with others. Uncontrolled anger can **6** ..... high blood pressure, insomnia, depression, and even a heart attack and can be responsible for us losing friends. **7** ..... anger doesn't help, since it merely becomes a ticking time bomb just **8** ..... to explode. It is vital that we learn to manage our anger without trying to ignore it. Exercise is a great **9** ..... for anger. If you think you are getting angry, it is a good time to go for a brisk walk, run or cycle, or even to kick a ball against a wall. Physical activity releases endorphins – feel-good hormones that help you relax. **10** ..... deep breathing or meditation can help too. Closing your eyes and imagining a(n) **11** ..... scene and repeating a phrase such as “take it easy” can help you unwind. When you feel at ease you can come back to the problem and try to solve it in a relaxed manner. Don't let your anger get the better of you but **12** ..... try to channel the energy into something positive.

- |                     |             |                        |               |
|---------------------|-------------|------------------------|---------------|
| <b>1</b> A average  | C normal    | <b>7</b> A Restricting | C Squashing   |
| B general           | D extensive | B Blocking             | D Suppressing |
| <b>2</b> A blow     | C rise      | <b>8</b> A expecting   | C waiting     |
| B boost             | D surge     | B looking              | D wanting     |
| <b>3</b> A released | C removed   | <b>9</b> A exist       | C escape      |
| B relieved          | D unloosed  | B outlet               | D path        |
| <b>4</b> A arrive   | C happen    | <b>10</b> A Both       | C Same        |
| B arise             | D begin     | B Too                  | D Likewise    |
| <b>5</b> A affect   | C cause     | <b>11</b> A cooling    | C easing      |
| B effect            | D issue     | B calming              | D softening   |
| <b>6</b> A cause    | C result    | <b>12</b> A opposite   | C instead     |
| B make              | D give      | B contrary             | D alternate   |

### Check these words

physical, adrenaline, human race, adapt, evolve, verbal abuse, physical aggression, mental health, blood pressure, insomnia, depression, heart attack, merely, ticking time bomb, vital, release, unwind, channel

# 1 Writing

## A report (making suggestions/recommendations)

1 Read the rubric and underline the key words. Answer the questions.


Your local sports center has been given a sum of money for improvements to make it more popular with young people. You work at the sports center and the manager has asked you to write a report making some suggestions. Write your **report** (120-180 words). Think about: *decor & facilities, range of activities, publicity.*

- 1 What is your report going to be about?
- 2 Who is going to read it?
- 3 What should you include?
- 4 What style should you write in?

2 a) Read the model and fill in the blanks (1-5) with an appropriate heading (A-E).

- |                       |                |
|-----------------------|----------------|
| A Décor & facilities  | D Introduction |
| B Conclusion          | E Publicity    |
| C Range of activities |                |

b) In which section of the report does the writer: *make suggestions/recommendations? state the purpose of the report? summarize the main points? offer a personal opinion?*

3  Find formal words/phrases in the report which mean the same as the informal ones given in the table. Complete the table.

Informal style	Formal style
I'm writing this report to tell you what I think.	
... need to be more modern.	
... is not used enough.	
Not many people know about the center.	
... they aren't things that young people like that much.	
... a cheap way of getting ...	
... would make more young people use the center.	



**From:** Melanie Sullivan  
**To:** James Goodwin, Manager, Redwood Sports Center  
**Subject:** Suggested improvements  
**Date:** November 28th

1) .....

The aim of this report is to suggest ways of improving the Redwood Sports Center in order to attract more young people.

2) .....

The décor and some of the facilities are in need of being updated. **Firstly**, I would recommend that the center be redecorated in a modern style and that the changing facilities be refurbished, **in particular** the showers. Secondly, I strongly suggest that TVs and free Wi-Fi be installed in areas such as the café and gym. Doing this would make the center more attractive to young people.

3) .....

**Although** the center offers a wide range of activities, they are not appealing enough to young people. More exciting sports like indoor climbing and trampolining would probably attract more interest. **Furthermore**, the fitness rooms are underused. The addition of modern fitness classes, such as Zumba, would undoubtedly be popular with younger customers.

4) .....

The center is not very well-known in the community. **For this reason**, I would suggest an open house day. This would allow young people to try out the facilities before joining. In addition, we could advertise events on social media sites. This is an inexpensive way of attracting younger customers.

5) .....

**All in all**, I feel that improved décor and facilities, new activities, and better publicity would certainly attract more young people to the center.

4 Replace the linking words/phrases in bold in the report with these words: *to begin with, to conclude, even though, in addition, therefore, especially.*

- 5 Replace the words/phrases in bold with more suitable formal words/phrases from the lists.

• attract • the aim of

A 1) My reason for writing this report is to suggest ways we can 2) get more people to come to the local community center.

• of great benefit to • popular • to sum up  
• I strongly believe

B 1) To make a long story short, a variety of activities would be 2) a big plus for people of all ages. 3) I am sure that if all the above suggestions are adopted, the center will become 4) a hit.

- 6 Expand the prompts into complete sentences. Which heading do they match?

A  
**VARIETY OF ITEMS FOR SALE**

B  
**RANGE OF SPECIAL OFFERS**

- Presently/store/sell/traditional stationery
- be/good idea/offer items/designed for/younger people such as/posters, stickers/modern school bags
- this/attract/younger customers

### Your turn

- 7 Read the rubric. Who will the report be for/from? What will its purpose be? What style will you write in?

You do some voluntary work at a local children's hospital and the director wants to make it a more pleasant place for the children. You have been asked by the director to write a report making some suggestions. Write your **report** (120-180 words).

- 8 a) Match the points to the correct headings.

Staff

Facilities/Resources

General environment

- A limited space outdoors for children to play  
B general décor not attractive to children  
C lack of toys & books  
D friendly & hardworking nurses, but often not enough on duty

- b) Match the suggestions 1-4 to the points (A-D) in Ex. 8a.

- |   |                          |   |
|---|--------------------------|---|
| 1 | <input type="checkbox"/> | paint rooms in bright colors and decorate with posters for the children |
| 2 | <input type="checkbox"/> | make an indoor playroom   |
| 3 | <input type="checkbox"/> | ask for donations of toys and books                                     |
| 4 | <input type="checkbox"/> | employ more nurses  |

- c) Use the phrases in the Writing Tip to join the prompts (A-D) to the suggestions (1-4) to form sentences as in the example.

### Writing Tip

To make suggestions/recommendations:  
I (would) (strongly) suggest/recommend; If we did this/were to do this; One/Another suggestion would be to; It would be a good idea to, etc.

*Facilities: The hospital currently has limited space outdoors for children to play. I would suggest making an indoor playroom ...*

- 9 Use your ideas in Ex. 8 to write your report. Follow the plan.

### Plan

- Para 1: state purpose and content of report  
Paras 2-4: discuss each point under subheadings  
Para 5: summarize main points, give your opinion and recommendations

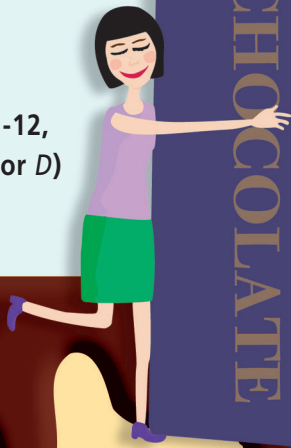


## Use of English (Multiple-choice cloze)

- 1 Read the text. For questions 1-12, decide which answer (A, B, C, or D) best fits each blank.

🔊 Listen to check.

## Eat chocolate for a longer life?



It all sounds too good to be true. **1)** ..... to scientists, dark chocolate can be a healthier snack than fruit. But not only that, it is also being called a “super food”. Scientists are now saying that chocolate **2)** ..... antioxidants that have health **3)** ..... such as preventing wrinkles and even reducing the **4)** ..... of heart disease. So, if you occasionally eat a chunk of dark chocolate then you’re better off **5)** ..... those who don’t. Researchers have even said that just the smell of chocolate can **6)** ..... you against colds!

Scientists **7)** ..... chocolate’s raw ingredient, cocoa powder, with powders made from super fruits, such as blueberries and cranberries. The research found that cocoa beans meet the same nutritional criteria **8)** ..... fruit. It’s a dream come **9)** ..... for chocoholics!

Don’t get too excited, though. In spite of all this, the **10)** ..... fat and sugar content of chocolate means that it still can’t be considered a completely healthy snack. It should be eaten as part of a balanced **11)** ..... rich in less appealing but **12)** ..... nutritious foods such as fruit and vegetables, brown rice, and beans.

- |               |               |             |              |
|---------------|---------------|-------------|--------------|
| 1 A According | B Due         | C Along     | D Because    |
| 2 A holds     | B consists    | C involves  | D contains   |
| 3 A profits   | B preventions | C cures     | D benefits   |
| 4 A trouble   | B risk        | C warning   | D illness    |
| 5 A as        | B from        | C than      | D to         |
| 6 A save      | B support     | C cure      | D protect    |
| 7 A compared  | B matched     | C examined  | D identified |
| 8 A to        | B as          | C with      | D of         |
| 9 A real      | B right       | C correct   | D true       |
| 10 A high     | B rich        | C due       | D plenty     |
| 11 A diet     | B plan        | C nutrition | D dish       |
| 12 A also     | B often       | C too       | D then       |

## Listening

### Study skills

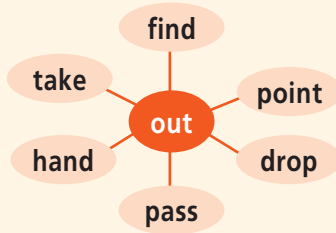
#### Multiple choice listening

Read the questions and underline the key words. They contain information about the situation and what you should listen for. Try to work out what the focus of each question is (*opinion, attitude, gist, main idea, specific information*). Listen once and write down any answers you can. Listen again and complete/check your answers.

- 2 🎧 You will hear an interview with someone who runs Capoeira classes at a local community center. For questions 1-7, choose the best answer (A, B, or C).
- How does Andy introduce Capoeira?
    - He emphasizes how safe it is.
    - He says what he likes about it.
    - He describes its special features.
  - What does Andy say about winning?
    - It isn’t the focus of Capoeira.
    - It takes a lot of time and skill.
    - There isn’t usually a clear winner.
  - Why did Capoeira include dance moves?
    - It was entertainment for the slaves.
    - It allowed the slaves to practice fighting.
    - It made it more popular.
  - Andy thought he would enjoy Capoeira because
    - he wanted to work out with others.
    - he had previously enjoyed other martial arts.
    - he’s a competitive person.
  - Andy says that beginners need
    - a lot of energy and strength.
    - time to become skillful.
    - a knowledge of other martial arts.
  - What does Andy say about the classes at the community center?
    - They have doubled in number.
    - They don’t have enough teachers.
    - They need a bigger venue.
  - Andy suggests his classes will
    - reduce crime in the area.
    - encourage others to set up classes.
    - encourage teenagers to stay in shape.

## Phrasal verbs/Prepositions

- 1** Complete the sentences with the phrasal verbs in the diagram in the correct form.



- 1 Clara thought Capoeira was so hard that she had to ..... . (**stop doing**)
- 2 The professor told us to ..... our books and turn to page 36. (**remove something from where it is**)
- 3 The yoga instructor ..... the mistakes I was making. (**showed/brought my attention to**)
- 4 Michael was so out of breath that he thought he might ..... . (**faint**)
- 5 After reading an article about laughter yoga, I wanted to ..... more. (**learn**)
- 6 Josh decided to promote his gym by ..... some flyers. (**distributing**)

**2** Choose the correct prepositions.

- 1 Today, a lot of scientific research focuses **on/in** preventing diseases.
- 2 If you lack motivation to exercise, then flip **through/over** a fitness magazine!
- 3 Our average lifespan has increased **to/by** almost 30 years!
- 4 Hannah suffers **by/from** panic attacks.
- 5 I don't think Jack heard you; he's completely absorbed **to/in** his book.
- 6 Zack was **across/over** the moon when he got the job.

## Collocations

- 3** Fill in: *splitting, kick, deep, wide, tone, breath, personal, heart, laughter, body, life.*

- |                   |                  |
|-------------------|------------------|
| 1 ..... the habit | 7 ..... awake    |
| 2 roars of .....  | 8 ..... muscles  |
| 3 extend .....    | 9 ..... building |
| 4 ..... attack    | 10 ..... sleep   |
| 5 out of .....    | 11 ..... trainer |
| 6 ..... headache  |                  |

## Word formation

- 4** Complete the sentences with a word formed from the word in capitals.

- 1 I didn't feel ..... in the dance class. (**COMFORT**)
- 2 There are many relaxing therapies that can relieve ..... in muscles. (**TENSE**)
- 3 Since Matt started exercising, he's felt a huge ..... in his mood. (**IMPROVE**)
- 4 People with bad tempers often have little ..... . (**PATIENT**)
- 5 Fish pedicures are a new ..... to remove dead skin. (**TREAT**)

## Words often confused

- 5** Choose the correct words.

- 1 Mike has just **recovered/healed** from a serious infection and is feeling much better.
- 2 Lighter exercise is much better for your body in the long **term/time**.
- 3 My mind **wonders/wanders** a lot when reading.
- 4 Acupuncturists believe you can **treat/heal** an illness by **sticking/putting** needles into a person's body.
- 5 I have a **small/slight** headache.



Read through Module 1 and mark the statements *T* (true) or *F* (false). Then write a similar quiz of your own.

- |   |  |
|---|--|
| 1 Hypnotherapy is a health problem. ....                          | 4 Aerial yoga helps us tone our muscles. ....    |
| 2 Insomnia means difficulty in falling asleep. ....               | 5 Hot Springs National Park is in Arkansas. .... |
| 3 You need a harness and an elastic rope to go CaniX racing. .... | 6 Laughter yoga was started in 1985. ....        |

# 1 Revision

**1** Fill in: *flipped, treat, side effects, relieve, tickled, indigestion, warm-up, refreshed, insomnia, mood.*

- 1 Paul had terrible ..... after eating too much pizza at the party.
- 2 The ..... of my medication are tiredness and headaches.
- 3 Annie is always in a bad ..... these days. I think she must be stressed out.
- 4 Hypnotherapy can be used to ..... physical and mental disorders.
- 5 Janet ..... through a magazine in the dentist's waiting room.
- 6 After a good night's sleep, I woke up ..... and ready for the day.
- 7 Joshua giggled as his dad ..... his tummy.
- 8 Doing ..... exercises reduces the possibility of injury.
- 9 My grandma suffers from ..... and stays up most of the night reading.
- 10 Exercising helps ..... stress and makes you feel better.

10x2=20 points

**2** Rewrite the sentences using the appropriate modals.

- 1 It is possible that hypnosis helps people overcome insomnia but I am not convinced.
- 2 I was so furious I was obliged to count to ten before I replied.
- 3 It is necessary for Dan to see a doctor. He is always exhausted.
- 4 It is not necessary to get angry. Take it easy!
- 5 If you want, it is possible for you to try hypnotherapy.
- 6 It is prohibited to drive over the speed limit.
- 7 It isn't possible for Robert to play basketball because he has a bad back.
- 8 Kiera doesn't have the doctor's permission to go scuba diving because of an ear infection.
- 9 I am convinced that it wasn't Tracey dancing at the club because she is studying for exams.
- 10 It would be a good idea for you to go and see a doctor.

10x3=30 points

**3** Put the verbs in parentheses into the correct tense.

- 1 He would have come if he ..... (be invited).
- 2 If only she ..... (stop) lying!
- 3 If I were you, I ..... (join) a gym.
- 4 I wish I ..... (not/fail) my test.
- 5 If you take an aspirin, you ..... (feel) better.

5x2=10 points

**4** Match the exchanges.

- |                            |                                     |                                    |
|----------------------------|-------------------------------------|------------------------------------|
| 1 <input type="checkbox"/> | I have a splitting headache.        | A I have hay fever.                |
| 2 <input type="checkbox"/> | Are you all right, Eric?            | B About ten minutes ago.           |
| 3 <input type="checkbox"/> | When did it start?                  | C No, not really. I feel terrible. |
| 4 <input type="checkbox"/> | If I were you, I'd take an aspirin. | D Oh no, that sounds awful.        |
| 5 <input type="checkbox"/> | What's the matter?                  | E Yes, I think I'll do that.       |

5x4=20 points

**5** You work at the local community center. Your manager has asked you to write a report suggesting how to make it more appealing to people of all ages. Write about: *décor, facilities, and activities/events.* Write your report (120-180 words).

20 points

Total: 100 points

## Check your Progress

- talk and write about alternative therapies \_\_\_\_\_
- talk and write about health & fitness crazes \_\_\_\_\_
- give a tour of a natural attraction \_\_\_\_\_
- discuss symptoms & remedies \_\_\_\_\_
- talk and write about emotional health \_\_\_\_\_
- talk and write about anger management \_\_\_\_\_
- write a report making suggestions \_\_\_\_\_

**GOOD ✓ VERY GOOD ✓✓ EXCELLENT ✓✓✓**



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