

5 The feel-good factor



EXAM TIP

Try reading the text 'aloud' in your head. That may help you to work out what some of the missing words are.

Open cloze (Part 2)

► EXAM FOCUS p.178

1 Work in pairs and discuss the questions.

- 1 Is there a particular activity that makes you feel happy?
- 2 What one change to your current lifestyle would make you happier?
- 3 What has been the happiest period of your life so far?

2 Read an article about a new way to investigate happiness. How does the writer feel about using technology in this way?

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Issues | Sections | Settings

The happiness app

Until recently, if psychologists wanted to find (0) out... how an experience or activity affected us, they had to rely on our ability to remember. All that has changed (1) the advent of smartphone apps. Researchers at Harvard University have succeeded in persuading thousands of people to take part in studies in (2) an app downloaded to their phones periodically asks where they are in their city or town, what they're doing, what they're thinking and (3) happy they feel. I'm one of those (4) was talked into participating.

It's been an irritating but enlightening experience. More often (5) not, I've found myself muttering 'Leave me alone!' when my phone beeped at some inopportune moment. At the same time, it's also made me aware of when I'm distracted and how I feel (6) contented when I'm in that state. It seems I'm not the (7) one to have this reaction. The researchers have found that, regardless of the activity, if we're thinking about something other than (8) we're doing, we just don't feel as happy as we might. Focus on what you're doing – that's the key to happiness!

3 Read the article again. For questions 1–8, think of the word which best fits each gap. Use only one word for each gap.

Long turn (Part 2)

Speculating (I)

► **EXAM FOCUS** p. 183

- 4** Work in pairs and look at the pictures. Discuss the questions using the expressions in the box.

I can't be completely sure
 I don't know why
 I may be wrong about this
 I suppose it/he/she/they could
 One possible explanation might be
 This is just a guess, but

- 1 What do the pictures have in common?
- 2 In what ways are they different from one another?
- 3 Is there anything in the pictures that is difficult for you to identify or explain?

EXAM TIP

Don't worry if there are things in the pictures that you cannot identify or explain. The Speaking exam is not intended to test your general knowledge. You're expected to speculate in answer to the examiner's question about things like why the people are there, how they might be feeling or what might happen next.

- 5** **▶ 17** Listen to the instructions an examiner gives a candidate. Which things does he NOT ask them to do?

- 1 talk about all three pictures
- 2 choose two of the pictures
- 3 describe each of the pictures
- 4 compare the pictures
- 5 decide where the pictures were taken
- 6 talk generally about people in situations similar to those in the pictures

- 6** Work in pairs.

Student A: compare two of the pictures according to the examiner's instructions.

Student B: listen and make a note of the phrases Student A uses to speculate.

- 7** **▶ 18** Listen to the next part of the examiner's instructions. What does the other candidate have to do? Discuss the question with a partner.

- 8** Work in pairs. Turn to page 136 and do Task 1. Then turn to page 140 and do Task 2.



1 Work in pairs and discuss the questions.

- 1 Is there such a thing as having too much money?
- 2 If someone has more money than they need to live comfortably, what should they do with the rest?

Multiple choice (Part 3)**▶ EXAM FOCUS** p. 182**2 You will hear an interview with two psychologists called Donna Marchant and Graham Donovan, who are discussing the topic of happiness. Look at question 1 in Activity 4 and underline the key words in the question and options.****3 ▶ 19 Listen to the first part of the interview and look at question 1 in Activity 4. Answer the questions.**

- 1 Which key words or words with a similar meaning did you hear?
- 2 Which option is correct?

4 ▶ 20 Read through questions 2–6 and underline the key words. Then listen to the interview and choose the answer (A, B, C or D) which fits best according to what you hear.

- 1 What is Donna's attitude towards research into the relationship between money and happiness?
 - A It has given her a good understanding of the issue.
 - B It raises more questions than it answers.
 - C It is not relevant to the questions she wants to address.
 - D It falls outside her area of expertise.
- 2 What does Graham suggest about the way Donna defines excess income?
 - A She misunderstands the key issues.
 - B She knows more than he does.
 - C She needs information he can provide.
 - D She has no research experience in this area.
- 3 Graham believes that Maslow's hierarchy
 - A has not received enough attention from researchers.
 - B helps to answer questions about money and happiness.
 - C is only relevant to discussions of human development.
 - D takes into account important factors that contribute to happiness.

- 4 Donna thinks the way people spend their excess income
 - A should be a matter of personal choice.
 - B is based on a worrying misconception.
 - C should not be a cause of unnecessary anxiety.
 - D appears to be the result of their inherent selfishness.
- 5 Graham's opinion of the research into spending and happiness is that
 - A it proves an important point.
 - B it has been the target of unreasonable attack.
 - C it is fraught with design problems.
 - D it does not merit the attention it has received.
- 6 Graham says that the recent study Donna and her team conducted
 - A was a great success.
 - B failed to take certain factors into account.
 - C improved upon earlier research.
 - D provides important information for society.

EXAM TIP

The interviewer's questions will help you to follow the discussion so you know which question you should be listening for.

5 Look at the underlined words and phrases in the extracts from the discussion 1–6 and match them to meanings A–F.

- 1 If you have more than you need to make ends meet, you won't necessarily be any happier.
 - 2 People often squander their wealth on the very things that are least likely to make them feel good.
 - 3 The more they indulge in consumer goods, the more inclined they are to obsess about money.
 - 4 It's not quite that straightforward.
 - 5 There's a research study that tried to establish a link between altruistic spending and happiness.
 - 6 I don't want to quibble but how do you know there were no other factors?
- A have just enough money to buy the things you need
 - B argue about small unimportant details
 - C carelessly waste
 - D simple and easy to understand
 - E caring about and willing to help others
 - F likely

6 Work in pairs and discuss the questions.

- 1 If someone gave you €20, what would you spend it on?
- 2 Describe the happiest person you know.

- 1 Read an extract from a book review. What is the reviewer's overall impression of the book?

HEALTHY YOU

Naturally High

A friend had been telling me to read Jean Rossner's *Naturally High* but it took me ages to actually get round to doing (1) it and (2) ↑ even longer to try to put some of the book's excellent advice into practice.

Despite my inherent cynicism, I found *Naturally High* extraordinarily helpful in many ways – so many (3) ↑, in fact, that I'm emulating my friend and (4) ↑ recommending (5) it to almost everyone I meet. All the usual suggestions are there; you know the (6) ones I mean: meditation, eating foods that boost the feel-good hormone serotonin and training for the marathon to get those endorphins pumping.

But if you're not much of an athlete, you might prefer to just get your taste buds used to really hot chillies. Rossner explains that we get a similar endorphin boost after the agony of eating (7) them fades. (8) ↑ Misgivings about eating chillies? Try chocolate instead. It will do the endorphin trick too and (9) ↑ painlessly into the bargain.

For those (10) ↑ who live in colder parts of the world, Rossner explains how to banish 'Seasonal Affective Disorder' or SAD. Giving yourself a blast with a special sunlamp first thing on those dark winter mornings apparently turns SAD into happy. Even

hardened misanthropes need the occasional natural high. If you're one of (11) them, then why not try curling up on the sofa with a pet dog or cat? Rossner tells us that pet patting reduces stress and (12) ↑ will make both pet and person purr with contentment. Well, maybe (13) not if it's a dog but (14) they keep you warm too!



- 2 Would you be interested in reading this book? Why/Why not?

Substitution and ellipsis

► GRAMMAR REFERENCE p.155

- 3 Look at the underlined words and phrases in the review. What do they refer to?
- 4 Look at the review again. Where you see the symbol ↑, decide which word or words have been left out by the writer.

LANGUAGE TIP

Ellipsis is used a lot in informal spoken English. For example, we often omit the auxiliary verb and even the subject pronoun in questions about future plans and our responses.

- A: (Are you) Going on holiday this year?
B: (I'm) Not sure – (it) depends how much money I save.

- 5 Work in pairs. Read the sentence aloud and discuss how to replace the underlined words.

My friend Susan wanted me to buy my friend Susan a book for my friend Susan's birthday but I couldn't find the book that my friend Susan wanted in our local bookshop, so I got my friend Susan another book that I found in our local bookshop instead of the book my friend Susan had asked for.

- 6 Complete the sentences with the words in the box.

do either it not one so that there

- 1 A: Are you and Janna going to come to that meditation course with us?
B: I'm not sure. We might
- 2 A: We'll probably have something quick to eat in that new café on the corner.
B: Great! I'll meet you
- 3 A: Will someone meet you at the airport in Zurich?
B: I hope I've never been there before.
- 4 I'm not sure whether to get a black jacket or a red
- 5 I finally read the book last month. was far better than I had expected.
- 6 She wanted to know whether we were coming to the party or
- 7 Simon and Clare say they can't manage next weekend and I can't
- 8 He won quite a big prize in the lottery. meant he could finally give up work and write a novel.

Multiple matching (Part 8)

► EXAM FOCUS p. 180

1 Work in pairs and discuss the questions.

- Are there any circumstances in which you would consider working without being paid?
- Do students or graduates in your country take up unpaid internships? What do you think of this way of getting work experience?

2 You are going to read a magazine article in which five young women talk about doing unpaid internships. Read the article quickly. In which section does each of the young women talk about

- an important upcoming event?
- a fortunate change in her employment conditions?
- a quick decision she made?
- how long it takes her to get to work?
- information she didn't have when she began the internship?

3 Look at question 1 below. The correct answer is E. Find words or phrases in section E that correspond to the underlined words in question 1.

Which intern says that:

getting clear information about work practices is crucial?

direct contact with people gives her a sense of the value of her work?

she expected to be able to stay on and earn some money?

other interns may find challenging conditions unacceptable?

it's unwise to work too hard?

the demands of the job will increase?

the rewarding work makes up for not having much money?

not everyone can take up an offer such as the one she had?

she was not optimistic about her future?

working as an intern would be less tolerable in other circumstances?

4 Read the article again. For questions 2–10, choose from the interns (A–E). The interns may be chosen more than once.

EXAM TIP

You should look for a sentence in the text that says the same thing as the statements in the task but in different words.

5 Match the underlined words and phrases in the article to meanings 1–7.

- journey to work every day
- accept a challenging situation
- was useful
- increase over a period of time
- use all or most of your time and effort in order to do something
- agreed to do
- prepare what will be needed for an activity

6 Complete the sentences with the correct form of the words and phrases in Activity 5.

- People have had to earning less money over the last few years.
- One of those new vacuum cleaners would certainly around here.
- She a lot of her time to caring for her elderly grandmother.
- from Cambridge to London every day can be very tiring.
- The amount of study we have to do is as the course progresses.
- the stands for the trade fair took all morning.
- I wouldn't any more projects if I were you. You're too busy already.

7 Answer the questions. Then tell a partner about your answers.

- Do you find it difficult to keep your nose to the grindstone?
- Have you ever had a teacher or boss who was a real slave driver?
- How can people get a foot on the career ladder in your country?

Happy to be an intern ... for the time being

Sarah Barnes meets five young women who are getting a foot on the career ladder.



Intern A

I've been a script-development intern since March. Working on scripts that you know are going to become films one day is really exciting. We get a broad variety of genres sent to us. Personally, I love anything that's been adapted from a book, especially if I've read the book. I read scripts, sometimes I attend meetings with writers, and I've also researched potential writers and directors online. Although I'm only paid expenses, I haven't taken on any more paid work. To avoid burn-out, interns need time off and a bit of work-life balance. My placement was due to come to an end this month but I've been asked to stay on and be paid for it! Had I not been, I would have been a bit surprised as I knew they were really happy with me.

Intern B

I left Lithuania two years ago to study fashion and won an internship with a famous fashion designer after entering a competition. The designer can be a bit of a slave driver but she treats everyone equally, whether they're paid staff or interns. When I started, in June, I was working on the archive, so I had the opportunity to see past collections up close, which was really fascinating. I work 10a.m. to 6p.m., but the build-up to Fashion Week will mean we'll really have our noses to the grindstone and will be expected

to work much longer hours. It might seem exploitative but, in fashion, if you want to establish yourself over the competition, you have to show your willingness to work hard and for free. If you don't, others will be only too happy to take your place.

Intern C

I've been interning at an emergency relief charity since March. Over the past few years I've been doing volunteer work for NGOs in Calcutta, Bogotá and Tehran, so it's quite hard to come to terms with being back in the UK. Most of my friends are buying houses and have cars and go on holidays. But I never feel I missed out, because I'm making a real contribution. I'm really fortunate that I can live with my mum, although it does mean my commute can take up to two hours. Without my family I don't think I could be doing this. Next month I am starting a six-month placement abroad. After that I might actually be in a position to earn a salary. If I was thirty-five and still working unpaid I would think, 'What am I doing?' but I'm still young and the sacrifice is more than worth it.

Intern D

I've just finished secondary school and will be devoting my summer to interning at the parliamentary office of a local politician. About two years ago some people from the same political

party came canvassing at my door, asking if I'd like to help out. About five seconds later I was out canvassing with them! I wouldn't say there is an average day, but there are always emails from constituents to deal with. To be able to reply to these people individually gives you the sense that you are actually making a difference. I am lucky enough to be staying with my aunt and uncle who live nearby. A lot of incredibly able people are closed off from the opportunity of an internship in parliament because they can't afford to travel or live in London.

Intern E

I came to London in February with no plans and I didn't know how long it would take to get a job. I'd resigned myself to staying on a friend's sofa and relying on her generosity. Contrary to my expectations, luck was on my side and I found a job as a seamstress. My placement at the gallery came along a week later. I've helped set up exhibitions and create gallery publications. One of the most exciting tasks was helping an artist create an installation. Because some of the piece is sewn, my seamstress skills came in handy. The main advice I would give any intern is that you have to be very proactive. Find out how things are done. Otherwise you'll be putting yourself under a lot of unnecessary stress. That's what happened to me so I learnt to ask questions – the hard way.

1 Work in pairs and discuss which three things would most affect your level of job satisfaction.

working hours commute
being in control of your destiny job security
moving home to get a job
making an important contribution

2 Match the underlined forms in the comments 1–7 to the functions A–G.

- I wish my boss wouldn't keep criticising me in front of everyone else.
- I wish I could stop sleeping through my alarm!
- If only they would give me a chance to show them what I can do at work.
- I d rather James didn't always make the decisions.
- I wish I had chosen to study something scientific or technical.
- It's high time the government did more to promote student exchange programmes.
- I wish I didn't have to get up so early in the morning.

- complaint about someone else's irritating behaviour
- comment about a past situation that can't be changed
- a wish for an ability we don't have or a change in our own behaviour
- saying we think something should have been done before now
- talking about our preferences for the present or the future
- a very strong wish for something to change or a strong regret
- the desire for circumstances to change in the present

Hypothetical meaning

► **GRAMMAR REFERENCE** p. 156

3 Complete the rules about hypothetical meaning with the terms in the box.

past simple (x2) past perfect
if only + noun/pronoun + past simple
rather + noun/pronoun + past simple
noun/pronoun + *would* + infinitive
could + infinitive

- We use *wish* + to express the desire for circumstances to change in the present.
- We use *wish* + to talk about other people's irritating habits. This form is only rarely used with *I* or *we*.

- We use with the same verb forms as *wish* but to express stronger feelings.
- We use *wish* + to refer to things we are sorry about in the past or to express regret.
- We use *wish* + to talk about an ability we would like to have or habit we would like to change.
- We use *it's (high/about) time* + to talk about the present or the future. We mean that the action should have been done before.
- We use *would* to talk about our preferences in the present.

4 Complete the second sentence so that it has a similar meaning to the first sentence, using the word in brackets.

- I regret having quit my job.
I quit my job. (*wish*)
- It really gets on my nerves when my classmate borrows my stapler.
I wish my classmate my stapler. (*stop*)
- I don't want to hear every detail about your date with Charlie.
I'd rather me every detail about your date with Charlie. (*you*)
- Things would be so much better if people learnt to be a bit kinder.
If to be a bit kinder, things would be so much better. (*only*)
- I have to spend so long answering emails and I hate it!
I to spend so long answering emails. (*wish*)
- I should have written long before this and told you about my new internship.
It's and told you about my new internship. (*high*)

LANGUAGE TIP

When we use *wish + be* to say how we would change a present or future situation, we often use *were* instead of *was*, especially in more formal styles.

I wish I were a bit taller.

5 Complete the sentences so they are true for you. Then tell a partner your answers and answer any questions they may have.

- I know my friend wishes that
- If I had the choice, I'd rather that my life
- I really wish I wasn't

Prefix *mis-* and false opposites

1 What does the prefix *mis-* mean? Complete the sentences with the correct form of the word in brackets. Use the prefix *mis-*.

- I think there must have been some kind of (*understand*). That's not what I meant.
- Some of their decisions have been (*guide*), to say the least.
- There are some important (*concept*) about what an unpaid intern's responsibilities should be.
- Some of the promises interns are made before they start work are particularly (*lead*).
- I had serious (*give*) about doing voluntary work but I really enjoyed it in the end.
- The predictions were based on a serious (*interpret*) of the results of the survey.
- My only other criticism of the book is that there is at least one (*print*) in every chapter.
- Some people are very (*trust*) of conventional medicine but are happy to try the strangest natural remedies.

LANGUAGE TIP

Not all negative prefixes added to words make them the opposite of a base word. In some cases they mean something quite different, e.g. *disease*. In others, no base form exists, e.g. *misanthrope*.



2 Work in pairs. Look at the underlined words in the sentences and discuss their meaning.

- He's quite unassuming and never seems to want any credit for all the wonderful work he does.
- I inadvertently picked up someone else's suitcase in baggage reclaim and I don't have any of my own clothes.
- I've never really liked watermelon juice – it's rather insipid if you ask me.
- He was such a nondescript little man that no one would ever have imagined him capable of painting surrealist masterpieces.
- 'Does Joe have a girlfriend?' she asked, trying to look as nonchalant as she could.
- A group of disgruntled students had occupied the main administration block.

3 Match the underlined words in Activity 2 to meanings A–F.

- A without realising what you are doing
- B without much taste
- C behaving calmly and not seeming interested in anything or worried about anything
- D annoyed or disappointed, especially because things have not happened in the way that you wanted
- E very ordinary and not interesting or unusual
- F showing no desire to be noticed or given special treatment

4 Answer the questions. Then tell a partner about your answers.

- Have you ever felt disgruntled about conditions at your school or college or in your workplace?
- What would you do if you inadvertently took something that belonged to someone else?
- Are there any foods or drinks that you find insipid?
- Can you think of any famous people who are actually rather nondescript?
- Have you ever tried to appear nonchalant even though you were actually very curious about something?
- Do you know anyone that you would describe as unassuming?
- Have you ever misunderstood something someone said to you? What happened?
- Would you agree that there is a lot of misleading information about health care on the internet? Can you think of any specific examples?

Review (Part 2)

covering key features

► **WRITING REFERENCE** p.176

1 Work in pairs and discuss the questions.

- 1 Do you normally read film reviews before you see a film? Do you ever read them afterwards?
- 2 Have you ever seen a film that the critics hated but you really loved or vice versa?
- 3 What information do you look for in a film review?

2 Look at these extracts from film reviews. Which extracts provide factual information? Which ones express negative opinions?

- 1 '....., this was to be the last time the two friends would meet.'
- 2 '....., the authors pride themselves on their exhaustive research while only mentioning one or two studies by other scholars.'
- 3 '....., the lead, Tyler Swan, is from the south of the United States, though he doesn't have any trace of an accent.'
- 4 '....., they were able to replace him with the absolutely stunning new talent, Kieran O'Halloran.'
- 5 '....., the next time she directs, she will not have to deal with the bunch of miscast has-beens she was stuck with in this case.'
- 6 '....., the script writer has not been able to reflect the detailed information about the invasion of Singapore we find in the novel.'
- 7 '....., the disastrous performance finally came to an end and we were all able to head for nearby restaurants.'
- 8 '....., a director of his calibre wanted to work with a more experienced cast.'

3 Match extracts 1–8 in Activity 2 to key features of reviews A–D.

- A information about the writer, actors, director, etc.
- B comments on the plot or contents
- C critical comment on what the reviewer liked or disliked
- D final evaluation

Vocabulary

sentence adverbs

4 Choose a sentence adverb from the box to add to each of the extracts in Activity 2.

Curiously Happily Hopefully Ironically
Thankfully Tragically Understandably Unfortunately

LANGUAGE TIP

Sentence adverbs are placed at the beginning to make a comment on the whole sentence. We use a comma after the adverb.

Clearly, she had difficulty remembering her lines.

5 Work in pairs. Look at the exam task and discuss which two films you would review.

You see this announcement in an international magazine called *Cinefilia*.



The most **uplifting** and the biggest **downer**

It's sometimes hard to choose a film that fits your mood purely on the basis of the poster or the description on the cover of the DVD. That's why we want to publish reviews of the most uplifting and the most depressing films our readers have seen, so that others know what to watch and what to avoid.

Send in a review which describes the most uplifting film you've ever seen and the one you found the biggest downer. Make sure you give reasons for your choices.

Write your **review** in **220–260** words in an appropriate style.

EXAM TIP

When you plan your review, think about what you are trying to achieve. You need to inform your readers so they can decide whether to see the film, read the book, etc. Don't tell them the whole plot.

6 Make notes about each of the films you chose using the features in Activity 3.

7 Write a draft of your review. Use sentence adverbs, substitution and ellipsis.

8 Show your draft to a partner to see what they like most about your review. Suggest any improvements, particularly to sentences where it would be better to use sentence adverbs, substitution and ellipsis.

1 Complete the sentences with the correct form of the verb in brackets.

- I wish the papers (*stop*) reporting nothing but bad news. It's really depressing me.
- It's high time you (*start*) taking more responsibility for your own well-being.
- If only I (*realise*) the job was going to be so difficult! I would never have accepted it – I'd have kept my old job.
- I love it here but I sometimes wish it (*not rain*) so much.
- If only I (*get*) out of the habit of going to bed so late. I'm always so tired in the mornings.
- I'd rather we (*not go*) out tonight. Let's stay in and watch a movie.

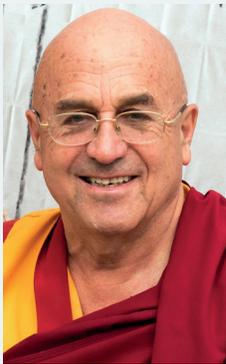
2 Choose the correct option to complete the sentences.

- He was a genius in many ways but somewhat when it came to his very poor choice of friends.
A misinterpreted **C** misguided
B misunderstood **D** mistrusted
- Much as I liked the first candidate, I do have some about offering her the job.
A misgivings **C** misinterpretations
B misunderstandings **D** misspellings
- They live in a rather little grey house on the outskirts of town.
A unassuming **C** insipid
B nondescript **D** nonchalant
- Some of the participants' names had been in the conference programme.
A misspelt **C** misled
B misunderstood **D** misinterpreted
- The student representatives were more than a little about the school director's refusal to see them.
A disturbed **C** disillusioned
B disgruntled **D** disinclined
- The idea that bread is fattening is a common that many people have.
A misconception **C** misprint
B misinterpretation **D** misgiving

3 Read the article below and think of the word which best fits each gap. Use only one word for each gap. There is an example at the beginning (0).

HOME NEWS SPORT HEALTH NATURE

FEATURES #HAPPINES



Getting the measure of the happiest man on earth

Matthieu Ricard, 'the happiest man on earth', abandoned a successful scientific career **(0)** *to*... become a Buddhist monk. Since **(1)**, this unassuming man has taken a host of stunning photographs of the Himalayas, acted **(2)** the Dalai Lama's interpreter and meditated for many thousands of hours.

According to Ricard, there are a number of misconceptions about meditation, the most common **(3)** being the idea that it's all about making the mind go blank. Instead, he explains, what we should be doing is learning to let our thoughts pass without holding on to **(4)** If Ricard himself is anything to go by, **(5)** is an approach which produces some fairly extraordinary results. When scientists recently measured the activity of the French monk's brain, they found that the parts known to generate positive emotions were far **(6)** active and highly developed in Ricard than they were in others, so much **(7)** that the scientists thought their equipment might be faulty. **(8)** wasn't. When it comes to measuring happiness, Matthieu Ricard is simply right off the scale.

4 Read the questions and choose the option that is not possible in each response.

- Do you think Tina will come to the party?
A She might. **B** She might do. **C** She might do it.
- Are you and Max going to have a holiday this year?
A We hope. **B** We hope we are. **C** We hope so.
- Would your daughter like a drink?
A No, thank you. She's just had it.
B No, thank you. She's just had one.
C No, thank you. She doesn't want one.
- Were you thinking of coming into the office tomorrow?
A No, but I can. **B** No, but I can do. **C** No, but I can be.
- Which of your brothers is it who works as a scriptwriter?
A The eldest. **B** The eldest one is. **C** The eldest one.
- How many times have you been to Formentera?
A Three. **B** Three times. **C** They are three.